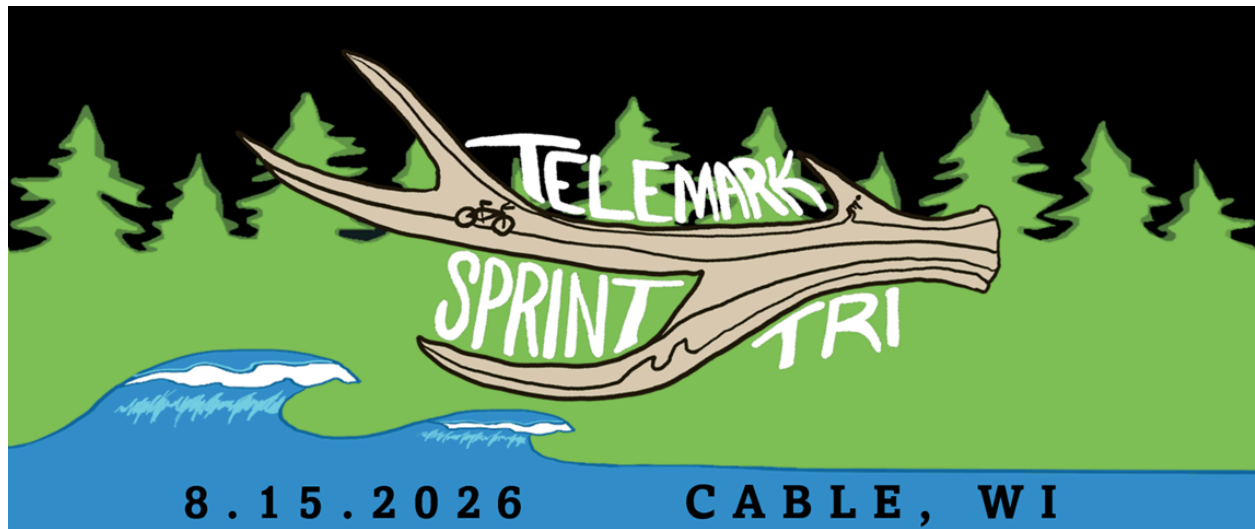




Participant Guide

- Packet pickup
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- Start Line Gear and Participant Drop Offs
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- Severe Weather Plan
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Packet Pick Up

Packet pick up will take place at 15315 Nordmore Road in Cable (Telemark Northwoods Lodging Office) from 5 p.m. to 7 p.m. on Friday, August 14th. If you can't come then, you can get your packet starting at 7 a.m. at the Bike to Run transition area. Please notify Zach at zlarson29@gmail.com.

Transition Area Setup

The transition areas are located at Perry Lake Landing (swim to bike) and at the parking lot below Telemark (bike to run). Both locations will have bike racks with your number on it. You may utilize the numbered drawstring backpack-style bag at either location to stage your items, such as shoes, drinks, and snacks or bring your own gear bag. This should be done between 7 a.m. and 8:30 a.m. on August 15th. Cars will not be allowed in Perry Lake Landing. You will be asked to pull over in the drop-off area on the side of the road just before it, which will be marked and coned off. Put on your emergency blinkers for safety. Cars are allowed at the bike-to-run transition area.

Start Line Gear and Participant Drop Offs

Perry Lake Landing is closed to vehicles and the drop off area will be at the intersection of Perry Lake Road and Perry Lake Landing on the side of the road. Please access the start from the Town of Cable (Kavanaugh Road/Highway 63) and exit out onto Trail Inn Road. (Don't turn around). Map below.



Parking

There will be no parking at the start. You must get dropped off or bike to the start. Parking will be at the Valhalla Lot below the Telemark Hub building near the Bike to Run transition. You are encouraged to ride your bike to the start (4 miles). A shuttle will be available from the Valhalla Parking Lot at the Bike to Run Transition at 8:15 a.m. and again at 8:35 am. You must reserve your spot on the shuttle by emailing Zach at zlarson29@gmail.com. There is a bike rack on the shuttle.

Bathrooms

There are two bathrooms at the municipal parking lot, two pit toilets at Perry Lake Landing, a porta potty at the bike to run transition, a porta potty at the finish, and nice bathrooms at Telemark Village Hub.

