



## Just Tri It! Triathlon

2011 Race Information

Saturday July 2, 2011 9:00AM

Thank you for registering for the 2011 Just Tri It! Triathlon. This marks the 15th year of the event and we are excited to offer yet another great race at the beautiful North Lakeland Discovery Center.

Below we have included some information that will be important for race participants to know. It is not intended to be the final word on every aspect of the event, but rather designed to answer many common questions. Please read through the following information and if you have additional questions feel free to contact us at the Discovery Center.

We look forward to seeing you and hope you have a wonderful race!

### *Top Things to Know:*

- ✓ Must be 13 years of age to participate.
- ✓ Helmet with chin strap and safely operating trail bike (no road bikes please) is required of all bike participants.
- ✓ Check in for pre-registered athletes is Friday, 2:00PM – 7:00PM; race day 7:00AM – 8:15AM.
- ✓ Any T-shirts not claimed by **8:15AM** on race day will be made available to late registrants.
- ✓ Transition area is for athletes only and will close at 8:30AM.
- ✓ **Mandatory** Athlete Orientation in the Main Lodge at 8:30AM.
- ✓ Waves are based on age group and will start about every 3-5 minutes (depending on number of participants). If a wave is particularly large, it will be split alphabetically by last name.
- ✓ Late arrivals will need approval from the race director to participate and will be placed in the last wave regardless of age group.
- ✓ Race officials, volunteers and signage will be placed at trail intersections to help guide traffic, however it is up to each participant to know and remain on the course. A course map is included in this packet.
- ✓ Show good sportsmanship and have fun! It's a beautiful course, enjoy it!

### *Check-in and Packet Pick up*

Athletes will check in at our Main Lodge located east of the parking. Check-in for the race is on Friday from 2:00PM – 7:00PM and on race day from 7:00AM – 8:15AM. Your race bib and T-shirt will be included in your packet. All athletes need to have checked in and claimed race bib and T-shirt by 8:15AM on race day. **Any T-shirts not claimed by 8:15AM on race day will be made available to late registrants.**

### *Directions to the Center*

The Just Tri It! Triathlon is held entirely on the North Lakeland Discovery Center grounds. To get to the Center, you can find a map on our website at [www.discoverycenter.net](http://www.discoverycenter.net). If you would like to use a direction finding device (such as MapQuest or a GPS system), our address is 215 County Hwy W, Manitowish Waters, WI 54545.

### *Parking*

Parking is free and on first-come availability. After you turn off of Highway W you will go about a quarter mile on our road. Parking will be on the right, marked with stakes and flagging in the recreation field. We try to clearly delineate rows, however, be aware of other cars and avoid blocking in fellow participant's vehicles.

### *Mandatory Athlete Orientation Meeting*

**There is a mandatory racer orientation meeting at 8:30AM in Main Lodge.** During this meeting wave assignments, start times and final course instructions will be given. For the safety of all participants, any athlete who misses this meeting may not be allowed to participate. Late athletes, if allowed to participate, will be put in the final wave.

### *Timing Chip*

You will also pick up your timing chip in the Main lodge at the time of your check in. **DO NOT LOSE YOUR CHIP.** Not only is each chip encoded with your specific registration data (so do not trade your chip with another athlete), but anyone not returning their assigned chip will be charged the \$100 recovery fee. The chip must be worn throughout the race. Anyone not wearing a chip will be disqualified.

### *EMS location Medical Services*

There will be EMT medical service available at the race. Medical personnel shall have the ultimate and final authority to remove a contestant from the race if the athlete is judged to be physically incapable of continuing the race without serious risk. Medical transport of an athlete will result in DNF/DQ.

### **Transition Information**

#### *Transition Set Up*

The transition area will open at 7:00AM. Only race participants, event staff, and volunteers are allowed in the transition area. An event race number are required for access. Please remind your family and friends of this and discourage their entry into the transition area.

