

Athletes!

Welcome to the 2024 Wauconda Triathlons. Race day is just a few days away and we hope you have been training to tackle our challenging course. Following is a link to the general information from our website. Please read carefully as there is some important information regarding parking, packet pick-up, rules/guidelines, start times, and more. Familiarizing yourself with this information will make for a better race experience.

Link to general information:

<https://www.waucondaparks.com/wp-content/uploads/Wauconda-Triathlons-General-Info.pdf>

Join us at the finish line for a traditional pancakes and sausage breakfast prepared by Boy Scout Troop 90. Adults 21 and over can have a post-race beverage provided by The Side Lot, 110 Slocum Lake Road, Wauconda, along with Truly and Dog Fishhead. Simply provide our attendant with your beverage tear-off from your race bib.

All finishers will receive a finisher medal and awards will be given to athletes that earn 1st, 2nd, and 3rd place in their age group, along with an overall winner and runner-up for the triathlons.

Water temperature will be determined by a USAT official on race morning. It has been warm this year, my suggestion is to be prepared.

The walk from Cook Park (600 North Main Street) to Phil's Beach (328 North Main Street) is approximately ¼ of a mile. We will have a gear check at Phil's Beach for anything that you would like us to bring back to transition. Please limit these items. In the past people have purchased a cheap pair of flip flops or old shoes that they do not care if they get lost. Any leftovers will be donated or recycled.

New this year: we will have a pre-race talk for beginners at the swim out area on Saturday, July 27 at approximately 10:30 am. This talk will be presented by triathlon coach Matt Petersen from The Fitness Pursuit. Matt has participated in our race since the beginning and is a loyal advocate/sponsor of our event. Can't make it on Saturday, no worry, there will be plenty of volunteers on hand Sunday morning, along with our professional announcer Keith Jones who will be making announcements throughout the morning and we will have a short prerace talk prior to the swim start at Phil's Beach.

Spectators coming to watch: Please note that Main Street will close at 6:00 am. Spectators will not be able to get through to the closer parking near Cook Park and at Wauconda High School. Suggested parking for spectators is on side streets or at the municipal lot located in downtown Wauconda, 111 W. Mill Street. This is approximately ½ mile from Cook Park.

Coffee and breakfast sandwiches for purchase will be available at the swim start and at the finish line. These items will be provided by The Side Lot.

The Side Lot will also be hosting a Victory Brunch and Beers. This is not included in your registration. Additional fees apply. Doors open at 11:00 am.

The following link can be used to check your race times on race morning. This will be updated every 10-15 minutes and should not be used as an official time or result until all racers have finished the race.

<https://results.racerooster.com/v2/en-US/results/9h7c56cjempzsuth/results>

Please feel free to contact me with any questions you may have. I look forward to seeing you all this weekend!

Tim Staton, Race Director
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