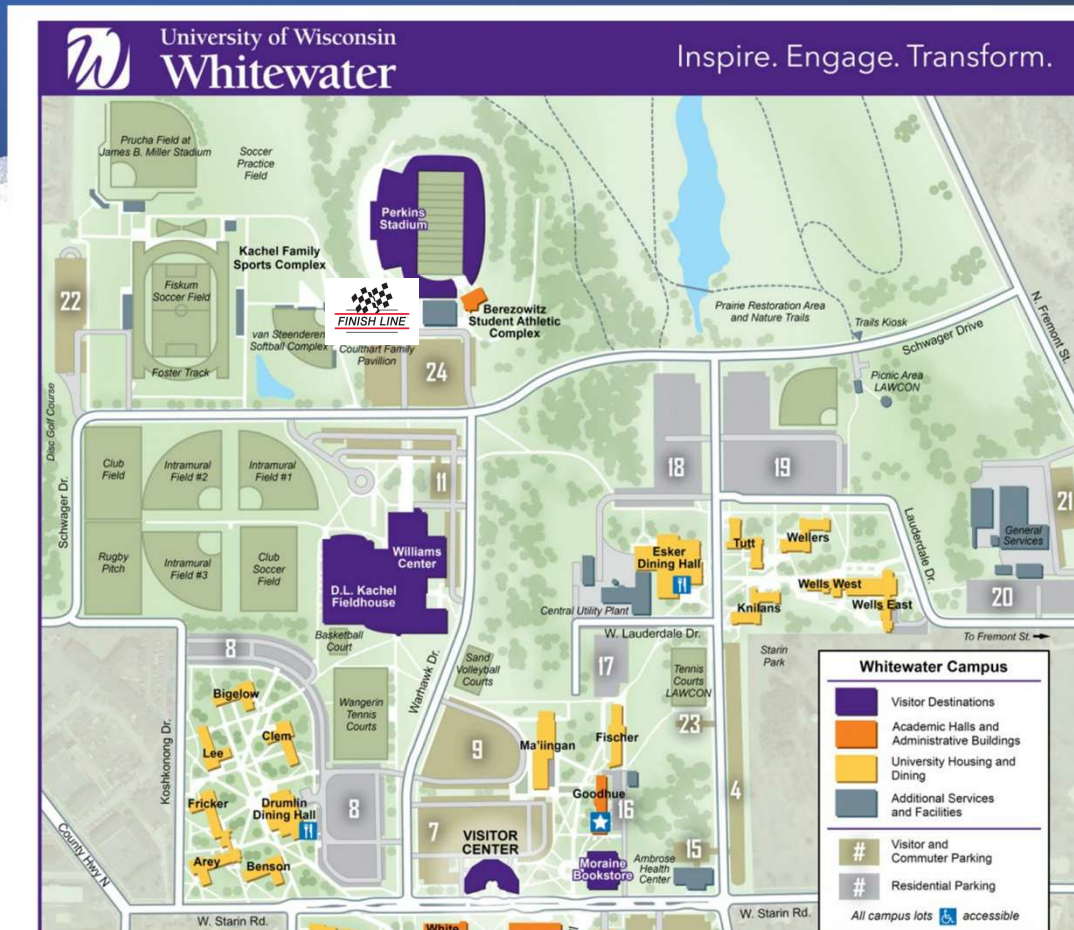



Welcome to our
General Meeting

UW-Whitewater – The Place to Go

PARKING

Use Lot 9, Lot 11
(above Williams
Center on the map),
or Lot 24 (football
stadium lot)



Race Packet Pickup

On Sunday morning, pickup your race packet, **INSIDE** the Williams Center pool doors (doors are near the sand volleyball courts)

Packet pickup opens at 7:15am and closes at **11am.**

Pickup your race chip, BIB, and shirt. Yep, we have bibs again. We need race numbers at the finish lines to identify racers, in the photos. Please wear going into the finish (we are trying to get pictures of the Aquabike racers, too and they finish at the bike transition area.

Make sure your chip and number on your RIGHT ARM match!

