

RACE DAY EVENTS PRESENTS:

LAKE MILLS TRIATHLON

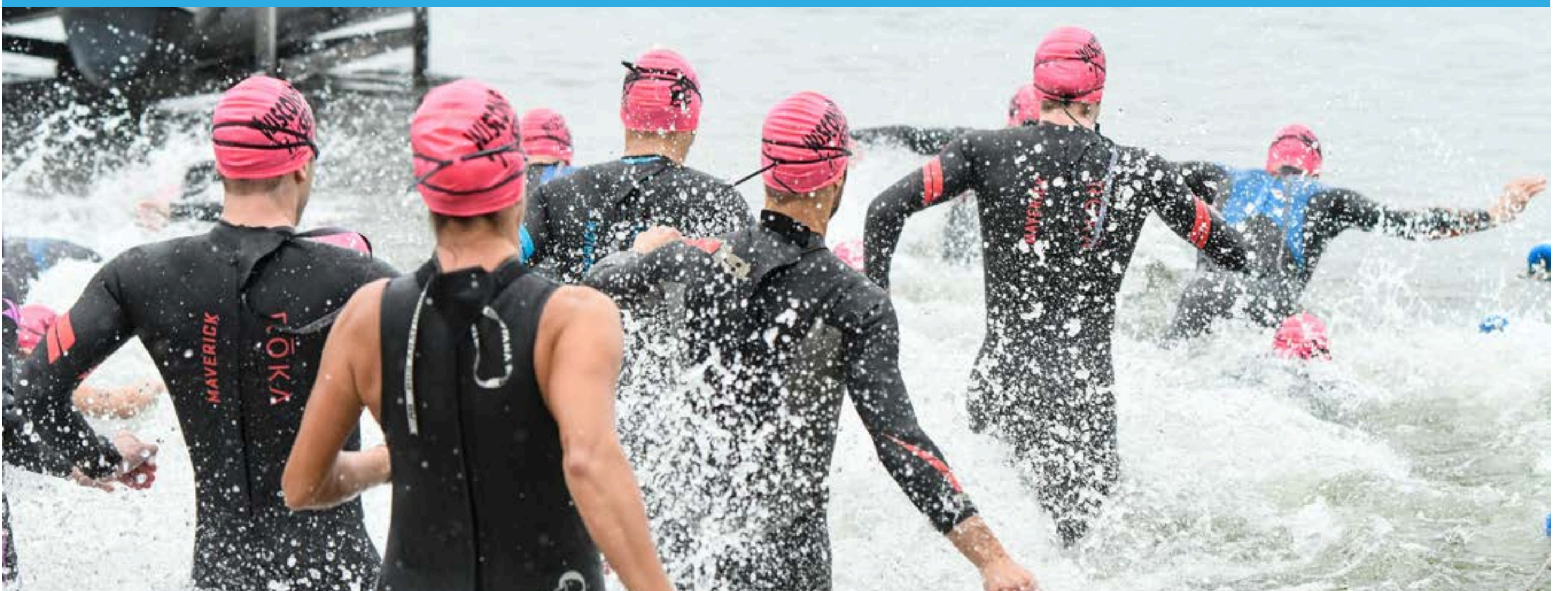
2024 RACE WEEK UPDATE

RACE 1 OF 7 IN THE
WISCONSIN TRIATHLON SERIES



SUNDAY, JUNE 2, 2024

SANDY BEACH PARK - LAKE MILLS



DATE & LOCATION

DATE: SUNDAY, JUNE 2, 2024

LOCATION: SANDY BEACH PARK

SANDY BEACH RD., LAKE MILLS, WI, 53551

TIME: 7:00AM (CUT OFF 12:00PM)

PACKET PICK-UP

SATURDAY, JUNE 1, 2024

WHEEL & SPROCKET - MIDDLETON

6641 UNIVERSITY AVE

MIDDLETON, WI 53562

TIME: 1:00PM - 5:00PM

SUNDAY, JUNE 2, 2024

SANDY BEACH PARK

SANDY BEACH RD.

LAKE MILLS, WI, 53551

5:45AM - 6:45AM

TRANSITION CLOSES AT 6:45 AM SHARP

COURSE INFORMATION

[CLICK HERE TO VIEW THE COURSE MAPS](#)

MAPS SUBJECT TO CHANGE PENDING PERMITS.