Course Description

Swim: The first leg is a 750 meter out-and-back swim. You will swim around an anchored red kayak around 1,230 feet out from shore, swimming around it on the right hand side, take a U-Turn, and swim back again. You will start in the sandy area to the left of the concrete boat launch area (it will be coned off). The start will have the following wave times:

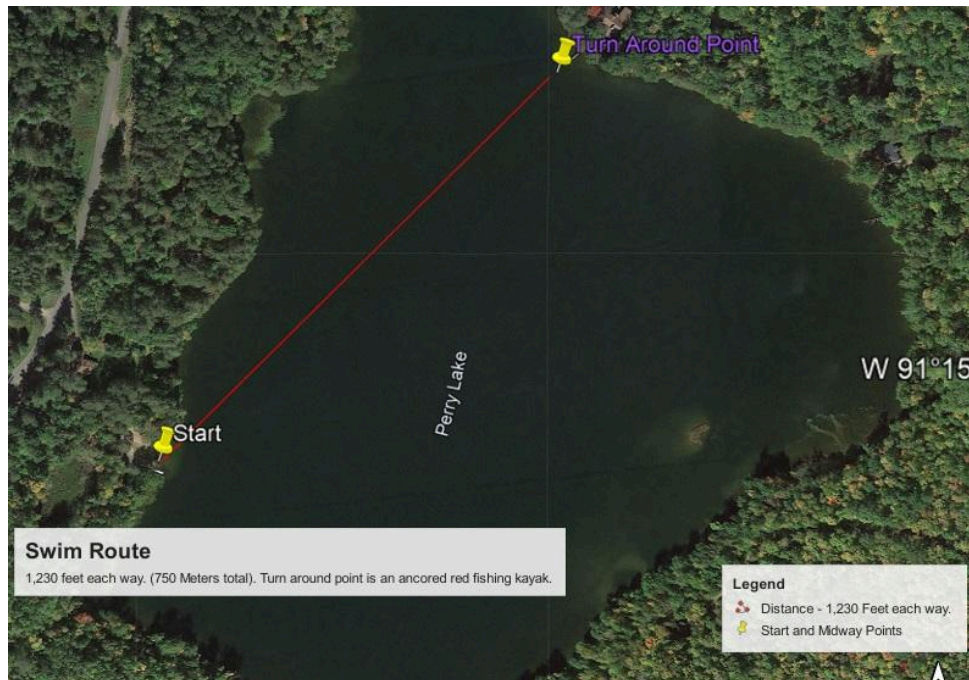
Wave 1: Ages 10 to 49. 9:15 a.m.

Wave 2: Ages 50 to 69 9:18 a.m.

Wave 3: August 70 and up 9:21 a.m.

Wave 4: Relay: 9:24 a.m.

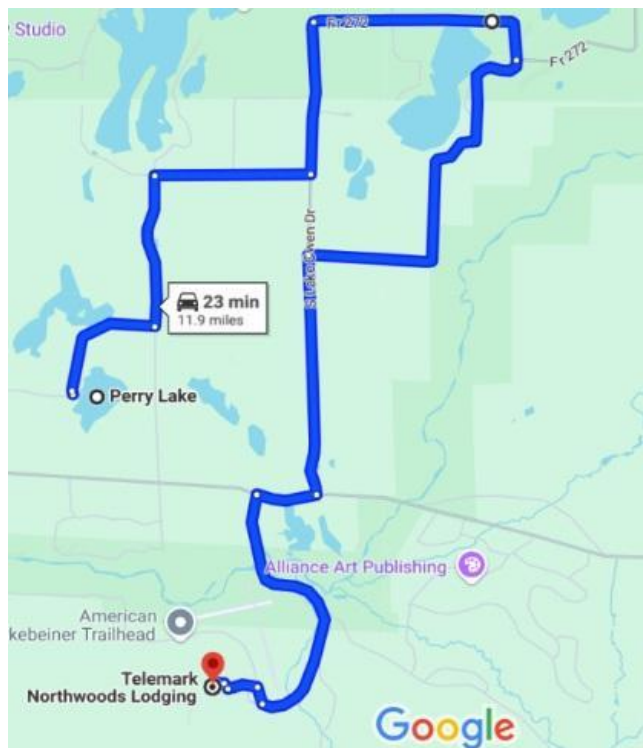
Please see below for a map of the swim course. A swim cap will not be provided.



Swim to Bike Transition: You will proceed across a grass/carpeted area to the bike rack with your number on it, change into your next set of clothes, put your items in your numbered bag, and walk/jog your bike until you get to Perry Lake Road.

