

General Rules (start and finish line are located at 170 Beach Road Manawa, WI):

Race start time is 8am at the Manawa Area Veterans Freedom Park. 170 Beach Road, Manawa WI.

There will be race announcements at 7:30 near the starting line.

The race will have a wave start with waves of ten kayaks starting every 5 minutes.

Participants must arrive 30 minutes to their scheduled start time.

Waves will be assigned at packet pickup.

No personal listening devices are allowed on the course. This is for your safety!

The roads will not be closed during the event. All bikers and runners must follow traffic rules.

There will be road guards at critical intersections to help with directing participants.

Race officials/event staff may change the course at any time for any reason.

If a participant withdraws from the race, they must tell a race official, so the race director knows everyone is safely off the course.

Participants are expected to be courteous to other participants while on the course and in the transition/finish areas.

Spectators can watch from the Manawa Area Veterans Freedom Park, Little Wolf County Park, or along the course route.

The race limit is 1pm. If a participant has not passed the finish line by this time, they will be disqualified and escorted to the finish line.

Severe Weather:

Race officials reserve the right to stop, postpone, or cancel the event due to severe weather.

The race course may be shortened or altered in the event of severe weather.

Severe weather could be lightening, thunderstorm warnings or watches, tornado warnings or watches, high winds, and/or any other weather condition creating unsafe conditions.

No refunds will be given if the event is canceled or modified for severe weather.

If the race is stopped for severe weather, participants must exit the event and get to safety immediately.

Please dress accordingly for the weather of the day.

Your safety is the number one concern.

BE SAFE AND RESPONSIBLE!

Transition Rules (transition area is located at 170 Beach Road Manawa, WI):

Transition areas will open at 5:30am. Spectators are not allowed in the transition area.

Keep the transition area organized for the safety of all participants.

Do not place items so that they hinder other participants

Manawa Area Veterans Park is located at 170 Beach Road (NOT Beach St.) Manawa, WI

The transition area and start line will close at 8am and re-open at 11am for equipment pickup.

Be careful while picking up in transition area as participants may still be finishing their event.

The transition area closes at 1:00pm. Participants must pick up equipment prior to that time.

Little Wolf Adventure Triathlon is not responsible for lost or stolen items.

No parking in the transition areas. Participants and spectators must park in the designated parking areas. Parking is available at Lindsey park across the street. Exit the park to the left and take a right after the bridge.

Kayak Rules:

The kayak segment will be on the Manawa millpond marked by floating buoys.

Any kayaks (including inflatable) are allowed except for tandem kayaks.

Tandem Kayaks, stand up paddle boards, and Canoes ARE NOT allowed.

Pedal or non-human powered kayaks are not allowed.

Only one person is allowed in each kayak.

All participants are required to wear a Coast Guard Approved Type III personal floatation device while in the kayak and/or on the water.

Kayaks must be marked with the participants bib number.

All participants must follow the course as assigned. Do not short cut the buoys.

Spray skirts and kayak floatation are not required.

There will be safety boats in the water. If you need assistance, raise hand and signal a safety boat.

If you tip you tip your kayak and can safely perform a wet entry, participants are allowed to do so.

Participants will paddle to the shoreline, exit the boat, and pull the boat to shore.

Paddles and life vests will be placed in the kayak, NOT in the bike/run transition area.

Volunteers will take the kayak to the kayak pick-up area.

Be courteous to other paddlers.

Bike Rules:

The bike segment will begin and end at the Manawa Area Veterans Freedom Park.

Bike Helmets are required while on the bike.

Helmets must fit properly and be buckled during bike segment.

Participants must walk the bike while in the transition area and will only mount once past the mount area.

When returning, participants must dismount the bike and walk the bike while in the transition area.

The roads are not closed for the event. ALL BIKERS MUST FOLLOW THE TRAFFIC LAWS!

Riders must follow the course as marked and complete all checkpoints.

Ride on the right side of the road near the shoulder.

If passing another rider, announce yourself and pass on the left. Be courteous to other riders.

There will NOT be a water station on the bike course.

SAFETY IS THE HIGHEST CONCERN!

Run Rules:

The run segment starts and ends at the Manawa Area Freedom Park.

The roads are not closed for this event. ALL RUNNERS MUST FOLLOW THE TRAFFIC LAWS!

Personal listening devices are not allowed on the course. This is for safety.

Be courteous to other participants on the course.

There will be a water station at the approximate halfway point of the run segment.

Safety on the course is the highest concern!

Anyone not following the rules will be disqualified from the event!

These rules may be amended as needed.