



Participant Guide

June 5th



EVENT INFORMATION

Location:

Sandy Beach Park
345 Sandy Beach Rd
Lake Mills, WI 53551

Time:

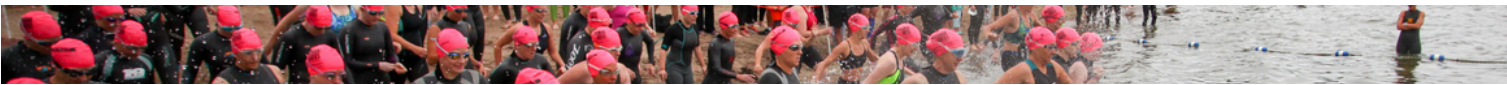
Race Start - 7:00 AM

Transition Closes at 6:45AM
No Exceptions

PACKET PICK-UP

Date: Saturday, June 4th
Location: Trek West - 8108 Mineral Point Rd., Madison, WI
Time: 1:00 PM - 5:00 PM

Date: Sunday, June 5th
Location: 345 Sandy Beach Rd. Lake Mills, WI 53551
Time: 5:45AM – 6:45 AM



Swag



- Finisher Medal
- Professional Race Timing with Fast, Accurate Results
- Free Digital Race Photos
- Wave Specific Swim Cap
- Finisher Food - Firehouse Subs (Ham, Turkey, Veggie Options)
- Free bike support from Trek!
- A coupon for a Free Beer from Delta Beer Lab

Course Maps

Distances:
400M Swim | 16-Mile Bike | 5K Run

****Maps are subject to change at any time****

Swim Course

Bike Course

Run Course



Wetsuits

Wetsuits are mandatory in water temperatures less than 58° F. They may be worn in water temperatures up to and including 83.9° F. Wetsuits are prohibited in water temperatures greater than 84° F. Wetsuits cannot measure more than 5mm thick.

Parking

There is **NO** parking available at Sandy Beach Park or on Sandy Beach Rd.

Parking is available at Rotary Park and Lakeside Lutheran High School. Street parking is available on and around Woodland Beach Rd.



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