

ELKHART LAKE



TRIATHLON

Participant Guide

(v4.0 revised 02.2010)

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Course Description

International

Swim – The International swim is 1.5 Km (0.96 mile). The swim is counter clockwise. Swimmers should **keep all orange and yellow buoys on their left** and **all green buoys on their right**. Buoys are placed approximately every 60-70 yards.

International athletes will start first. Participants will begin the swim at the Kiefer Swim-Start banner. Elite and weight division athletes will have a wave start from the beach. Age Group division athletes will proceed into the water 1 or 2 at a time, 5 seconds apart, in a time-trial start.

After departing the beach, participants will head slightly to the left, pass the first orange buoy and the smaller yellow triangular Sprint turnaround buoy. They will turn slightly to the right when they reach the green buoy which should be kept on the right. Participants then proceed straight toward the large (5.5ft) triangular turnaround buoy. After swimming around this last buoy, participants will begin their return, again keeping all yellow and orange buoys on their left.

After making the left angle toward the beach, participants will ensure they stay on the course by keeping the **green triangular buoy** on their right. Swimmers will then head to the beach and the Kiefer Swim-Finish banner. Participants will head across the lawn to the right and up the hill by the volley ball net and then across the lakeside walkway for access to the transition area. [\[Back\]](#)

Bike – International cyclists will exit the transition area from the bike exit corner and head to the lakefront walkway. Participants continue to walk their bike to the East St. curb where a “mount” line will be placed.

Participants will proceed east on Lake St, turning north (left) onto Rhine (CTH-J). Riders will continue on CTH-J to Lime Kiln (right). The course continues as follows:

- North on Lime Kiln Rd to CTH-MM
- West on CTH-MM to Highview Rd
- Highview Rd North to Clark Rd (left)
- West on Clark Rd/CTH-H to Holstein Rd
 - Note – Sprint participants follow along to this point but turn left and leave the International participants here
- North on Holstein Rd across County Line Rd to Plymouth Trail (Enter Calumet County)
- Plymouth Trail north across CTH-HH and Foundry Rd to Fur Farm Rd
- West on Fur Farm Rd to Dorn Rd
- South on Dorn Rd to CTH-HH (formerly Rt 149)
- East on CTH-HH to Plymouth Trail Rd
- South on Plymouth Trail Rd across County Line Rd to Holstein Rd. (Enter Sheboygan County)
- South on Holstein Rd to Grogen Rd
- East on Grogen across CTH-J to Highview Rd
- Highview Rd south to CTH-MM
- East on CTH-MM to Lime Kiln Rd
- South on Lime Kiln Rd to CTH-J
- South on CTH-J to East St into Elkhart Lake
- East St to Osthoff Resort

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Run – International participants will exit the transition area and turn left onto the lakefront walkway. Runners will pass the transition water station and then head onto the course, southbound onto Lake St (end of walkway opposite the bike route).

Runners will take Lake St to CTH-A. Running against traffic they turn right and take CTH-A south to Royal & Ancient Way where they follow CTH-A to the right. The 6.2 mile course continues as follows:

- Runners continue West on CTH-A to Shoreland Rd
- Right on Shoreland Rd to East Shoreland Rd, to the turnaround point
- Participants then retrace the same route back to Royal & Ancient Way
- Right at Royal & Ancient Way onto CTH-J
- CTH-J to Summit Rd
- Left onto Summit Rd to Hamman Rd
- Left onto Hamman Rd to Royal & Ancient Way
- Royal & Ancient Way to CTH-A
- Right onto CTH-A to Lake St.
- Left on Lake St for return to the Osthoff Resort and the finish line

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Sprint

Swim - The Sprint swim is 400meters (1/4 mile). The swim is counter clockwise. Swimmers should **keep all orange and yellow buoys on their left** and **all green buoys on their right**. Buoys are placed approximately every 60-70 yards.

Sprint athletes will start after the last International athlete. Participants will begin the swim at the Kiefer Swim-Start banner. Athletes will proceed into the water 1 or 2 at a time, 5 seconds apart, in a time-trial start.

