



2019 Wisconsin Triterium Triathlon Race Week Update

EVENT DETAILS

Date: Saturday June 22, 2019

Time: Transition opens at 5:45 am & race starts at 7:00 am.

Location: Fireman's Park, 600 Bruce Street, Verona, WI, 53593

SCHEDULE

Friday June 21, 2019

Start	End	Activity	Location
2:00 PM	6:00 PM	Early Packet Pick-up – BRING YOUR QR CODE (phone or paper)	Trek Bike Store – West 8108 Mineral point Road Madison, WI 53719

Saturday June 22, 2019

Start	End	Activity	Location
5:45 AM	6:45 AM	Packet Pick-up – BRING YOUR QR CODE (phone or paper) , Body Marking, Relay Timing Chip Pick-up, Transition Open	Fireman's Park
5:45 AM	6:45 AM	TRANSITION CLOSES	Fireman's Park
6:00 AM	6:45 AM	Trek Bike Store Mechanical Support	Fireman's Park – Parking Lot
7:00 AM		Race Start	Fireman's Park - Beach
9:00 AM	9:15 AM	Transition Open – SPRINT ONLY	
Approx 9:30 AM		SPRINT Awards Pick-up Table Opens	Fireman's Park
Approx 11:00 AM		Transition Opens	Fireman's Park
Approx 11:00 AM		OLYMPIC Awards Pick-up Table Opens	

MANDATORY - RACE DAY

- Body marking (race number on left arm and calf). This includes all members of your relay team.
- Timing chip (to be worn around left ankle. No timing chip = NO RACE = no fun.

BEFORE STARTING THE RACE, YOU MUST BE WEARING YOUR TIMING CHIP, SWIM CAP, AND BE BODY MARKED!

PACKET PICK-UP LOCATIONS & TIMES

PICKUP EARLY TO AVOID MORNING-OF LINES & A CHANCE TO WIN A

SARIS PRIZE! (One random participant will be chosen to win! Check the back of your bib at Early Packet Pick-Up to see if you've won!)

- **Early Packet Pick-Up** – Friday June 21, 2019 – 2:00pm-6:00pm

Trek Bicycle Store - West (8108 Mineral Point Rd, Madison, WI)

- **Race Day Packet Pick-Up** – Saturday June 22, 2019 – 5:45am-6:30am (transition closes at 6:45am) - Fireman's Park, 600 Bruce Street, Verona, WI, 53593

- **You MAY pick up someone else's packet! Please bring their QR code.**

At packet pick-up you will receive the following: bib number, timing band, swim cap, shirt and swag bag. **Don't forget to bring these items with you on Race Day! No timing band = no time.**

QR CODE

Race Day Events is now using QR scanners at packet pickup to check you in. **PLEASE BRING YOUR QR CODE WITH YOU TO PACKET PICKUP.** We can scan either your phone or a paper copy. You can pick up for friends and family but please have their codes ready to be scanned.

PARKING

- Parking is available at: **The Carnes Company, 448 S Main St, Verona, WI 53593**
- There is no parking in Fireman's Park.
- Arrive early as parking will become congested.
- Please obey "NO Parking" signs; they are posted for the safety of the athletes.
- Vehicles parked improperly or interfere with the race **WILL** be towed.

AWARDS

Results will be posted and awards will be available at the awards table. Sprint at approx. 9:30am and Olympic at approx. 11:00am.

2019 TRITERIUM TRIATHLON

WAVE START SHEET

*** AGE AS OF 12/31/2019 ***

1	7:00	Sprint	Elite Athena Clydesdale All Relays	Red
2	7:03	Sprint	All Novice	Green
3	7:09	Sprint	Males 50+ Females 45+	Orange
4	7:12	Sprint	Males 35-49	
5	7:15	Sprint	Males 34 & Under	Yellow
6	7:19	Sprint	Females 44 & Under	Pink
7	7:33	Olympic	All Elite All Relays All Novice	White
8	7:41	Olympic	Clydesdale Athena Females 34 & under	Red
9	7:44	Olympic	Females 35+ Males 60+	Green
10	7:47	Olympic	Males 40-59	Orange
11	7:50	Olympic	Males 39 & under	Yellow

TRANSITION

THE TRANSITION AREA IS FOR RACE PARTICIPANTS ONLY AND IS CLOSED TO SPECTATORS

- The transition will be open from 5:45am-6:45am.
- Transition will open at approx 9:00am for the sprint distance finishers.
- Transition will open again once all Olympic distance bikes are back.
- Transition closes at noon and will be promptly disassembled.

AID STATIONS

- The bike course does not have any aid stations.
- The run course has one aid stations that will be stocked with water and Gatorade. Sprint distance will visit the aid station twice and the Olympic distance will visit four times.

WEATHER

- Please be prepared for any type of weather, from rain to extreme heat.
- In the event of extreme or dangerous weather, the race director has the right to alter or cancel the race to keep the participants safe.
- If the race is altered or canceled due to weather, there will be NO refunds.

COURSE MAPS

Please click [HERE](#)

SWIM COURSE SUMMARY

The swim will be held in the Fireman's Park Quarry.

- Sprint (1/4 mile): ONE counterclockwise loop.
- Olympic (1500M): THREE counterclockwise loops. After each loop you must exit the water and cross a verification timing mat.

SWIM COURSE RULES

- Swim cap must be worn.
- No fins, gloves, paddles, or flotation devices of any kind are allowed.

