



Millerton Lake Triathlon 2019 - Athlete Guide

Sunday, April 28th, 2019

Map Links: [Bike](#) | [Run](#)

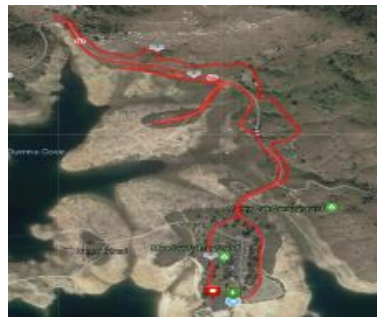
Swim



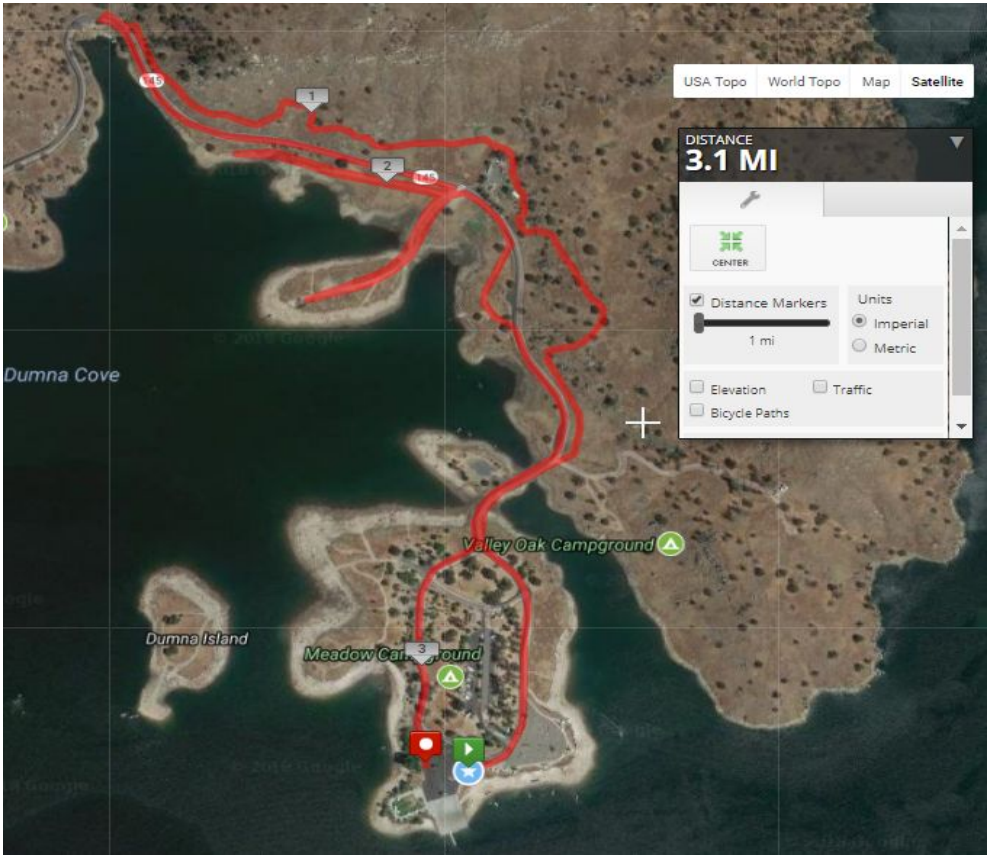
Bike



Run



Location:	Millerton Lake Boat Ramp- Madera Side Meadow Campground Friant, CA 93626
Packet Pickup:	<p>Friday, April 26th 4:30 pm-6:30 pm Fleet Feet Sports 9447 N. Fort Washington Suite 106 Fresno, CA 93720</p> <p>Sunday, April 28th 6:30 am-7:30 am Millerton Lake Boat Ramp- Madera Side Meadow Campground Friant, CA 93626</p>
Parking:	<p>Sunday Event Parking: The park charges \$10 per vehicle for parking.</p> <p>All vehicles must have proof of payment on their windshields, either a season pass or a payment stub or an event pass.</p> <p>Payment envelopes will be available while supplies last at packet pickup, and will be available at the park entrance. Park employees will be collecting payment upon entry to the park, please have payment or season pass ready in order to expedite entry..</p>

Schedule:	6:30am Race day Registration until 7:30am 6:30am Transition Opens 7:45am Race Meeting 8:00am Olympic Duathlon Begins 8:10am Olympic Triathlon Begins 8:50am Sprint Duathlon Begins 8:50am 5k & 10k Run Begins 9:00am Sprint Triathlon Begins
Course Nutrition:	Gu & Electrolytes will be available at mile 1.24 of the Run Water Bottle Exchange Will be available at the Bike turn around
Post Race Food:	Subway Sandwiches, Chips, Drink, Rosa Brothers Chocolate Milk
Course Notes:	<p>Special Notes on Swim:</p> <p>The Sprint will do a single loop of a 400 yard course. The Olympic will do TWO loops of an 800 yard course</p> <p>We will have a modified run course due to high water levels covering part of the trail.</p> 

Questions: E-mail ray@activitynut.me, or call (559) 352-1208

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