After departing the beach, participants will head slightly to the left, pass the large orange buoy to the small (2.5ft) yellow triangular turnaround buoy. After swimming around the small yellow triangular buoy, participants will begin their return, again keeping all yellow and orange buoys on their left. Participants will ensure they stay on the course by keeping the green triangular buoy on their right. Swimmers will then head to the beach and the Kiefer Swim-Finish banner. Participants will head across the lawn and up the hill by the volley ball net and then across the lakeside walkway to the far south-eastern access of the transition area. [\[Back\]](#)

Bike – Sprint cyclists follow the same county roads as the International riders for the first 6.6 miles. The complete bike course proceeds as follows from the bike mount line on East St:

- East St to Lake St, to Rhile St (CTH-J)
- Left (north) on CTH-J to Lime Kiln
- Right (north) on Lime Kiln Rd to CTH-MM
- West on CTH-MM to Highview Rd
- Highview Rd North to Clark Rd (left)
- West on Clark Rd/CTH-H to Holstein Rd
 - Note – Sprint participants follow along to this point but turn left and leave the International participants here who head right and further north
- Left (south) on Holstein Rd to Grogen Rd
- East on Grogen across CTH-J to Highview Rd
- Highview Rd south to CTH-MM
- East on CTH-MM to Lime Kiln Rd
- South on Lime Kiln Rd to CTH-J
- South on CTH-J to East St in VEL
- East St to Osthoff Resort

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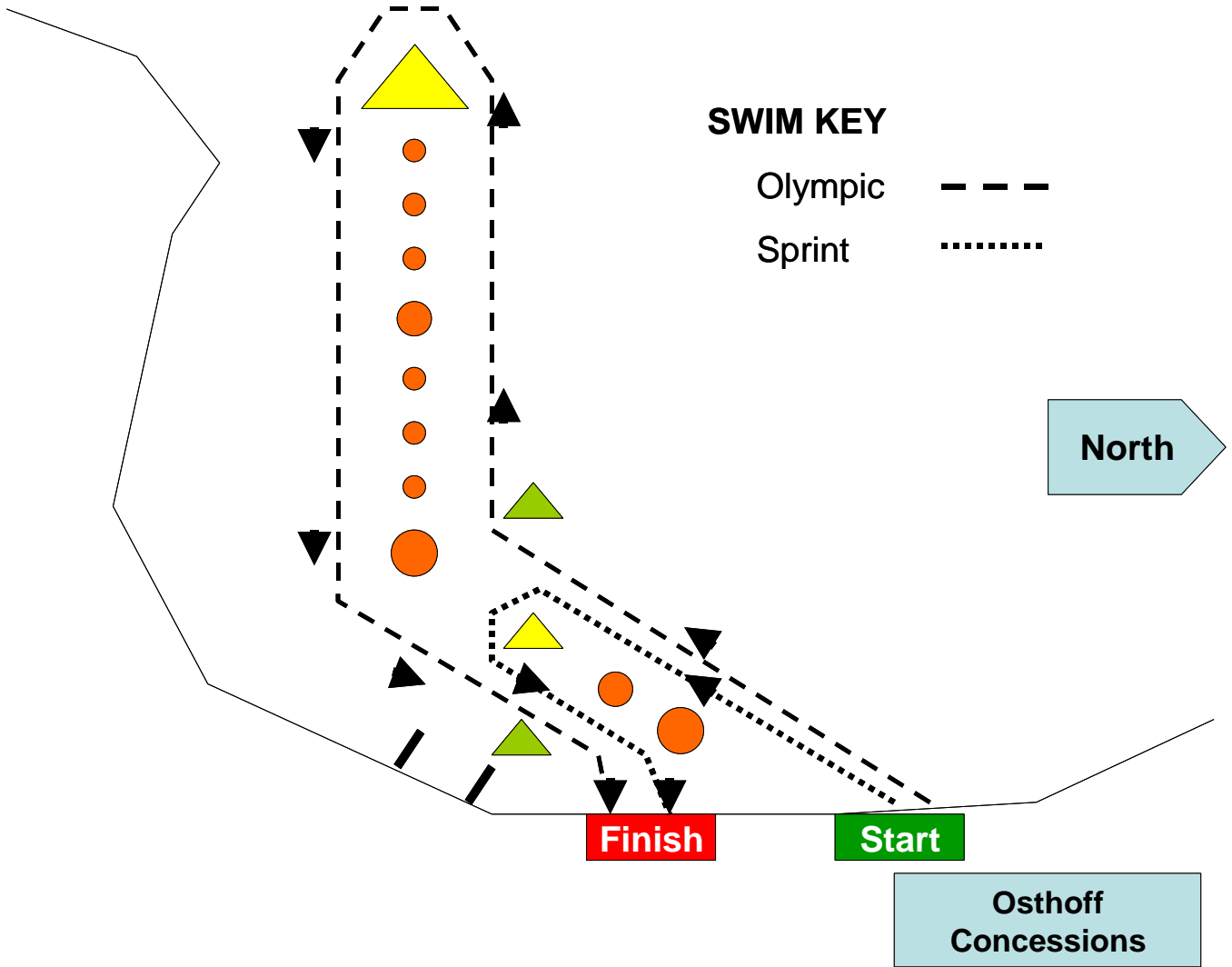
Run – Sprint participants exit the transition area and turn left onto the lakefront walkway. Runners will pass the transition water station and then head onto the course, southbound onto Lake St (end of walkway opposite the bike route).