Your chip goes on your **LEFT ANKLE**





Write Your Race
Number on
Your Right Arm

- Write them VERTICALLY (Example for racer #1157)

- **1**
- **1**
- **5**
- **7**

—

RACK YOUR BIKE

2026 LATEBIRD BIKE RACK

BIKE RACK 1	
OLYMPIC	
F2029	F5059
F4049	F6069
M2029	RELAY

BIKE RACK 5	
SPRINT TRI	
F5054	F5559
F6569	F7579
M2024	M2529
M3034	M3539

BIKE RACK 2	
OLYMPIC	
M3039	M4049
M5059	M6069
OLYMPIC RELAY	
ALL OLY AQUABIKE	

BIKE RACK 6	
SPRINT TRI	
F4549	M4044
M5054	M5559
M6569	M7074

BIKE RACK 3	
SPRINT TRI	
ATHENA	CLYDESDALE
AQUABIKE	
F1519	F2024

BIKE RACK 7	
SPRINT TRI	
RELAYS	
F3539	
M7579	M8589

BIKE RACK 4	
SPRINT TRI	
F2529	F4044
F6064	

BIKE RACK 8	
DUATHLON & SUPER SPRINT	
ALL FEMALE	

BIKE RACK 9	
DUATHLON & SUPER SPRINT	
ALL MALE	

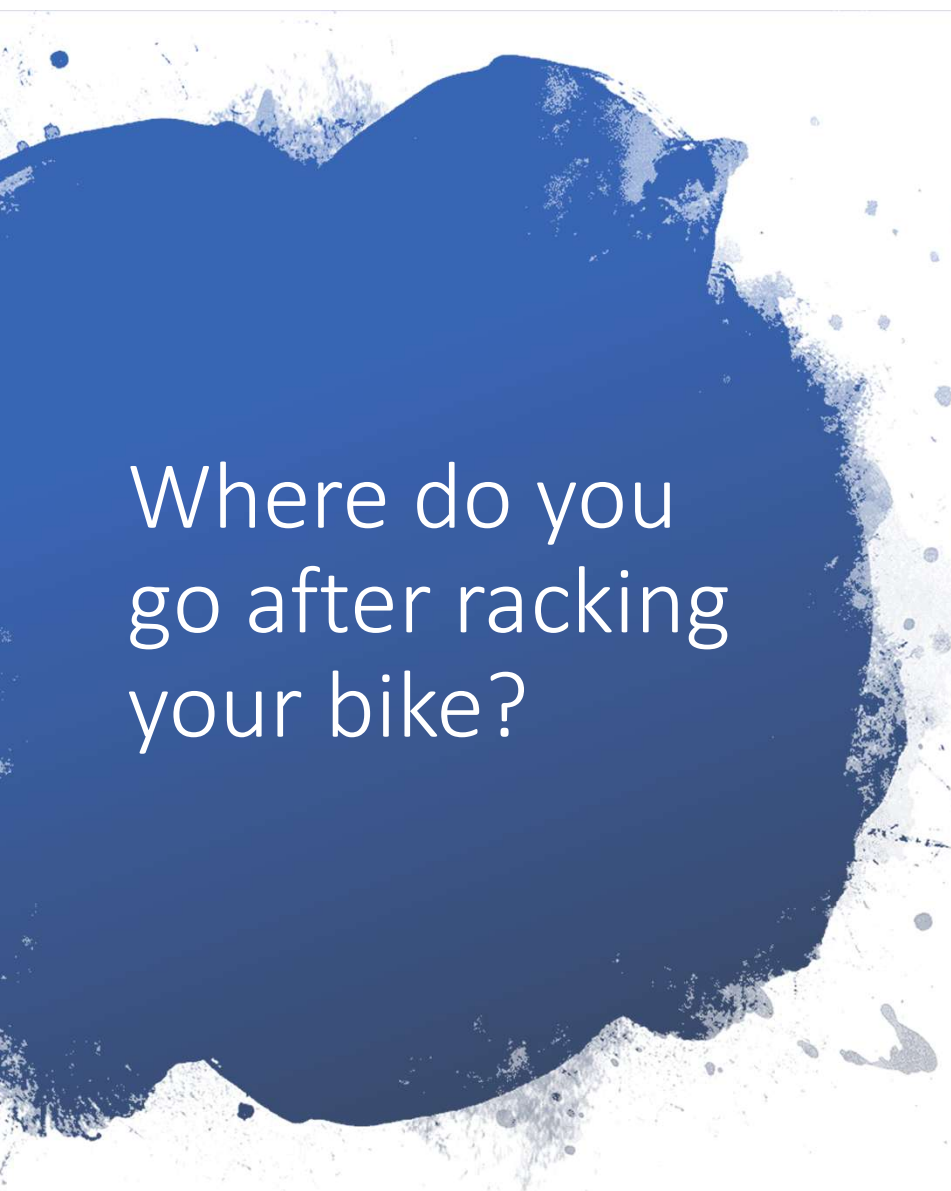
Place your bike on your assigned bike rack.

