

Lake Country Triathlon



Race Day Instructions

WISCONSIN'S LEADER IN ENDURANCE EVENTS

**SILVER CIRCLE
SPORTS EVENTS**

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Thank you for participating in a Silver Circle Sports Event. We know there are a lot of events in your neck of the woods and we appreciate you attending an event in our neck of the woods.

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Address

City Beach

304 W. Wisconsin Ave
Oconomowoc, WI 53066

If you registered AFTER midnight August 7th, please print your receipt and bring it with you to packet pickup. You will not be in the database and we use that receipt as your race day registration form.

SCHEDULE & PACKET PICKUP

Thursday, August 8th

Endurance House Delafield
2736 Hillside Dr
Delafield, WI 53018
2:00 – 7:00pm

Friday, August 9th

Endurance House Delafield
2736 Hillside Dr
Delafield, WI 53018
12:00 – 4:00pm

Race Site – City Beach, Oconomowoc

304 W. Wisconsin
Oconomowoc, WI 53066
Packet pickup & Pre-Race Transition
5:00 – 8:00pm

Saturday, August 10th

Race Site - City Beach, Oconomowoc
304 W. Wisconsin
Oconomowoc, WI 53066

Packet pickup, transition open, body marking	5:00am
Swim course opens for warm up	5:45am
Swim course warm up closes	6:15am
Transition closes	6:15am
First swim wave start	6:30am
Transition re-opens	TBD
Bike course support ends	10:00am
Course closes	2:30pm

Transition

Transition will be open Friday from 5:00 – 8:00pm. You must have checked in prior to entering transition. Transition will open at 5:00am Saturday. Only athletes will be permitted in transition and you must have your bib and bike stickers. When leaving transition for the day, you will need your bib to exit with your bicycle. As a friendly reminder, your bib number should match the number on your bike. Not as funny as leaving T2 with your helmet still on, but it does happen.

Transition will not open again until the last athlete has left for the run.

Parking & Road Closures

Parking is available in the downtown Oconomowoc area. [Parking map](#). Wisconsin Ave will be fully closed from 3:00am until noon from Main Street to Concord Road. ONLY east bound traffic is permitted on Wisconsin Ave, but you will NOT be able to get to the race from Wisconsin Ave. You cannot get to City Beach by vehicle.

Make your life a lot easier and stay east of Main Street and be early.

Course Info

From our Race Director

Athletes – this is an open course. We have all experienced less than courteous drivers while riding. Please use caution at all intersections and pay attention to the course marshals. Vehicles will have the right of way and they are much larger than you.

This is the fourth year at this venue and the City of Oconomowoc has been very gracious in planning the event. This also means we inconvenience 1500 residents along the course and countless businesses. Please thank both the residents and volunteers who are cheering you on and please consider staying in Oconomowoc and visiting our very accommodating businesses. Make sure you tell them you are in town for the Lake Country Tri!

Remember:

Bike – Stay Right

Run – Stay Left

Please see [website](#) for full course maps and bike course video.

Lake Country Tri Event Map



Swim

We will have boats and lifeguards on the course.

Wave times and assignments

None. We are doing a time trial start. Once the elite athletes have left, Half Iron distance will start from the beach every few seconds. Olympic distance athletes will follow the same format once the Half Iron athletes have cleared the majority of the course.

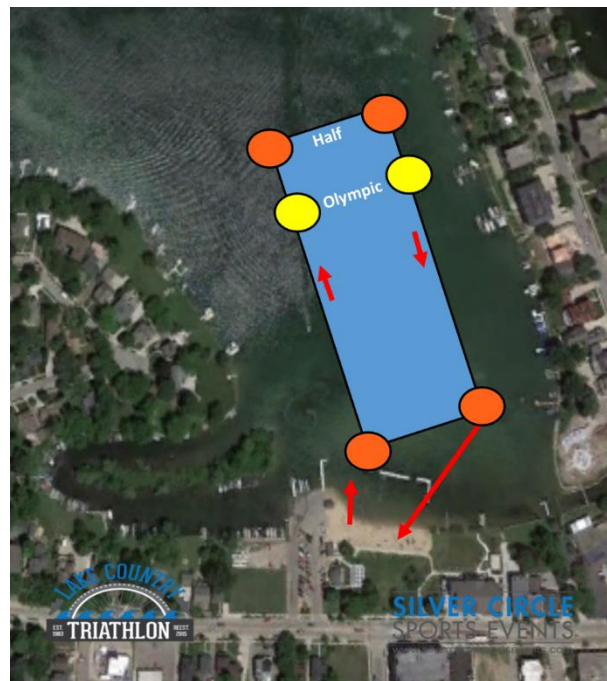
Athletes should stage in the starting area based on where they feel comfortable starting. There will not be an assigned order.

