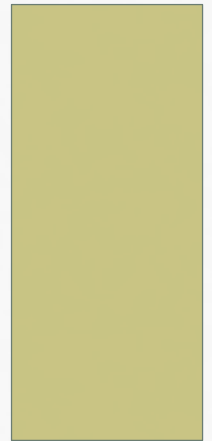


MMTT YOUTH TRIATHLON

MAY 29, 2022



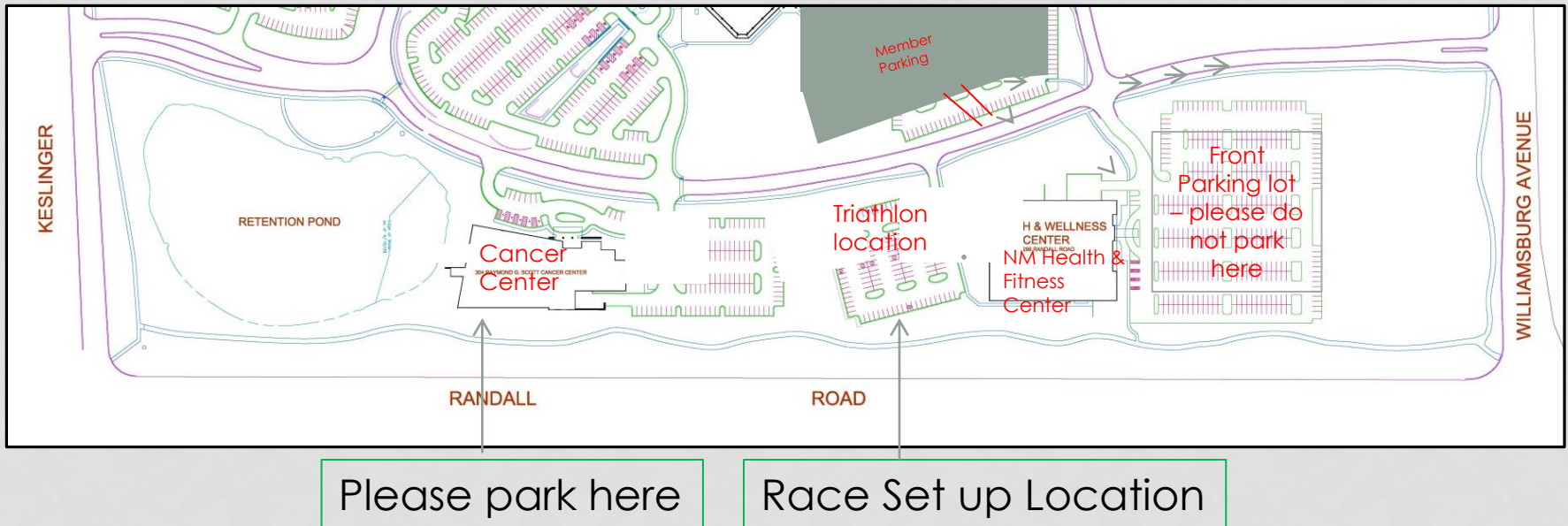
SPONSORS – THANK YOU!



SAMMYS BIKES

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 blue 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



