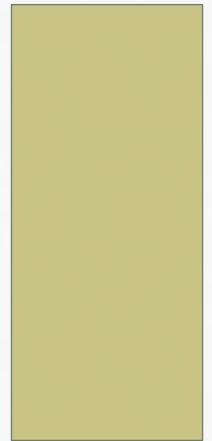


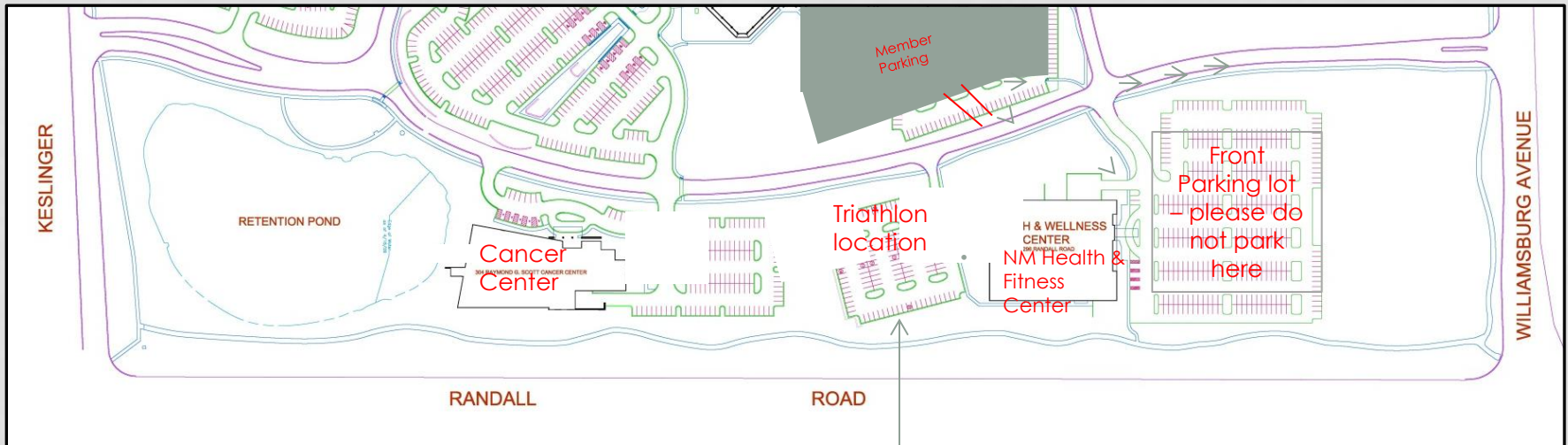
MMTT YOUTH TRIATHLON

MAY 24, 2026



RACE DAY PARKING

- The location of the triathlon is behind the NM Health and Fitness Center
- Parking for the race is in cancer center parking lot
- Please do not park in the grey shaded area as that is reserved for members and hospital patients
- While the Fitness Center is open on race day, athletes and spectators are not allowed in the center



Race Set up Location

SCHEDULE OF EVENTS

Saturday, May 23, 2026

- 1pm – 2pm – Transition clinic – meet behind the NM Delnor Health and Fitness parking lot – open to all athletes
- 2pm – 4pm Packet pick up, race day registration and body marking at Northwestern Medicine Delnor Health and Fitness Center (296 Randall road in Geneva, IL). We are inside the facility in the conference room to your right as you walk into the club

Sunday, May 24, 2026

- Race day packet pick up is from 5:45am - 6:40am
- 5:45am Transition opens
- 6:45am Pre race meeting
- 7:00am Juniors start – one swimmer starts approximately every 10 seconds
- 7:30 – 7:45am Seniors start – one swimmer starts approximately every 10 seconds
- 8:15 – 8:30am Elite / High School racers start
- 9am – All races are done and complete
- 9:30 – 10am Awards ceremony & raffle

PACKET PICK UP

- There are two options for packet pick up:
 - Saturday (day before the race) from 2 -4pm, Northwestern Medicine Delnor Health and Fitness Center, 296 Randall Road Geneva, IL
 - Race morning beginning at 5:45am and closing at 6:40am
- We strongly encourage you to pick up packets on Saturday; it's one less thing to deal with on race morning. We'll also have people on hand to answer any questions you might have.