All bikes, regardless of wave, must be settled in the transition area by 8:30AM because all participants must be in the mandatory athlete orientation meeting at 8:30AM. Once this meeting has started, any late arrivals will not be allowed in the transition area until after the athlete orientation is complete.

**Late arrivals will need approval from the race director to participate and will be placed in the last wave regardless of age group.**

All equipment must be removed from Transition by 12:30pm. The Staff of the Just Tri It! Triathlon are not responsible for lost or stolen items during the race. The Lost and Found will be located in the Main Lodge.

#### *Transition Area Conduct*

- ONLY racers and staff are allowed in the transition area.
- You must walk (or run) your bike while in the transition area (no riding)
- Watch out for other athletes as you move through transition
- Follow the instructions of race officials and volunteers

### **Relay Teams**

Teams of 2 or 3 are welcome in the event. Each team is assigned one Bib Number (to be worn by the runner) and one Timing Chip (to be transferred and worn by each team member.) Team members must submit a team name at registration.

Teams compete in groups defined by gender or, if applicable, age. There are All Male, All Female, or Co-Ed teams. If desired, teams may decide to compete in one our team age categories, (Youth: all ages 19 and under, or Masters: all ages 50 and older). If a team decides to compete in the Youth or Master team, it supersedes the gender group (so a team of all women over 50 may chose to compete in *either* the "All Female" group *or* the "Masters" group; there is no female masters group.)

#### *Team Timing Chips*

One timing chip is assigned per team. Team members need to cross the timing mat at the end of their leg of the race, then hand off the chip to the next team member at the relay bike rack in the transition area. The next team member must have the chip firmly attached before leaving the transition area.

### *Transitions*

T1: Swim to Bike Transition. The swimmer will cross the timing mat, enter the transition area and hand off the timing chip to the biker at the relay bike rack. The biker must have the chip attached and helmet in place and then walk or run (not ride) the bike out of the transition area.

T2: Bike to Run Transition. The biker will cross the timing mat, enter the transition area and hand off the timing chip to the runner at the relay bike rack. The runner must have the chip attached, and race bib clearly showing on the front, before leaving the transition area.

## **INFORMATION ABOUT THE COURSE**

### **Overall Course Information**

You will encounter a variety of conditions on the trail system. That is what makes the Discovery Center such a wonderful place to explore! A course map is included at the end of this packet.

- Conditions/ Hazards:
  - Wildlife is not uncommon and you should watch for deer and other animals who may unexpectedly cross your path.
  - Be aware of your surroundings, obey the instructions of the race officials and volunteers and be considerate of others during the competition.
  - Be prepared for potential standing water, mud, muck, rocks, sticks, and other 'natural' features of our trails.
- Two-way Traffic: There are two areas of two-way traffic located on the trail. These are marked on the course map. You may be required to slow down and proceed single file in these areas. Listen to the directions of course officials and yield to oncoming traffic.
- Race officials and volunteers will be placed at trail intersections to help guide traffic, however it is up to each participant to stay alert of and remain on the course.

### *Water Stations*

Water stations will be located along the race course. A course map with the stations will be posted in the Main Lodge and in the transition area. It is highly recommended that racers bring their own water and fuel for the trail.

### *Trail Signage*

Each mile will be marked. Trail intersections will also be marked to help aid racers stay on the course. Please stay alert and know the course. While we do our best to mark the trails, it is ultimately the responsibility of the race participants to pay attention and stay on course.

## **The Swim Course**

### *Course Description*

There are two buoys, and the course is in a counter clockwise direction around the buoys. Lifeguards are positioned in the water as well as on shore.

### *Swim Start*

Athletes will have a beach start. Participants need to be at the lake for the start no later than 8:45AM.

### *Swim Waves*

Athletes will start in waves based on individual age group or team categories. Any wave greater than 20 people may be split alphabetically by last name. Waves smaller than 5 may be combined. Depending on wave size and total participant number, waves will start every 3-5 minutes. Wave assignments and start times will be given at the mandatory athlete meeting at 8:30AM in the Main Lodge.