SCHEDULE OF EVENTS

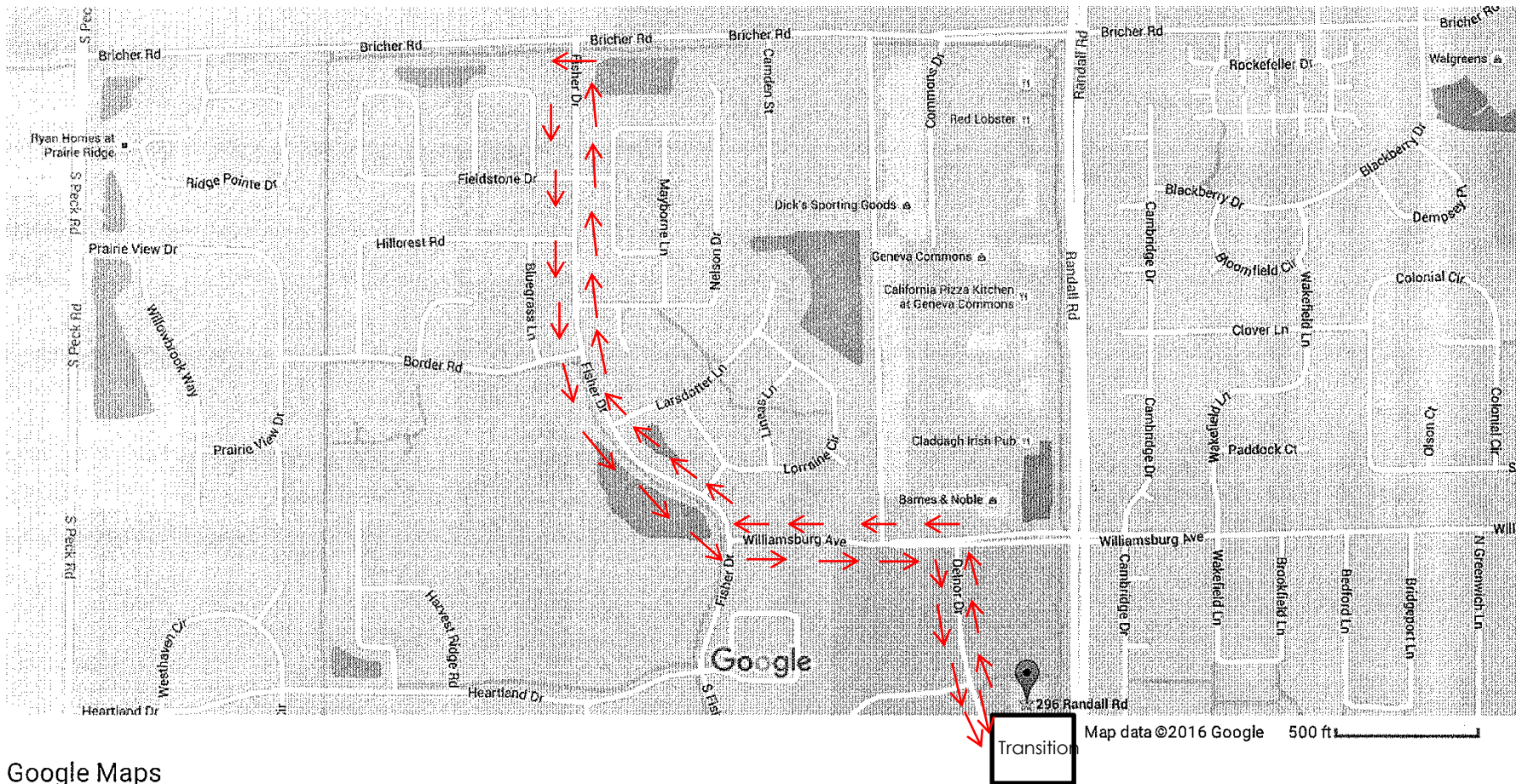
Saturday, May 28, 2022

- 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 29, 2022

- Race day packet pick up is from 5:45am - 6:30am
- 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
- 9:30 – 10am Awards ceremony & raffle

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 Bikers do 2 loops on Bricher Rd



