



SIERRA CASCADES
MULTISPORT PRODUCTIONS

Millerton Madness - Athlete Guide

Sunday, August 27th, 2023

(updated August 19th, 2023)

Volunteers Needed... We still need a few more!

[Volunteer Here](#)

Website:

MillertonMadness.com

General Race Information:

Awards

- All multisport events are submitted to USAT by DOB and are ranked by USAT in 5-year increments.
- Triathlon and 5k & 10k will have 1st, 2nd & 3rd Overall Awards for Male and Female participants.
- 5k will have age group awards in 10-year increments, M/F.

Triathletes

- Place your gear inside the transition area beginning at 6:15am.
- There will be up to 8 bikes per rack and the location for each bike will be marked on the bike racks. Specific spots will not be assigned, only location to help athletes rack in correct locations to avoid bikes needing to be moved to accommodate other athletes. To avoid your bike being moved, please rack in a designated space.
- Athletes must be out of transition by 7:15am for accurate results.
- There will be a triathlete meeting at 7:20am by the boat dock.
- The multisport events are USAT sanctioned, and race officials will be onsite. An overview of USAT rules is located on the registration website: USAT Rules Overview. See the full USAT rules here: teamusa.org.

Transition



Bike racks will have 8 athletes per rack.

Triathletes will be able to set up transition on Sunday beginning at 6:15am.

After the swim...Athletes proceed to the South entrance of transition and walk/run with your bike to the North exit of transition. Do not mount your bike until you reach the "mount line" outside of transition.

After the bike...Athletes approach the North side of transition. Dismount at the "Dismount Line" prior to entering transition. Walk/run your bike through the bike chute to the South entrance, then to your position and rack your bike. Make sure your race number is on and visible from the front. Proceed to the North exit and head out on the run course.

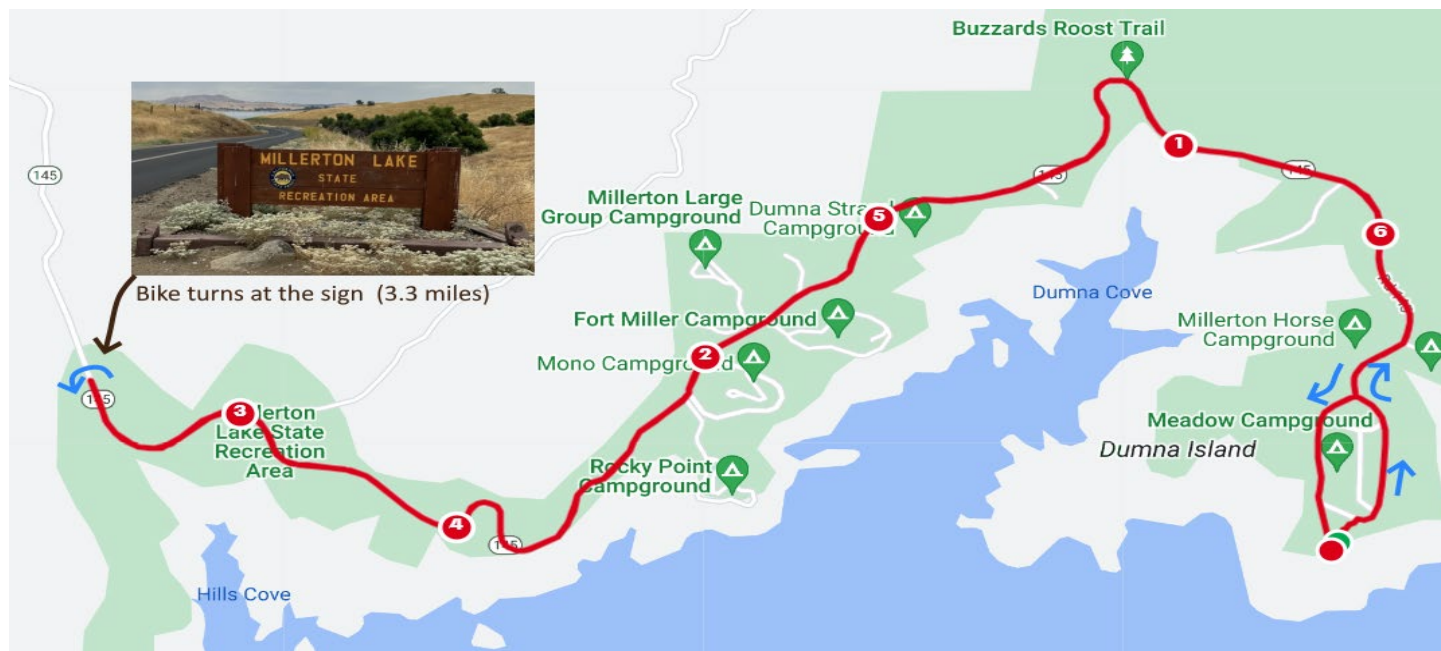
Swim Course (400 yards)