- Lakefront walkway onto Lake St, to CTH-A, running against traffic on the right side of Lake St
- Runners turn right from Lake St onto CTH-A/CTH-J
- CTH-A south to Royal & Ancient Way
- At Royal & Ancient Way, follow CTH-A west (right) to Shoreland Rd
- Right onto Shoreland Rd to East Shoreland Rd, to the turnaround point
- Participants then retrace the same route back to Royal & Ancient Way
- Right at Royal & Ancient Way onto CTH-J
- CTH-J to Summit Rd
- Left onto Summit Rd to Hamman Rd
- Left onto Hamman Rd to Royal & Ancient Way
- Royal & Ancient Way to CTH-A
- Right onto CTH-A to Lake St.
- Left on Lake St for return to the Osthoff Resort and the finish line

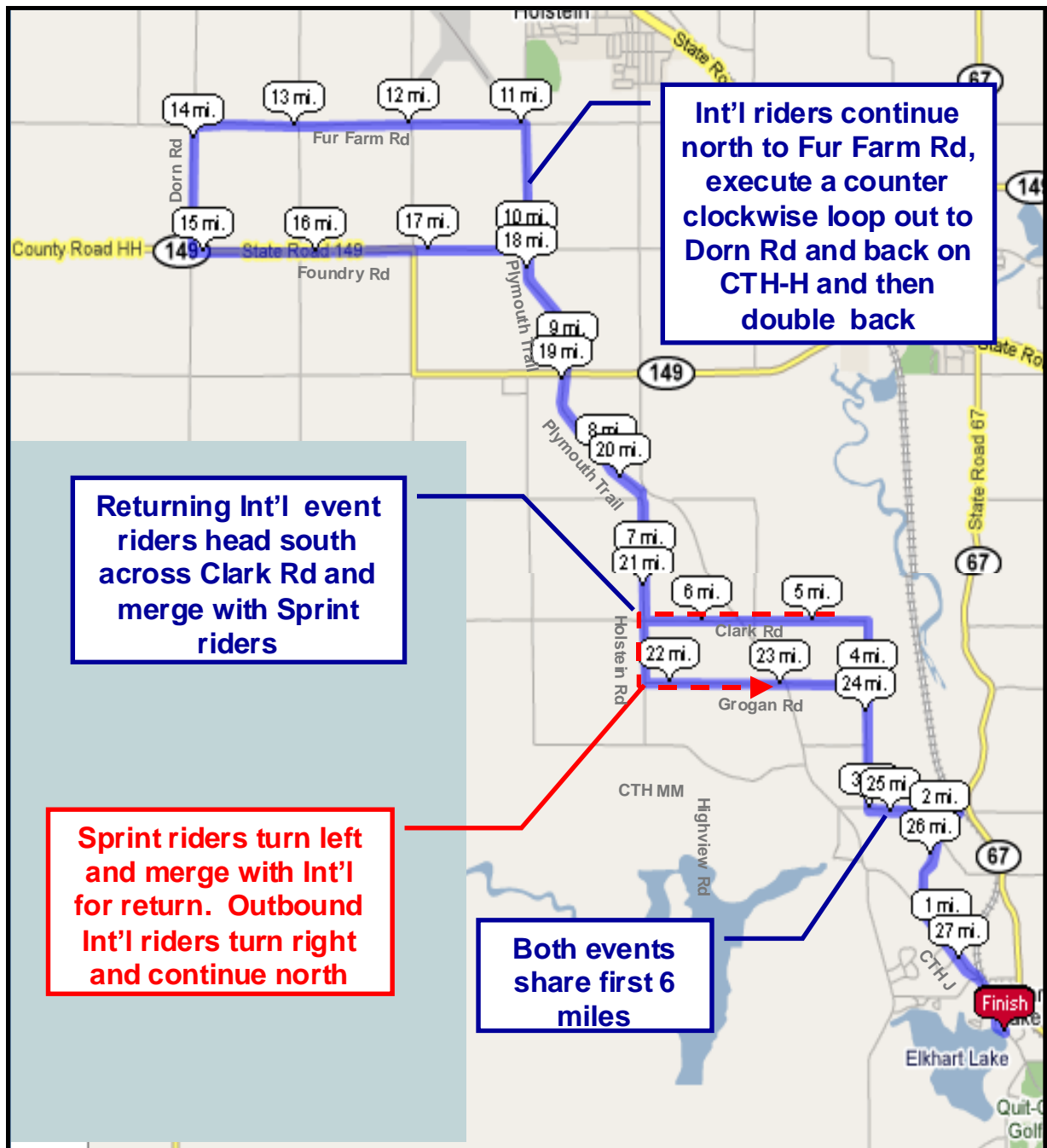
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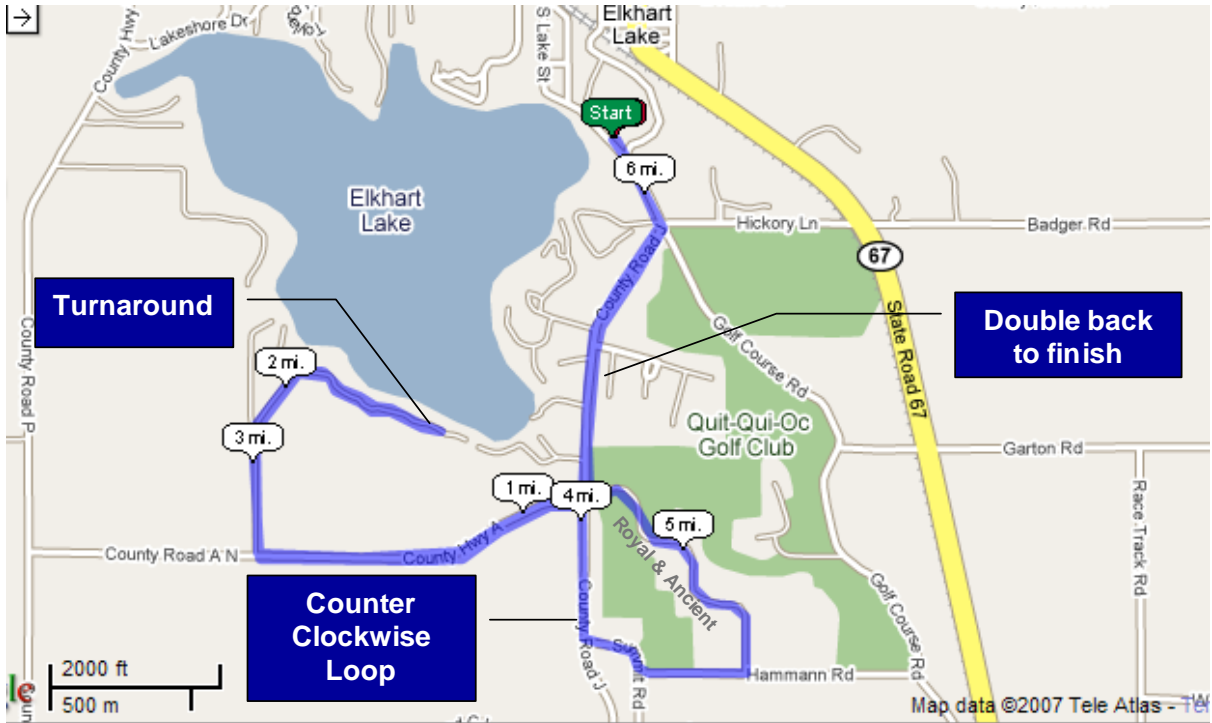
Bike Course – International and Sprint [\[Back\]](#)