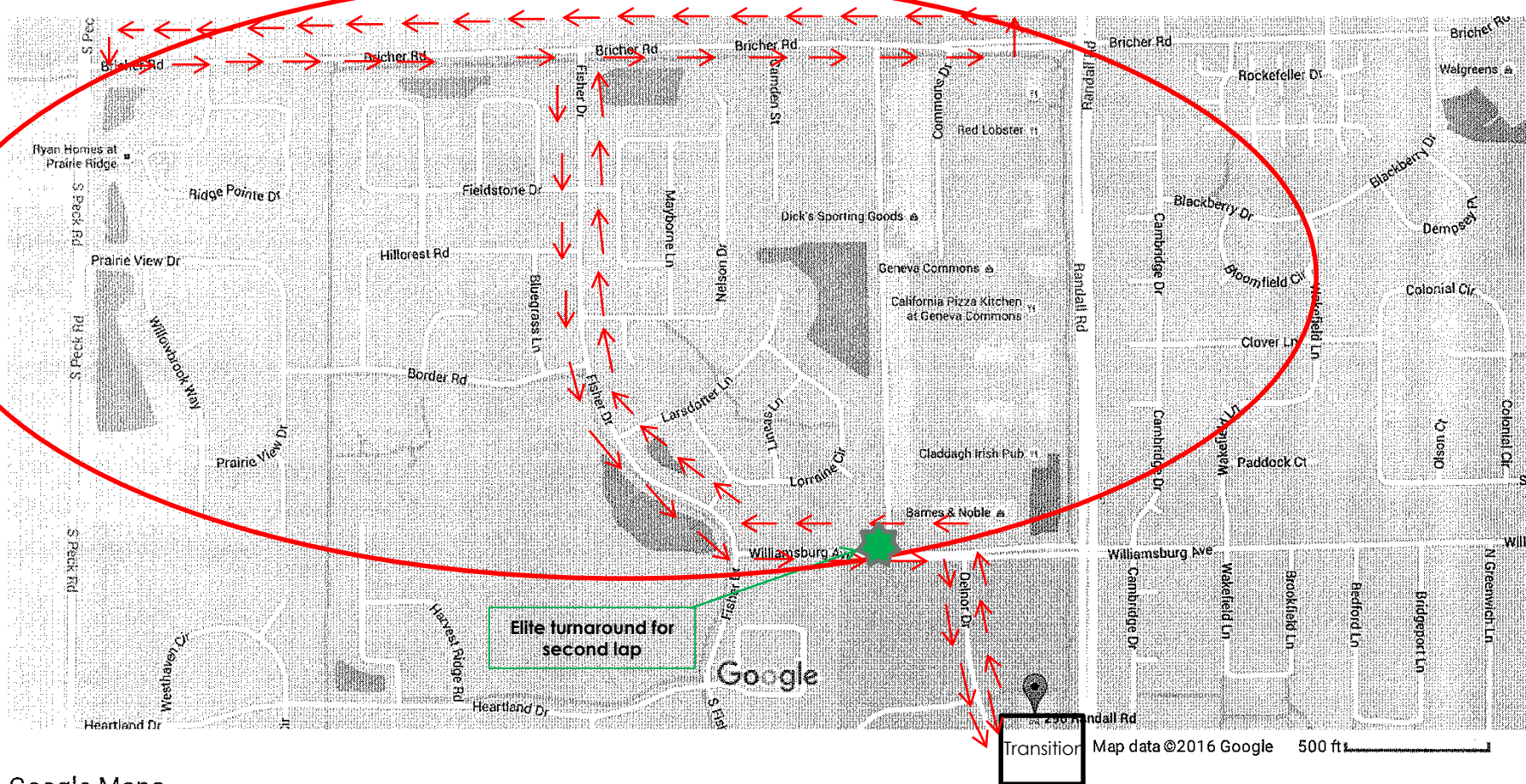
SENIOR BIKE COURSE – WRITTEN DIRECTIONS

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 Lowes – Head west on Bricher
 - Take Bricher all the way down to Peck Rd and turn around - heading east on Bricher
 - **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 BIKE COURSE

