


WISCONSIN WOMEN'S TRI


2022 PARTICIPANT GUIDE

8/14/2022

**PLEASANT
PRAIRIE, WI**

Reach us

 raceday@racedayevents.com

 wisconsinwomenstri.com



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WELCOME LETTER

On behalf of Race Day Events, we are excited to host the 1st ever WI Women's Triathlon in Pleasant Prairie, WI.

To those who have raced with us in the past, from Danskin to Irongirl, to the WI Women's Triathlon, THANK YOU! We are so extremely happy to be able to host this event and we couldn't do it without all the incredible, strong, passionate female athletes racing with us!

A huge shout-out goes to all of those helping produce this event. This includes, but is not limited to the Village of Pleasant Prairie, RecPlex, Kenosha Visitors Bureau, Village of Pleasant Prairie Police Department, Fire Department, and EMS teams. Without your support and help, we wouldn't be able to produce this amazing event!

To the volunteers... Thank you! Your support and effort never goes unnoticed. We, from staff to participants, appreciate the time you're giving up to be here. Whenever you have a chance, please thank all our wonderful volunteers.

We hope you have such an incredible time and race at the first ever WI Women's Tri. Good luck and have a safe and successful race!

Abbey VanValkenburg
Race Director

FOR ALL INFORMATION VISIT

WISCONSINWOMENSTRI.COM

**EVENT SCHEDULE
2022**

**ALL EVENTS WILL BE
TAKING PLACE AT:
RECPLEX
9900 TERWALL TERRACE
PLEASANT PRAIRIE, WI 53158**

SATURDAY

PACKET PICK-UP

1:00-7:00PM

**HIGHLY ENCOURAGED OVERNIGHT
BIKE RACKING W/ SECURITY**

COURSE TALKS

2:00PM AND 5:00PM

GET THE LATEST EVENT INFORMATION,
DIRECTIONS AND MORE. THE COURSE
TALK IS NOT MANDATORY BUT WILL HELP
MAKE A DIFFERENCE IN SORTING OUT
RACE DAY.

SUNDAY

RACE DAY

5:00AM - TRANSITION OPENS

6:30 AM - TRANSITION CLOSSES

6:45 AM - WARM UP SWIM (@ SWIM
START, MUST STAY NEAR SHORE)

7:00AM - TRIATHLON STARTS W/ SWIM

7:04AM - DUATHLON STARTS W/ RUN

8:00AM - POST RACE CAFE OPENS FOR
ATHLETES ONLY

10:30AM - AWARDS



RACE DAY INFORMATION

Race Morning Check-In Procedure (*Triathlon Only*)

Transition Area Hours are 5:00 a.m. to 6:30 a.m. Arrive early enough on race morning to set up your gear.

Body marking will begin at 5:00 a.m. Do not number yourself expecting to bypass check-in. Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked.

You will not be permitted in the transition area on race day without your swim cap, bib/bike sticker/helmet sticker, timing chip and your body marked. If you have misplaced any of these items, please see the transition area director for a replacement. Bike technicians and bike pumps will be available in the transition area on race morning.

The transition area closes at 6:30 a.m. All participants must be out of the transition area and headed to the swim before this time. We will not allow anyone into transition after 6:30 a.m. so please plan to arrive in transition early.

Race Bib

Please do not wear your bib number during the swim. The bib numbers will not hold up for the duration of the race if they get wet. Please make sure that your race bib is on the front of you during the entire run portion. Your bib is not required to be worn during the bike portion. You will receive a bike sticker and helmet sticker that must be affixed for this portion.

Aid Stations

There will be one aid station inside transition, along with one aid station on the run course that you will pass twice on the way out and back. There will be water and Heed on the course.

Bicycle Recovery

Athletes will NOT be allowed in transition until after the last bike returns to transition. Plan ahead and stash your extra items of clothing or personal items in your car or with your family/friends.

RACE INFORMATION

Participant Packet Pick-Up Information

- PPU Time is on 8/13 from 1:00–7:00pm
 - **THERE IS NO PACKET PICK UP THE DAY OF THE RACE**
 - Late Packet Pickup: 5:30 a.m. to 6:30 a.m. (YOU MUST CONTACT US AHEAD OF TIME IF YOU'RE NOT ABLE TO PICK UP ON SATURDAY) Please email raceday@racedayevents.com for late packet pickup
- Bike Racking is available both Saturday during PPU or Sunday morning while Transition is open (5:00–6:30am)
- Racking Saturday is highly encouraged to save you time on Sunday. **Security will be on site all night Saturday.**

Athlete Necessities

- Your bike and helmet stickers are required, along with your body markings, to be allowed in and out of transition. This will also be needed in order to get your bike out of transition, as well as food at the post race café.