TRANSITION CLINIC

- **MMTT Youth Triathlon Clinic – Saturday, May 23rd 1pm -2pm**

Join us the day before the MMTT Youth Triathlon for a fun and informative clinic designed to help athletes feel prepared and confident heading into race day.

- **Open to All Athletes**

The clinic is open to any athlete interested in learning more about triathlon

- **Practice Your Transition Skills**

This is a great opportunity for athletes to get comfortable setting up and moving through transition prior to race day. We will review: transition setup and organization, swim-to-bike and bike-to-run flow, mount/dismount basics and race-day tips and preparation. Then you can pick up your packet after the clinic and get this task done

- **Great for First-Time Triathletes**

Newer athletes will have the opportunity to ask questions, practice skills, and reduce race-day nerves in a supportive environment.

- **Please RSVP**

To help us plan adequate coaching support and resources, please add your athlete's name to the attached Google Sheet:

- <https://docs.google.com/spreadsheets/d/1K-vyTzgfPY4mo8ZTRfXWzE19RIKqVkOmfsTbj91l52Y/edit?usp=sharing>

RACE MORNING REMINDERS

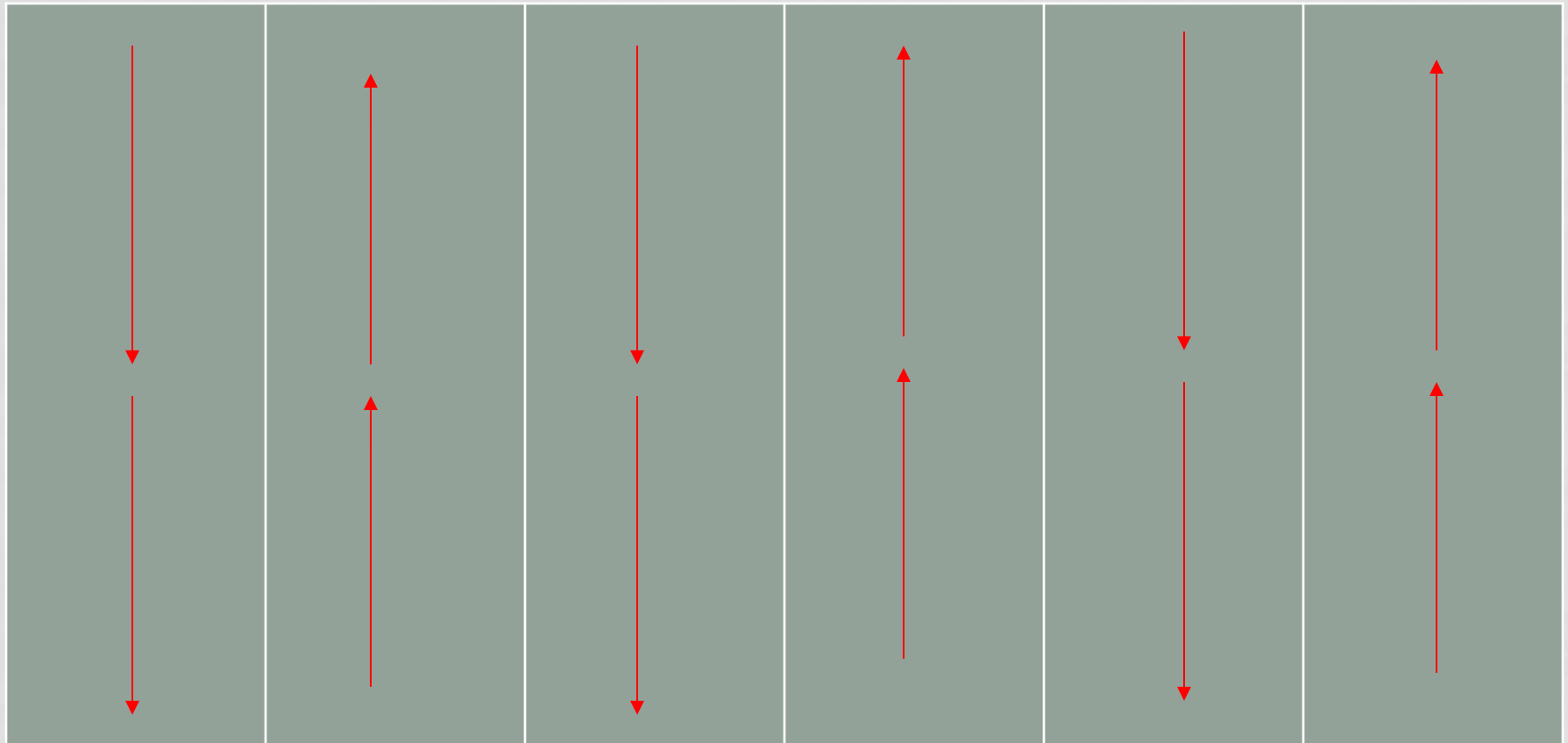
- Don't forget your bike helmet, no riders will be allowed on the course without one.
- Transition area will close at 6:45am sharp. You must have everything set up and be out of the transition area so we can start the race on time. Timing chips will be distributed on race day at the packet pick up table. Timing chips should be worn the entire race. If it becomes dislodged and lost, please notify the timing crew upon finishing.
- Mandatory course talk will begin at 6:45am near the swim start
- No spectators will be allowed in the pool area during the swim. This is for the safety of our athletes.
