



LAKE MILLS TRIATHLON PARTICIPANT GUIDE

Welcome to race week! Find all you need to know for race day in this document and on our [website](#)! The Lake Mills Triathlon kicks off the 2021 Wisconsin Tri Series! This sprint distance race which includes a 400-meter swim, a 16-mile bike ride, and a 5K run is a wonderful introductory event for beginner racers and the flat, fast course provides a competitive atmosphere for experienced racers.

EVENT DATE

Sunday, June 6, 2021

START TIME

7:00 AM

[CLICK HERE FOR WAVE TIMES](#)

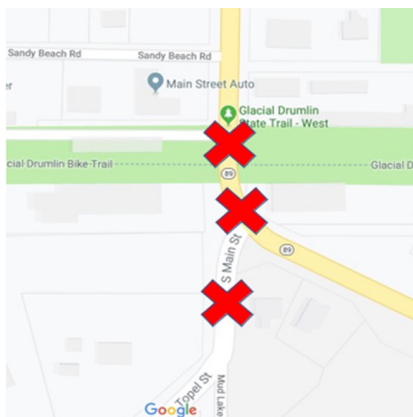
LOCATION

[Sandy Beach Park](#)
[345 Sandy Beach Road](#)
[Lakes Mills, WI 53551](#)

PARKING

PLEASE ARRIVE EARLY TO ENSURE ENOUGH TIME TO PARK AND GET TO THE BEACH.

There is NO parking in Sandy Beach Park Parking Lot, Sandy Beach Road, Main St./89 (on bike course, see map below) or at Toepel's Trailer Park. Vehicles parked improperly or that interfere with the race WILL be towed. Please obey the "NO PARKING" signs; they are posted for the athlete's safety.



PACKET PICK-UP LOCATIONS AND TIMES

PICKUP EARLY TO AVOID MORNING-OF LINES!

You MAY pick up someone else's packet! Please bring their QR code.

Early Packet Pick-Up
Saturday, June 5th, 2021
1:00pm-5:00pm
[Trek West](#)
[8108 Mineral Point Rd.](#)
[Madison, WI 53719](#)

Race Day Packet Pick-Up
Sunday, June 6th, 2021
5:45am-6:45am
[Sandy Beach Park](#)
[345 Sandy Beach Road](#)
[Lakes Mills, WI 53551](#)

COURSE INFORMATION & UPDATES

COURSE MAPS CAN BE FOUND ON OUR WEBSITE. PLEASE MAKE SURE TO READ ADDITIONAL RULES & REGULATIONS [HERE](#).

- Swim:** Clockwise swim starting and finishing from the beach. Swim caps must be worn and no flotation devices of any kind will be allowed. Water temperature will be taken the day before the race and posted online.
- Bike:** A fast, flat, and scenic counter-clockwise loop going south from Sandy Beach Rd. Bike support will be provided by Trek in case of any mechanical failures on course.
- Run:** An out and back on the Glacial Drumlin Trail. The trail consists of hard-packed gravel with some wooden bridge crossings and an aid station at the turnaround. All athletes must wear their bib facing forwards at all times.

[CLICK HERE FOR COURSE MAPS](#)

AID STATIONS & RESTROOMS

Restrooms will be available at the start/finish.

- Transition Aid Station:** Water
- Run-Out Aid Station:** Water and Heed
- Run Turnaround Aid Station:** Water and Heed

POST RACE FOOD & REFRESHMENTS

- Subs courtesy of Firehouse Subs will be available at the food tent after the race.
- Water and soda will be available immediately after finish.
- Each participant will receive a coupon in their goody bag redeemable for one FREE beer at Hop Haus Brewing at either the Fitchburg or Verona locations.

PRODUCED BY:

