BEST SPRINT TRIATHLON

USA TODAY 10BEST READERS' CHOICE 2024

#1 – CHICAGO TRIATHLON

CHICAGO TRIATHLON



ATHLETE GUIDE

AUGUST 24-25 2024
LAKE MICHIGAN

CHICAGO TRIATHLON

ATHLETE GUIDE

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WELCOME LETTER

On behalf of supertri and the entire Chicago Triathlon team, it is with great excitement and anticipation that we welcome you to the 2024 Chicago Triathlon!

This year, we are thrilled to host athletes from around the globe in one of the most iconic triathlon events in the world. Whether you're a seasoned veteran or a first-time participant, we commend you for taking on the challenge and joining us for this incredible experience.

Get ready to push your limits and showcase your endurance in the heart of our vibrant city. The Chicago Triathlon isn't just a race; it's a celebration of athleticism, determination, and the spirit of camaraderie. As you prepare for race day, know that we are here to support you every step of the way.

From the shores of Lake Michigan to the stunning views along the bike course and the cheers echoing through the streets during the run, Chicago offers a backdrop like no other. This event is more than a competition; it's an opportunity to create unforgettable memories and connect with fellow athletes who share your passion.

As you finalize your preparations, we encourage you to familiarize yourself with the course details, review the race guidelines, and take advantage of our athlete resources available online and on-site. Our team is committed to ensuring that your experience is both rewarding and enjoyable.

Thank you for choosing the Chicago Triathlon. Together, let's make this year's event a testament to the spirit of sportsmanship and personal achievement. We look forward to seeing you at the starting line and cheering you on to the finish!

Wishing you the best of luck and an unforgettable race day.

Michael Dhulst, CEO and Co-Founder Super League Triathlon

P. S. Don't forget to come down to Queen's Landing (across from Buckingham Fountain) on Sunday, August 25th at 12:30 pm to watch the supertri professional featuring the best pro triathletes in the world including 11 medal winners from Paris.



CHICAGO TRIATHLON

supertri

LEAGUE 2024

JOIN US

TO WATCH THE WORLD'S BEST TRIATHLETES COMPETE!



Join us at supertri Chicago! You've conquered your race now watch the pros take on theirs. **3 blocks from the Chicago Triathlon Finish Fest**, the top triathletes in the world will be taking on fast and furious short course racing.

Free to spectate!

Date: Sunday, August 25

Time: 12:30 - 3pm

Location: Queen's Landing

supertri CHICAGO

WHAT

After finishing the Chicago Triathlon come watch the world's best pro triathletes compete in a unique and action packed supertri professional race on the shores of Lake Michigan. The format features 3 short swim-bike-run segments back to back and 40 elite racers. There will be 11 Olympic Medalists from Paris participating in this year's race - the first ever in Chicago.

WHEN

- Sunday, August 25th
- Women's Race 12:40 PM
- Men's Race 1:50 PM

WHERE

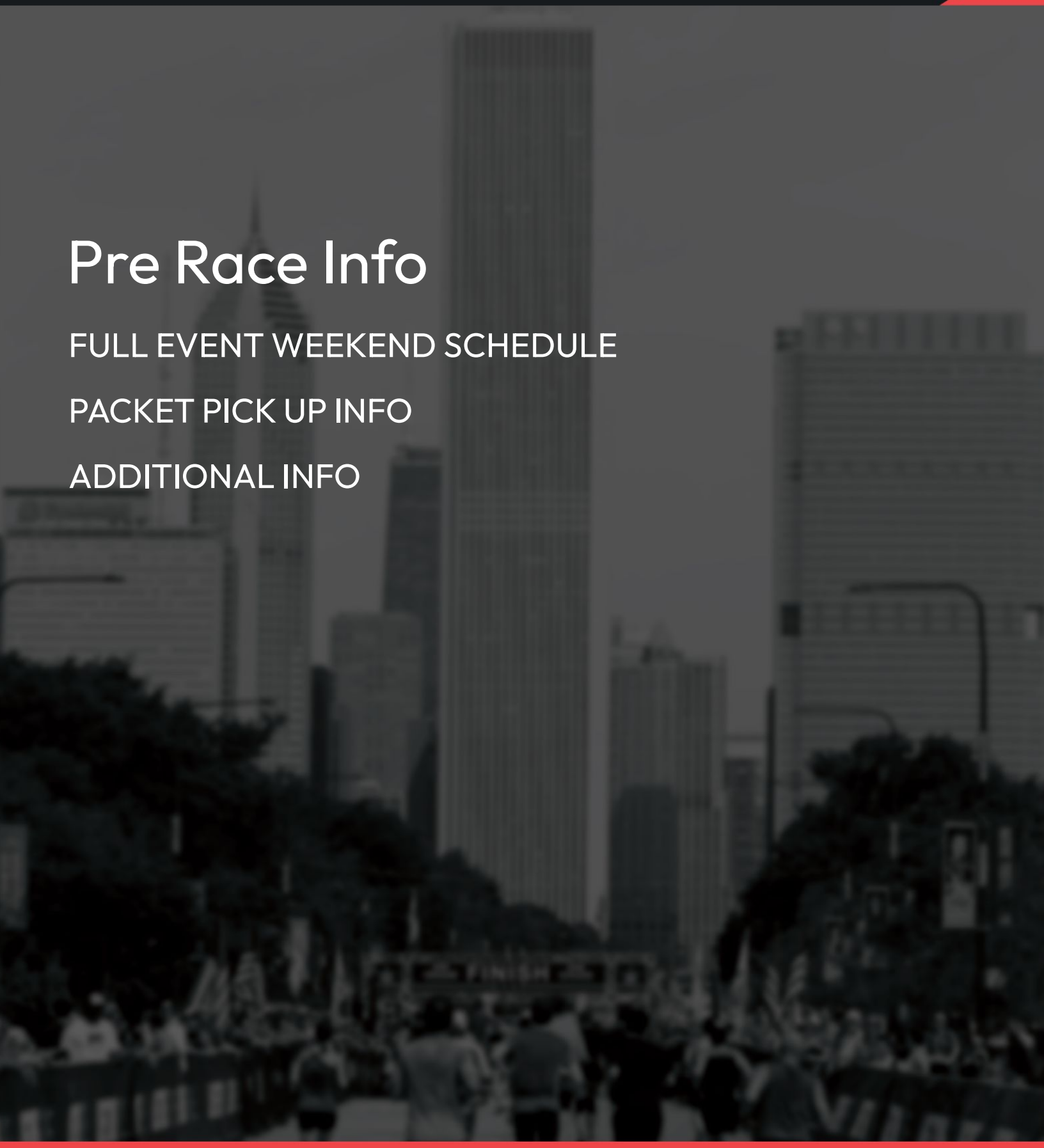
- Queens Landing - Just across from Buckingham Fountain towards the lake - on the path between the Swim Start and Transition area.
- Follow the signs from the Finish Fest exit down Balbo to the lakefront and then towards Queens Landing.

OTHER

- It's free to watch.
- We will have a beer garden along the course that will be open to those over 21.
- We are offering free water bottles to the first 1,000 spectators that pre-register HERE.