Keep your area condensed.

Each rack is set to have 18-20 bikes on them.

Find an empty spot and setup your transition area space.

Please be courteous of your space.



Where do you
go after racking
your bike?

- Do you need to go the bathroom. Now is a great time to take care of business! Bathrooms are available inside Williams Center. There are no bathrooms on the race course.
- Duathlon Racers: You will start at 8:15am. Hang around the transition area until your race is called.
- All Other Racers: It's time to go into the pool area. Sit in the balcony area or warmup in the diving well. Waves will be called down to the pool deck.

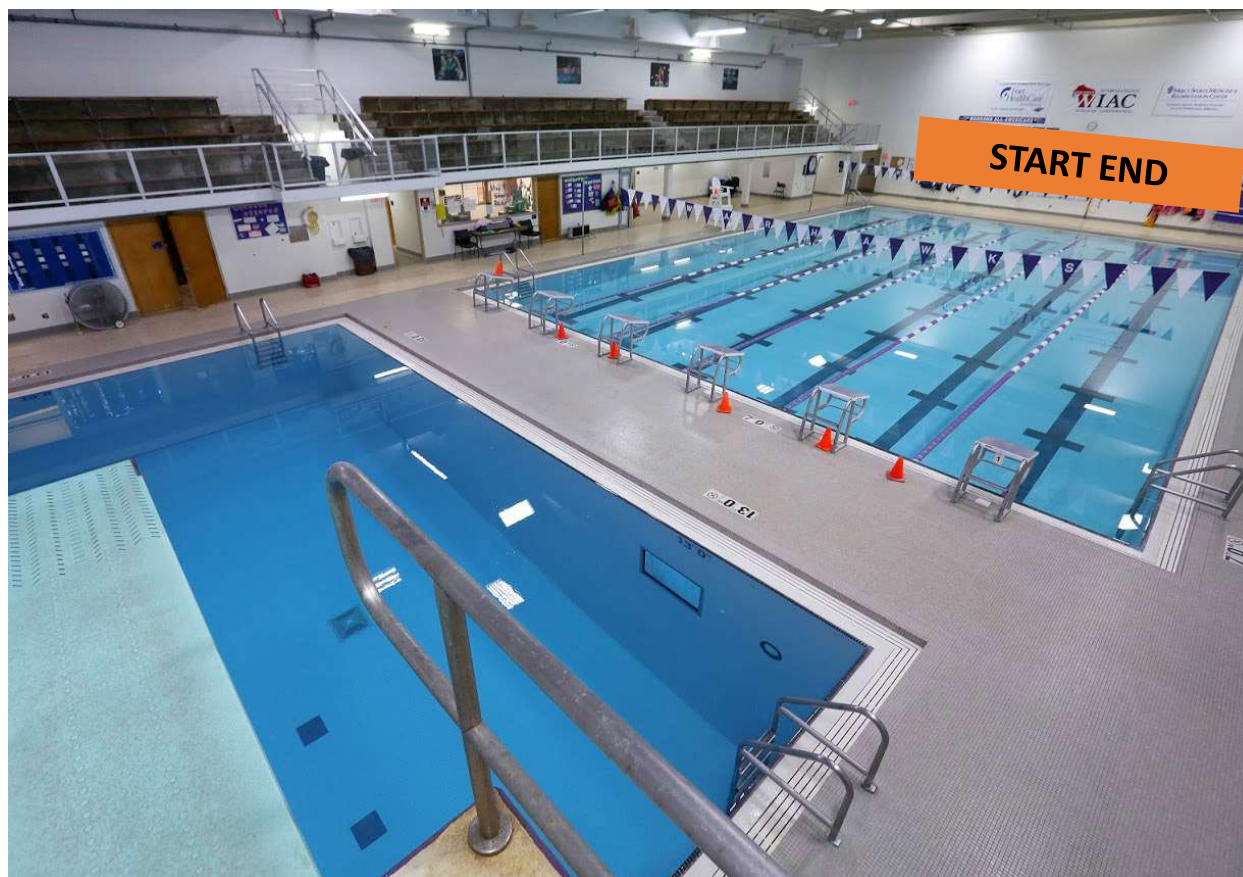
DUATHLON ATHLETES

SUPER SPRINT ATHLETES

Your run turn-around is the same
as the Duathletes
(finish at the pavilion)

- **Your race starts at 8:15am.**
- Line up in sets of 2, based upon your run speed. Cones will be setup for this.
 - Group 1: Pace is under 6 min (per mile)
 - Group 2: Pace is between 7-8 min
 - Group 3: Pace is between 8-9 min
 - Group 4: Pace is between 9-10 min
 - Group 5: Pace is between 10-12 min
 - Group 6: Pace is between 12-14 min
 - Group 7: Pace is over 14 min
- Your start occurs as you run over the timing mat.
- The run is well marked and all of it is on a walking path. **There will be an A-frame, which is your turn-around point**, at the 1 mile mark.
- Stay on your **LEFT** side of the walking path.
- The first run ends at the transition area.
- Your 2nd and final run ends up at the pavilion by the football stadium

Inside the Williams Center Pool



RACE PACKET PICKUP

Left side of diving
well (out of the
picture)



Time To Swim

- **Olympic** racers will swim 40 lengths of the pool (20 laps)
