



# 2019 Pleasant Prairie Triathlon & Junior Tri Presented by Kenosha Subaru Race Week Update

## JUNIOR TRI EVENT DETAILS

**Date:** Saturday, June 22, 2019

**Time:** Transition opens at 7:00am & race starts at 8:30am.

**Location:** Lake Andrea Beach on Park Dr. part of the Pleasant Prairie Rec Plex  
9900 Terwall Terrace, Pleasant Prairie, WI 53158

## PLEASANT PRAIRIE TRI EVENT DETAILS

**Date:** Sunday, June 23, 2019

**Time:** Transition opens at 5:00am & race starts at 6:30am.

**Location:** Pleasant Prairie Rec Plex, 9900 Terwall Terrace, Pleasant Prairie, WI  
53158

## SCHEDULE

### Saturday June 22, 2019

Start	End	Activity	Location
7:00 AM	8:15 AM	Registration and Packet Pick-up for the Junior Tri.	Lake Andrea Beach
7:00 AM		Practice Swim – Rec Plex <a href="https://tinyurl.com/y4k9glbo">https://tinyurl.com/y4k9glbo</a>	Lake Andrea Beach
8:30 AM		Junior Tri Race: 11 – 14 Year Olds	Lake Andrea Beach
9:15 AM (Approx.)		Junior Tri Race: 7 – 10 Year Olds – Time Approximate	Lake Andrea Beach
9:45 AM (Approx.)		Junior Tri Race: 5 – 6 Year Olds – Time Approximate	Lake Andrea Beach
11:00 AM		Practice Swim – Rec Plex <a href="https://tinyurl.com/y4k9glbo">https://tinyurl.com/y4k9glbo</a>	Lake Andrea Beach
11:00 AM	5:00 PM	Pleasant Prairie Tri Expo, Packet Pick-Up - <b>BRING YOUR QR CODE</b> (phone or paper), (must have USAT one-day or annual license) and Registration, Bike Drop Off	Pleasant Prairie Rec Plex – At Finish Line Area
11:00 AM	5:00 PM	Endurance House of Delafield Bike Mechanical Support	Pleasant Prairie Rec Plex – At Finish Line Area
12:00 PM	12:45 PM	Pleasant Prairie Tri Course Talk – Dave Kappas	Pleasant Prairie Rec Plex – At Finish Line Area
2:30 PM	3:15 PM	Pleasant Prairie Tri Course Talk – Dave Kappas	Pleasant Prairie Rec Plex – At Finish Line Area
4:00 PM	4:45 PM	Para-Tri Race Briefing	Pleasant Prairie Rec Plex – At Finish Line Area

## Sunday June 23, 2019

Start	End	Activity	Location
5:00 AM	6:15 AM	Pleasant Prairie Tri Packet Pick-Up - <b>BRING YOUR QR CODE (phone or paper)</b> , (must have USAT one-day or annual license) and Registration, Bike Drop Off	Pleasant Prairie Rec Plex – At Finish Line Area
	6:15 AM	TRANSITION CLOSES	Pleasant Prairie Rec Plex Parking Lots
5:00 AM	6:15 AM	Endurance House of Delafield Bike Mechanical Support	Pleasant Prairie Rec Plex Parking Lots
6:30 AM		Race Start	Pleasant Prairie Rec Plex Swim Start
10:30 AM		Awards	Pleasant Prairie Rec Plex – At Finish Line Area
10:30 AM		Transition Re-Opens (Time Approximate and based on ALL bikes off course)	Pleasant Prairie Rec Plex Parking Lots

### **MANDATORY - RACE DAY**

- Body marking (race number on right arm and calf).
- Swim Caps (Swim caps will be given to all participants at PPU)
- Timing band (to be worn around ankle, no timing chip = NO RACE = no fun).
- **BEFORE STARTING THE RACE, YOU MUST BE WEARING YOUR TIMING BAND, SWIM CAP AND BE BODY MARKED!**

