



## Millerton Lake Triathlon 2023 - Athlete Guide

### Sunday, April 23rd, 2023

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

Last Update 4/2/23

#### All Swim Distances



#### Sprint/Olympic Bike



#### Sprint/Olympic Run



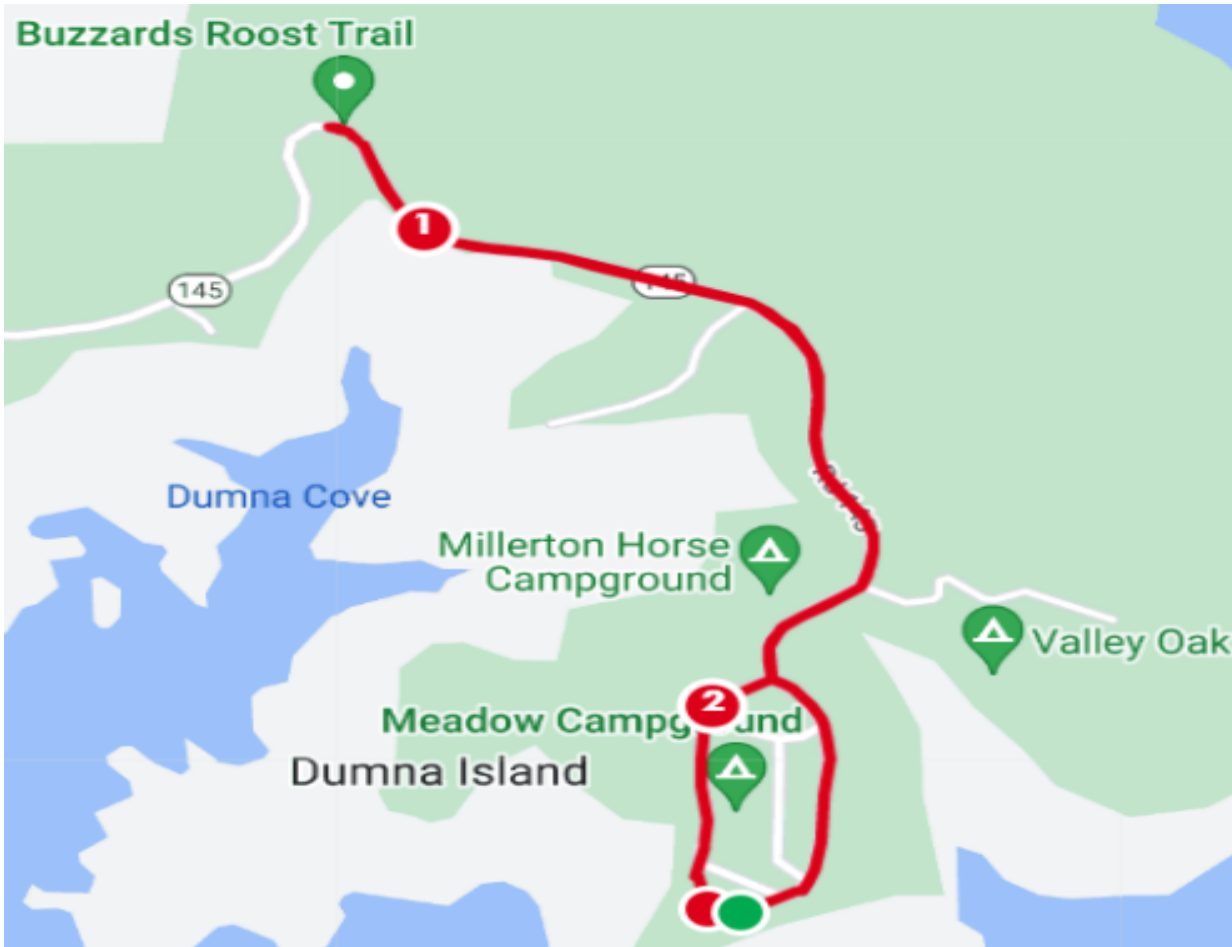
#### Transition



### Super Sprint Run

Turn Around is at the Aid Station & Crosswalk


2.2 Miles, all pavement, no trail



### Super Sprint Bike

#### Millerton 5.4Mi Bike



<b>Location:</b>	Millerton Lake Boat Ramp - (Madera Side) Meadow Campground Friant, CA 93626	
<b>Packet Pickup:</b>	<b>Friday, April 21st, 4:30pm-6:30pm</b> The Bike Shop @ Woodward 9433 N Fort Washington Rd Fresno, CA 93730  <b>Sunday (race day) @ 6:00am-7:30am</b> <ul style="list-style-type: none"> <li>• <b>Olympic @ 6:00am-6:30am (Priority)</b></li> <li>• <b>Sprints &amp; Duathlon @ 6:15-7:00am</b></li> <li>• <b>5k / 10k Run @ 6:40-7:30am</b></li> </ul> Millerton Lake Boat Ramp - (Madera Side) Meadow Campground Friant, CA 93626	
<b>Parking:</b>	Sunday Event Parking: The park charges \$10 per vehicle for parking.  All vehicles must have proof of payment. Either a season pass, a payment stub, or use the pay by phone app.	<b>California State Parks - Pay By Phone</b>    <ul style="list-style-type: none"> <li>• <a href="#">Download</a> and open Yodel App</li> <li>• Select Millerton Lake SRA: North Shore</li> <li>• Pay park entry fee with credit card and enter license plate number</li> </ul>
<b>Schedule:</b>  <b>Revised:</b> <b>4/19/2023</b>	<b>All Athletes...</b> Please arrive prior to 7:00am to prevent congestion after the Olympic Triathlon begins. All athletes must be out of transition by 7:15am  6:00am - 8:00am Race day Packet pickup 6:00am - 6:45am Transition Open for Olympic 6:00am - 7:15am Transition Open for Sprint 6:50am Olympic Athlete Meeting at the Dock 7:00am Olympic Triathlon Start 7:35am Sprint, Super Sprint, Aquabike, and Aquathlon Meeting at the Dock 7:35am Duathlon & 5k/10k Meeting at Finish Line 7:40am Duathlon Begins (Starts at Finish Line) 7:45am Sprint, Super Spring Tri, Aquabike, and Aquathlon Start 8:05am 5k/10k Run Begins (Starts at Finish Line)  <b>Approximate Awards Schedule</b> 9:30am 5k/10k Awards 9:45am Sprint Awards 9:55am Duathlon Awards 10:00am Olympic Awards	

