



# Wauconda Adult Duathlon General Information

*\*This information is subject to change\**

**When:** Sunday, July 23, 2023

**Where:** Cook Park, 600 North Main Street Wauconda, IL

Distances: 12.0 mile bike ride; 3.1 mile run through the Wauconda countryside.

## **Packet Pick-Up:**

There will be NO Race Day Packet pick-up! Please pick up packets on one of the following:

**July 18-20:** Runners High n' Tri, 121 W. Campbell, Arlington Heights 10:15am-5:45pm

Final packet pickup:

**July 21-22:** Wauconda Park District Community Center, 600 N. Main Street, Wauconda 10:30am-4:00pm.

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

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

## **Race will start on TIME!**

Start time for the race is approximately 6:45am. The course will close four hours after the last wave starts the race (approximately 11am) Unless there is a safety concern, the race will start on time. Participants need to allow enough time to check-in at Cook Park, no later than 5:45am. Please note: We anticipate approximately 600 participants this year.

The start of this race will take place between the swim out and transition point. Timing chips will be included in your race packet. All participants must be body marked prior to entering transition. You will NOT be able to participate in the Wauconda Triathlon without body marking.

## Rules/Guidelines

The race will begin in time trial waves, sending off athletes every 5 seconds at Cook Park.

Bike helmets, approved by the Consumer Product Safety Commission (CPSC) must be shown to race staff upon entering the transition area. Once approved, participants must wear and secure their helmets: No helmet-No racing!

All bikes must be mounted and dismounted outside the transition area. All bike handlebars must have end caps. USAT Officials will monitor the course for violations.

**Transition Area:** Only participants are allowed in the transition area (Cook Park). Each participant will be provided a bike number that matches your 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 with the bike. This procedure is in place for the protection of your bike and equipment.

Only one bike per rider is

allowed in the transition area. The transition area will open at 4:30am and remain secure until half an hour after the final participant crosses the finish line. All participants must be out of the transition area by 6am. Participants will not be allowed to remove any items from the transition area until the last participant has begun the run portion of the event.

**Bike Route (12.0 miles Sprint)**

The bike course is challenging and hilly. The entire bike course is open to regular road traffic. Please be aware of your surroundings and be careful. Always use caution and remain to the right hand side of the road. Volunteers and signs will be on the course to remind participants of where to go. Headphones are prohibited. All bike handlebars must have end caps.

**Run (3.1 miles Sprint)**

Race numbers will be provided - this is especially important for teams. Numbers must be worn on the run. The route is in a residential area, and roads are not closed to traffic. Volunteers and signs will direct the runners and the auto traffic, but remain cautious. Fluids will be available at two aid stations on the run course. Headphones are prohibited.

**Refreshments**

There should be ample food and beverages at the finish line. Please refuel yourselves and refrain from feeding family, friends and spectators. These items are intended for the athletes only.

**Course Maps**

Course maps will be available online at [waucondaparks.com](http://waucondaparks.com).

**Parking**

Parking will be available at Wauconda High School, directly across the street from Cook Park. No parking will be available at Cook Park on race day.

**Race Results**

Race results will be posted periodically as racers finish, and at the awards ceremony - approximately 9:30am. Participants will receive unofficial times upon completion of the race. Results will also be posted online at [waucondaparks.com](http://waucondaparks.com) or [mychicagoathlete.com](http://mychicagoathlete.com), no later than Monday, July 18 at 12:00 pm.