CHICAGO TRIATHLON

ATHLETE GUIDE



Pre Race Info

FULL EVENT WEEKEND SCHEDULE

PACKET PICK UP INFO

ADDITIONAL INFO

Weekend Schedule

Packet Pick Up/ Expo

Friday, August 23, 2024

Hilton Chicago | 720 South Michigan Avenue, Chicago, IL

2:00 PM - 7:00 PM	Multisport & Fitness Expo/ Packet Pick Up	Salon C/D
1:30 PM to 6:30 PM	Sprint and Olympic (International) Briefings start every 30 minutes	Salon C
2:30 PM	Optional / SuperSprint / Kids Tri	Joliet Room 3rd Floor
4:00 PM	First Timer	Joliet Room 3rd Floor
5:30 PM	Optional SuperSprint / Kids Tri	Joliet Room 3rd Floor
7:00 PM	Expo Closes	
Saturday, August 24, 2024		
10:00 AM to 5:00 PM	Multisport & Fitness Expo/ Packet Pick Up	Salon C/D
9:30 AM to 4:30 PM	Sprint and Olympic (International) sessions start every 30 minutes	Salon C
1:30 PM	Specialty sessions: First Timer	Joliet Room 3rd Floor
3:30 PM	Specialty sessions: First Timer	Joliet Room 3rd Floor
2:00 PM - 6:00 PM	Optional Early Bike Check In	Transition Area-DuSable Harbor/600 E. Randolph St., Chicago, IL

KIDS TRI/SUPERSPRINT

Saturday, August 24, 2024

Foster Beach | 5200 N. Lake Shore Dr., Chicago, IL

5:30 a.m.	Transition/Packet Pick Up opens (ALL)	
6:30 a.m.	Packet Pick Up closes (All Kids)	
6:45 a.m.	Kids Tri Athlete Briefing and Transition closes (ALL)	
6:57 a.m	Kids National Anthem	
7:00a.m	**Juniors race start**	
8:00 a.m	**Seniors race start**	
9:00 a.m.	Transition Re-opens (Late SS Check In & Kids Check Out)	
9:30 a.m.	Packet Pick Up Closes (SuperSprint)	
9:45 a.m.	SuperSprint Athlete Briefing and Transition Closes (SuperSprint)	
9:57 a.m.	SuperSprint National Anthem	
10:00 a.m.	**SuperSprint race start / Kids Tri Awards Ceremony**	
12:00 p.m.	SuperSprint Award Ceremony	

Important Notes:
All times are tentative based on athlete safety.

Please allow for ample time to walk from parking to the race site.

Swim sequence will again be time trial this year. All athletes will still rack their bikes according to their bib assignment but they will line up for the swim start with their wave.

Late bike check out is subject to the last SuperSprint runner on course · To avoid lines race morning, you are encouraged to pick up your packet at the Multisport Health & Fitness Expo on Friday, August 26 · An optional early Athlete Briefing is available at the Expo on Friday (2:30pm & 5:30pm), see Friday schedule · Transition is located in the Foster Beach parking lot · Wilson parking lot is the closest and most economical option for race day athlete and spectator parking.

Sprint/Olympic (International)

Sunday, August 25, 2024

Monroe Harbour | 700 S. Lake Shore Drive
Transition: 600 E. Randolph St.

4:00 AM	Transition Opens	Dusable Harbor
5:45 AM	Transition Closes (all athletes)	Dusable Harbor
6:00 AM	Olympic (International) **Race Start**	Balbo/LSD*
6:30 – 8:00 AM	Transition Area Re-opens *(Sprint Athletes Only)*	Dusable Harbor
7:30 AM	Finish Festival Opens	Columbus Drive
8:00 AM	Round Trip Trolley Service Begins	
8:00 AM	**Sprint Race Start**	Balbo/LSD*
9:45 AM	**Triple Challenge *Sprint* Start**	Balbo/LSD*
11:30 AM	**Awards Ceremony**	Stage
12:30 PM	**supertri Pro Race**	Queen's Landing **
2:00 PM	Finish Festival Closes	
3:00 PM	Trolley Service Ends	

*LSD - Lake Shore Drive
** Queen's Landing - Across from Buckingham Fountain

ATHLETE CHECK-IN SPRINT AND OLYMPIC

WHEN • Friday from 2:00 PM to 7:00 PM and Saturday 10:00 AM to 5:00 PM.

Where: The Hilton Chicago, 720 South Michigan Avenue, Chicago, IL

Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours, you will not be permitted to race. We highly recommend checking in Friday to avoid long lines and a long wait on Saturday.

ALL RACE PACKETS MUST BE PICKED UP BY 5 PM ON SATURDAY.

WHERE: Hilton Chicago, 720 South Michigan Avenue, Chicago, IL 60605, US

ATHLETE CHECK-IN STEPS 1. Please bring the ACTIVE registration QR code either on your phone or printed. 2. Show Photo ID, USAT Membership and ACTIVE QR Code to volunteers to receive Bib. 3. Pick up Athlete Race Packet. 4. Pick up Athlete Giveaway Items.

RELAY TEAMS Relay team members **must be together** at Athlete Check-In, at the same time. No relay team will be permitted to check in if all members are not present. Each athlete that participates in a Relay will receive a shirt at Athlete Check-In.

WHAT TO BRING:

1. Photo ID or Passport
2. ACTIVE Registration QR Code
3. USAT Membership card (If you have an annual membership)

ATHLETE CHECK-IN STEPS:

1. Please bring the ACTIVE registration QR code either on your phone or printed.
2. Join the queue for your race distance or type (relay teams go to the relay booth).
3. Show Photo ID, USAT Membership and ACTIVE QR code to volunteers to receive Race Packet.
4. Pick up swim cap, T-shirt and timing chip strap.

REMINDER:

- As a reminder, all Sunday participants (individuals and relay team members) must be present at the Expo to pickup their own registration packet. No exceptions.
- Prior to receiving the race packet, all athletes MUST show the hand stamp (or token) given after attending a mandatory Athlete Briefing.
- Volunteers will fasten wristbands on all athletes during Packet Pick-Up. Athletes MUST keep their wristbands on until after they pickup their bike from Transition on Sunday after the race.
- Race numbers and wristband colors correspond with assigned race distance and/or division.

Packet Pick Up

** NOTE: All Sprint & Olympic (International) Athletes MUST attend a mandatory Athlete Briefing before picking up their packet.

What You Will Receive

- T-shirt
- Medal

Athlete Kit Includes:

- One (individual) - three (relay) numbered wristbands
- Swim: Swim Cap
- Bike: Helmet/Bike Sticker
- Run: Bib
- Timing Chip

Mandatory Athlete Briefing:

****SuperSprint/Kids Triathlon (Optional)**

Friday August 23rd		
Room A	**Room B**	**Joliet Room (3rd Floor) ******
1:30PM	2:00PM	2:30
2:30PM	3:00PM	4:00PM (First Timers)
3:30PM	4:00PM	5:30PM
4:30PM	5:00PM	
5:30PM	6:00PM	
6:30PM		

Expo Hours:
Friday: 2:00PM to 7:00PM
Saturday: 10:00AM to 5:00PM

Saturday, August 24th

Sprint and Olympic: Course Athletes can rack their bikes on Saturday afternoon from 2:00PM to 6:00PM.

Saturday, August 24th		
Room A	**Room B**	**Joliet Room (3rd Floor)**
9:30AM	10:00AM	1:30PM (First Timers)
10:30AM	11:00AM	3:30PM (First timers)
11:30PM	12:00PM	
12:30PM	1:00PM	
1:30PM	2:00PM	
2:30PM	3:00PM	
3:30PM	4:00PM	
4:30PM		

Additional Information

Timing & Results
This is a chip-timed race! Your chip must be worn on your left ankle always, with **NO EXCEPTIONS**! Failure to do so will result in immediate disqualification and you will not be timed. Please make sure the band is securely placed on your ankle at all times and tucked under your wetsuit for the swim portion of the race for extra security.

Official LIVE results each day will be available at LINK

Raceplace Timing will be timing our event. There will be multiple timing mats throughout the course which will allow athletes to be tracked throughout the race. Please use this LINK for friends & family to track your progress.

Alternatively, you can scan the QR Code below:

2024 Race Results

Friends & family can track your race by scanning the QR Code below:

Tracking For Race

Bike Check
We highly recommend checking in on Saturday to avoid long lines and a long wait on event day.

All athletes (Sprint, Olympic (International) & Relay) can rack their bikes on Saturday during PPU hours. Upon leaving Packet Pick Up with your bibs/bike/etc, please apply all stickers to your bike first and then head to the transition area. Staff and volunteers will check for your numbered wristband, so please have it on. Bike check-in is between 2:00 pm and 6:00 pm on Saturday.

NOTE: All bikes must be removed by 2:00 pm on race day.

IMPORTANT REMINDERS: In order to exit the transition area post race, all gear, including your bike, must have your bib # clearly labeled and you must show your bib number / numbered wristband with the corresponding number to be allowed exit. Security will be checking upon exit.

We recommend that people arrive early on race day.

Additional Information Cont.'d

Race Photos

FinisherPix, the official photographer of Chicago Triathlon, will be on site capturing your race memories! Pre Order your photos by logging into your MyEvents account HERE.