Sprint racers will swim 20 lengths of the pool (10 laps).
Super Sprint racers will do 10 lengths of the pool (5 laps)
- Each wave/lane has COURTESY COUNTER. These are competitive swimmers, so they can handle this. They are your BACKUP counter. You are responsible for counting.
- Your race starts on the shallow end of the pool.
- When you are on your LAST lap (or, 2 lengths), they will put a kickboard in the water.
- Once you are done swimming, you can go into the locker room to change or run out the exit door, to the bike racks. If you go into the locker room, you must come back out to the pool deck to exit, to your bike racks at Checkpoint #1.
- Make sure to run over the timing mat, with your chip on your ankle. **This mat gives us your swim time.**
- **DO NOT TAKE OFF YOUR SUITS IN PUBLIC!! USE THE LOCKER ROOMS.**



Time To Bike

- Go into the transition area. Get your bike and make sure your helmet is on.
- Walk/run your bike to the end of the transition area. There will be a BIKE RACE OUT/START area. Get on your bike at the sign and head out onto Warhawk Drive, heading up to the football stadium.
- Roads are NOT closed!!! Please watch for cars. The route is mainly on country roads, but the first ½ - mile will have more traffic and is curvy.
- **NOTE:**
Any potholes will be marked with orange cones.

Transition Area Map

Bike rack = 

CHECKPOINT 1
POOL EXIT



OLYMPIC BIKE ROUTE

Olympic Tri/Olympic Aquabike = 2 loops
Pass Schwager on 1st loop

The roads are not closed. Watch for traffic.

Volunteers will be on the corners.

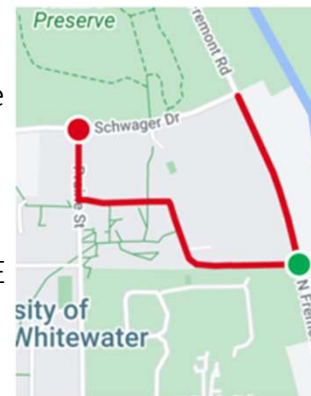
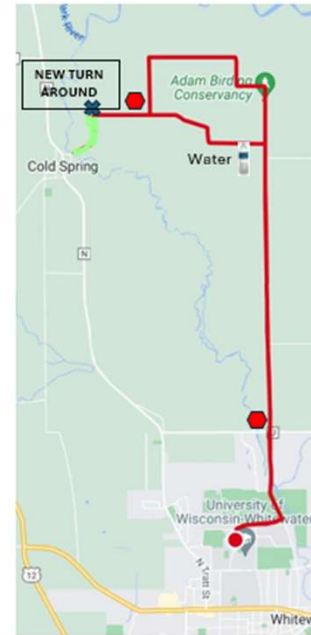
County Rd U is the busiest intersection and is a 4 way stop. You must pay attention!!