Timing & Withdrawing During Race

- You must wear your timing chip at all times while you are racing. NO CHIP = NO TIME! If withdrawing from the race, please supply an official with your timing chip number.

Triathlon & Duathlon Participants:

- Fasten the timing chip to your ankle and leave it on until after you finish the run. Your timing chip is disposable after the event.

Relay Participants: See instructions on next page...



RELAY INFORMATION

Packet Pick- Up

- Relay team members may pick up assigned packets individually. Relays will not be permitted to pick-up packets for fellow team members. Each relay team member will be required to sign their own individual waiver.

Timing and Chip Transfer Rules

- Relay teams will transfer the timing chip and ankle strap at their designated rack location inside transition. The timing chip is the "baton" and you must handoff the timing chip to move forward to the next team member. Failure to do so will result in disqualification. **Your timing chip MUST be returned at the end of the event at the WI Women's Tri Timing tent.**

Swim to Bike -

- Bike shall not be removed from bike rack until chip is properly transferred and attached to the next teammate.

Bike to Run-

- Chip may not be removed until the Bike is properly racked in the designated spot.

Run to Finish -

- Relay team members may join the runner at the finish and cross the finish line together.



PARKING INFORMATION

Race Day Parking

The race begins and ends at RecPlex (9900 Terwall Terrace, Pleasant Prairie, WI 53158)

Please plan to get to RecPlex using 88th Avenue to Terwall Terrace as Terwall Terrace **WILL NOT** be open to Hwy 165 on Sunday

Race day parking is available from 5:00 a.m. until 6:30 a.m. or until the parking area in the park has reached capacity. We do not recommend parking at the Outlets.

- There are remote parking lots available for participants and spectators.
- We suggest that you car pool or have your family or friends drop you off and park in one of the remote lots.



COURSE INFORMATION

Triathlon – Swim: 1/2 Mile | Bike: 11 Miles | Run: 3.1 Miles

Duathlon – Run: 1.7 Miles | Bike: 11 Miles | Run: 3.1 Miles

Find Course Maps via MapMyRun here:

[Swim Course](#)

[Bike Course](#)

[Run Course](#)

[Duathlon Run #1 Course](#)

Due to construction, the bike course from previous years has been altered for 2022



SWIM COURSE

Water Temperature

We will take an official water temperature race week and post this on our Facebook page. A temperature will also be taken during packet pickup and posted, as well as on race morning and will announce it prior to the start of the race.

Swim Waves

2022 IRON GIRL TRIATHLON WAVE START SHEET *** AGE AS OF 12/31/2022 ***

WAVE	START TIME	DISTANCE	AGE GROUP	Color
1	07:00 AM	SPRINT	COMPETITIVE, PC	PINK
2	07:04 AM	SPRINT	DUATHLON	N/A
3	07:08 AM	SPRINT	17 AND UNDER, RELAYS	WHITE
4	07:12 AM	SPRINT	60 +	ORANGE
5	07:16 AM	SPRINT	55 - 59	YELLOW
6	07:20 AM	SPRINT	50 - 54	RED
7	07:24 AM	SPRINT	45 - 49	GREEN
8	07:28 AM	SPRINT	40 - 44	PINK
9	07:32 AM	SPRINT	35 - 39	WHITE
10	07:36 AM	SPRINT	30 - 34	ORANGE
11	07:40 AM	SPRINT	18 - 29	YELLOW
12	07:44 AM	SPRINT	BUDDY WAVE	RED
13	07:48 AM	SPRINT	WETSUITS (IF WATER OVER 78 DEGREES)	ALL

SWIM COURSE CONTINUED

Swim Course Rules and Instructions

1. Each swimmer must wear a swim cap provided by WI Women's Tri. If you have an allergy to latex, please provide your own cap and notify officials.
2. No fins, gloves, paddles, or flotation devices of any kind are allowed. Flotation device only allowed in the buddy wave and must be courteous of other swimmers.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes, and paddle boards.
5. Any assistance required during the swim will result in disqualification if forward progress was made. Athletes may rest on a kayak or lifeguard stand. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

Note: any athlete electing not to race must notify the race officials. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards.

Swim to Bike Transition

After the swim, you will be directed through the timing chutes to the swim to bike transition. Personal nutrients are permitted if carried on you or your bike.



BIKE COURSE

Enjoy the bike course as it travels through Prairie Springs Park. The bike cut off time is 2 hours after the last athlete has entered the bike course. Any athlete still on the bike course after this time will be removed from the race.