Photos will be available after the event by Scanning the QR Code(s) below.

Saturday Photos

Sunday Photos

FinisherPix | Powered by Smiles

Timing Chip

Your timing chip will be in your packet. You must pick up the ankle strap at the swim cap table. The timing chip is disposable but the ankle strap MUST be returned at the Finish Line after your race.

Wear your timing chip on your LEFT ankle at all times during the race.



RACE DAY INFORMATION

What to Bring:
- Goggles
- Tri Suit
- Swim Cap
- Run trainers
- Towel
- Toiletries
- Clothes to change into
- Water bottle

Lost or Damaged Personal Belongings
Personal items can be stored at your location in Transition.

Remember to place extra bib number stickers on any gear bags you have at your transition rack.

Chicago Triathlon will not take any responsibility for your personal belongings and will not be liable for any loss/damage.

RACE MORNING LOGISTICS

Parking - SUNDAY

Millennium Garages is our official Parking Partner. Participants who plan to drive downtown on Sunday morning are recommended to park at either Millennium Lakeside Garage at 5 South Columbus or Millennium Park Garage at 6 South Columbus. With over 3,000 spaces, these two underground garages share the same vehicle entrance ramps located on Columbus Drive between Randolph and Monroe. Millennium Lakeside Garage is the most convenient to Monroe Harbor and the lakefront.

Spectators are recommended to park at the Grant Park South Garage, within close proximity to the Finish Line and Swim Start. The garage has 1,350 parking spaces and the entrances are on Michigan Avenue between Congress Parkway (from the south, heading north) and Jackson Street (from the north, heading south).

Parking - SUNDAY, Cont.'d

Spectators are also encouraged to park at the Soldier Field North Garage Lot, located at the north end of Museum Campus Drive (off McFetridge Drive). This location is an easy walk to the Swim Start, Run Course and Finish Line areas.

Take advantage of discounted parking with Millennium Garages by purchasing tickets **here**. Please allow ample time to walk from the lot to Transition and/or the Swim Start.

Parking is available through a variety of downtown pay lots, as well as the Hilton Chicago. Regular rates and rules apply.



RACE MORNING LOGISTICS, Cont.'d

Free Trolley Shuttles
Athletes and spectators alike can enjoy a ride from the Transition area to the post-race party, and back again. Catch the round trip trolley service at the northeast corner of Balbo and Columbus Dr. and the southwest corner of Lake Shore Drive and Monroe St. anytime between 8:00 AM to 3:00 PM.

Parking - SATURDAY
Limited race day parking is available at both the Wilson and Montrose parking pay lots, both easily accessible. from Lake Shore Drive. Limited free as well as metered street parking is available along Lawrence and Wilson Avenues. PLEASE ALLOW AMPLE TIME TO WALK TO THE RACE SITE FROM YOUR PARKING SPOT. EXPECT A MINIMUM OF A 15 MINUTE WALK.

NOTE: DROPPING OFF PARTICIPANTS AT FOSTER AVE AND LAKE SHORE DRIVE IS STRICTLY PROHIBITED. Police will issue a ticket.

Transition Closures:
6:45 am - Kids Tri
9:45 am - SuperSprint

Road Closures

Sprint & Olympic (International)
Several streets throughout downtown Chicago and north side parks will be impacted by road closures, public transit reroutes and traffic detours.

Columbus Drive will be closed from Roosevelt to Balbo as our staff create the finish line THAT you have been training so hard to cross. Closures begin on Saturday, August 24th at 5am through duration of the event.

Sunday, August 25th, between 5:00 AM and 12:00 PM, all southbound lanes of DuSable Lake Shore Drive will be closed from Hollywood Avenue to Randolph Street. supertri has worked with the relevant City Agencies to message this closure. **NO DROP ATHLETE OR SPECTATOR DROP OFF ON RANDOLPH EXIT RAMP IS PERMITTED**

Please note that course crews will be working on DuSable Lake Shore Drive beginning at 3am. Please use caution and keep course crews safe while they prepare your course.

SuperSprint & Kids Tri
Saturday, August 24th Simonds Drive is closed from Montrose Harbor to Foster Ave from 5:00 am and 12:00 pm. All participants must all enter at Lawrence, Wilson, or Montrose - parking lots at Montrose and Wilson. Please note there is no parking on Simonds Dr. which is closed for the safety of the bike course. **Cars parked there will be towed.**There will be no access to enter at Foster Ave. No pulling up and dropping off will be permitted at Foster Exit, and will be managed by security and police.

CHICAGO
TRIATHLON

ATHLETE GUIDE



Course Information

KIDS
SUPERSPRINT
SPRINT
OLYMPIC

CHICAGO
TRIATHLON

ATHLETE GUIDE



KIDS and SuperSprint

SWIM
BIKE
RUN

ATHLETE CHECK-IN KIDS AND SUPERSPRINT

WHEN • Friday, August 23rd from 2 PM to 7 PM

WHERE: Hilton Chicago, The Hilton Chicago, 720 South Michigan Avenue, Chicago, IL

If you cannot check in during the designated Athlete Check-In hours, you can check in on race day morning on site at Foster Beach. Saturday, August 24th from 5:30AM-6:30AM Kids and 6:30AM- 9:30AM SuperSprint Athlete Check-in will be open.

WHAT TO BRING • Photo ID or Passport • ACTIVE Registration QR Code *Kids do not need a piece of photo ID*

ATHLETE CHECK-IN STEPS 1. Please bring the ACTIVE registration QR code either on your phone or printed. 2. Show Photo ID and ACTIVE QR Code to volunteers to receive Bib. 3. Pick up Athlete Race Packet. 4. Pick up T-Shirt.

KIDS RACE ONLY: Parents/guardians will receive a corresponding wristband with a bib number matching the child. Please wear the Parent wristband at all times.

RELAY TEAMS: Relay team members MUST be together at Athlete Check-In, at the same time. No relay team will be permitted to check in if all members are not present. Each athlete who participates in a Relay will receive a shirt at Athlete Check-In.

Kids Tri & SuperSprint Race Information

Race Information

Kids Tri Chicago and the Chicago Triathlon SuperSprint are held at Foster Beach on Saturday, August 24. While Sunday participants must visit the Multisport & Fitness Expo, Saturday participants have the option to pick up their packets on Friday, August 23 at the Hilton Chicago, or Saturday morning on-site at Foster Beach.

Athlete Briefings

Friday's Multisport & Fitness Expo will host two optional Athlete Briefings, specifically detailing both Kids and SuperSprint Tri races. These 30-minute discussions will cover event schedules, logistics and course information. Otherwise, abbreviated briefings will be held on the beach 15 minutes prior to both Kids Tri and SuperSprint starts.

Kids Tri & SuperSprint Athlete Briefings

Hilton Chicago | Joliet Room (Third Floor)
Friday, August 23rd
-2:30 PM SuperSprint & Kids Tri
-5:30 PM SuperSprint & Kids Tri

Packet Pick-Up

• Athletes or parents/guardians will need a valid photo ID.
• Volunteers will fasten wristbands on all athletes during Packet Pick-Up. Athletes MUST keep their wristbands on until after they pick up their bike from Transition on Sunday after the race.
• One "Guardian" wristband will be presented as well, enabling parents or guardians the ability to help young athletes set up prior to the race, as well as remove the bike and gear afterward.
• Race numbers and wristband colors correspond with assigned race distance and/or division.

Race Packet Items

The following custom items will be distributed at Packet Pick-Up:
• Swim Cap
• Run Bib Number
• Athlete Wristband
• Bike/Helmet/Gear Bag Number Stickers
• T-Shirt
• Timing Chip and Strap

Timing Chips

• Athletes will receive a timing chip and velcro strap. The chip must be affixed to the left ankle prior to the swim start and must be worn during the entire event to receive an official time.
• Please ensure that timing chips are affixed tightly and correctly to avoid any timing issues.
• Relay Team members will pass the chip to their teammate to complete the next segment at the bike wrap.
• Should a chip fall off during the race, athletes should notify race staff.
• All timing chip straps must be returned to volunteers at the finish line (except for Triple Challenge participants).