The Half Iron course is marked with four orange buoys.

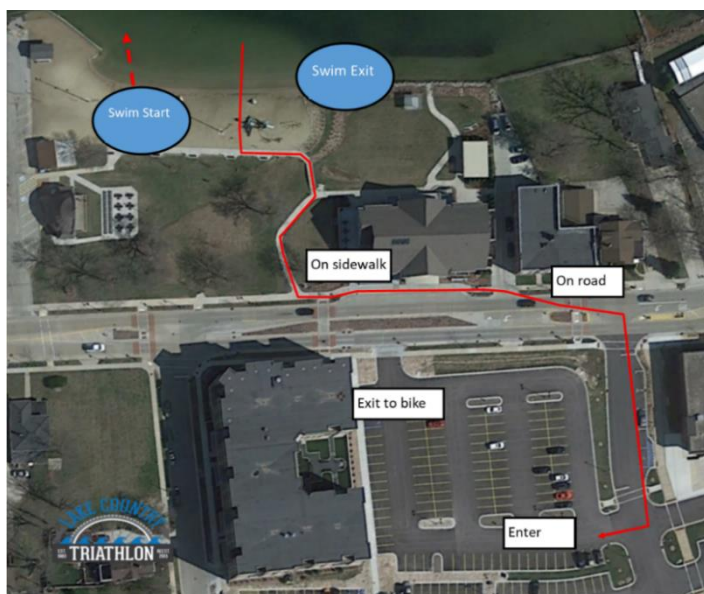
The Olympic racers should turn right (east) at the first yellow buoy, swim to the next yellow buoy, and then turn for the home stretch.

There will be sponsor buoys in between the orange and yellow buoys.

Both the Half Iron and Olympic are two lap courses.



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Swim Caps

A swim cap will be provided at check-in and must be worn during the race. Any swimmer without the provided swim cap will be disqualified and removed from the event.

Wetsuits

We follow the USAT wetsuit rules. Under 84 degrees, wetsuits are good to go. If you need to rent or purchase a wetsuit, check out [Endurance House Delafield](#).

Bike

Please note the bike mount / dismount area is very narrow.



When exiting the transition area, mount your bike at the **Bike Mount Here** sign. When entering transition, please dismount your bike at the **Dismount Here** sign.

After exiting the transition area, stay to the right of the bike lane. The first 1.5 miles (Wisconsin Ave) of the bike course shares one lane of traffic. Stay to the right, don't cross into the other lane, and pass with caution.

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Bike Rack Numbers

NONE. You can rack your bike anywhere you would like.

Please note that the course is NOT a closed course and you must obey all traffic laws. Stay to the right of the road and watch for traffic. The intersections will be staffed by police officers, deputies, and volunteers and will be marked with white signs with blue or black arrows. Please obey their directions and watch for any traffic.

The course opens to all vehicular traffic at 2:30pm.

Drafting is not allowed. Violations will be penalized by a four-minute standing penalty.



Half Iron / Olympic Split

The two distances split at Hwy O & Willey Road. Half Iron athletes will continue straight on Hwy O and Olympic athletes will turn left (south) on Willey Road.

Half Iron Turn

The Half Iron bike course makes a 180 degree on Bannon Road right before the intersection of Bannon and Hwy EM. It is at mile 17.5 & mile 41.5 (approx.).

The bike split sign Mile 14 / 37.5	The bike Half Iron turn sign Mile 17.5 / 41.5	Second lap Half Iron sign Mile 27

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Run

The run course is an out and back. Runners should exit transition and stay on the left in the run lane. The first 1.5 miles (Wisconsin Ave) share one lane of traffic. You will stay to the left on the entire course, which will be marked with cones, arrows, and staff members.

The finish line is in front of the beach. You will enter the park from the sidewalk and then run through the finish line chute.