- The swim start will take place in numerical order. The interval between racers will be approximately 10 seconds. It is the racer's responsibility to be at the swim start on time. Please be ready to go in the waiting area.
- Body Markers will be available at the packet pick up table. Please make sure you get body marked on race morning.
- When starting out on the bike course, athletes must NOT mount their bikes until they cross the "mounting line". There will be volunteers on the course letting you know where this is. Athletes must also dismount at this line and run their bikes into the transition area for safety purposes. Note: Bikes with aero bars (tri bikes) are not allowed for safety purposes.
- Make sure to stay to the right side of the road on the bike course unless you are passing. Once you have passed (on the LEFT), move back to the right side of the road. Be LOUD on the bike course, let a rider know you will pass by saying, "On your left!" Be Safe! The course will be closed, but the police may have to let some vehicles through so be aware of what is going on around you.
- Athletes in the Senior Division will do TWO LOOPS on Bricher Road. We are able to identify athletes that do not do the second loop on Bricher Road by reviewing bike time and average speed. The race Director and Timer reserve the right to disqualify any athlete that does not appear to have completed two laps.
- Athletes in the Junior Division will turn around just before Bricher Road. There will be volunteers on the course telling the kids where to go.
- You will not be able to remove your bikes from transition area until ALL racers are finished racing.
- Have a great race, but most importantly, be safe and HAVE FUN!