Kids Tri & SuperSprint Race Information

Race Morning Access

All Saturday participants are required to bring race gear and bikes on race morning. Athletes and Guardians (if applicable) must be wristbanded prior to entering this secured area, and have bike frame stickers affixed. Athletes may check into the Transition area on Saturday between:
5:30 AM – 6:45 AM
Transition open: Kids' Tri & SuperSprint
9:00 AM – 9:45 AM
Transition open: SuperSprint check-in & Kids Tri check-out
Arrive early, allowing for adequate time.

Those with "Guardian" wristbands will be allowed inside Transition to aid young athletes prior to the Kids' start.
Guardians are NOT allowed inside Transition during the race.
ALL BIKES MUST BE CHECKED IN DURING TRANSITION HOURS. ONCE TRANSITION CLOSES, ATHLETES ARE UNABLE TO ENTER.
Once a bike has been checked into the Transition Area, it cannot be removed until after the race. Bike mechanics will be available to help with tire inflation and mechanical issues.

Swim Start Process

Once finished in Transition, athletes will proceed to the Swim Start area on the beach. Participants should plan to be in the Swim Start area at least 30 minutes prior to their dedicated wave start time, where volunteers will hold large signs representing each wave group. All Kids Tri and SuperSprint waves will begin with a "Time Trial" start, with two athletes starting the swim (crossing a timing mat on the beach) every few seconds consult the Wave Start Chart HERE for groups and estimated times.

Wetsuits & Water Temperatures

Athletes are allowed to wear wetsuits up to and including a water temperature of 78.0°F and be eligible for overall and age group awards. If the water temperature is between 78.1°F and 84.0°F athletes may participate but will not be eligible for awards. No athlete may wear a wetsuit if the water temperature reaches 84.1°F. Inflatable, swim fins, snorkels, and propulsion devices are not allowed.

Swim Course

Athletes cross a timing mat on the beach before beginning their swim from the north end of Foster Beach. All swimmers proceed clockwise along the water, completing a rectangular swim course before exiting at the south end of the beach (along the ADA ramp). Each course will be marked with separate buoys.
The Swim Start and Swim Exit will be clearly marked on the beach with hard barricades and large inflatables.

Bike Course

Both SuperSprint and Kids' Tri events feature a 100% traffic-free Bike Course. Athletes begin by exiting Transition at the south entrance and proceeding south. All cyclists ride contraflow (against the flow of traffic) on Simonds Drive until reaching the turnaround at Montrose Harbor Drive and returning to the Transition area. Junior Kids will complete (1) loop, Senior Kids (2) loops and SuperSprint athletes (3) loops before completing the Bike Course. Race Officials will monitor the course. There are no Aid Stations along the Bike Course.
NOTE!
Unlike other events, this event requires all bikers to STAY TO THE LEFT. If passing, check behind for approaching bikers then move to the right. Maintain five bike lengths behind the cyclist in front of you or pass within 20 seconds.

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Kids Tri & SuperSprint Race Information

Run Course
The Run Course is located entirely on the public pedestrian path between Foster Beach and Montrose Beach. Runners will exit Transition at the east corner, heading south contraflow (keeping to the left) until their respective turnaround point and proceed north back to the Finish Line. Three separate turnarounds will be marked with signage and Course Marshals.

Course Cut-Off Times
Neither Saturday race will enforce strict time cutoffs, although participants may be asked to abbreviate their Bike Course portion as streets will eventually be reopened to vehicular traffic.

The Divvy Wave
The Chicago Triathlon SuperSprint will again feature a special wave of 100 Divvy bikes, part of the city's popular bike share program. This wave will set up in Transition as well as start together. Divvy will provide 100, freshly tuned-up bikes on-site within the SuperSprint Transition area. Participants will pick-up their bike from the Divvy Pen, located inside Transition. Bike stickers must be applied to the seat post or frame before exiting Transition, and removed following the event. Participants are not able to customize/alter their Divvy bikes for competition (ie. change wheels and pedals), and all event rules apply to the Divvy wave**.**

Participants MUST bring their own helmet in order to ride the course. Special awards will be provided to the top three male and female participants at the SuperSprint Awards Ceremony. Divvy participants will leave the bikes in Transition following the event.

Aid Stations
Water, Gatorade Endurance and portolets will be available at all Aid Stations. Please make sure to bring your own hydration with you for the Bike leg. There are NO AID STATIONS ON THE BIKE COURSE. On-course Aid Stations will be located at the entrance of Transition, at the Run Out chute and at the 1k run turnaround. Water, bananas, chips and Gatorade Endurance will be served at the Finish Line.

The Finish
What to do when you cross the Finish Line? Throw those arms up and SMILE! The paparazzi are waiting. As a reminder, only the Relay Team runner will cross the Finish
Line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Results Tent within the Finish Festival to receive their medals.

Finish Line Policy
Under the idea of safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or through the Finish Chute.

Reclaiming Bike and Gear
Bikes and equipment may be removed from the Transition area once all athletes have completed the Bike Course.
Athletes (and/or Guardians) will need their bib number/wristband to reclaim their bike from the Transition area after the race.

Kids Tri & SuperSprint Race Information

Awards
All finishers will receive a Finisher's Medal, with top-performing individuals in all competitive divisions earning additional awards. The Kids' Tri Awards Ceremony begins at 10:00 AM at the Finish Festival stage, followed by the SuperSprint Tri Awards at 12:00 PM. Awards will be issued to the top three female and male finishers:
Kids Tri: Jr Age Groups (7-8, 9-10), Sr Age Groups (11-12, 13-14), Paratri (Ambulatory, Wheelchair, V.I.), Relays: Top team (Female/Male/CoEd)
SuperSprint Tri: Top 3 Overall Male, Female and Non-Binary, Top 3 Male and Female: Divvy Wave, Age Groups (19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Over), Paratri (Ambulatory, Wheelchair, V.I.), Relays (Female/Male/CoEd).

Spectators

Spectators will be able to see their athletes at nearly all points along the course. Remember, parents, non-race personnel and spectators are not permitted to assist athletes in any way. Triathlon is an individual sport. Those who receive outside assistance (of any type) receive an unfair advantage. In most situations, if athletes are seen accepting assistance, they are subject to penalties or disqualification. Families and spectators must stay off the course, and may not enter the Transition area or the Finish Line chute. Please be respectful of all participants. Children and pets should be supervised at all times.

Photography & Social Media
FinisherPix will provide race photography for purchase before, during and after the race. Be sure your race numbers are visible at all times so you can be identified. Photos will be posted on Monday.

Parking
Limited race day parking is available at both the Wilson and Montrose parking pay lots, both easily accessible. from Lake Shore Drive. Limited free as well as metered street parking is available along Lawrence and Wilson Avenues. PLEASE ALLOW AMPLE TIME TO WALK TO THE RACE SITE FROM YOUR PARKING SPOT.

NOTE: DROPPING OFF PARTICIPANTS AT FOSTER AVE AND LAKE SHORE DRIVE IS STRICTLY PROHIBITED. Police will issue a ticket.

Lost & Found / Lost Children

Lost items should be turned in or claimed at the Information Tent, located across from Transition. Unclaimed items will be donated after 30 days to a local charity. Should parents and children become separated, please alert race staff who will communicate throughout the venue. Various tents will serve as safe locations for children until they can be reunited with their parents. Parents, be sure to wear the provided Guardian wristband and listen for PA announcements for youth athletes or children that need reuniting.


CHICAGO
TRIATHLON
Kids Jr. / Kids Sr. / SuperSprint
TRIATHLON
SUPERSPRINT
Saturday, August 24
COURSE MAP
Saturday, August 28, 2021
Distances Swim Bike Run
SuperSprint 375m 10.5km 2.5km
Sr Kids (11-14) 200m 7km 2km
Jr Kids (7-10) 100m 3.5km 1km
SWIM COURSE
SuperSprint Turn
Sr Kids Turn
Jr Kids Turn
FOSTER BEACH
TRANSITION
Foster Ave.
Jr Kids Turnaround
Lake Shore Dr
RUN COURSE
Sr Kids Turnaround
LAKE MICHIGAN
Lawrence Ave
SuperSprint Turnaround
MONTROSE BEACH
Wilson Ave
BIKE COURSE
Jr Kids - 1 Loop
Sr Kids - 2 Loops
SuperSprint - 3 Loops
Montrose Ave
MONTROSE HARBOR
COURSE MAP KEY
Transition Area
Packet Pick Up
Walkway to Packet Pick Up
F Finish Line
P Parking: Wilson & Montrose Lots
Pre Race Fuel Station
N
supertri
DOWNTOWN CHICAGO
LIFE TIME

Kids Tri & SuperSprint Race Frequently Asked Questions

I am a first-time triathlete. What do I need to bring?

