

# **Platteville Triathlon Participant Guide**

Thank you for registering to complete in the Platteville Triathlon on Saturday, August 10th. Check-in will be open from 7:30am to 8:00am at the Platteville Family Aquatic Center (1155 North Fourth Street). At check-in race staff will mark your right arm and left leg with your race number. The Platteville Family Aquatic Center will also be the location for the Start, T1, T2, and Finish for this year's race. After checking in, please be sure to place your T1 and T2 gear at or near the provided bike racks.

As soon as we have everyone registered with gear in the proper location we will hold a course talk to review the route and answer any final questions that you may have. Then it's race time. The first heat of the race will start at 8:30am. Depending on day of registration we may have one or two heats. The order of race will be Swim, Bike, Run.

Following your race please help yourself to a water and bananas. Also stick around to cheer on the other participants. Once all participants have finished we will be holding a short awards ceremony where everyone will receive an "Official Finisher" certification plus medals will be awarded for the 1<sup>st</sup> place male and female in each age group: under 18, 18-34, 35-49, and 50+.

Thank you,



**Luke Peters**  
Recreation Director

## **Additional Race Notes:**

### **Swim (.5mi or 33 lengths) / (.25mi or 17 lengths)**

- You may start in the water or with a dive.
- We advise that you use a swim counter, as you are responsible for swimming the full amount.

### **Bike (12.5mi) / (6.2mi)**

- The course is marked with pink marking paint arrows at each turn.
- Intersections will NOT be staffed, please obey all traffic laws.
- There may be loose gravel at intersections and corners; please use caution.

### **Run (3.1mi) / (1.5mi)**

- The course is marked with pink marking paint arrows at each turn and major intersections.
- We encourage you to run on the left-hand side of the street so oncoming traffic is visible.