Elite Bikers do 2 loops of the entire circled section



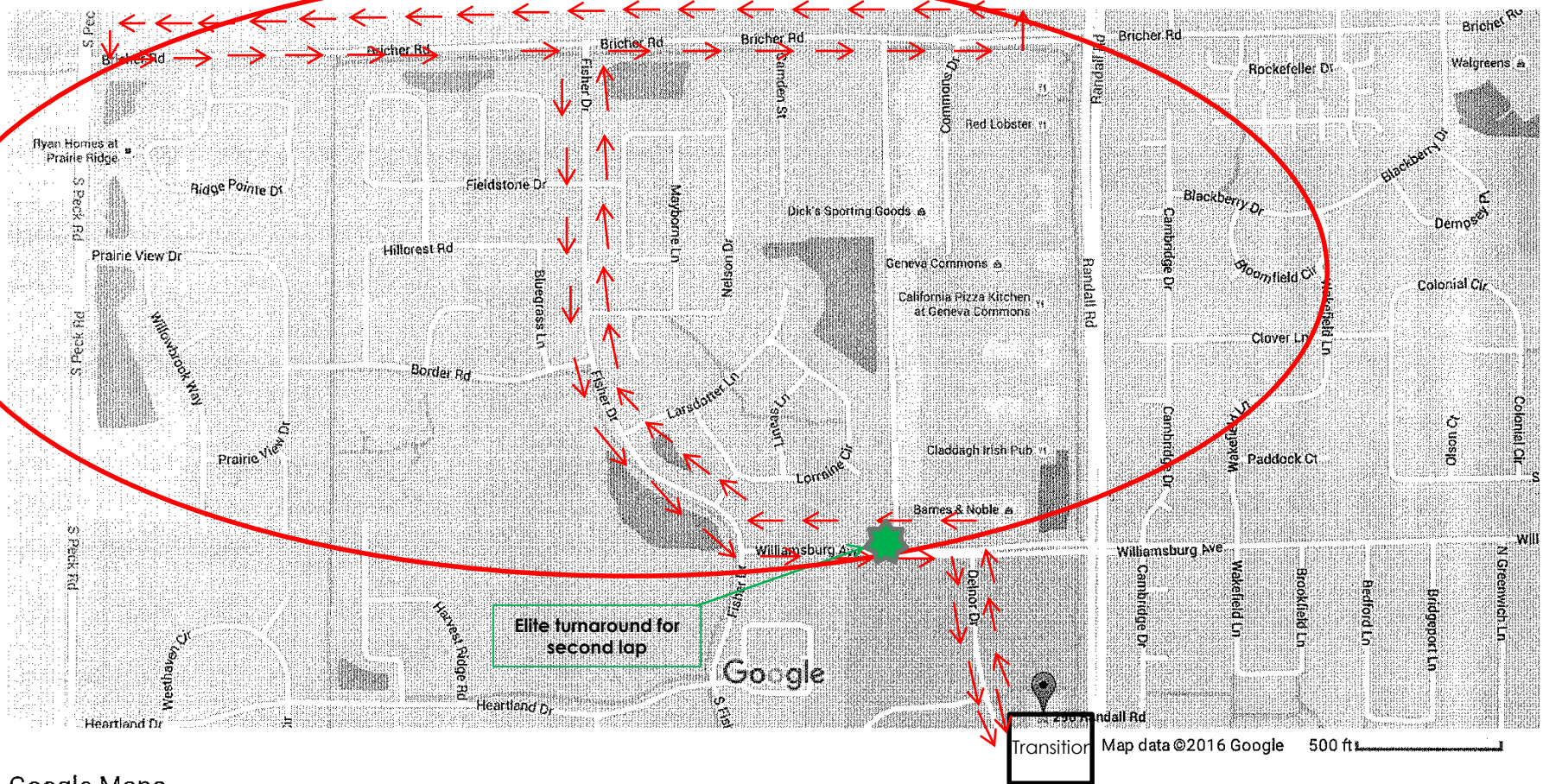
ELITE BIKE COURSE – WRITTEN DIRECTIONS

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 Lowes – 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

