



# Kids Race General Information

**When:** Saturday, July 25, 2026

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

**Distances:** *Ages 7-10* – 100-yard swim in Bangs Lake, 3.0 mile bike ride, and 1.0 mile run on our park district walking path.

*Ages 11-15* – 200-yard swim in Bangs Lake, 6.0-mile bike ride, and 1.0 mile run on our park district walking path.

**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. For safety purposes race time for the 7-10 years olds will be after the last older bike rider has returned to the transition area and begun to run. Participants will need to allow time to check in at Cook Park. All participants must check-in no later than 7:00 am. Race briefing will be held at 7:45am for all ages.

- 8:00 am for the 11-15 years old age group.
- 8:20 am for the 7-10 years old age group. Unless there is a safety concern

**Packet Pickup** – Please pick up packets on one of the following dates:

- **Friday, July 24** – at the Community Center, 10:30 am-4:00 pm
- **Saturday, July 25** – at the race check-in area located south of the community center building at 600 N. Main Street, 6:30 - 7:30 am.

**Rules/Guidelines** – The race will begin in time trial waves, sending athletes off every 5 seconds at the Arthur Farley Fishing Pier located at Cooks Park to the Southeast of the Community Center. 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 or a parent with a bib matching the race number will be allowed in/out of the transition area. The transition area will open at 6:30 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 7:45 am.

A pre-race talk will take place in the circle drive near swim-out, at 7:45am.

**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. For the safety of everyone, **NO PARENTS ARE ALLOWED ON THE BIKE COURSE.**

**Run** – Race numbers will be provided and must always be worn while on the run course. The route is on our park district walking path and is closed to traffic other than at our two park entrances. Volunteers and signage will direct runners and auto traffic but remain cautious. Fluids will be available on the run course. Un course is a one-mile lap of the Park District walking path.

**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](http://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.

**Parents** – **Parents cannot participate alongside your child.** Parents are encouraged to gather along the race course and cheer for the participants.

**Race Results** – Race results will be posted at the awards ceremony approximately 30 minutes after the last person crosses the finish line. Results will also be posted online at the park district's website by 5:00 pm following the race at [www.waucondaparks.com/triathlon](http://www.waucondaparks.com/triathlon).



## 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 – Cook Park, 600 N. Main Street, Wauconda IL 60084
- Finish line – Cook Park, 600 N. Main Street, Wauconda IL 60084