Each athlete will need
• Swimsuit & Goggles
• Bike & Helmet
• Biking and running clothes
• Water bottle for Transition area and the Bike Course

At Packet Pick Up, each participant will receive a swim cap, race number (with pins to attach to clothing), required athlete wristbands (kids receive one additional band for a parent/guardian), and a t-shirt.

As a parent of a youth triathlete, can I help my child in the Transition area or run alongside them during the event?

One parent or guardian will be allowed in the Transition area during designated times prior to the race start, and only allowed if wearing the matching youth triathlete wristband. Once the Transition area is closed, no one other than athletes, volunteers and staff will be allowed inside. Volunteers will be available to help tie shoes, buckle helmets, and direct the kids where to go. Family may connect with the athlete after they have crossed the Finish Line.

When and where are the Athlete Briefings?

A pre-race Athlete Briefing will be held 15 minutes prior to the first wave start for each race at the Swim Start. Additionally, two detailed SuperSprint/Kids Tri briefings will be held at the Multisport & Fitness Expo on Friday, August 23 (2:30 & 5:30 PM) in the Joliet Room (Third Floor).

Will there be chip timing?

Yes, all events utilize chip timing. You will be able to view final times and splits following each race. *See Timing & Results section for the tracking link.* Ankle straps MUST be returned at the Finish Line after the race.

Will athletes be body-marked?

No. Your wristband has your race number on it for athlete identification.

How do I know where to put my bike?

Enter Transition to find the bike racks with your specific race/bib number. Kids, SuperSprint and Divvy groups will have separate areas within Transition. Volunteers and staff will be on-site to assist.

What is the water temperature?

Foster Beach is a shallow beach on Lake Michigan, and temperatures vary from the high 60's to the mid 70's. The official water temperature will be measured on race morning.

Which equipment is needed for the swim?
Swim caps (provided in the race packet) and swimsuits are required for the swim portion. Goggles or a face mask are optional.

Will there be traffic on the Bike Course?

No, the Bike Course is closed to vehicular traffic, and the Run is held solely on the Lakefront Path.

Kids Tri & SuperSprint Race Frequently Asked Questions

Are there any Aid Stations on the course?

Aid Stations will be located at the entrance of Transition, as you run in from the Swim, at the Run Out chute and at the 1k run turnaround. Water and Gatorade Endurance will be provided. There are NO Aid Stations on the Bike Course.

What happens at the end of the event?

There will be music, food, family fun and an Awards Ceremony following the race in the Finish Festival area southeast of Transition. We encourage all athletes and spectators to stay around for the ceremonies. The Kids Tri ceremony will take place at 10:00 AM. The SuperSprint ceremony is scheduled for approximately 12:00 PM.

Will there be race photos?

Yes. FinisherPix is the official photographer of the event. Please see the Photos section of the Athlete Guide to pre-purchase and find the link to view photos after the race.

Is the event Spectator-friendly?

Yes. Bring the family and enjoy the day (but leave your pets at home).

CHICAGO
TRIATHLON

ATHLETE GUIDE



SPRINT & OLYMPIC (INTERNATIONAL)

SWIM
BIKE
RUN

Sprint and Olympic (International) Race Information

Transition

Bike Check-In

All participants are required to rack their bikes and place racing gear inside the Transition area prior to starting their event. Bikes may be racked on either Saturday or Sunday. Race gear must be placed on Sunday morning. See Transition access map for times and routes to to transition.

Police and security officials may be checking gear and drawstring bags, at the Transition entrance. Arrive early. Allow for adequate time to complete the process.
Transition will close promptly at 5:45 AM for all Sprint and Olympic (International) Participants. A separate, late check-in option is available to Sprint athletes ONLY from 6:30 - 8:00 AM using a special East Gate.
ALL BIKES MUST BE CHECKED IN DURING TRANSITION HOURS. ONCE TRANSITION CLOSES, ATHLETES ARE UNABLE TO ENTER.

Transition Area Conduct

For safety reasons during the race, athletes are not permitted to ride bikes into or out of the Transition area. Walk or run alongside the bike while in the Transition area. There will be clearly marked Mount and Dismount lines outside of Transition. Please obey them for safety reasons and watch for other athletes when moving through Transition. Follow the
instructions of race officials and volunteers.

Relay Team Access

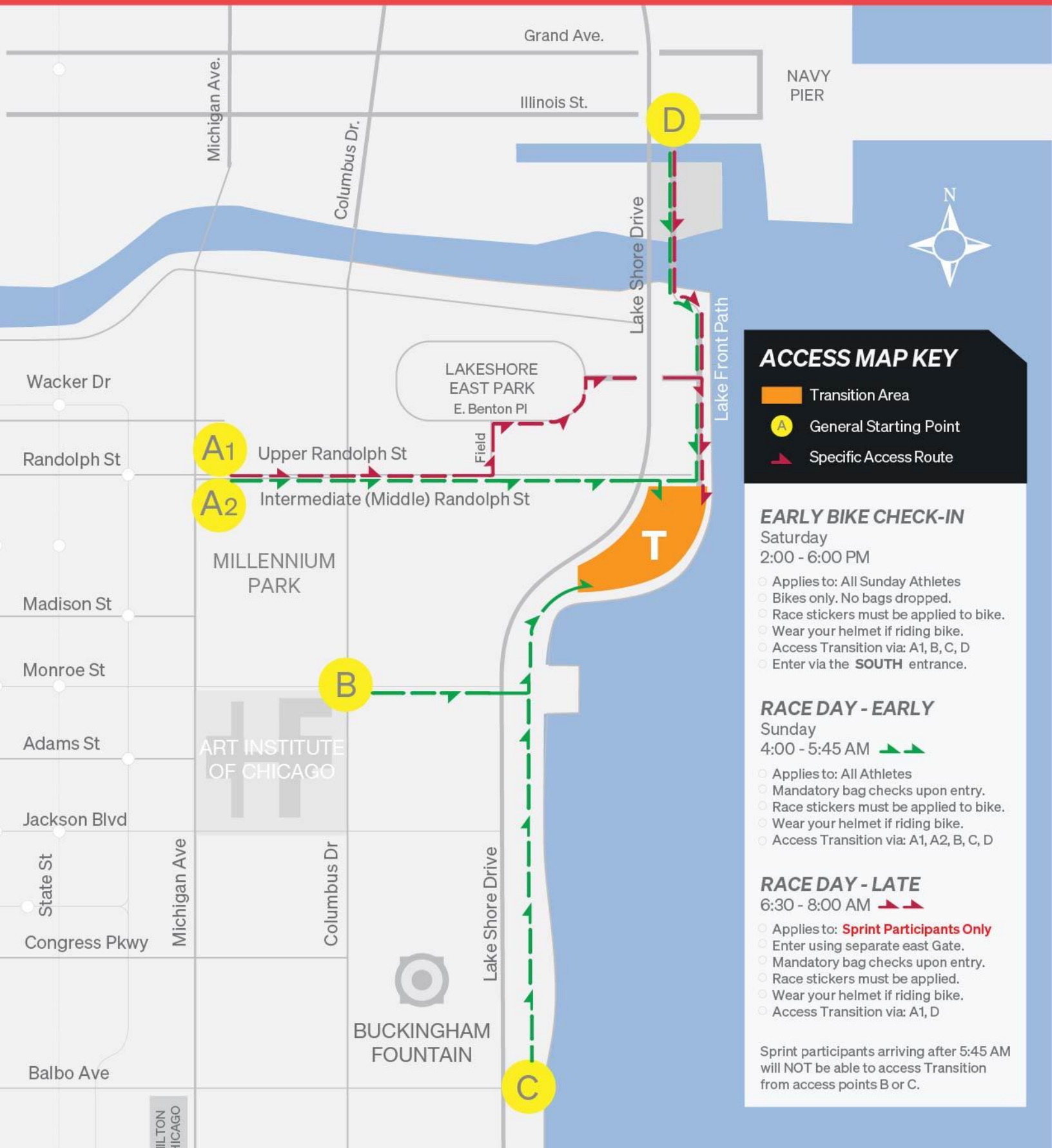
Only one participant on each relay team will be allowed to enter Transition (whoever is completing the bike segment). The Swim and Run participants will pass their timing chip to their teammates outside of the Transition area, at a special Relay Pen located immediately adjacent to the Swim In/Run Out area. See the Transition map for exact locations.

