



Adult Race General Information

When: Sunday, July 27, 2025

Where: Cook Park, 600 N. Main Street, Wauconda IL 60084

Distances: *Olympic* – 1.0 mile swim in Bangs Lake, 24.0 mile bike ride, and 6.2 mile run through the scenic Wauconda countryside.

Sprint – 0.5 mile swim in Bangs Lake, 12.0 mile bike ride, and 3.1 mile run through the scenic Wauconda countryside.

Races: Open, Beginner (Sprint Only), Elite (Olympic Only), Clydesdale, Athena, Duathlon, and AquaBike.

NOTE: ALL PARTICIPANTS MUST BRING PHOTO ID TO PACKET PICK-UP. ONLY REGISTERED PARTICIPANTS CAN PICK UP HIS/HER PACKET.

No Refunds Refund Policy: No refunds or race transfers to another participant will be allowed. Refunds will be given prior to the start of the race, for medical reasons, with a doctor's note.

Race Start Time: Race management will do their best to start all races on time. The following race start time is tentative. Each race begins with a time trial start. Groups of two athletes will start every five seconds. All races except for the Duathlons start at Phil's Beach. Duathlon races start at Cook Park. More specific age group start times will be available approximately one week prior to the race. There will be no transportation to the Swim start at Phil's Beach (approximately ¼ mile from the transition area).

- 6:30 am Olympic Distance Triathlon and Olympic AquaBike.
- 6:45 am Sprint Distance Triathlon and Sprint AquaBike.
- 6:45 am Duathlons (Cook Park)

Sanctioning: The Wauconda Triathlons are sanctioned by the USAT. All participants must sign a USAT Waiver and a waiver from the Wauconda Park District prior to participating. Our races are monitored by USAT officials. All USAT rules regarding competition will be enforced by the race officials. All USAT rules will be in effect unless otherwise noted in this document.



Packet Pickup – There will be NO Race Day Packet Pickup. Please pick up packets on one of the following dates:

- **July 22-24 – Runners High ‘n Tri**, 121 W. Campbell, Arlington Heights, 10:15 am-5:30 pm
- **July 25-26 – Wauconda Park District Community Center**, 600 N. Main Street, 10:30 am- 4:00 pm.

NOTE: ALL PARTICIPANTS MUST BRING A PHOTO ID TO PACKET PICKUP. ONLY REGISTERED PARTICIPANTS CAN PICK UP HIS/HER PACKET.

Rules/Guidelines – The race will begin in time trial waves, sending athletes off every 5 seconds at Phil’s Beach, 328 N. Main Street, Wauconda. Wet suits are allowed under the following criteria: water temperature is 78 degrees or below, water temperature is 78.1 – 83.9 degrees wet suits may be worn, but competitors are not eligible for awards, water temperature is 84 degrees or above wet suits cannot be worn as a safety precaution. Anyone wearing a wetsuit when the water temperature is 84 degrees or above will not be allowed to finish the race and will be disqualified.

Swim Caps will be provided and are color coded by your wave and race. Swim caps must be worn while on the swim course. Lifeguards and other safety personnel will be on hand to ensure the safest race possible. Athletes are participating in a high-risk activity and must assume the risks involved by participating in the Wauconda Triathlons.

Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg. NO HELMET-NO RACING!!

Transition Area – Only participants are allowed in the transition area (Cook Park). Each participant will be provided with a bike number that matches their bib number. This number must be on your bike prior to entering the transition area. Only the triathlete matching the race number will be allowed in/out of the transition area. The transition area will open at 4:30 am and remain secure until 30-minutes after the final participant leaves the transition area to go on the run course.

Headphones and other communication devices are strictly prohibited on the course.

All bike handlebars must have end caps.

All participants must be out of transition by 6:00 am.

Bike Route – The bike course is challenging and hilly. The entire course is open to regular road traffic. Please be aware of your surroundings and be careful. Always use caution and remain on the right-hand side of the road. Volunteers and signs will be on the course to remind participants of where to go.

Run – Race numbers will be provided and must always be worn while on the run course. The route is in a residential area, and roads are not closed to traffic. Volunteers and signage will direct runners and auto traffic but remain cautious. Fluids will be available on the run course.



Refreshments – There should be ample refreshments at the finish line. It has become a tradition at our race to have the Boy Scouts prepare a pancake breakfast for all athletes and have a local pub provide an alcoholic drink to all finishers. Food and drink provided at the post race party is for athletes only.

Course Maps – Course maps are available on our website at wauconaparks.com/triathlon.

Parking – All athletes and spectators should park at Wauconda High School 555 North Main Street, Wauconda, IL 60084. Wauconda High School is located directly across the street from Cook Park. There will be no parking in Cook Park.

Race Results – Prior to the race, athletes will receive an email that will provide a real time update to all athletes on their time. Results will be posted to the Park District's website by 5:00 pm on Monday following the race at www.waucondaparks.com/triathlon

An awards presentation will begin at approximately 9:30 am. Awards are given for the first three places in each division and over all male and female along with overall runner up for both Triathlon races.

IMPORTANT LOCATIONS

- Parking – Wauconda High School, 555 N. Main Street, Wauconda IL 60084
- Transition – Cook Park, 600 N. Main Street, Wauconda IL 60084
- Swim Start – Phil's Beach 328 N. Main Street, Wauconda IL 60084
- Finish line – Cook Park, 600 N. Main Street, Wauconda IL 60084