WETSUIT RULES

- Mandatory in water temps less than 58° deg F.
- May be worn in water temps up to and including 83.9° deg F.
- Prohibited in water temps greater than 84° deg F.
- Wetsuits cannot measure more than 5mm thick.

BIKE COURSE SUMMARY

The Wisconsin Triathlon Triathlon bike course is a scenic journey through the county roads south of Verona. Featuring rolling hills, the course is challenging yet enjoyable for all skill levels.

- Sprint distance bike route is 11 miles.
- Olympic distance is a 22-mile route that includes a double out and back portion.

BIKE COURSE RULES

- Athlete must wear a bike helmet at all times.
- Obey all traffic laws while on the cycling course unless otherwise specifically directed by an official or law enforcement.
- It is the responsibility of the athlete to know and follow the prescribed bike course. There will be no time adjustments for any reason.
- DO NOT Litter. DO NOT abandon equipment.

Trek Bicycle Stores of Madison will have bike mechanics available on-site from 6:00am to 6:45am. They will also be providing mechanical support on the bike course during the event. Athletes should be self-sufficient on the bike course as mechanics are first come first serve.

RUN COURSE SUMMARY

Spectator support on this run course is exceptional due to the outs and backs along with the loops.

- Sprint (5K): ONE counter counterclockwise loop around the neighborhood surrounding the Fireman's Park with an out and back on the trail
- Olympic (10K): TWO counter counterclockwise loops around the neighborhood surrounding the Fireman's Park with an out and back on the trail. Olympic will do the whole course twice!

RUN COURSE RULES

- Wear provided bib number on the front of them clearly visible.
- Follow the directions of all officials and law enforcement.
- It is the responsibility of the athlete to know and follow the prescribed run course. There will be no time adjustments for any reason.
- DO NOT Litter. DO NOT abandon equipment.

POST RACE MEAL

Post-race meal will be a bag lunch from Firehouse Subs. It will consist of a sandwich, bag of chips and cookie. There will be ham, turkey and vegetarian options.

WISCONSIN TRI SERIES MEDALS

- All series participants receive a center “medallion” to attach all of your individual medals to!
- Pick yours up at each Packet Pick-Up throughout the season!

ONLINE RESULTS

Results will be posted on Online Race Results, the [Race Day Events app](#) Wisconsin Triterium Triathlon Results and on the Wisconsin Triterium Triathlon website.

MEDICAL SERVICES

Medical services will be provided by Fitchrona EMS. They will be located at the entrance to Fireman's Park. Please alert any staff or volunteers if a medical situation arises. Please note that it will be left to the discretion of the medical staff whether the athlete is allowed to continue.

PETS

Please, no pets at the race site. Pets can create hazards and distractions and are not allowed in the park by City Ordinance.

Country Financial Prize

As you're grabbing your post-race meal at this weekend's triathlon, you can enter for your chance to win a prize from Country Financial! Winner will be notified the Tuesday after the event.



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Janesville Subaru VIP Parking

Driving a Subaru to the event? Please park in our Janesville Subaru VIP parking! First come, first serve! Only 15 spots available! Get there early!

(VIP parking located and marked in designated area – Carnes Parking Lot)



Janesville Subaru Athlete Discount

Janesville Subaru is rewarding your effort by giving every Wisconsin Tri Series participant a \$700 Athlete Discount! Check your goody bag for details.

SARIS PRIZE

Want to level up on your training? Get ahead of your competition and enter to win a CycleOps H2 today. [CLICK HERE to register to win!](#)



ZEROREZ CLEANING SPECIAL

Zerorez Madison is offering all Janesville Subaru Triterium Triathlon participants 15% off additional services with 3 rooms of carpet cleaned. [CLICK HERE to schedule your appointment using the promo code RDE3.](#)

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N + 1 COFFEE AND BEER CAFE

[n + 1 coffee and beer cafe](#) is the newest edition to the endurance facility at 507 Bruce Street, right across from your triathlon event next week. The cafe will open early for you (5am), your friends and your family to enjoy a cup of coffee and/or bakery treat. When the day continues on, check out our fantastic tap beer list or grab something from our grab & go/grab & stay cooler. If you participate in the event show us your bib and we will give you \$1 off a 12 oz beer or coffee drink. Looking forward to seeing you!



SERIES SCORING

Series scoring is being computed by [Athlinks](#), a website that specializes in collecting and tracking race results. It's as simple as creating a profile and claiming your results after each event. Series point results are posted on the Wisconsin Tri Series homepage and are updated one week after each event. Check them out by clicking [HERE](#).

EVENT APP

[Download](#) the Race Day Events EventApp for real-time participant progress notifications and results! You'll also find event information, race day schedules, and more. Select "Wisconsin Triterium" and press the "Live Tracking" icon to add your favorite participants. Choose "Notify Me" to receive push notifications for each participant that you are adding. Be sure to allow notifications and you'll receive updates from your choice of banner notifications, Facebook and/or Twitter.

LIVE FINISH LINE STREAM

Friends and family who can't be there on Race Day can still watch you finish! Have them tune into our [Live Finish Line Stream](#).

THANK YOU!

Please thank our sponsors with your patronage.
Without their support, this event would not be possible.

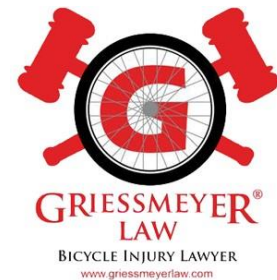
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