Transition will reopen once the final participant is on the run course. Do not attempt to retrieve your bike from transition before then.

Bike Course Turn By Turn

ALL "WITH TRAFFIC" LANE

- Exit Transition onto Terwall Terrace
- Right onto 165
- Turn Around at Corporate Dr (Culvers) onto other side (East bound)
- Right onto 72nd Ave (becomes 108th)
- Right onto Green Bay Rd/31
- Left onto Springbrook Rd
- Left onto 116th St
- Left onto Old Green Bay Rd
- Right onto Springbrook Rd
- Right onto Green Bay/31
- Left onto 108th (becomes 72nd Ave)
- Left onto 165
- Right onto Terwall Terrace back into transition



Course Rules and Instructions

Please understand that based on permits for the roads on the course and the safety of athletes involved, cutoff times must be respected for all events.

1.No tandems, electric, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer.

2.Position Rules:

- a.Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- b.Athletes must ride single file on the far-right side of the road except when passing another rider. Side-by-side riding is not allowed.
- c.Overtaking riders may pass on the left for up to 20 seconds but must move back to the right side of the road after passing.
- d.Riders must keep 7 meters (~4 bike lengths) distance between bikes except when passing.

BIKE COURSE CONTINUED

3.Helmets: A CPSC - Approved helmet, is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. You must buckle your helmet before leaving the transition area to head out on the bike course. Your helmet must stay buckled until you have entered back into the transition area from the bike course.

4.No individual support is allowed. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.

5.Each athlete must be individually responsible for repair and maintenance of their bike. Assistance by anyone other than bike tech will be grounds for immediate disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction.

*NOTES: TECHNICAL SUPPORT VAN WILL BE ON THE COURSE TO ASSIST WITH EMERGENCY REPAIRS WHENEVER POSSIBLE; SUCH AS REPLACEMENT TUBES, TIRES, CHAINS, ETC. TECHNICAL VANS WILL BE ON THE COURSE THROUGHOUT THE DAY BUT ARE LIMITED IN NUMBER. PLEASE BE SELF-SUFFICIENT.

6.Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.

7.Athletes may walk their bike if necessary but may not make progress on the bike course unaccompanied by their bicycle.

8.Bike inspection is not mandatory and will not be provided at bike check-in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes.

9.HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

10.MEDICAL SUPPORT: If you need minor medical assistance, Sag Van will pick you up and take you to the medical tent. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment.

RUN COURSE

RUN COURSE:

The run course will take you through Prairie Springs Park. The course will be well marked and will have volunteers to help let you along the way. Water and Heed will be on the course that you will pass twice on the way out and back.

Run Course Turn By Turn

- 1.Exit transition at the South West corner.
- 2.West on running path clockwise around Lake Andrea to gravel path near baseball diamonds.
- 3.Run West on gravel path to turnaround point.
- 4.Turnaround and run back to running path.
- 5.Left onto running path and follow path clockwise around Lake Andrea to finish line behind the RecPlex.

Run Course Rules and Instructions

- No form of locomotion other than running or walking is allowed.
- Runners must wear their race number on front of them so it is clearly visible at all times on the course. Race numbers issued by WI Women's Tri identify the official athletes in the race. Shoes and shirt must be worn at all times and failure to do so may result in disqualification.
- NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete.
- It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are also still competing.

RUN COURSE CONTINUED

- Runners are expected to follow directions and instructions of all race officials and public authorities.
- Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. For safety, ABSOLUTELY NO FAMILY, CHILDREN, SPOUSES, FRIENDS, FANS, ETC. ARE ALLOWED INTO THE FINISH AREA.

POST RACE INFORMATION

Awards Ceremony

- The awards ceremony will occur after the race (pending final results being available) and will be located near the finish line. The awards ceremony will start around 10:30 a.m. pending the official results.

Race Results

- [Results can be found here!](#)

Post Race Recovery

- The participant post-race café will open after the first finisher and will be located near the finish line. The post-race café is for PARTICIPANTS ONLY. Each participant will receive their post-race meal from Panera Bread and a drink.

Race Photography

- Focal Flame Photography is proud to serve as the official photographers for the 2022 WI Women's Tri!
- Photos will be available for viewing after the race! A few days after the race you will receive an email on where and how to download your FREE race photos!

What do you need to do for a good photo?

1. Have your race/bib number visible at all times.
2. Smile when you cross the finish line!

Simple as that!

**WE CANNOT WAIT TO RACE
WITH YOU ON SUNDAY!**