You will need to listen to the course officials so you are ready prior to your wave start. If you miss your wave start you will be placed in the last wave.

### *Swim conduct*

- Anyone cutting across the course marked by buoys will be disqualified.
- It is up to the swimmers to keep visual contact with the course.
- Please remember we have lots of first-time triathletes, so please be courteous to other swimmers; striking or swimming over another swimmer is prohibited.
- Racers may self-seed, meaning the slower swimmers (especially those wearing life jackets) may move to the back and those swimmers who feel they are faster may move to the front. This is done on a voluntary basis and is not facilitated by course officials. No racer may force another racer to the back of the wave.
- Once you have entered the water if you need assistance, roll over on your back and signal to a lifeguard. Lifeguards have at their discretion the right to remove you from the swim leg of the race if they believe you should not continue in the water.

### *Swim Devices*

- Swimsuit is required.
- Goggles, swimming cap are recommended.
- Wetsuits are allowed, though not recommended over a water temperature of 80 degrees F. Keep the suit rolled down to your waist until just before you enter the water.
- Life jackets are also allowed. If you decide to wear a life jacket we ask that you start at the back of your wave.
- Anything designed to help you go faster, however, is NOT allowed. This includes, but is not limited to, swim fins, swim gloves, and paddles. Please call ahead if you have questions.

### **The Bike and Run Course**

As expected on an off-road trail, there are areas of caution on the course (2 way traffic, potential water hazards, etc). Course officials may ask you to slow down and ride single file at certain areas of the course; failure to heed their instructions may result in a penalty or DQ.

### *Conduct on the Trails*

Our main goal for the event is for all participants to stay safe. While this is a race for some, many of our participants are new athletes and the purpose of this event is to get outside and have fun. Please be courteous to your fellow participants.

- Anyone cutting across the marked trail course will be disqualified.
- It is up to the racers to stay aware and remain on the marked trail course.
- No verbal abuse or harassment of other racers will be tolerated.
- Absolutely no bumping, pushing or any other physical contact with other racers is allowed.
- When passing, be aware of your surroundings. Be especially careful at the points on the trail where there is two-way traffic. As with road traffic, you must yield to oncoming traffic.

### *Water Stations*

Water stations will be located along the race course. A course map with the stations will be posted in the Main Lodge and in the transition area prior to the race. It is highly recommended that racers bring their own water and fuel for the trail.

### *Trail Signage*

Each mile will be marked. Trail intersections will also be marked to help aid racers stay on the course. Please stay alert and know the course. While we do our best to mark the trails, it is ultimately the responsibility of the race participants to pay attention and stay on course.

### *Equipment Malfunctions*

If you experience mechanical difficulties while on the trail please get off to the side of the trail and notify a course official immediately. Some malfunctions may result in a DQ, especially when safety of any participants is in question. Other than basic fixes please do not attempt to repair your bike on the course.

### *Recommended/Required Trail Equipment*

Bike: Safely operating trail bike (for your safety, no road bikes please) and a helmet with chin strap are both required. Shoes, glasses, gloves, water bottle, are recommended.

Run: Appropriate clothing is obviously required. Good trail shoes are strongly recommended. Glasses or a hat are also recommended.

Other recommended items for transition area: Sunscreen, Bug spray, Towels, Water, food, snacks, (for transition area and the trail), Camera.

While many people train with personal music devices such as an iPod or other MP3 players, for the safety of everyone on the course, on race day they are not allowed.

#### *The Finish*

Race numbers must be displayed on your front and worn as you cross the finish line. You will also turn in your timing chip. (\$100 fee assessed to the participant with a lost/ missing chip). Transferring your timing chip or race number to another person will result in disqualification.

#### *Awards*

Awards are given to the top three male and top three female finishers overall. Ribbons and recognition also given to the top three individual male and top three individual female finishers in each age group. Team ribbons and recognition are based on the top three finishers in each team category (male, female, co-ed, youth and masters).