WHAT YOU GET

- Gender Specific Race T-Shirt (women's shirts are fitted and run small, refer to sizing chart at registration)
- Finisher Medal
- Professional Race Timing with Fast, Accurate Results
- Free Digital Race Photos
- Wave Specific Swim Cap
- Finisher Food



PARKING INFORMATION

It is each runner's responsibility to arrive on time. We will not hold the event or wait for any runners who are running late. We recommend arriving to the race site no later than 8:00 AM to find parking, grab your race packet, make a bathroom stop and familiarize yourself with the layout of the area.

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.

- Arrive early as parking will become congested.
- Please obey "No Parking" signs; they are posted for the safety of the athletes.

LAKE MILLS WAVE SHEET

WAVE	START TIME	AGE GROUP	COLOR
1	6:45 AM	Team Langer	Purple
2	7:00 AM	Elites & All Relays	Red
3	7:04 AM	Female Novices	Orange
4	7:14 AM	Male Novices	Green
5	7:24 AM	Clyde/Athena	White
6	7:29 AM	Females 45 & Over	Pink
7	7:33 AM	Males 55 & Over	Yellow
8	7:37 AM	Males 45 - 54	Orange
9	7:41 AM	Females 30 - 44	White
10	7:45 AM	Males 40 - 44	Red
11	7:49 AM	Males 35 - 39	Green
12	7:53 AM	Females 29 & Under	Yellow
13	7:57 AM	Males 34 & Under	Pink

RULES & REGULATIONS

MOST RECENT WATER TEMPERATURE:

68°

WETSUIT RULES

- Wetsuits are mandatory in water temperatures less than 58° F.
- Competitors may wear wetsuits if the water temperature is 78 degrees or lower.
- If the water temperature is between 78.1 – 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards (if this happens, a special start wave will be created).
- Wetsuits are prohibited in water temperatures greater than 84° F.
- Wetsuits cannot measure more than 5mm thick.

It is strongly encouraged to practice open water swimming prior to the event – with and without a wetsuit.

SWIM RULES

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

RUN RULES

- All runners are required to wear a bib number and it **MUST** face forward at the finish line.
- It is the responsibility of the athlete to know and follow the prescribed run course. There will be no time adjustments for any reason.

GENERAL RULES

- You **MUST** wear your timing chip on your **ANKLE** throughout the race.
NO CHIP = NO TIME.
- All relay athletes will exchange the timing chip in transition.
- Racers and spectators must always follow volunteer and officials' instructions.
- Transition will remain closed until the last biker has moved on to their run. No one will be allowed back in for any reason.
- **DO NOT** Litter.
- **DO NOT** abandon equipment.
- Headphones are allowed for the run portion of the race. They are **NOT** allowed during the bike portion of the race and are highly discouraged for the swim.

BIKE RULES

- Athlete must wear a bike helmet at all times.
- All athletes need to mount/dismount the bike at the mount/dismount line.
- Obey all traffic laws while on the cycling course unless otherwise specifically directed by an official or law enforcement.
- Drafting is not allowed at any point during the race. Penalties and/or disqualifications will be given for drafting.
- It is the responsibility of the athlete to know and follow the prescribed bike course. There will be no time adjustments for any reason.
- We do our best to mark large potholes, but please keep your eyes open and make smart decisions to avoid road hazards.

AWARDS INFORMATION

- Overall awards 1st, 2nd, and 3rd will be awarded to men and women.
- Overall awards will also be given to 1st, 2nd, and 3rd relay teams.
- Age group awards 1st, 2nd, and 3rd will be awarded for each age group, men and women.
- Special award categories 1st, 2nd, and 3rd will be awarded to men in the Clydesdale category (men over 220 lbs) and women in the Athena category (women over 165 lbs)

AGE GROUPS

- 19 and under, 20-24, 25-29, 30-34 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & above.



RESULTS

Results will be available upon finishing your race.