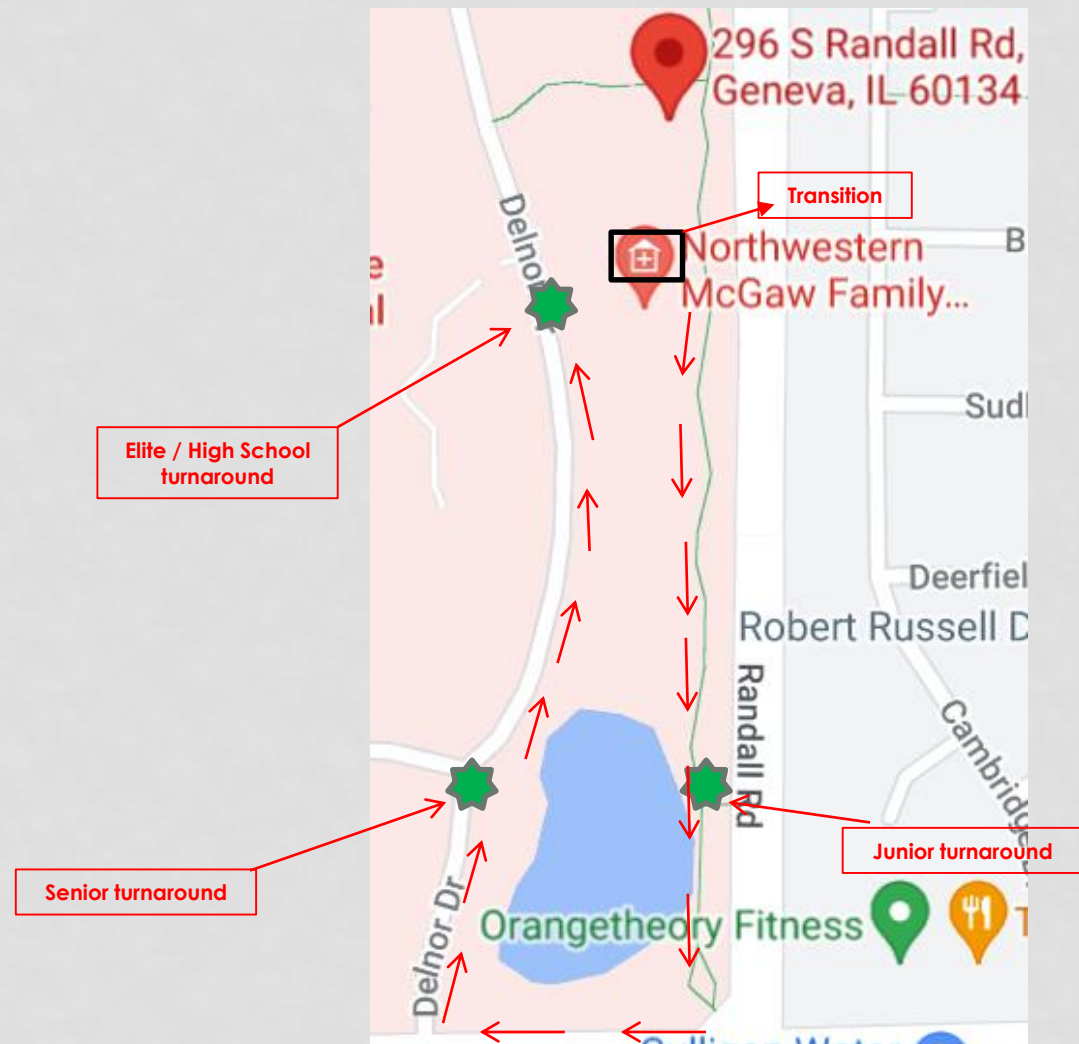
HIGH SCHOOL CHAMPIONSHIP – SAME BIKE COURSE AS THE ELITE RACE

Elite Bikers do 2 loops of the entire circled section



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



GENERAL REMINDERS

- Racers can get body marked on Saturday at packet pick up or on the morning of the race
- Timing chips will be distributed on the pool deck prior to the start of the race. Timing chips should be worn the entire race. If it becomes dislodged and lost, please notify the timing crew upon finishing.
- We will NOT be providing race number bibs so race belts are not required
- Athletes can bring their own swim cap or we will provide one. They are not required to race
- Each racer will be given a small transition spot in the back parking lot of the Fitness Center. There will be bike racks available for those athletes whose bike fits on one. Juniors can also lay their bike on the ground or use their kick stand if they have one. If you have a small stand to hold your bike, you can bring it to the race
- A general reminder that parents are not allowed in transition or on the course once the race starts.
- Sammy's bike shop will be available on race morning for any last minute bike issues that may arise
- Immediately following course talk, Junior racers should begin to line up in race number order to start the swim
- Please have your athlete familiarize themselves with the course map – specifically the bike course. We will have volunteers to assist but please review the course ahead of time
- Athletes are not allowed to ride their bike in transition. Once they pass the mount line and they have their helmet on, they are allowed to get on their bike. There will also be a dismount line at the end of the bike. We will have volunteers available to remind athletes.

GENERAL COURSE REMINDERS

- On the bike, athletes should stay on the right side of the road. Faster riders will be passing on the left hand side. Please remind racers to be aware of riders around them when approaching the turns on the course
- On the bike turn arounds, athletes should slow down and hold their spot – do not pass on the turn arounds
- For seniors only, they are required to do two laps on Bricher Road. Timing will be reviewing bike splits to identify unreasonable bike splits due to not completing 2 loops of Bricher Rd. Athletes will be disqualified if they do not do 2 laps on Bricher Rd. If your athlete finishes the race and does not complete two laps, please let the timer or race director know – thank you for your honesty!
- No drafting is allowed in the Junior, Senior and High School event. Participants should stay at least 2 bike lengths behind the participant in front of them unless they are passing