The corner of Fremont and Schwager is a stop sign. **WATCH for traffic.** There will be a CSO officer helping keep an eye on traffic. Cars DO NOT have to stop

Make sure you have water with you. There is no water station on the route.

When done and coming back into transition, be ready to GET OFF YOUR BIKE and run it into transition and back to your rack.

OLYMPIC BIKE ROUTE
24.1 miles



DIRECTIONS:

- * Head to the Football Stadium stop sign.
- * Turn right on Schwager and head out to Fremont Rd.
 STOP SIGN -- SLOW DOWN!!
- * Turn LEFT onto Fremont.
 STOP SIGN -- SLOW DOWN!!
- * Road is curvy to County Rd U (1st ½ mile)
- * County Rd U -- SLOW DOWN
 STOP SIGN! 4 WAY
Make sure the sheriff/volunteers say it's
it's okay to go through
- * You'll go straight now and head into the Findley Loop
(says **ADAM BIRDING CONSERVANCY**).
- * Turn RIGHT onto Fremont Road.
 STOP SIGN -- SLOW DOWN!!
- * The turn-around is at the next curve.
- * Listen to the volunteer and TURN AROUND!
- * Head back to UWW. Water is available at the curve of
Fremont and the Findley Loop roads.
- * **At Schwager and the CSO office, GO STRAIGHT past the
CSO officer**
- * Turn RIGHT onto Lauderdale.
- * Follow around the dorms to Prairie.
 STOP SIGN -- SLOW DOWN!!
- * Turn RIGHT onto Prairie and head back over to
Schwager.
 STOP SIGN -- SLOW DOWN!!
- * Turn RIGHT onto Schwager and head back out to Loop 2
- * After loop 2, when you come back to the CSO officer,
turn right and head back to transition.

OLYMPIC BIKE ROUTE – LOOP 1 TURN-AROUND

SPRINT BIKE ROUTE

Duathlon/Sprint Tri/Sprint Aquabike (1 loop only)
Super Sprint – turns around at the 3.2 mile mark
(SLOW DOWN – it's a 180 degree turn)

The roads are not closed. Watch for traffic.

Volunteers will be on the corners.

County Rd U is the busiest intersection and is a 4 way stop. You must pay attention!!

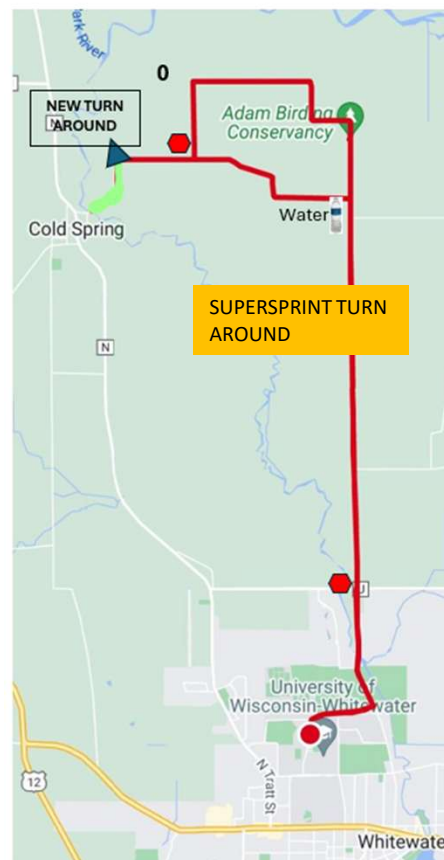
The corner of Fremont and Schwager is a stop sign. **WATCH for traffic.** There will be a CSO officer helping keep an eye on traffic. Cars DO NOT have to stop

Make sure you have water with you. There is no water station on the route.

When done and coming back into transition, be ready to GET OFF YOUR BIKE and run it into transition and back to your rack.