JUNIOR AND SENIOR SWIM

75M Junior Start
(6-8 year olds)

125M Junior (9-10)
Senior (11-16) Start

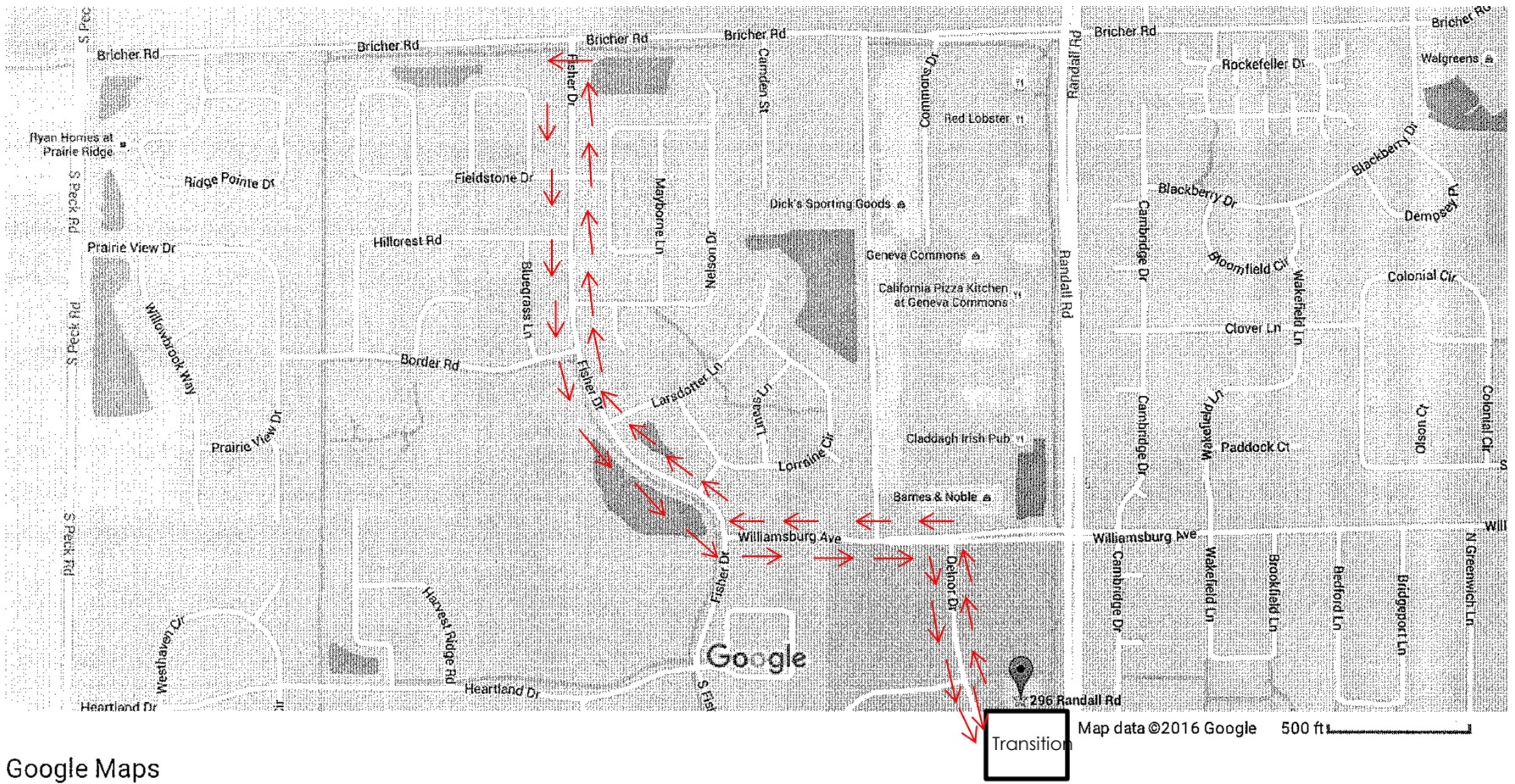
25 Meter Pool



Exit

Athletes "snake swim" under the lane lines at each wall

JUNIOR BIKE COURSE



JUNIOR BIKE COURSE – WRITTEN DIRECTIONS

Junior Course

- Out of transition – here are the directions:
 - Take a right out of transition onto Delnor Drive
 - Turn left on Williamsburg Ave
 - Take a right on Fisher Drive
 - Turn around is at Fisher and Bricher Rd
 - Take same roads back in opposite direction:
 - Fisher rd to Williamsburg – take a left on Williamsburg
 - Take a right on Delnor back to transition

SENIOR BIKE COURSE – WRITTEN DIRECTIONS

Senior Course

- Out of transition – here are the directions:
 - Take a right out of transition onto Delnor Drive
 - Turn left on Williamsburg Ave
 - Take a right on Fisher Drive
 - Take a right on Bricher Rd – turn around prior to Prairie Winds Apts – Head west on Bircher
 - Take Bricher all the way down to Peck Rd and turn around - heading east on Bircher

Do Bricher loop again (2 laps on Bricher)

- After second loop of Bricher – turn right on Fisher Rd to head back
- Take same roads back in opposite direction:
 - Fisher rd to Williamsburg – take a left on Williamsburg
 - Take a right on Delnor back to transition

ELITE / H.S. BIKE COURSE – WRITTEN DIRECTIONS

Elite Course

- Out of transition – here are the directions:
 - Take a right out of transition onto Delnor Drive
 - Turn left on Williamsburg Ave
 - Take a right on Fisher Drive
 - Take a right on Bricher Rd – turn around prior to Prairie Winds Apts – Head west on Bricher
 - Take Bricher all the way down to Peck Rd and turn around - heading east on Bricher
 - Turn right on Fisher Rd
 - Take Fisher to Williamsburg – take left on Williamsburg
 - Turn around for **second loop** will be about half the way down on Williamsburg
 - **Do another full loop of the course** and then head back to transition

RUN TURNAROUNDS

- Run goes out the south east exit of transition and follows the path / sidewalk around the lake. Cones / volunteers will be stationed at the turn around to guide athletes back towards the finish line
- A lead cyclist will lead the first runner through the course