The swim start will be a mass start and will begin to the left of the boat ramp. Athletes can warm up in the water. Lifeguards may instruct athletes about designated areas for warm up and provide additional course instruction at the start line. The swim is expected to be wetsuit legal.



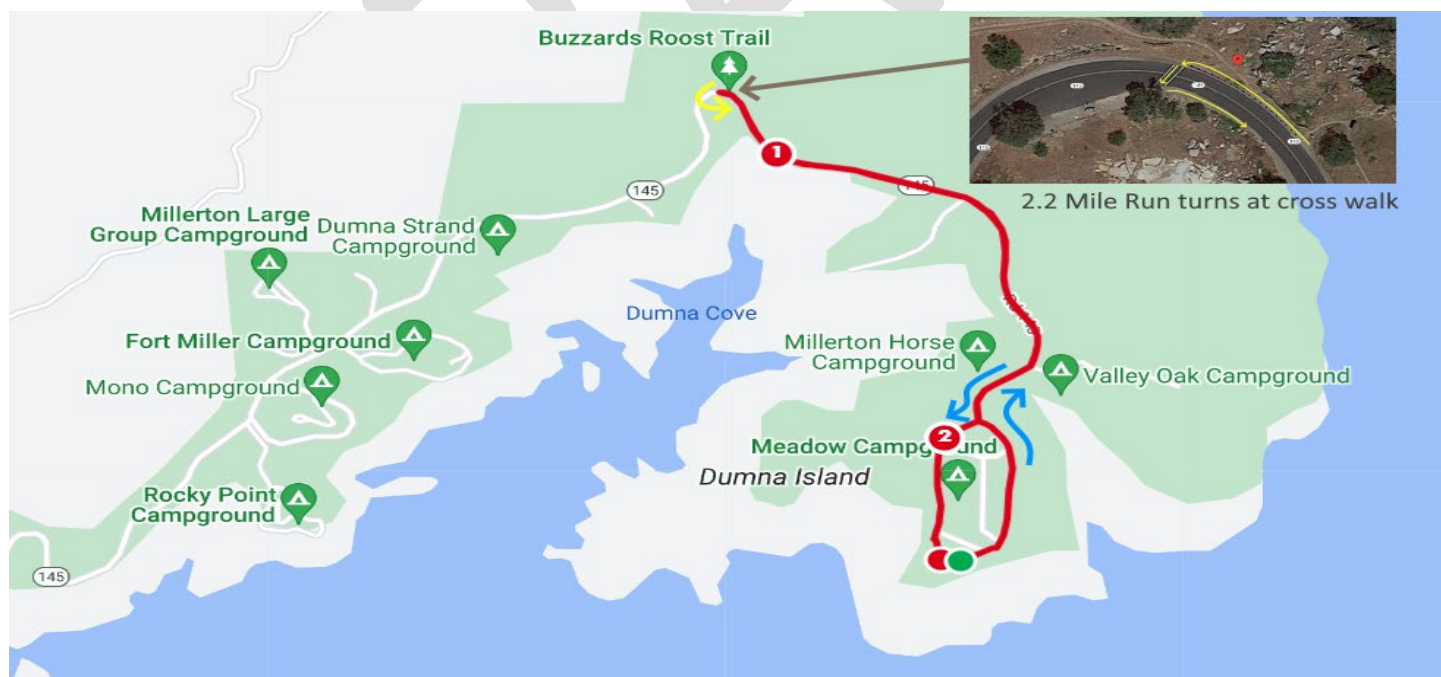
Bike Course (6.6 Miles) [Link to Map My Run & GPX File](#)