Wauconda  
Park District

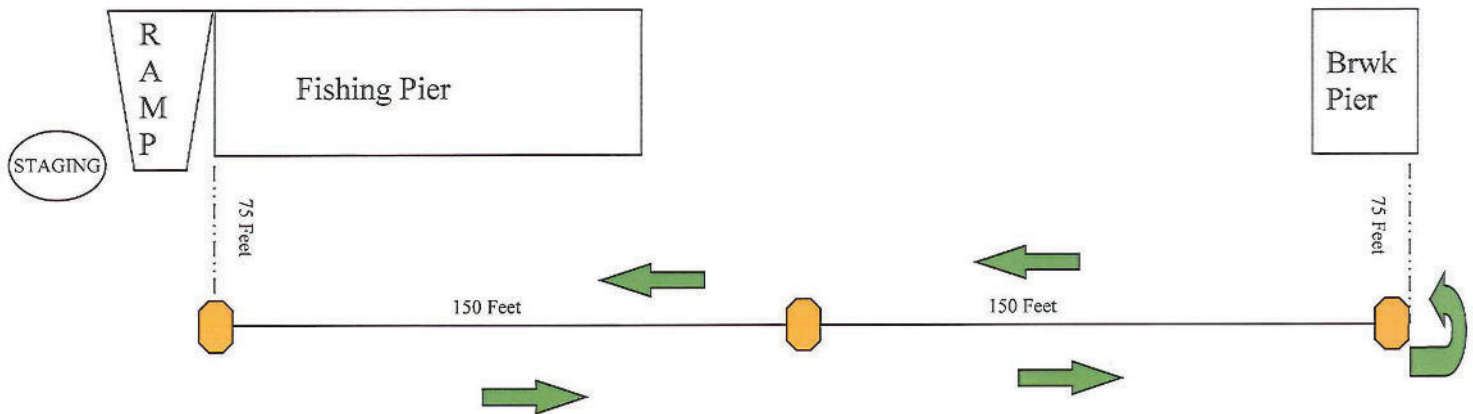


# Wauconda Kids Triathlon Swim Course Map

7-10 years: 100 yard swim

11-15 years: 200 yard swim

100 yards = 200 feet





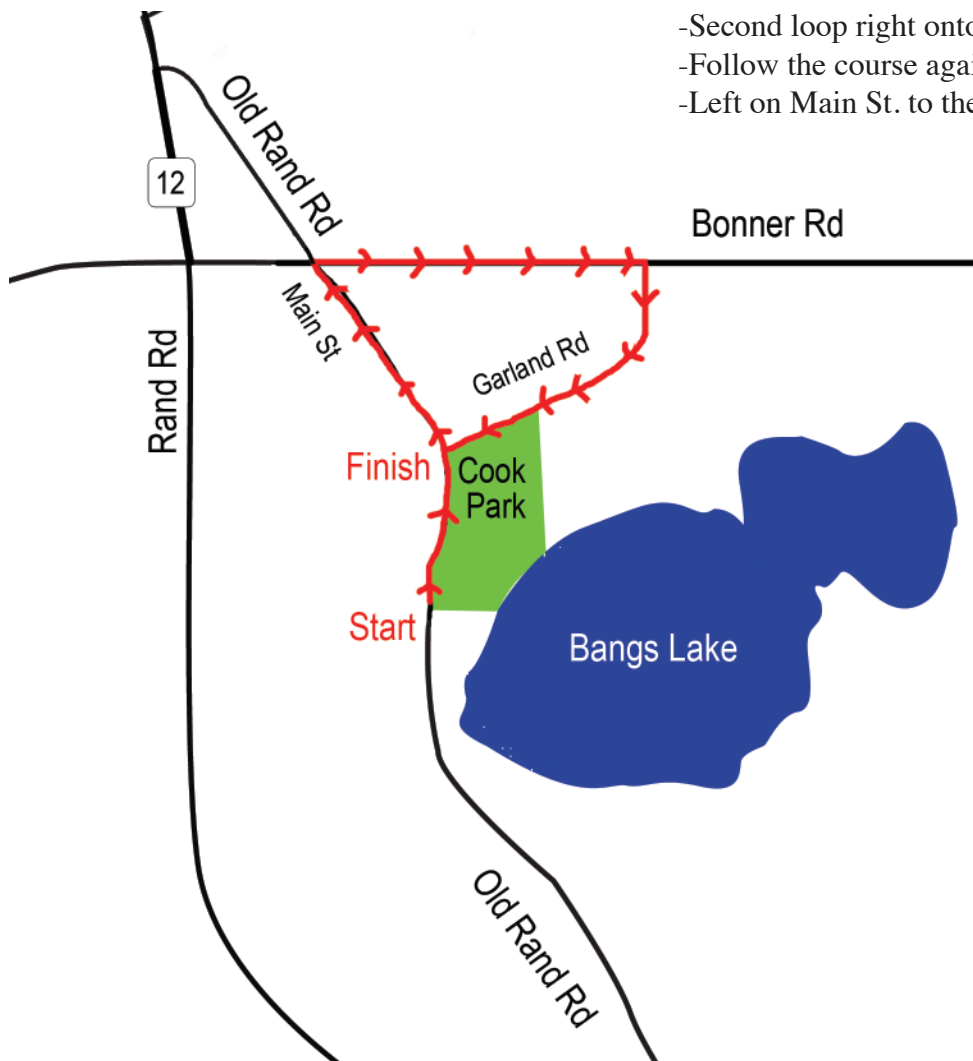
# Wauconda Kids Triathlon Bike Course Map

**7-10 years: 3 miles**

- Start North on Main St. at Cook Park Entrance
- Right on Bonner Rd
- Right on Garland
- Left on Main St
- Finish line in the Community Center parking lot