- On the run, we will have an aid station with water available for the athletes
- Our first and foremost concern is athlete safety. If your athlete requires medical attention, we will have a medical crew on hand to deal with any issues
- I encourage everyone to stay and watch the Elite event as some of the top athletes in the U.S. will be battling out in one of the only draft legal events in the area
- After the event is over, we will have some snacks and refreshments to refuel the athletes. Please stay for the raffle which will take place after the awards ceremony. Winners must be present to win

ELITE RACE REMINDERS

- The Elite racers will start in wave starts of 10 racers at a time and swim 15 laps. Elite racers will have a designated lane (shared with 1 other athlete) and swim down and back until their swim is complete. Counters will be at the end of each lane to let the swimmer know when they have completed their swim by lowering a kickboard into the water on their final lap. All athletes are reminded that it is their ultimate responsibility to count their own laps
- Elite / High School racers will have warm ups available right after the senior swim is completed
- No race number belts are required – we will body mark each of the elite athletes and they will have a chip that they will obtain on race morning prior to the start of their race
- Elite competitors will all have transition racks
- Elite competitors will also have a basket to place their goggles and swim caps
- Bikes may not have aero bars that extend past the brake hoods in this race

HIGH SCHOOL RACE REMINDERS

- This race is a non-drafting race. All athletes must be in high school at the time event
- The High school racers will start in wave starts of 10 racers at a time and swim 15 laps. High School racers will have a designated lane (shared with 1 other athlete) and swim down and back until their swim is complete. Counters will be at the end of each lane to let the swimmer know when they have completed their swim by lowering a kickboard into the water on their final lap. All athletes are reminded that it is their ultimate responsibility to count their own laps
- High School / Elite racers will have warm ups available right after the senior swim is completed
- No race number belts are required – we will body mark each of the athletes and they will have a chip that they will obtain on race morning prior to the start of their race
- High School competitors will all have transition racks

RESULTS

- Results will stream live online during the race. Please click on the link below to access the live tracking. We will also post results after the event.

<https://runsignup.com/Race/MMTTYouthTriathlon/Page/RaceResults>