### **PACKET PICK-UP LOCATIONS & TIMES**

#### ***PICK UP EARLY TO AVOID MORNING-OF LINES!***

- **You MUST have your USAT annual license with you at packet pick-up if you hold an Annual License. We will have access to daily licenses if you bought a daily license.**
- Early packet pick-up – Saturday, June 22, 2019 – 11:00am-5:00pm
  - o Pleasant Prairie Rec Plex near the Finish Line – 9900 Terwall Terrace, Pleasant Prairie, WI
- Race day packet pick-up – Sunday, June 23, 2019 – 5:00am-6:15am
  - o Pleasant Prairie Rec Plex near the Finish Line – 9900 Terwall Terrace, Pleasant Prairie, WI
- **You MAY NOT pick up someone else's packet!**
- You will receive the following: bib number, timing band, swim cap, shirt and swag bag. **Don't forget these items on Race Day! No timing band = no time = NO FUN.**

### **QR CODE**

Race Day Events is now using QR scanners at packet pickup to check you in. **PLEASE BRING YOUR QR CODE WITH YOU TO PACKET PICKUP.** We can scan either your phone or a paper copy.

### **PARKING**

- Please arrive early to ensure enough time to park and get to transition.
- Saturday parking for the Junior Tri will be limited on Park Drive. Please plan to park in the main Rec Plex lots and walk to the beach.
- There is NO parking on Terwall Terrace from Transition to Hwy 165 on Sunday.
- Please plan to get to the Rec Plex using 88<sup>th</sup> Avenue to Terwall Terrace as Terwall Terrace WILL NOT be open at Hwy 165 on Sunday.

**2019 PLEASANT PRAIRIE TRIATHLON**  
**PRESENTED BY KENOSHA SUBARU**  
**PRELIMINARY WAVE START SHEET**  
**\*\*\* AGE AS OF 12/31/2019 \*\*\***

<b>WAVE</b>	<b>TIME</b>	<b>DISTANCE</b>	<b>AGE GROUP</b>	<b>CAP COLOR</b>
1	6:30 AM	ALL	Para-Triathletes	WHITE
2	6:40 AM	INTERN'L	All Elites, All Int'l Relays, Athena, and Clydesdale	PINK
3	6:43 AM	INTERN'L	Males 39 & Under	WHITE
4	6:46 AM	INTERN'L	Females 44 & Under, Female Novice	ORANGE
5	6:54 AM	INTERN'L	Females 45+	YELLOW
6	6:57 AM	INTERN'L	Males 40 – 49	RED
7	7:00 AM	INTERN'L	Males 50 – 54	GREEN
8	7:03 AM	INTERN'L	Males 55+/Male Novice	PINK
9	7:15 AM	SPRINT	All Sprint Relays, Elites, Athena and Clydesdale	WHITE
10	7:18 AM	SPRINT	All Novice	ORANGE
11	7:23 AM	DUATHLON	ALL	N/A
12	7:28 AM	SPRINT	Males 20 – 49	YELLOW
13	7:31 AM	SPRINT	Females 44 & Under	RED
14	7:34 AM	SPRINT	Females 45 & Over	GREEN
15	7:37 AM	SPRINT	Males 19-Under/ Males 50+	ORANGE

## **TRANSITION**

### **Junior Tri:**

- Transition is open from 7:00am to 8:15am.
- Transition will reopen between race distances for 5 minutes
- Parents may assist 5-6 year old kids in transition. Parents **MAY NOT** assist kids 7-14 in transition.