<b>Course Nutrition:</b>	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
<b>Post Race Food:</b>	Athlete's Meal: Grilled Hamburgers & Hot Dogs, Chili, Chips and Drink Veggie option available Rosa Brothers Chocolate Milk
<b>Course Notes:</b>	<p><b>Special Notes on Swim:</b></p> <ul style="list-style-type: none"> <li>• The Sprint will do a <b>SINGLE</b> loop of an 800 yard course.</li> <li>• The Olympic will do <b>TWO</b> loops of an 800 yard course for a total of 1600 yards</li> <li>• The Super Sprint will swim 400 yards <b>around the first buoy, and back</b></li> </ul> <p><b>Super Sprint</b></p> <ul style="list-style-type: none"> <li>• <b>Bike</b> turns around at the Toll Booth</li> <li>• <b>Run</b> stays on the paved road and turns around at mile 1.1 at the aid station</li> </ul> <p><b>5K &amp; 10k:</b> Start at the Finish Line, runs on the Buzzard's Roost Trail</p> <p><b>Duathlon (Run - Bike -Run):</b></p> <ul style="list-style-type: none"> <li>• Start at the Finish Line</li> <li>• follow sprint signs on run</li> <li>• After first fun, enter transition through the "<b>Bike In</b>" entrance</li> </ul> <p><b>Aquabike &amp; Aquathlon:</b></p> <ul style="list-style-type: none"> <li>• There is a special section in transition for Aquabike &amp; Aquathlon</li> <li>• Start with the appropriate Sprint/Olympic Swim Waves</li> <li>• After Swim, proceed to <b>Bike</b> course for Aquabike, <b>Run</b> Course for Aquathlon</li> <li>• Aquathlon finishes through Arch, Aquabike finishes through "<b>Bike In</b>"</li> </ul> <p><b>Sprint &amp; Olympic Bike</b></p> <ul style="list-style-type: none"> <li>• Sprint/Olympic Bike Course does <b>NOT</b> go past the Hwy 145 / Rd 211 Junction</li> <li>• Olympic Bike does two laps of the Sprint Bike Course</li> <li>• <b>POTHOLES - POTHOLES - POTHOLES... WATCH FOR POTHOLES</b></li> </ul>

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