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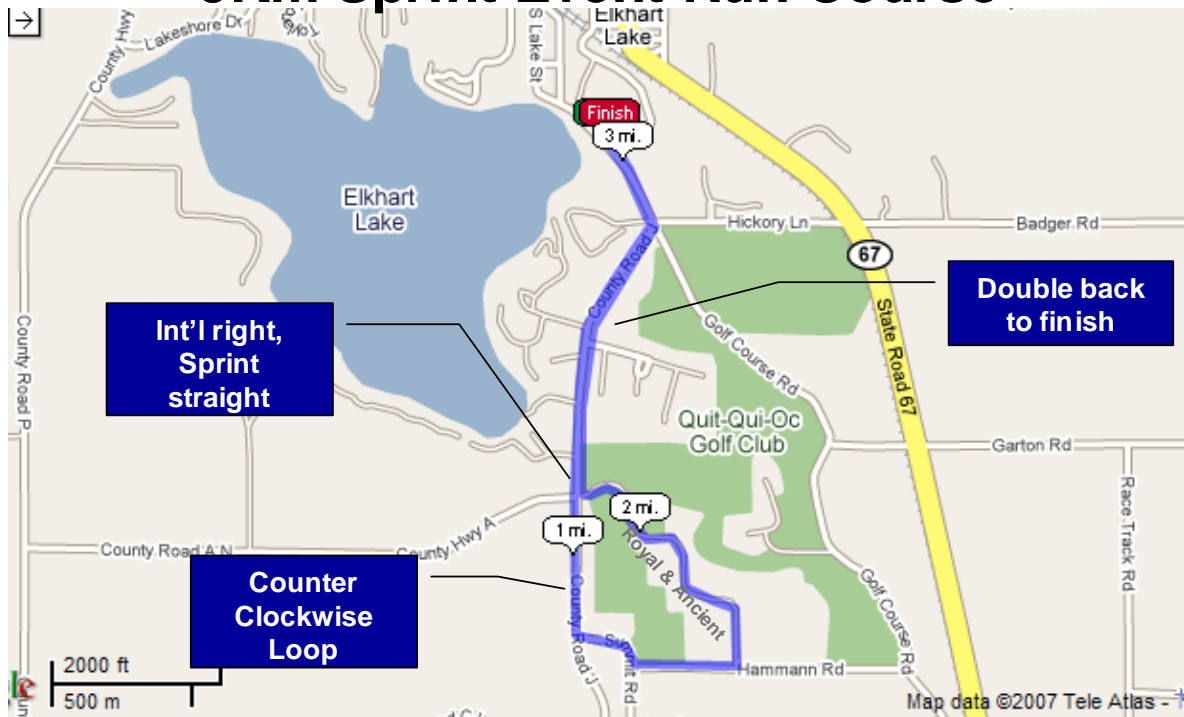
Run Course – International (6.2 miles) [\[Back\]](#)

