



Millerton Lake Triathlon 2022 - Athlete Guide

Sunday, April 3rd, 2022

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

Last Update 3/28/22

Swim



Bike



Run



Transition



Location: Millerton Lake Boat Ramp- Madera Side
Meadow Campground
Friant, CA 93626

Packet Pickup:	<p>Friday, April 1st 4:30 pm-6:30 pm Break the Barriers 8555 N Cedar Ave, Fresno, CA 93720</p> <p>Sunday, April 19th 6:00 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>
<p>Schedule:</p> <p>Revised: 3/26/2022</p>	<p>All Athletes... Please arrive prior to 7:00am to prevent congestion after the Olympic Triathlon begins. All athletes must be out of transition by 7:15am</p> <p>6:00am - 8:00am Race day Packet pickup 6:00am - 6:45am Transition Open for Olympic Athletes 6:00am - 7:15am Transition Open for Sprint Athletes 6:50am Olympic Athlete Meeting at the Dock 7:00am Olympic Triathlon Begins 7:35am Sprint Triathlon, Aquabike, and Aquathlon Athlete Meeting at the Dock 7:45am Sprint Triathlon, Aquabike, and Aquathlon Begins 8:00am Duathlon Begins (Starts at Finish Line) 8:05am 5k & 10k Run Begins (Starts at Finish Line)</p>
<p>Course Nutrition:</p>	<p>Run Water, Gu & Electrolytes will be available at mile 1.2,4,3 Run Water only will be available at miles 0.4, 2.7, 3.5, 5.8 Bike Water Station at Miles 3,7,13,17</p>
<p>Post Race Food:</p>	<p>Athlete's Meal: Grilled Hamburgers & Hot Dogs, Chili, Chips and Drink Veggie option available Rosa Brothers Chocolate Milk</p>
<p>Course Notes:</p>	<p>Special Notes on Swim:</p> <p>The Sprint will do a SINGLE loop of an 800 yard course. The Olympic will do TWO loops of an 800 yard course for a total of 1600 yards</p> <p>5K, 10k, and Duathlon: Start at the Finish Line Bike Course does NOT go past the 145/211 Junction, Olympic Bike does two laps of the Sprint Bike Course</p>

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

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