SPRINT BIKE ROUTE 12.2 miles



DIRECTIONS:

- * Head to the Football Stadium stop sign.
- * Turn right on Schwager and head out to Fremont Rd.
 **STOP SIGN -- SLOW DOWN!!**
- * Turn **LEFT** onto Fremont.
- * Road is curvy to County Rd U (1st ½ mile)
- * County Rd U – SLOW DOWN
 **STOP SIGN! 4 WAY**
Make sure the sheriff/volunteers say it's okay to go through
- * You'll go straight now and head into the Findley Loop (says **ADAM BIRDING CONSERVANCY**).
- * Turn **RIGHT** onto Fremont Road.
 **STOP SIGN -- SLOW DOWN!!**
- * The turn-around is at the next curve.
- * Listen to the volunteer and **TURN AROUND!**
- * Head back to UWW. Water is available at the curve of Fremont and the Findley Loop roads.
- * **At Schwager and the CSO office, TURN RIGHT and head back to your bike rack.**

DO NOT GO PAST THE CSO OFFICER – TURN!!

Time to Run!

Stay on
Walkways

2 Mile – 5k/10k Run Route (Run out is marked with a coned off path)

Directions:

- *Run up towards the football stadium. Cross the street and run down the hill towards Fremont Road. There is a walking path as you get closer to Fremont, turn left and stay on the path.
- ***STAY ON THE LEFT SIDE** while running.
- *The walking path will go directly to Burr Oak Rd.
- *Turn left onto Burr Oak (still staying on the walking path).
- *Duathletes (2 mile route) will turn around at the 1 mile mark (there will be an A-frame sign, but also listen to the volunteer) and head back to transition (1st run) and to the football stadium, on your 2nd run.
- * Super Sprint (2 mile route) will turn around at the 1 mile mark (there is an A frame). Head back and finish at the pavilion by the football stadium.
- *5k/10k runners will head out toward County Road U (stay on the sidewalks).
- *As you approach the County U stop sign, you'll cross the street, and head onto a walking path, then run that path along the Bark River. At 1 point, you'll run back up towards the sidewalk, but only for a short time, before you go back onto the path behind the homes.
- *The path ends back up at the street, near the 1 mile marker. At this time, you'll cross the street and head back to the university.
- ***Sprint triathletes** will finish by running up the big hill (you'll see Williams Center on your left) and turn RIGHT, into the football stadium parking lot. Run to the finish like by the pavilion.
- ***Olympic Distance Racers:** You will run back up to the football stadium and turn around shortly before the finish line (there is an A-frame turn-around sign). Head back out to Fremont, to run your 2nd loop (same as the first one, in the residential area). When you come back from your 2nd loop, you'll end at the pavilion)