#### *DNF/ DQ*

If for any reason, you are unable to finish the race, notify a race official and return your timing chip at the finish line. It is mandatory that you turn in your chip so we will have a record that you are safe and off the course. There is a \$100 charge for a lost band/chip. There are no refunds for DNF or DQ.

#### *Disqualifications (DQs)*

In addition to the reasons listed above, race officials have the authority to disqualify any participant for:

- Failure to heed safety commands of course official
- Unsportsmanlike conduct
  - Verbal abuse of another participant, race official or volunteer
  - Physical contact of another participant including bumping, shoving, tripping, etc.
  - Destruction, damage or intentional manipulation of North Lakeland Discovery Center property.
  - Injury caused to other participants, volunteers, or wildlife.
- Failure to stay on designated course
- Failure to wear timing chip throughout the entire race
- Riding a bike in the transition area
- Failure to wear a helmet throughout the bike race
- Starting in the wrong wave
- Not finishing any leg of the event

#### *Weather Delays*

For the most part, we try to hold the Just Tri It! Triathlon regardless of weather conditions so come prepared! In the event of weather posing a safety threat, however, such as lightning or tornadoes, the start time for Just Tri It! Triathlon may be delayed. We will push back the start of the event as far as 12:00PM. If the weather continues to pose a safety hazard after noon we will cancel the event. While we have never had to cancel the event due to weather, we reserve the right to do so for the safety of all participants. There is no refund in the event of weather cancellation.

#### **Contact Information**

If you have any questions, contact us at the Discovery Center. Email: [katie@discoverycenter.net](mailto:katie@discoverycenter.net)  
Phone: (877) 543-2085.

Best of Luck, and Happy Training!

### Local Lodging Options

For those traveling from a distance, here is a quick list of some lodging opportunities.

**Pea Patch Hotel;** Call for availability information and reservations. (715)543-2455

All of our rooms are equipped with a television, coffee maker, microwave, and hair dryer along with other amenities to make your stay as comfortable as possible. Sorry, no pets

| Room   | Rates      |
|--|------------|
| <b>Standard Room</b>   |            |
| With 2 Queen beds.   | \$58/Night |
| <b>Kitchenette Room</b>  |            |
| With 1 Queen bed   | \$58/Night |
| <b>Apartment</b>   |            |
| With full kitchen, living room with a hide-a-bed couch, and a separate bedroom with a Queen bed. | \$80/Night |

**Northwoods Home Rentals;** [www.NorthwoodsHomeRentals.com](http://www.NorthwoodsHomeRentals.com)

SPEND YOUR SUMMER VACATION in Northern Wisconsin! We offer cabins and homes, from the **economical** to the **elegant**. Our homes are ideally situated on lakes that highlight the very best the Northwoods has to offer - wildlife, fishing, swimming and recreation. Many memory-making moments await with friends and family this summer. Amenities include canoes, kayaks, fishing boats, sunsets and sunrises, large decks for grilling and socializing, and comfortable stays with home-away-from-home niceties. Email or call 715-686-2126, 715-482-6235 or [info@northwoodsvacations.com](mailto:info@northwoodsvacations.com)

**Camp Holiday, Boulder Junction;** <http://www.camp-holiday.com/>

Located on Rudolph Lake near Boulder Junction, Wisconsin, Camp Holiday offers complete, modern, very clean facilities for RVs & tents.

- 15 miles north of Minocqua-Woodruff, Wisconsin
- 4 miles southwest of Boulder Junction, Wisconsin on Highway H

**Camp Holiday, Inc.**

(715) 385-2264 ~ Fax: (715) 385-2966

Email: [campholiday@centurytel.net](mailto:campholiday@centurytel.net)

You can also contact the *Manitowish Waters Chamber of Commerce* for more options:

<http://www.manitowishwaters.org/>

## 2011 Just Tri It! Triathlon Course Map