10Km International Event Run Course



Run Course – Sprint (3.1 miles) [\[Back\]](#)

5Km Sprint Event Run Course



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Schedule of Events [\[Back\]](#)

Friday

Check-In	4:00pm – 10:00pm
Expo	4:00pm – 10:00pm
Pasta Dinner ((\$17, includes tax and gratuity)	5:00pm – 9:00pm
Pre-Race Talk	5:30pm 7:30pm 9:00pm

Saturday

Check-In (Limited capacity, Friday check-in preferred to avoid rush)	5:30am – 6:30am	Lakeview Room
Transition Open	5:30am - 7:00am	Osthoff lawn
Transition Closes	7:00am	
Pre-race Briefing	7:15 outside transition	Osthoff walkway
Race Starts	7:30am	Osthoff beach
Concessions/Lunch	9:00am – 1:00pm	Osthoff Lakeview Patio
Post Race Celebration And Music	11:30am – 1:00pm	Osthoff lawn
Sprint Awards Ceremony International	10:30am	Osthoff lawn
Awards Ceremony	Noon	Osthoff lawn
Lost & Found	- - -	Osthoff Gazebo
Triathlon Shirt Sales	10:00am	Osthoff Gazebo
Family Bonfire	7:00pm	Osthoff Watersports

Sunday

Rise and Shine Run (Not included w/event)	8:30am	Meet Lakeview Room
Osthoff Brunch (Not included w/event)	10:00am	

Rules of Participation [\[Back\]](#)

- Photo ID must be presented by the person participating
- You must pick up your own packet in person
- You must be a current USAT membership or purchase a one-day permit
- Sign USAT/event waiver form
- USAT rule compliant helmet
- Be knowledgeable of and abide by USAT Rules, especially [Section 5, bike conduct](#)
- Review most commonly violated rules (included in the Guide)
- Review excess medical coverage (included in the Guide)
- Bikes **MUST** have bar-end plugs or they will not be allowed on the course
- Only participants are allowed in the transition area
- Use porta-potties. Nudity will result in disqualification
- No pets in transition area or on the course
- No headphones or ear buds may be worn
- Follow instructions of volunteers, police, and safety personnel

Packet Pick-up Procedures [\[Back\]](#)

- One packet per participant
- You must present a valid form of ID (drivers license preferred)
- You must personally pick up your materials (USAT rules). You can not designate another individual to collect your materials, even if you give them your ID
- Participants are responsible for their ChampionChip timing chip. A \$30 fee is charged for lost timing chips
- Participants are responsible for packet contents after checking in
- Allow one hour for packet pickup. Be on time to avoid the rush
- Pick-up steps
 - Determine race number from posted alpha lists
 - Present photo ID
 - Provide proof of USA Triathlon membership or purchase USAT single day event permit
 - Complete USAT waiver
 - Attend 30 minute course talk
 - Times: 5:30pm, 7:30pm, 9:00pm
- Friday check-in/packet pickup
 - 4:00pm – 10:00pm, check Resort schedule for specific location
- Saturday
 - **Conditions: You must be paid in full and have no fees due**
 - 5:30am – 6:30am in Lakeview room as described above
 - Note: there is limited capacity for Saturday check-in. Friday check-in is preferred and encouraged to avoid a rush

Race Day Procedures [\[Back\]](#)