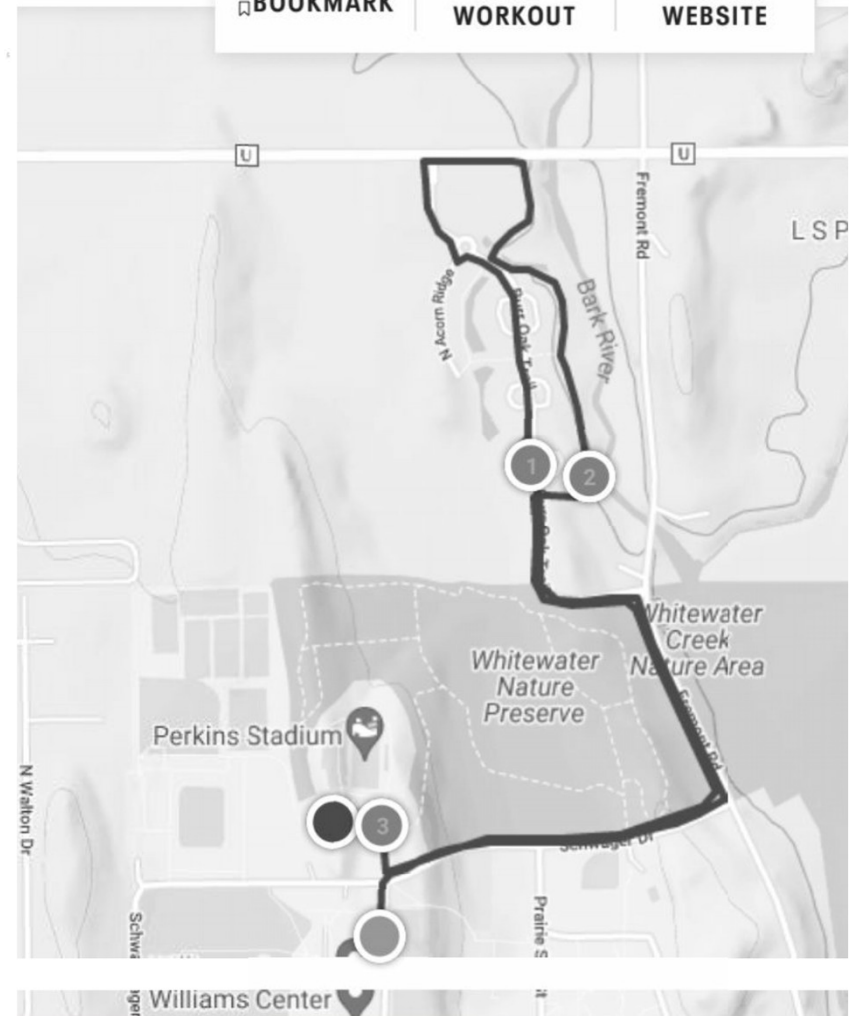
RUN MAP

UWW J-HAWK 3 MILE RUN

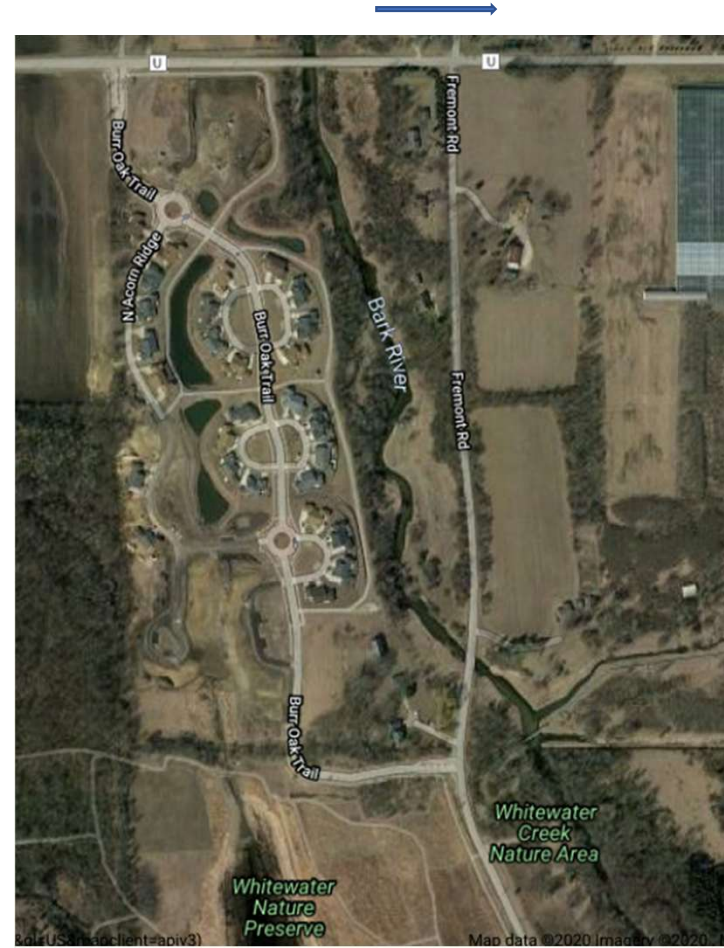
 BOOKMARK

LOG
WORKOUT

ADD TO
WEBSITE



Run Pictures – Satellite Views



After You Finish

- You should receive a finisher medal.



- Put your chip into the bucket (there is a \$130 fee for a lost chip).
- Grab a bottle of water to rehydrate. Snacks will be available, inside the pavilion.
- Please go back into transition and clean up your area and remove your bike.
- An awards table will be setup, at the pavilion. Age group results cannot be finalized until all racers in that division have completed the race.
- Scan the bar code to see current results. It's posted on the bottom of the race site or click the link that is posted there, as well.
- THANKS SO MUCH FOR PARTICIPATING AND SUPPORTING OUR EVENT!

AWARDS

DIVISON AWARDS:

Awards will be completed when EVERYONE in your division has finished the race. They will be at the pavilion, where you finished.