### **Adult Tri:**

#### **THE TRANSITION AREA IS FOR RACE PARTICIPANTS ONLY AND IS CLOSED TO SPECTATORS**

- Transition will be open from 5:00am-6:15am. Bikes may also be dropped off Saturday during Packet Pick-Up hours and we encourage you to drop off at that time as Sunday will be busy.
- Transition closes at noon and will be promptly disassembled.
- Transition will have one aid station that will be stocked with water only.
- Transition will have two portapotties that may be used prior to the race but must be clear by 6:15am to ensure that transition closes on time.
- Transition will remain closed for bike pick-up until the last participant is finished with the bike course. Estimated time is between 10:00am and 10:30am. Please prepare accordingly.
- This is a USAT sanctioned race. No marking is allowed in transition. This includes tape, balloons, flags or similar. These items will be removed and not returned.

## **AID STATIONS**

- There will be no aid stations for the Junior Tri
- There will be no aid stations on the adult bike courses.
- The Sprint Run Course will have one aid station that has two passes.
- The Olympic Run Course will have two aid stations with a total of four passes.
- Run Course Aid Stations will have Water, Gatorade and Clif Shots.
- The transition will have one aid station at Run Out that will be stocked with water only.

## **WEATHER**

- Please be prepared for any type of weather, from rain to extreme heat.
- In the event of extreme or dangerous weather, the race director has the right to alter or cancel the race to keep the participants safe.
- If the race is altered or canceled due to weather, there will be NO refunds.

## **RESULTS/AWARDS**

- Junior Tri results will be printed and posted on-site. The Junior Tri awards ceremony will be at 10:30am at the Junior Tri Finish Line.
- Pleasant Prairie Adult Tri results will be posted online only and the award ceremony will be at 10:30am at the Finish Line area.

## **JUNIOR TRI – COURSES**

### **SWIM COURSE SUMMARY**

The swim is in Lake Andrea and is 50M for ages 5-6, 100M for ages 7-10 and 200M for ages 11-14. The courses will be rectangular using right hand turns. Lifeguards will be in the water to help all kids.

### **SWIM COURSE RULES**

- Swim cap must be worn. Please bring your own swim cap. We will have extras for those that need them.
- The swim start is a time trial start with one swimmer starting approximately every 2 seconds.
- No fins, gloves, paddles, or flotation devices of any kind are allowed.

### **BIKE COURSE SUMMARY**

The bike course consists of different distances for each group. The bike course is one smaller lap for ages 5-6, one lap for ages 7-10 and two laps for ages 11-14. The bike course turnarounds will be counterclockwise. This is a closed course. Ride to the right at all times. Always obey police, volunteers and officials on the course. There are no aid stations on the bike course.

### **BIKE COURSE RULES**

- Athlete must wear a bike helmet while on the bike.
- It is the responsibility of the athlete to know and follow the prescribed bike course and know the number of laps needed to be completed. There will be no time adjustments for any reason.
- NO DRAFTING!!
- DO NOT Litter. DO NOT abandon equipment.

### **RUN COURSE SUMMARY**

The run course is an out and back from the parking lot with a counterclockwise turnaround. Always run to the right. There will NOT be any aid stations on the course.

### **RUN COURSE RULES**

- Wear provided bib number on the front and clearly visible.
- Follow the directions of all officials, law enforcement and volunteers.

## **PLEASANT PRAIRIE ADULT TRI - COURSE MAPS**

You can find course maps on our website: [Sprint Tri](#), [International Tri](#), [Sprint Duathlon](#)

## **SWIM COURSE SUMMARY**

The swim is in Lake Andrea and is 750M long for the Sprint and 1,500M long for the Olympic. The courses will be rectangular using left hand turns.

## **SWIM COURSE RULES**

- Swim cap must be worn.
- No fins, gloves, paddles, or flotation devices of any kind are allowed.

## **WETSUIT RULES**

- Mandatory in water temps less than 58°F.
- May be worn in water temps up to and including 83.9°F.
- Prohibited in water temps greater than 84°F.
- Wetsuits cannot measure more than 5mm thick.

## **BIKE COURSE SUMMARY**

The bike course is fast, flat and scenic. This is **NOT** a closed course. Please be aware of traffic, ride to the right at all times, and obey police, volunteer and officials on the course. There are no aid stations on the bike course.