Bike Route: The bike route goes on paved roads of mostly good quality asphalt, with the exception of the initial mile on Perry Lake Road and a one mile stretch on part of Takodah Lake Road, which are “country paved roads” quality with some bumps and variability to watch out for. The route will be thoroughly marked with arrowed signage. A description of the route is as follows:

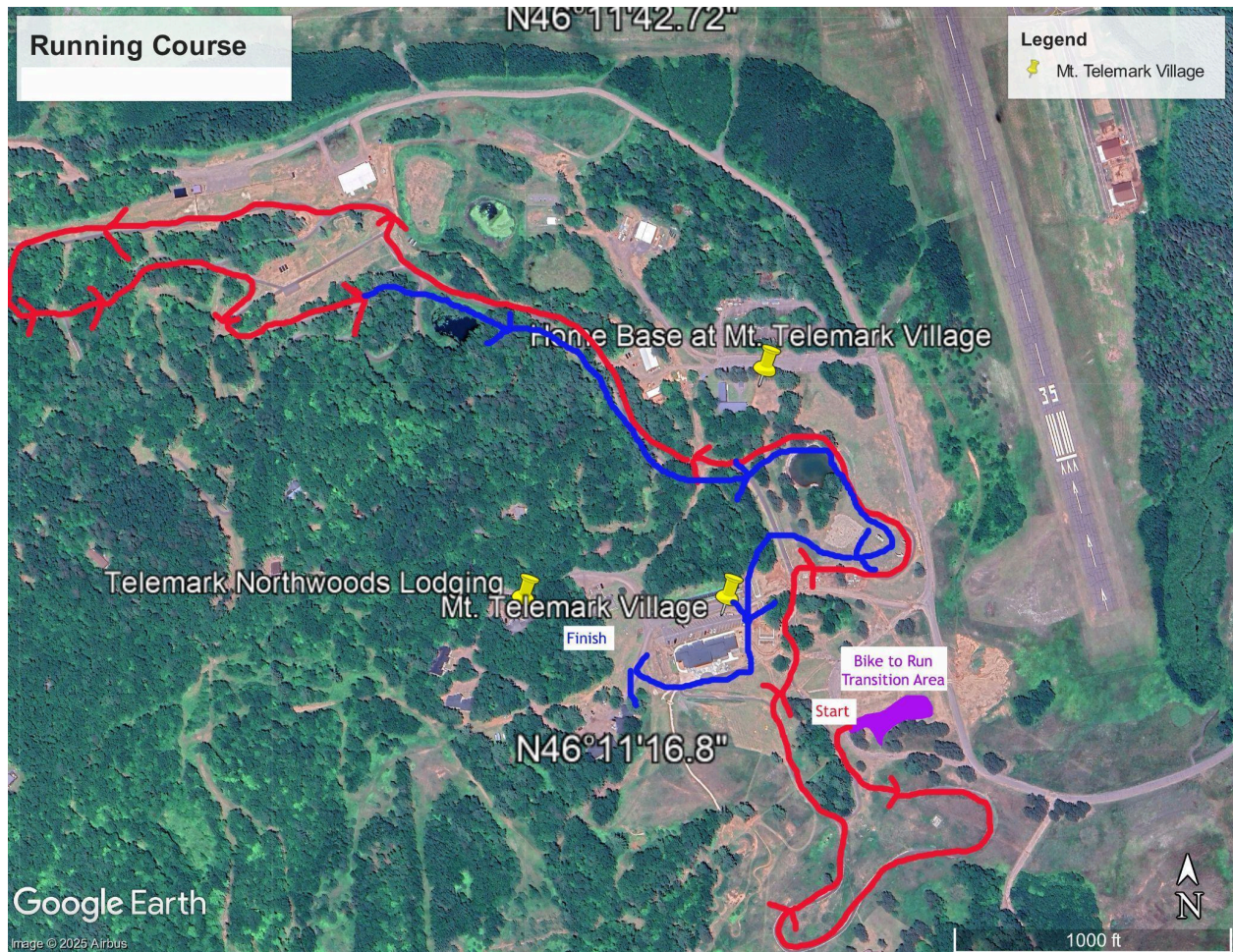
- 1) Northeast on Perry Lake Road. 2) North on Trail Inn Road. 3) East on McCauley Road. 4) North on Lake Owen Drive. 5) East on Pioneer Road. 6) South on Takodah Lake Road. 7) South on Lake Owen Drive. 8) West on County Highway M. 9) East on Telemark Road



Detailed description on Ride with GPS [here](#).

Bike to Run Transition: Stay left at the fork when you get near the end of Telemark Road (it will be well-marked) and proceed into the transition area. Walk your bike to the rack with your number on it. Switch shoes and place any items in the numbered bag and hang on your bike's seat post. Follow the signs to the running section, being mindful of any incoming bikes.