You will be able to find your results here: [2024 Results](#)

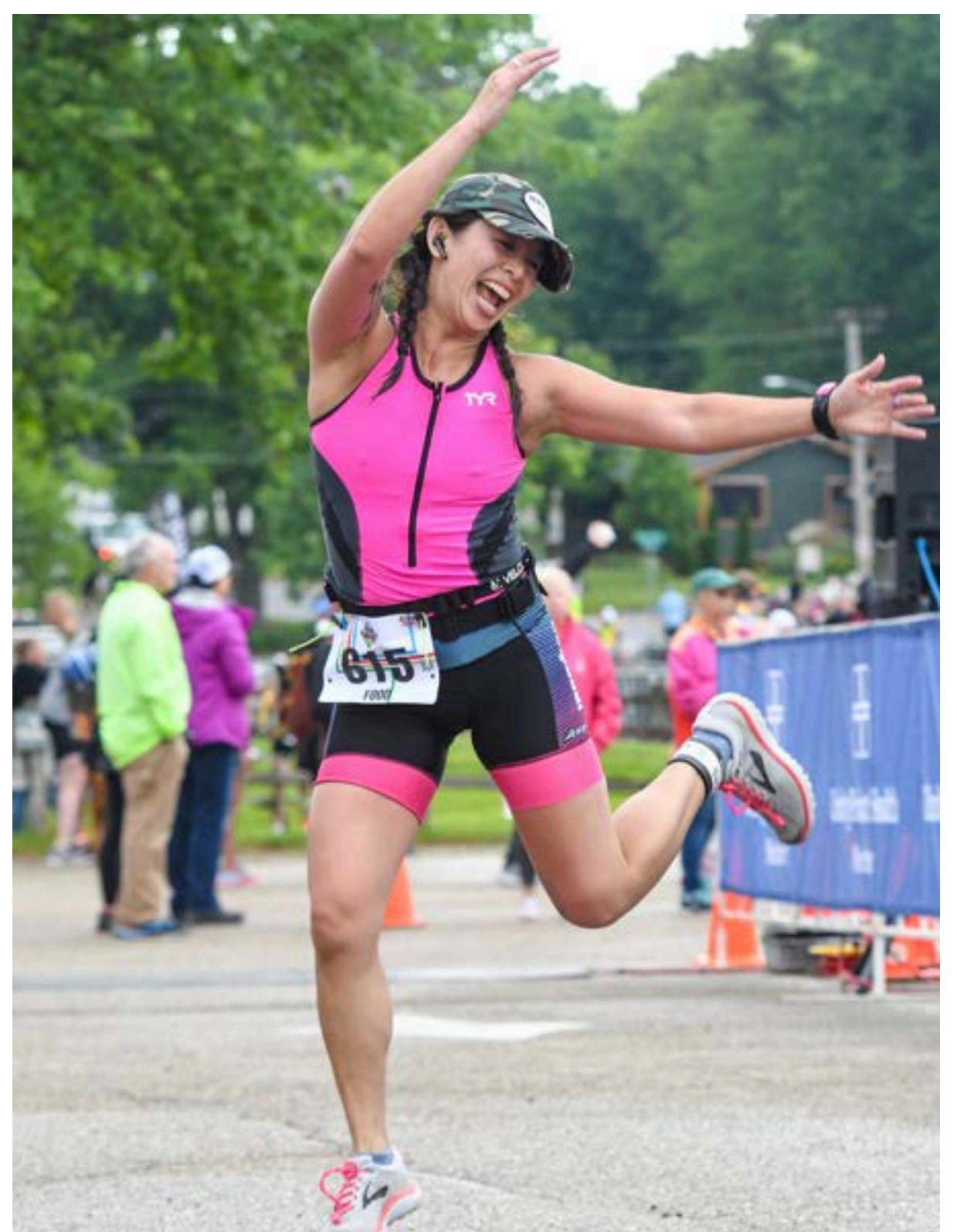
If you're looking for previous race results, find them here: [Past Race Results](#)

SERIES SCORING

The Lake Mills Triathlon is race number one of seven in the [Wisconsin Tri Series!](#)

All races in the series offer sprint distance while the [Wisconsin Triterium](#), [Green Lake](#), and [Tri-ing for Children](#) Triathlons also offer an Olympic distance.

Compete in as many races as you can for a chance at winning both overall and division awards for the Wisconsin Tri Series! Series scoring is based on your five best times out of the seven races. For full details, please visit our triathlon series website [here](#).



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AFTER THE RACE, VISIT THE MFG BOOTH
FOR YOUR CHANCE TO WIN AN ENTRY
INTO THE MIDWEST FINANCIAL GROUP
MADISON MINI MARATHON

