



Millerton Madness Athlete Guide

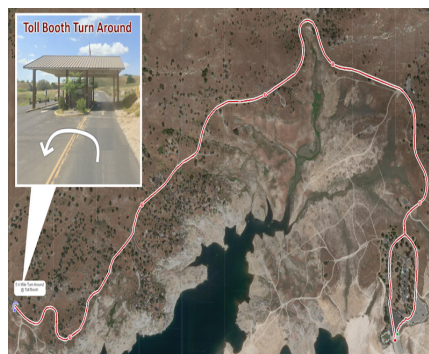
Sunday, August 23, 2026

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

Swim



Bike



Run



Location:	Millerton Lake Boat Ramp- Madera Side Meadow Campground Friant, CA 93626
Packet Pickup:	Friday, August 21, 4:00pm - 6:00pm Fleet Feet Sports 9447 N. Fort Washington Suite 106 Fresno, CA 93720 Sunday, August 23, 6:15 am-7:15 am Millerton Lake Boat Ramp- Madera Side Meadow Campground Friant, CA 93626
Parking:	Sunday Event Parking: The park charges \$10 per vehicle for parking. All vehicles must have proof of payment on their windshields, either a season pass or a payment stub or an event pass. 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.

Schedule:	All Athletes... Please arrive prior to 7:10 am to prevent congestion after the 5k begins. • 6:15am Packet Pickup Opens • 6:15am Transition Opens • 7:15am 5k Run Begins • 7:20am Mandatory Triathlon Meeting at boat dock • 7:30am Triathlon Begins • 8:15am 5k Awards • 9:00am Triathlon Awards
Post Race Food:	Breakfast Burritos Rosa Brothers Chocolate Milk
Distances:	Super Sprint: • Swim: 400 yards (One Lap) • Bike: 5.4 Miles (Turn around at toll booth) • Run: 2.2 Miles (Turn around at aid station) 5k Run • Run: 3.1 Miles (Turn around at Dumma Strand)

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

Website: Sierracascades.com