- No overnight staging of equipment; no overnight security
- Transition is open 5:30am – 7:00am
- Body marking 5:30am – 7:00am.
- Obtain body markings before entering transition area
- Bike racks are marked by race number. Bikes must be placed in their numbered spot or receive a time penalty. Bikes can not be leaned against the end of a rack or against the perimeter fence
- Upon completing the cycle leg, bikes must be returned to the same rack location and placed properly on the rack
- Place the bike number on bike top tube before entering transition area
- Bike MUST have bar-end plugs in place upon entering transition. No bike will be allowed in without bar-end plugs. Bikes without bar-end plugs will not be allowed on the course. See Saturday a.m. technical support located near the bike mount line to replace missing plugs
- Getting ready to start
 - Attend pre-race briefing (7:15am)
 - Proceed to swim start by Osthoff concessions
 - Seed according to number, low to high, located by number standards
- Swim start
 - Time trial start beginning at 7:30
 - Sequencing starting at 7:30am
 - Sprint – Age Group
 - Sprint - Relay
 - International - Elite men
 - International - Elite women
 - International – Clydesdale/Athena
 - International – Age Group
 - International - Relay
- In Transition Area
 - Always WALK your bike
 - Bike must be racked according to assigned number (penalty)
 - Buckle helmet any time you are on your bike race day
 - Mount bike at mount line on East Street, past curb
- Race numbers
 - Bike number must be mounted on top tube and visible on bike
 - Run number must be worn on the run and face front when finishing

Timing and Results [\[Back\]](#)

- Champion Chip timing is used. Participants must wear the provided chip on their ankle using the velcro strap provided
- Volunteers are on hand at the finish to help collect your chip, however you are responsible for your chip being returned (\$30 fee otherwise)
- Results will be available via the event website at www.elkhartlakemultisports.com by 5pm the day of the event

Technical Support [\[Back\]](#)

- Bike support is provided by Wolf Cycle and Fitness of Sheboygan on Saturday morning before the event, outside the transition area near the bike mount line
- Bike handle bar end plugs will be available. Bikes without bar-end plugs **will not be allowed** on the course

Parking [\[Back\]](#)

- Osthoff: Main lot, Osthoff overflow lot east of the resort, street curb parking (except where prohibited). Be alert for Event No-Parking zones
- Quit Qui Oc Golf Course NE lot
- No-Parking zones are in effect. Illegally parked vehicles are subject to ticketing

Awards & Ceremony [\[Back\]](#)

- Party starts at 10:00am with food, beverage, and music
- Use your sandwich and beverage ticket at the service area located on the Osthoff Lakeside patio
- Additional items are available for purchase
- Sprint Event Awards are presented first
 - Sprint Event awards will start at 10:30 or when results are final, whichever is later
 - Awards are to top 3 by division (age group, relay)
- International Event Awards
 - International Event awards will start at noon or when results are final, whichever is later
 - Awards are to top 3 by division (Elite, age group, Clydesdale, relay). Note – Elite is a separate division and not eligible for age group awards
 - International individual participants are eligible for cash awards and premiums (excluding relays) as follows:

1 st	- \$250	6 th	- \$75
2 nd	- \$175	7 st	- \$75
3 rd	- \$150	8 th	- \$50
4 th	- \$100	9 th	- \$50
5 th	- \$75	10 th	- \$50

Swim premium	- \$100
Bike premium	- \$100
Run premium	- \$100

Cash prizes are awarded to men and women

MOST COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

No modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover must be on the helmet when competing. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

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6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue.

Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Short or Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

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USA Triathlon Excess Medical Coverage

What Athletes Need to Know About Their Insurance Coverage.

When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event. If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

1. Race Director completes an incident report form. The race director is obligated to report the incident to USA Triathlon. No medical claim can be filed with insurance until this report is completed. Email sanction@usatriathlon.org to request a copy.
2. Athletes must file with their primary healthcare provider. Athletes must first file through ALL health insurance companies that may cover their medical expenses (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.)
3. Athlete completes a medical claim form. For serious incidents or for athletes requesting coverage, provide them with a medical claim form. Email sanction@usatriathlon.org for a copy of the form.
4. Athletes will pay a deductible. All athletes using USA Triathlon insurance will pay anywhere from \$250 (two-hundred and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.
5. Coverage limitations. Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one day permit and were injured through participation in an USA Triathlon sanctioned event.

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