Important Transition Notes

Early Bike Racking on Saturday is for bikes only, no bags. Large bike and/or wheel bags or covers are not allowed and will be removed by race staff. Athletes must be wristbanded, with bike labels affixed, prior to entry. See Transition Map for details. Overnight security is provided. Regardless of when bikes were racked, participants are required to bring race gear and pump bike tires on Sunday morning. As always, athletes must be wristbanded prior to entering this secured area.
PLEASE NOTE:
• Once the bike has been checked into the Transition area, athletes may NOT remove the bike until beginning the Bike leg.
• When inside Transition, participants should locate their designated wave number using the directional signs. Each wave will utilize 10-15 bike racks, where athletes should rack accordingly. Spaces are first-come, first-served. Individual spaces are not pre-assigned.
• Bikes should be racked by the seat or handlebars. Bike positions should alternate every other side of the rack, with approximately five bikes on each side of the 10’ bike rack.
• Personal items should be placed immediately under their bike.
• Athletes are not allowed to personally mark their space with balloons, inflatables, or any other markers.
• No stationary trainers will be allowed in the Transition area.
• Glass containers are **NOT** allowed in Transition
• Bike number stickers will be checked against wristbands before bikes are permitted to exit Transition.
• Race Staff, Security and Volunteers will close and secure Transition during the race to ensure security.
• Bike tech support will be provided by BFF Bikes in Transition on Sunday.

CHICAGO TRIATHLON

SPRINT & INTERNATIONAL RACE
TRANSITION ACCESS



ACCESS MAP KEY

- Transition Area
- A — General Starting Point
- Specific Access Route

EARLY BIKE CHECK-IN

Saturday
2:00 - 6:00 PM

- Applies to: All Sunday Athletes
- Bikes only. No bags dropped.
- Race stickers must be applied to bike.
- Wear your helmet if riding bike.
- Access Transition via: A1, B, C, D
- Enter via the **SOUTH** entrance.

RACE DAY - EARLY

Sunday
4:00 - 5:45 AM

- Applies to: All Athletes
- Mandatory bag checks upon entry.
- Race stickers must be applied to bike.
- Wear your helmet if riding bike.
- Access Transition via: A1, A2, B, C, D

RACE DAY - LATE

6:30 - 8:00 AM

- Applies to: **Sprint Participants Only**
- Enter using separate east Gate.
- Mandatory bag checks upon entry.
- Race stickers must be applied.
- Wear your helmet if riding bike.
- Access Transition via: A1, D

Sprint participants arriving after 5:45 AM will NOT be able to access Transition from access points B or C.

CHICAGO TRIATHLON

SPRINT & INTERNATIONAL RACE
TRANSITION LAYOUT



Sprint and Olympic (International) Race Information - Swim Course

The Swim Course is held in Monroe Harbor, with the Start Line at Balbo Drive and Lake Shore Drive. Athletes line up by wave and enter the water in a time trial start 6 athletes every 10 seconds.

Olympic (International) Distance Course

Olympic (International) swimmers first head south, swimming parallel to the sea wall for 375 meters. After making a 180-degree left turn, at the southernmost point, swimmers will advance north, passing the Start area **and exiting the water near the Chicago Yacht Club. The course is marked with buoys.**

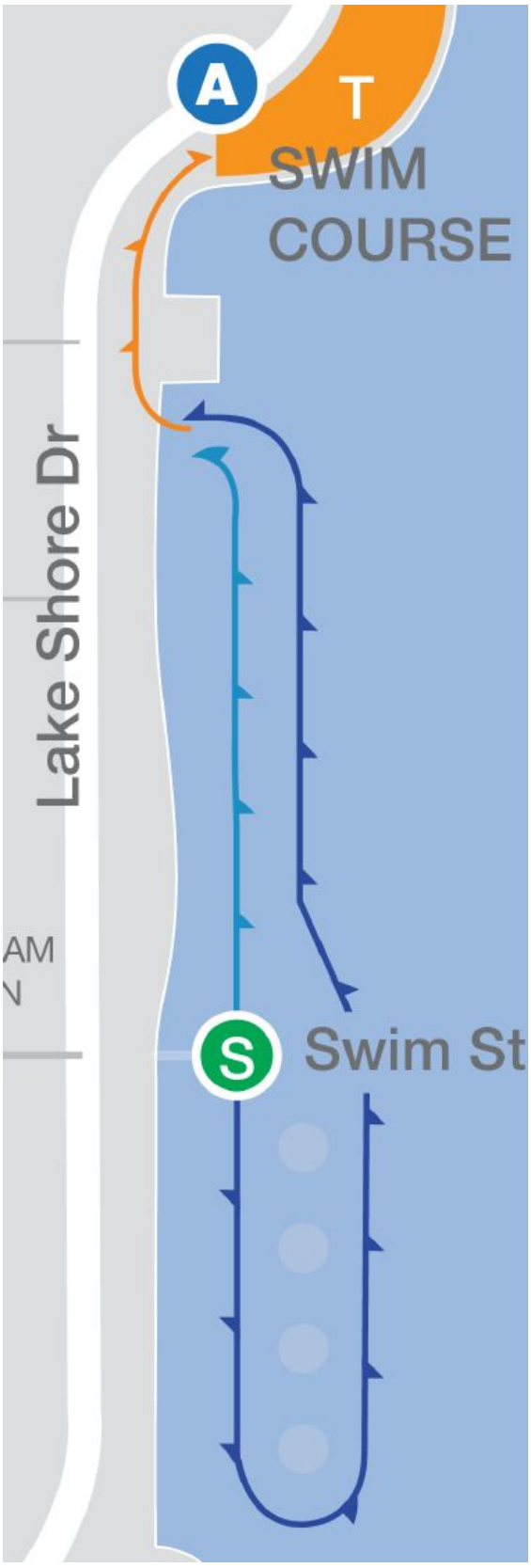
Start Time: 6:00 AM
Distance: 0.93 miles (1,500 meters)
Course Limit: 60 minutes after the final Olympic (International) wave

Sprint Distance Course
Sprint distance swimmers head directly north, swimming 750 meters parallel to the sea wall and exiting just south of the Chicago Yacht Club. A large orange buoy will identify the Swim Exit area, where volunteers will assist swimmers out of the water.

Start Time: 8:00 AM
Distance: 0.47 miles (750 meters)
Course Limit: 30 minutes after the final Sprint wave

Swim Course Cut-Off Times

Course limits were calculated to encourage continuous, forward progress as well as applying water exposure and exertion factors. The above cut-off times accommodate 99.9% of the previous participants.'Participants unable to complete the full Swim Course, or who exit the Swim Course prematurely, may not advance onto the Bike Course.



Sprint and Olympic (International) Race Information - Swim Course Cont'd

Special Needs Table

A special needs table is located at the Swim Exit for those athletes who require eyeglasses, inhalers, etc. Volunteers at this table can also assist challenged Athletes that need assistance immediately after exiting the Swim portion of the race. Athletes are responsible for handing their items to a volunteer for placement on this table before proceeding to the Swim Start.

Wave Start

Please find wave starts here.

Please note that the wave start schedule is subject to change, so remember to check back 24 HRS prior to RACE DAY!

YOU MUST START IN YOUR ASSIGNED WAVE START OR YOU WILL BE DISQUALIFIED.

Sprint and Olympic (International) Race Information - Bike Course

Swim to Bike Transition

After exiting the water, all participants run north along a carpeted path for approximately 400 meters. Participants enter Transition from the south end, then exit (on bike) at the north end adjacent to Randolph Street. Remember, there is no riding within the Transition area. Athletes will begin riding their bike after crossing the "Mount" line outside of Transition.