Olympic distance is an out and back. Turn at the signs that say **Olympic Turn Here**.

Half Iron distance is a double out and back. You will pass the **Olympic Turn Here** signs and turn only where the signs say **Half Turn Here**.

Relay Teams

There will be a corral near the entrance to transition after swimming. All teams must switch their timing chip in that area. Do not enter the transition area to exchange chips. Team members will not be allowed to enter transition until the transition is open. If you need personal items, please do not place them in transition.

Medical Emergencies

If you see a medical emergency, call 911. If an athlete needs basic medical care, proceed to the nearest aid station and a staff member will assist.

Medical support will be available near transition.

Restrooms

Restrooms are available in transition and near the finish area.

Water Stops

Water and sports drink will be available in transition and on the run course. There will be water, Gatorade, and Hammer Gel on the bike course.

CHOquita

Make sure you stop by and meet CHOquita. She will be at the finish line rocking the finish line aid station. It's 100% free, but you will need your bib & body markings. We will have one free beer or soda for finishers. If you are under 30, you will need an ID for beer. You must have a bib on your body that matches your body marking.

Athletes only.



Timing

Thanks to our friends at Race Day Events, LLC for timing our event. You will receive an ankle chip at packet pickup. The chips are disposable **except for the relay teams**. Relay chips must be returned and can be picked up on race day. Failure to do so will result in a \$35 fee.

The chip should be worn on your ankle. You will also receive a bib. Your bib must be worn on the bike and run course. You will also receive two stickers with your chip / bib number on them. Please place one sticker on the down tube of your bike and place the other sticker on the front of your helmet.

Awards

Overall Male & Female

A medal & flowers will be presented to the first place male & female.

Age Groups

Custom medals for first – third place.

Age groups are 0-14, then 5 year increments up to 90.

*Elite athletes are eligible for overall awards, but not age group awards.

SAG Support



Endurance House Delafield will be providing bicycle service prior to the race and SAG support during.

Official Bike Tech Services by Endurance House of Delafield

Free Services Offered

5pm - 8pm Friday Night – Tire inflation and tire related repairs, minor tuning, and small adjustments.

\$50 Pre-Race Full Service Tune Up

Perfect Braking, Shifting, Bike Wash, Drive Train lube and clean, bolt torque, and safety check. Drop your bike off at the Endurance House of Delafield during packet pickup on Thursday or Friday or at the race site Friday evening, and we will tune up your bike and have it delivered to your transition spot and ready to go for you on race morning Saturday!

Please Note: Repairs beyond free services of tire inflation and minor adjustments will require the \$50 service package or more. To schedule in advance, call the Endurance House of Delafield directly (262) 646-7308 or [online by clicking here](#).

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Wetsuit Rental Program

Wetsuits can be reserved by calling the Endurance House of Delafield directly (262) 646-7308. Please call with your height and weight measurements ready to share and be sure to mention this is for your race! An associate will get you set up with the correct suit for you, which will be available for pickup at Saturday's race expo at the Endurance House Tent. Rental Fee - \$40

Zipp Wheel Rental Program

Zipp 404 Carbon Race Wheels are available for rent for both rim and disc brake bikes. Wheel rental price includes install and removal of wheels and cassette. There are a limited amount of wheel sets available on a first come first served basis. To reserve wheels, call Endurance House of Delafield directly at (262) 646-7308. Rental Fee - \$150.

Questions?

Please feel free to contact our race director at racedirector@silvercirclesportsevents.com.



Volunteers Needed

If you, your group, the neighbor kid, or your mother-in-law has an interest in volunteering, we would greatly appreciate the assistance. All volunteers can run a future race for free. Sign up [HERE](#).

Lake Country Challenge

If you like the Lake Country Tri, you're going to love the [Lake Country Challenge](#) two weeks later. Come for the race and stay for the weekend!



Oconomowoc Farmers' Market



**The Oconomowoc Farmers' Market is hosting a special
Friday Night Farmers' Market on Friday, August 9th
4pm to 8pm on the Village Green**

Shop some of your favorite vendors and meet some new ones too

No Farmers' Market on Saturday, August 10th

We will be back in the First Bank Financial Centre Campus Lot on Saturday, August 17th

Contact the Oconomowoc Area Chamber of Commerce with questions 262-567-2666