

We look forward to hosting you on Sunday in the Pleasant Prairie age group race. Even though the races do not start until the afternoon, please consider coming earlier and watching the top elite athletes (age 13 – 19) in the country compete in the Pleasant Prairie Youth and Junior Elite Cup race.

Here are some details to help you prepare for this weekend's race:

Location of the Race

- Rec Plex, 9900 Terwall Terrace, Pleasant Prairie, WI 53158

Packet Pick Up

- Packet pick up is available on Saturday from 11:00 – noon and 2:30pm - 4:30pm in conjunction with the elite race packet pick up
- Packet pick up is also available from 10am until 12:00pm on Sunday at the race site
- Please bring your USA Triathlon card or a form of identification (parent's is OK).

Pre-race Meeting

- The pre-race meeting will take place prior to the event at the beach area
- There is no separate meeting to attend on Saturday for the age group event

Body Marking

- Please ensure you are body marked prior to your race

Chip Distribution

- Chip distribution will occur just prior to the start of the event at the beach area

Race Distances

- Juniors (7-10 year olds)-100 Meter lake swim, 4K Bike, 1K Run
- Seniors (11-14 year olds) –200 Meter lake swim, 8K Bike, 2K Run

Water Temp

- Water Temps are expected to be in the 65 degrees to 68 degree range. Wetsuits may be worn if your athlete deems them necessary. Keep in mind the longest swim time is typically 2 min in the 7-10 age race and 4 min in the 11-14 age race.

Race Start

- The race is expected to start after the elite races are done (in the 1:30pm timeframe). We will announce when transition is open. Seniors will race first and then Juniors will race afterwards
- The start will be a mass start separated by males and females so please instruct your athlete to seed themselves accordingly. Weaker swimmers should start towards the back. We expect about 65 – 75 athletes for the entire race so I would expect each group to have no more than 25 athletes in it. Please bring your own swim cap

Transition

- When transition opens, you are welcome to select a spot for your bike and belongings
- There will be bike racks available for athletes to use but they may also place their bike and transition gear on the pavement. For younger athletes, we find that sometimes it is difficult to lift their bike on and off the racks

Course Map

- Course map is located at the link below. Note the Seniors have to do two loops of the bike course.

<http://replexonline.com/documents/upload/pp-cup-age-group-map.pdf>

- On the bike, athletes should stay on the right side of the road. Faster riders will be passing on the left hand side
- Please be aware of riders around you when you are approaching the turns on the bike course. On the bike turn arounds, athletes should slow down and hold their spot – do not pass on the turn arounds
- No drafting is allowed in the Junior and Senior event. Participants should stay at least 2 bike lengths behind the participant in front unless they are passing

Parking

- Parking map is located at the link below – recommended parking locations are E2, C and B
<https://replexonline.com/documents/upload/parking-map.pdf>
- There is a ¼ mile to a ½ mile walk to the start so please plan accordingly.
- Please be mindful of the elite races taking place on Saturday and stay off the course – even if the course is not currently in use

Results

- Results will be posted at the race site but they will also be posted here:
Age Group: <http://itsracetime.com/Index.aspx>