Olympic (International) and Sprint Bike Courses are explained in detail during the mandatory athlete briefings.

Olympic (International) Distance: 24.8 miles (40K kilometers).
• Course Limits: Olympic (International) participants must reach the Lake Shore Drive exit (mile 14.5) by 10:30 AM, enter the Busway (mile 18.8) by 10:50 AM and finish the entire course by 11:45 AM.

Sprint Distance: 15 miles (24.5 kilometers)
• Course Limits: Sprint participants must start the Bike Course by 10:30 AM, reach the Hollywood Ave turnaround by 11:05 AM and exit Lake Shore Drive by 11:45 AM.

Athletes who are unable to complete the Bike Course in the allotted times will not be permitted on the Run Course.

NOTE! Unlike other races, this event requires all bikers to STAY LEFT while on Lake Shore Drive. If passing, check behind for approaching bikers, then move to the right. Maintain five bike lengths between you and the cyclist in front of you at all times or pass within 20 seconds.

Race Officials

Race Officials will patrol the bike course on motorcycles, ensuring safety, proper positioning and passing among the field. Participants are asked to obey all signals and staff instructions. Penalties, including disqualification, can be assessed for noncompliance. Penalties issued need to be served at the Penalty Tent located just prior to the dismount line near transition.

Bike Support Team

A team of cyclists will patrol the bike course; identified by a high-vis cycle jerseys and flashing lights. This roving Bike Support Team will assist participants with medical or mechanical issues and continually remind cyclists to keep to the correct side of the road. While the crew will help you finish should anything happen to you or your wheels, athletes should ensure their bike is ready to race. This means pumped tires, lubed chains, bar-end plugs, gears and brakes adjusted, and seats and handlebars properly fitted. Bike support is not guaranteed, so athletes should be prepared to fix their own flats. In case of a flat, pull off to the side of the road, NOT into the middle lane. Those who cannot continue will be required to wait for the sweep vehicle.

Bike to Run Transition

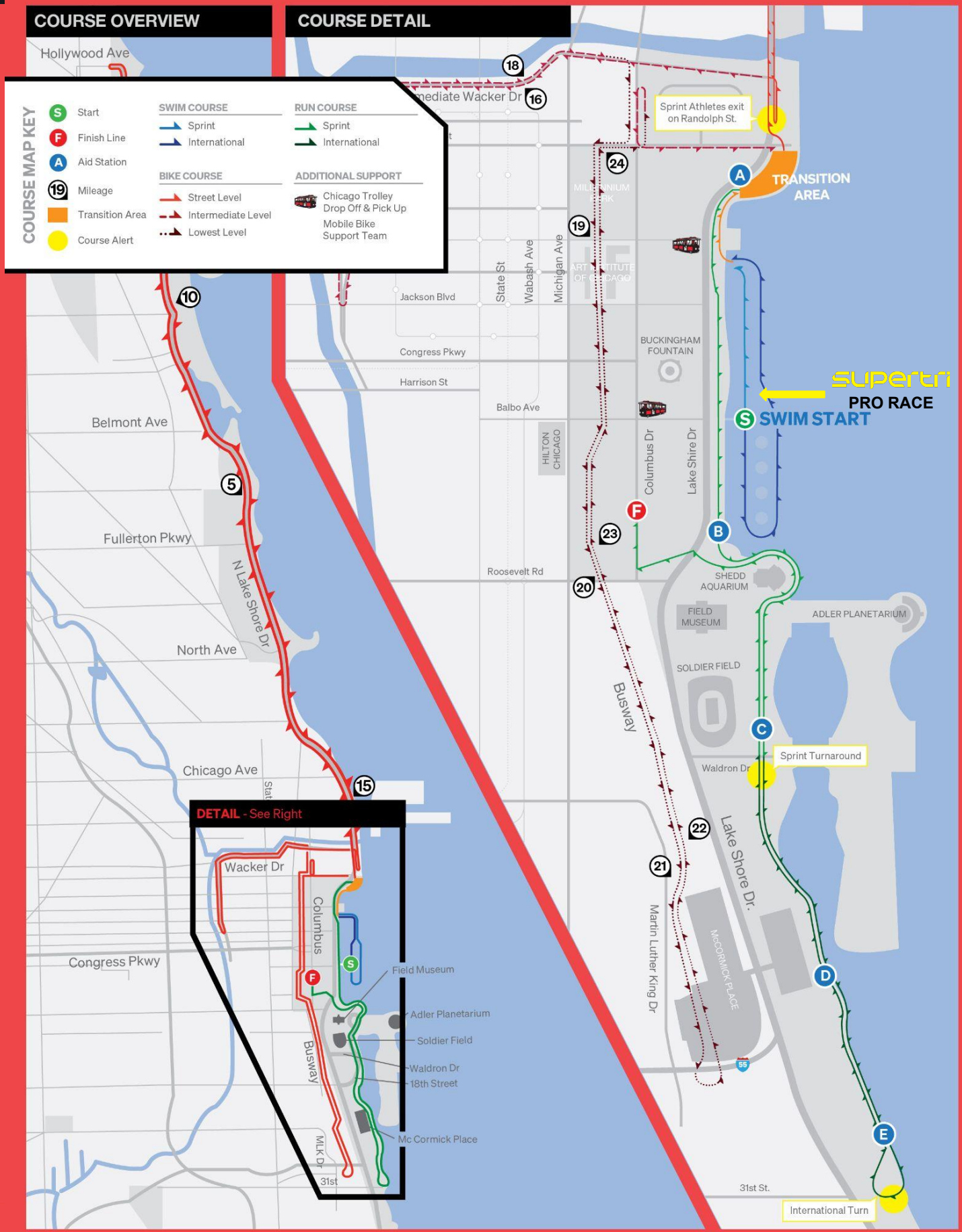
Upon completing the Bike Course, athletes will dismount their bikes at the "Dismount Line," then proceed back into Transition on the west side of the Bike Exit. The flow for this Transition is north to south with the Run Exit near the southwest corner of Transition.

CHICAGO TRIATHLON

ATHLETE GUIDE

COURSE OVERVIEW

COURSE DETAIL



Sprint and Olympic (International) Race Information - Run Course

Olympic (International) and Sprint Run Courses are explained in detail during the mandatory athlete briefings.

Both Run Courses take place on Chicago's Lakefront Path, which always remains open to the general public. Please use common running path etiquette.

Olympic (International) Distance Course

• Distance: 6.2 miles (10 kilometers)
• Course Limits: All participants must start the Run Course by 12:00 PM and finish by 2:00 PM.

Sprint Distance Course

• Distance: 3.1 miles (5 kilometers)
• Course Limits: All participants must start the Run Course by 12:00 PM and finish by 2:00 PM.

Aid Stations & Restrooms

Aid Stations will be located approximately every mile on the Run, featuring water and Gatorade Endurance Formula. There will also be Honey Stinger product available. Water will also be available to fill bottles in Transition.

Finish Line Policy

Under the idea of safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or through the Finish Chute.



Triple Challenge

The Triple Challenge offers a small number of triathletes the opportunity to register and compete in three events in a single weekend:
Swim: 1.63 miles + Bike: 46.3 miles + Run: 10.85 miles = 59 miles
Participants race three separate event distances during the weekend, starting with the Chicago Triathlon SuperSprint on Saturday at Foster Beach. On Sunday, Triple participants will start in the first Olympic (International) distance wave (6:00 AM), followed by the final Sprint distance wave (9:40 AM). In order to successfully complete the Triple Challenge, participants must abide by several special logistical requirements, referenced specifically by the Triple Challenge Coordinators during the Packet Pick-Up process.

Friday | Packet Pick-Up

Triple Challenge participants MUST retrieve their race packets on Friday at the Multisport & Fitness Expo. Triple athletes have a private kiosk at the Expo, supported by a dedicated weekend concierge team. Mandatory Athlete Briefing: Like all Sunday participants, Triple Challenge participants must first attend a mandatory Athlete Briefing (on Friday) at the Expo prior to picking up their packets.