****Note:** This is NOT a closed course.



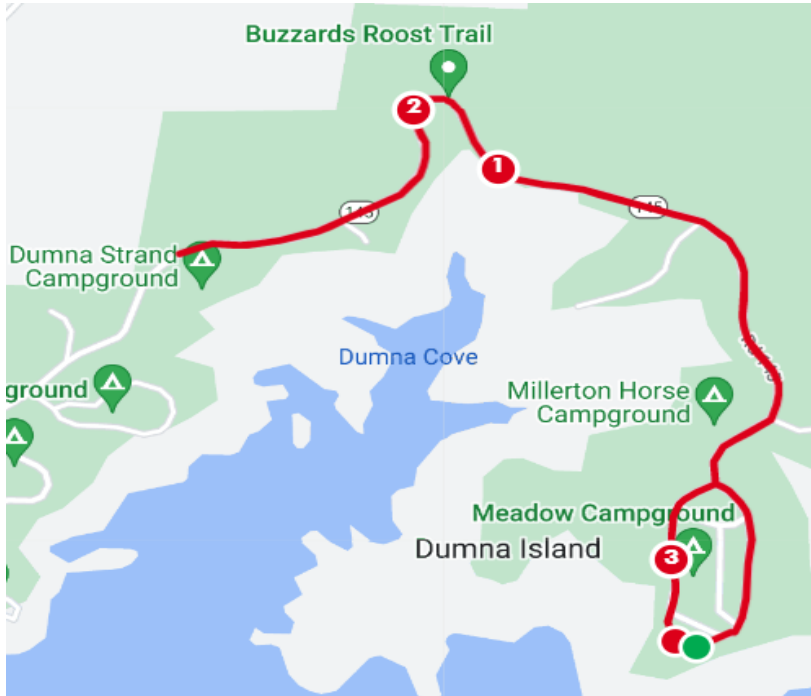
- Follow the road past the park entrance.
- Turn around at 3.3 Miles and return to transition.
- There will be volunteers and water at the turn around.

Run (2.2 Miles) [Link to Map My Run & GPX File](#)



The run is all asphalt. Starting at the Transition Area, athletes head north from the parking lot along the street for approximately 1.1 miles towards the park entrance to the turnaround at the crosswalk and back to the finish line

Run Only (5K) [Link to Map My Run & GPX File](#)



The run is all asphalt. Starting at the Transition Area, athletes head north from the parking lot along the street for approximately 1.5 miles towards the park entrance to the turnaround at the Dumma Strand Campground and back to the finish line.

What is in the Race Packet?

- (1) **Helmet sticker:** This is placed on the **front center** of your helmet.
- (2) **Bike number:** This is typically placed on one of your bike tubes or the seat post.
- (3) **Race bib:** Your race bib must be worn during the run **facing forward**.
- (4) **Ankle chip:** Ankle chip must be worn during entire event and should be worn on the **left ankle**.
- (5) **Swim Cap:** A swim cap is provided and is based on your distance. You must wear the provided swim cap to identify your event and for visibility while in the water.

Packet Pickup: Friday, August 25th, 4:00pm-6:00pm
The Bike Shop @ Woodward Park
9433 N Fort Washington Rd, Unit 102
Fresno, CA 93730

Sunday, August 21st, 6:15am – 7:15am
Millerton Lake Boat Ramp (Madera Side)
Millerton Lake State Recreation Area
Meadow Campground
Friant, CA

Picture ID is required for USAT events.

Packet pickup on Friday will be drive up style, and you will not exit your vehicle. Please have your confirmation email with barcode ready for a quick packet pickup.

We continue to offer “race day registration” online until 7:15am or the race sells out

Schedule: 6:15am-7:15am Race Day Packet Pickup with online race day registration
6:15am Transition Opens
7:15am 5k Run Begins
7:20am Mandatory Triathlon Meeting at boat dock
8:15am 5k Awards
9:00am Triathlon Awards

Food: Post-race menu is still to be determined.

Parking: Transition, start line, and packet pick up will be located in the Meadow Campground near the boat ramp on the Madera side of the lake.

There is a \$10 day use fee for the Millerton Lake State Recreation Area.

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