Once you are done racing and have gotten something to eat and drink, **please clean up your transition area and remove your bike.** Make sure your chip has been returned (\$130 fee for missing chips). Then, go inside Williams Center and get warm (showers & locker rooms are available). Take your time while you wait for awards.

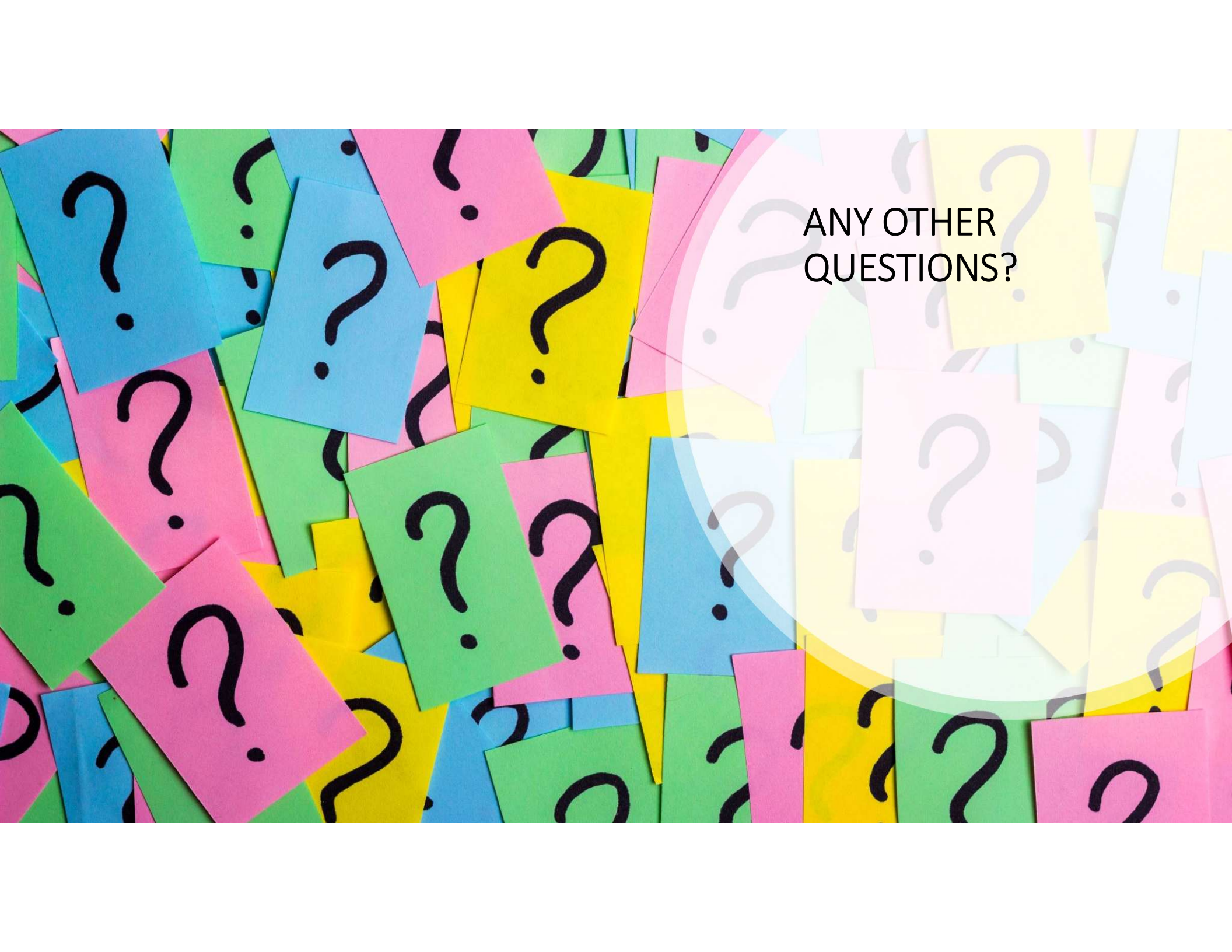
NO AWARDS WILL BE MAILED.

OVERALL AWARDS:

A big **THANK YOU** to Rita screening our prizes

These will also be at the pavilion by the football stadium.





ANY OTHER
QUESTIONS?