Run section: The 5K run will follow the paved roller ski loops. It will be well-marked. You will finish over the new bridge, past the Hub and to the finish area by a white "circus tent" at the site of the future Telemark Activity Center. Running map on the next page:



Timing

Timing services are provided by Tortoise and Hare (tandhtiming.com) and you can find your results on their website and at the finish line as they post them. The three leg splits are timed, but the transition areas are not timed.

Awards

Overall male and female winners for triathlon. Prize for the winners is a Helmet from New Moon Bike and Ski. Winning relay team members will each get a \$20 gift card from New Moon Bike and Ski.

Post-Race Information

Please join us after the race under the tent. Enjoy some complimentary refreshments, learn about the future Telemark Activity Center, win prizes, and visit sponsor tables. Food will be for purchase inside the Telemark Village Hub building at Backroads Coffee.

Your gear will be located at the “Bike to Run” transition area. That will include your swim gear bag and bike.

Severe Weather Plan

Overview: Lightning will cause a delay.

Participant responsibility: Please have your phone handy to check any e-mails pertaining to a lightning delay prior to reporting to Perry Lake Landing. Check radar and National Weather Service warnings to avoid being outside during a lightning storm while you set up your items in the transition areas. You should be safe in your vehicle during any risk of lightning prior to getting to the start line.

Event Director responsibility: Zach Larson will keep you informed as to any decisions related to delays. Safety is always the top priority. The race may be delayed minutes or longer until lightning risk has passed.

Shelter during a lightning storm timeline:

7 a.m. to 8:15 a.m.: Take shelter in your private vehicle

8:15 a.m. to 9:15 a.m.: Race Director will let you know if it is safe to be at Perry Lake Landing during this time. There is a shelter at the site (changing room building with a roof). If there are any delays prior to arriving at Perry Lake Landing, take shelter in your private vehicle.

9:15: The swim will be delayed if there is any chance of lightning. You will shelter at the Perry Lake changing room building if needed.

9:45: The bike portion will take place during a timeframe in which no lightning is predicted. If you are out on your bike during lightning, it is recommended that you stop and “get low” until the danger passes.

10:30: The bike to run transition will take place in the lower Telemark Parking Lot. You should run/bike directly to the Telemark Village Hub building to take shelter if you hear thunder or see lightning.

11:00: The finish line tent is near to the Telemark Village Hub building. If there is lightning, you will be instructed to take shelter in that building.

FAQ

Q: Can we arrange for day of packet pick-up?

A: Yes. You have to arrange it with Zach. You will pick up your packet from 7 a.m. to 8 a.m. at the bike to run transition area.

Q: Are swim caps provided?

A: No.

Q: Can I pick up my friend's packet?

A: Yes, but make sure they get it in time to set up both transition areas between 7 a.m. and 8:30 a.m. on race day.

Q: Do we need to pack our bag at the swim event before we leave on the bike?

A: Yes. You will have a “drawstring backpack” style bag at the transition area with your number on it. If you have a wetsuit, you will have an additional larger plastic bag with your number on it. These will be transported to the bike-to-run transition area for you to have after the

race. You need to set up your bike-to-run transition area beforehand. Items are not guaranteed to reach your run transition area before you get there by bike.

Q: Can I swim with a swim buoy?

A: We are happy to make reasonable accommodations as long as they don't interfere with the other participants. If you have a swim buoy, we may ask you to swim on the far right side of the route so as not to get in the way of other swimmers. That said, the water is generally very calm and there will be plenty of rescue kayakers there to help you as needed.

Q: Where can spectators watch?

A: The bike-to-run transition area and up by the Telemark Village Hub are good locations. There is plenty of parking at the bike-to-run transition area.

Q: How does the relay runner get from the start to Telemark?

A: The relay runner can:

- 1) Get picked up at Perry Lake Landing around 9:45 a.m. by someone
- 2) Bike to Telemark
- 3) Arrange to get a ride with the gear bag shuttle, which will leave around 10 a.m. from Perry Lake Landing and will be going to the bike to run transition area.

Q: What kinds of timing chips/bibs will be used?

A: For the swim, you will have an ankle strap chip. You will have your number written on your left arm in Sharpie. For the bike, you will need to wear a bib on your bike jersey in the front. For the run, you will need to wear a bib on your run jersey in the front. For relay teams, there is a

timing chip in the bib that will be handed off from bike to run. Bibs can be attached to a bib belt.

Feel free to e-mail Zach at zlarson29@gmail.com with more questions.