One Number, One Chip: Triple Challenge participants will receive one assigned athlete number and one timing chip for all three events. Do not allow your chip to be removed after the SuperSprint or Olympic (International) races. Triple athletes will have dedicated racks for both Saturday and Sunday races.

Saturday | SuperSprint Race

Please be aware the first race is Saturday's SuperSprint Tri, located at Foster Beach, approximately 7 miles north of downtown Chicago. There is no early racking option for this event. Plan travel accordingly.

Sunday | Olympic (International) & Sprint Race

Special Gear Transport for Sprint Swim: Triple Challenge participants will be allowed back into Transition between Olympic (International) and Sprint races. However, we strongly encourage Triple Challenge participants to use our concierge service in Transition. A special bag will be provided on bikes at the Triples bike racks inside Transition. Any gear including wetsuits, goggles, swim caps, and anything else they will need for the Sprint distance swim should be placed inside. Our Triples Concierge staff will transport the bag to the special Triples Concierge area of Swim Start.

Triples Using Transition: Triple Challenge participants must re-enter Transition at the Sprint distance entrance at the NE corner of Transition.

By Sunday morning before entering transition, you will need to have decided which of the following options you will use on race day:
• Go back into transition between the two races or Utilize our included "swim valet" Service and go directly to the Swim start between races

Post Olympic (International Finish): Once finishing their Olympic (International) race, Triples will exit through the runner refresh area and proceed to the Triple Challenge area at the Swim Start. Triples will retrieve their swim equipment, pack their run gear (shoes, socks, glasses, cap, race bib, etc.) in a separate gear check bag and proceed back to the Swim Start to begin their final race.

Post Sprint Swim: Upon exiting the water for the last time, Triples will proceed to Transition to complete the rest of the Sprint race. Triple Challenge athletes should have two sets of all running gear, and both should be placed with their bike in Transition.

Post Sprint Finish: Congregate at a Triple Challenge Tent set up in the Finish Area. Any gear left at the Swim Start area will be transported here for easy pickup.

Relay Teams

NOTE: Only one participant on each relay team will be allowed to enter Transition (whoever is completing the bike segment). The Swim and Bike participants will pass their timing chip to their teammates outside of the Transition area, at a special Relay Pen located immediately adjacent to the Swim In/Run Out area. See the Transition map for exact locations.

RELAY SWIMMERS: As the SWIMMER on your relay team, you will wear the timing chip first. Attach the timing chip to your **LEFT** ankle underneath your wetsuit. After you finish your swim, hand the timing chip to your BIKER in the Transition area.

RELAY BIKERS: As the BIKER you will wait for your team SWIMMER in the Relay Area (see transition map). Ensure that your helmet is fastened while you wait. Your SWIMMER will pass the timing chip to you in the Relay Area once they have finished. You will leave Transition by running with your bike to the mount line, then mount your bike and complete the bike course. After completing the bike course the BIKER will dismount their bike at the dismount line and run to their allocated bike rack position.

How the Relay Works cont.

The BIKER must keep their helmet on until they have racked their bike, and then proceed to tagged the team RUNNER who will be waiting in the Relay Area.

Olympic (International) and Sprint Bike Courses are explained in detail during the mandatory athlete briefings

Olympic (International) Distance: 24.8 miles (40K kilometers)
• Course Limits: Olympic (International) participants must reach the Lake Shore Drive exit (mile 14.5) by 10:30 AM, enter the Busway (mile 18.8) by 10:50 AM and finish the entire course by 11:45 AM

Sprint Distance: 15 miles (24.5 kilometers)
• Course Limits: Sprint participants must start the Bike Course by 10:30 AM, reach the Hollywood Ave turnaround by 11:05 AM and exit Lake Shore Drive by 11:45 AM.

RELAY RUNNERS: As the RUNNER on your relay team, you will receive a bib number in your race packet, which should be worn on the front of your body. Your BIKER will tag you in the Relay Area in Transition, once they have finished the bike course and racked their bike. Your BIKER will pass the timing chip to you and you will place it on your **LEFT** ankle and make your way out onto the run course.

At The Finish Line

RELAY SWIMMERS & BIKERS: Only the Runner will be permitted in the Finish Line Chute. Swimmers and Bikers are encouraged to cheer on their Runner and then head to the Results Tent to collect their finisher medal.

What You Will Receive

- T-shirt for each Relay Member
- Medal for each Relay Member

Athlete Kit Includes:

- Two or three numbered wristbands
- Swim: Swim Cap
- Bike: Helmet/Bike Sticker
- Run: Bib (must wear during the run)
- Swim & Bike: Bib for a keepsake
- Timing Chip to be passed after each leg

CHICAGO
TRIATHLON

ATHLETE GUIDE



CORPORATE CHALLENGE
VIP
ON COURSE PRODUCTS

The Corporate Challenge

supertri is proud to partner with Lurie Children's on our inaugural Chicago Triathlon Corporate Challenge! All funds raised by the Corporate Challenge benefit the Center of Cancer and Blood Disorders at Lurie Children's, continuing our tradition of triathletes fundraising for pediatric cancer research.

Congratulations to all our Corporate Challenge teams participating this year!

- Builders Vision/S2G
- Lurie Children's
- Mettler Toledo
- StoneX
- United Airlines

Our Corporate Challenge is about building a community of corporate teams that come together to get fit, build teamwork and camaraderie, and fundraise for a great cause. Come join us and see what the fun is all about!

For more information, email Brittany.Jerz@supertricom

BENEFITING

Ann & Robert H. Lurie Children's Hospital of Chicago®

UNITED

StoneX®

METTLER TOLEDO

BUILDERS VISION

TEAM LURIE CHILDREN'S ATHLETES

THANK YOU! Your passion and dedication to research in cancer and blood disorders will make a profound difference in the lives of our patients.

Because of your hard work and commitment, kids and their families have hope for a healthier future. Thank you for being champions both on and off the course.

Your efforts are inspiring, and we are grateful for your support.



For the future. For every child.

Almost 85% of kids survive a cancer diagnosis. But almost isn't good enough. Many families still face the reality that their child has no viable treatment options. They deserve more. **Lurie Children's Center for Cancer and Blood Disorders is working to close the gap but we can't do it without the support of the athletes who fundraise for Lurie Children's.**

Ann & Robert H. Lurie
Children's Hospital of Chicago®

Support Team Lurie Children's and give every child a healthier future.

VIP

The Full VIP Package Includes:

Exclusive packet pickup booth at the Multisport & Fitness Expo (Athletes Only)

Exclusive concierge services

Designated VIP swim start area with coffee and small bites

Gear check at swim start with dedicated transfer to the VIP finish area (Athletes Only)

Private portable toilets in VIP swim start & VIP finish area

Dedicated VIP Finish Line viewing space

VIP finish tent food and beverages (including beer & wine)

All the same swag included in your athlete registration! (Athletes Only)

On Course Nutrition

GATORADE

You've put in the work – now it's time to make it count. Gatorade Endurance products are specifically designed to help endurance athletes like you replace fluids and electrolytes lost when training and racing over prolonged periods. Want to really bring it on the race course? We'll have Gatorade Endurance Formula on-course at all aid stations. Fuel to unlock your best race day with Gatorade Endurance!





WAIAKEA

Your water should work just as hard as you do. Waiakea Hawaiian Volcanic Beverages is naturally alkaline and rich with essential minerals & electrolytes, keeping athletes like you performing at their peak. Fuel up for what's next. Drink Waiakea

WAIĀKEA
HAWAIIAN VOLCANIC BEVERAGES

HONEY STINGER

There's a reason it's in our name and inspires all we make — honey is an all-star ingredient that's good for your body and your taste buds. Easy to digest and quickly absorbed, honey helps power your performance without causing a sugar crash like other sweeteners.

HONEY STINGER

Thanks to Our Partners

supertri CHICAGO

FORM® SMART SWIM GOGGLES

synergy

UB UNLIMITED BIKING

VARLO

DIVY • lyft

HONEY STINGER®

LIFE TIME

Millennium Garages

Go BREWING X NON-ALCOHOLIC CRAFT BEER X GO

WAIĀKEA HAWAIIAN VOLCANIC BEVERAGES

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