**11-15 years: 6 miles**

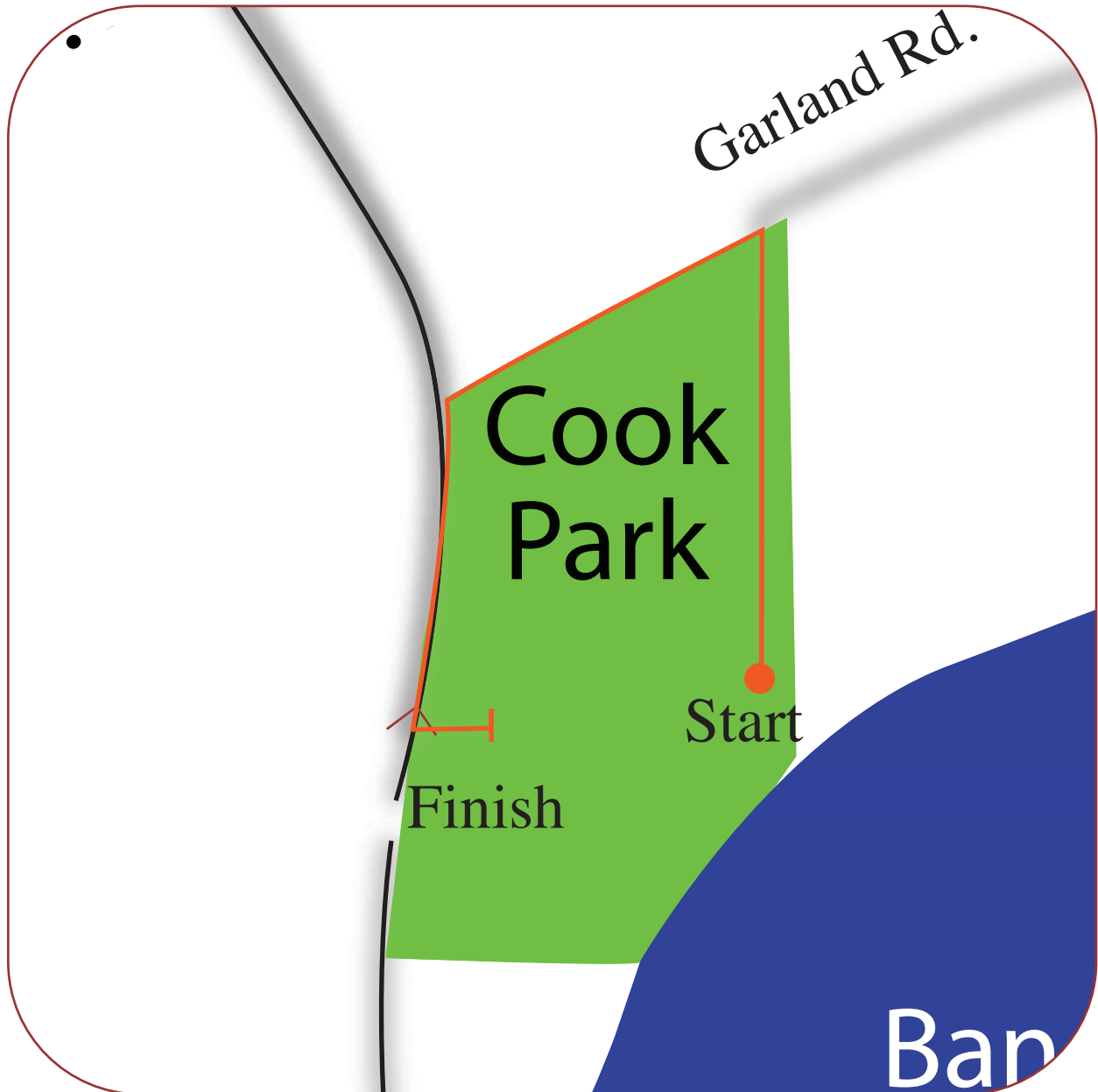
- Second loop right onto Main St. from Garland Rd.
- Follow the course again back to Garland Rd.
- Left on Main St. to the transition area





# Wauconda Kids Triathlon Run Course Map

7-15 years: 1 mile run



Cook Park, 600 North Main Street, Wauconda, IL 60084  
[www.waucondaparks.com](http://www.waucondaparks.com) (847) 526-3610  
Wauconda Park District