## **BIKE COURSE RULES**

- Athlete must wear a bike helmet at all times.
- Obey all traffic laws while on the cycling course unless otherwise specifically directed by an official or law enforcement.
- It is the responsibility of the athlete to know and follow the prescribed bike course. There will be no time adjustments for any reason.
- NO DRAFTING!
- DO NOT Litter. DO NOT abandon equipment.
- NO EARPHONES
- USAT Rules will be followed and can be found here:  
<https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

Endurance House of Delafield will have bike mechanics available on race day from 5:00am to 6:15am. They will also be providing mechanical support on the bike course during the event.

## **RUN COURSE SUMMARY**

The run course is a loop around Lake Andrea with out and back sections for the respective distances. **PLEASE NOTE THAT THE 10K DISTANCE TURNS LEFT TO DO AN OUT AND BACK ON THE GRAVEL TRAIL WHILE THE 5K DISTANCE CONTINUES STRAIGHT PAST THE AID STATION TO RETURN TO THE FINISH!** Aid stations will be located approximately every 1.5 miles and will have Gatorade, Water and Clif Shots.

## **RUN COURSE RULES**

- Wear provided bib number on the front and ensure it is clearly visible.
- Follow the directions of all officials, law enforcement and volunteers.
- It is the responsibility of the athlete to know and follow the prescribed run course. There will be no time adjustments for any reason.
- DO NOT Litter. DO NOT abandon equipment.
- USAT rules will be followed and can be seen here: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

## **FROEDTERT SOUTH SPORTS MEDICINE PRE-RACE SERVICES**

Schedule a pre-race treatment with a member of the Froedtert South Sports Medicine Team. Pre-race services available include:

- Kinesio Taping
- Sports Massage
- Stretching
- Cupping

Call or email the Froedtert South Athletic Training and Physical Therapy Department to sign-up for a 15 minute pre-race appointment: (262) 577-8725

[FSREHAB@froedtertsouth.com](mailto:FSREHAB@froedtertsouth.com)

## **POST-RACE MEAL**

Post-race meal will be a bag lunch from Panera Bread, including sandwich, bag of chips and cookie. Ham, turkey and vegetarian options will be available.

## **ONLINE RESULTS**

Results will be posted on Online Race Results, the [Race Day Events app](#) → Pleasant Prairie Triathlon → Results and on the Pleasant Prairie Triathlon home page.

## **MEDICAL SERVICES**

Medical services will be provided by Pleasant Prairie Fire and EMS and physicians from Froedtert Hospitals. They will be located at the finish line and on the course. Alert any staff or volunteers if a medical situation arises. Please note that it will be left to the discretion of the medical staff whether an athlete is allowed to continue.

## **PETS**

Please, no pets at the race site. Pets can create hazards and distractions and are not allowed in the park by City Ordinance.

## **KENOSHA SUBARU VIP PARKING**

- Driving a Subaru to the event? Please park in our Kenosha Subaru VIP parking! First come, first serve! Get there early!  
(VIP parking located in designated row in ["Athlete Parking" next to transition](#))



## **KENOSHA SUBARU ATHLETE DISCOUNT**

Kenosha Subaru is rewarding your effort by giving every participant a \$500 Athlete Discount! Check your goody bag for details.

## EVENT APP

[Download](#) the Race Day Events EventApp for real-time participant progress notifications and results! You'll also find event information, race day schedules, and more. Select "Pleasant Prairie Triathlon" and press the "Live Tracking" icon to add your favorite participants. Choose "Notify Me" to receive push notifications for each participant that you are adding. Be sure to allow notifications and you'll receive updates from your choice of banner notifications, Facebook and/or Twitter.

## LIVE FINISH LINE STREAM

Friends and family who can't be there on Race Day can still watch you finish! Have them tune into our [Live Finish Line Stream](#).

# THANK YOU!

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## EVENT SPONSORS

