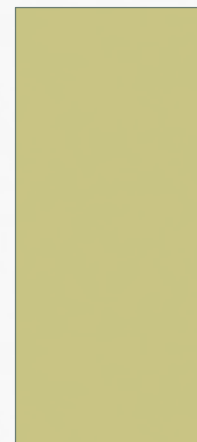


# PLEASANT PRAIRIE CUP INFORMATION

JUNE 5, 2022



# ATHLETE GUIDE & VIDEOS

- Please review athlete guide video and rules briefing – there is important information related to the event that each athlete should review – these will all be posted the early part of race week
- All videos are posted here:
  - Rules briefing:  
<https://www.trisignup.com/Race/PleasantPrairieCupTriathlon/Page/Rules>
  - Athlete guide and video (to be posted):  
<https://www.trisignup.com/Race/PleasantPrairieCupTriathlon/Page/AthleteGuide>
- Start lists will be posted at this site prior to race weekend:
  - <https://www.trisignup.com/Race/PleasantPrairieCupTriathlon/Page/StarList>

# SCHEDULE OF EVENTS

## Saturday, June 4th

- 8:30am – 10:30am Swim Warm Ups & Course Preview (Bike course is not closed to traffic – please do not park on any part of the race course)
- 9:30am – Noon - Packet Pick-Up at the Pavilion at the race site

## Sunday, June 5th

- 7:30 am Junior Women Start
- 9:00 am Junior Male Start
- 10:30 am Youth Female Start
- 11:30 am Youth Male Start
- Awards to take place after each event

# RACE LOCATION

- All facets of the race will take place at the Rec Plex facility – we will not be using the actual health club facility during the weekend. The race location is across the lake from the actual facility. For GPS purposes, the facility address is:

Rec Plex

9900 Terwall Terrace

Pleasant Prairie, WI 53158

# COURSE PREVIEW

- Course preview will be on Saturday from 8:30am – 10:30am
  - This will be the only time to swim in Lake Andrea prior to race day
- The course will not be closed to traffic during the course preview but we are asking that all coaches, athletes, parents, etc. do NOT park on any part of the race course during the course preview. There is no parking on the grass or along side the park roads at any time. Cars must use the indicated parking lots or they run the risk of being towed. Please respect our athletes' safety and park in the designated parking lots shown below
- Parking map is located at the link below – recommended parking locations are
  - E2, C and B
  - <http://vopprecplex.hosted.civiclive.com/cms/one.aspx?portalId=15310534&pageId=16278520>
- Team trailers / tents can be accommodated within the grass area near the finish line – please do not attempt to drive into the park during our assigned course preview time to set up camp. Please do this prior to the course preview or after the course preview
- Athletes must follow the rules of the road during course previews. Riding or running in groups of more than two abreast is not permitted. Failure to follow traffic laws could result in disqualification from the event if observed by race officials, or USAT staff <sup>5</sup>

# PACKET PICK UP

- Packet pick up is available from 9:30 am – Noon at the Pavilion near the swim start. All packets must be picked up at this time unless you have made previous arrangements with the race director
- Please bring your USAT card (an electronic picture of your card also works)
- The youth event (ages 6-14) packet pick up is also available during this time as well

# PARKING

- Parking is expected to be heavy on race weekend at the Rec Plex due to various sports activities happening in the area
  - This should only impact those families arriving later in the day
- If parking becomes full, each athlete will need to find their own parking. Please allow extra time for possible extended parking times.
- Parking map is located at the link below – recommended parking locations are
  - E2, C and B

<http://vopprecplex.hosted.civiclive.com/cms/one.aspx?portalId=15310534&pageId=16278520>
- Please note that the walk / bike from the recommended parking lots are  $\frac{1}{4}$  to  $\frac{1}{2}$  mile. Please plan accordingly. There is a walking / bike path available for use throughout the weekend from the parking lot area.

# REC PLEX MAP

- Detailed below is the race site as well as the parking locations for the event





# RACE DAY AND EQUIPMENT REMINDERS

- Please consider bringing bug spray as the early mornings can bring a large contingent of mosquitos in Wisconsin
- Timing chips will be provided to athletes prior to each event at the swim start – you will not receive these at packet pick up
- You will receive your decals, a bike number (fold this over your top tube or around your seat tube) and helmet number (place this on the front of your helmet directly above your forehead) at packet pick up. There is no run bib for this event.

# TRANSITION

- Athletes should come to Transition at their assigned time with their equipment, their tattoos, and bike/helmet stickers in place
- Athletes will be allowed to rack their bike at their assigned spot. Officials will be on hand to review their equipment after the athlete leaves the area

# SWIM START

- Athletes should arrive at the swim start at their assigned swim warm up time. Timing chips will be obtained on the beach at the swim start
- Water temperature is to be announced 1 hour before each event to determine if swim is wetsuit eligible
- Athletes will be randomly pre-assigned race numbers and have the ability to select their spot
- Once the announcer reads all athlete names, she will say “Athletes, you are now in the hands of the starter.”
- The lead official (the starter) will announce “On Your Marks!” and sound an air horn to start the race.

# RACE SPECIFIC SCHEDULE

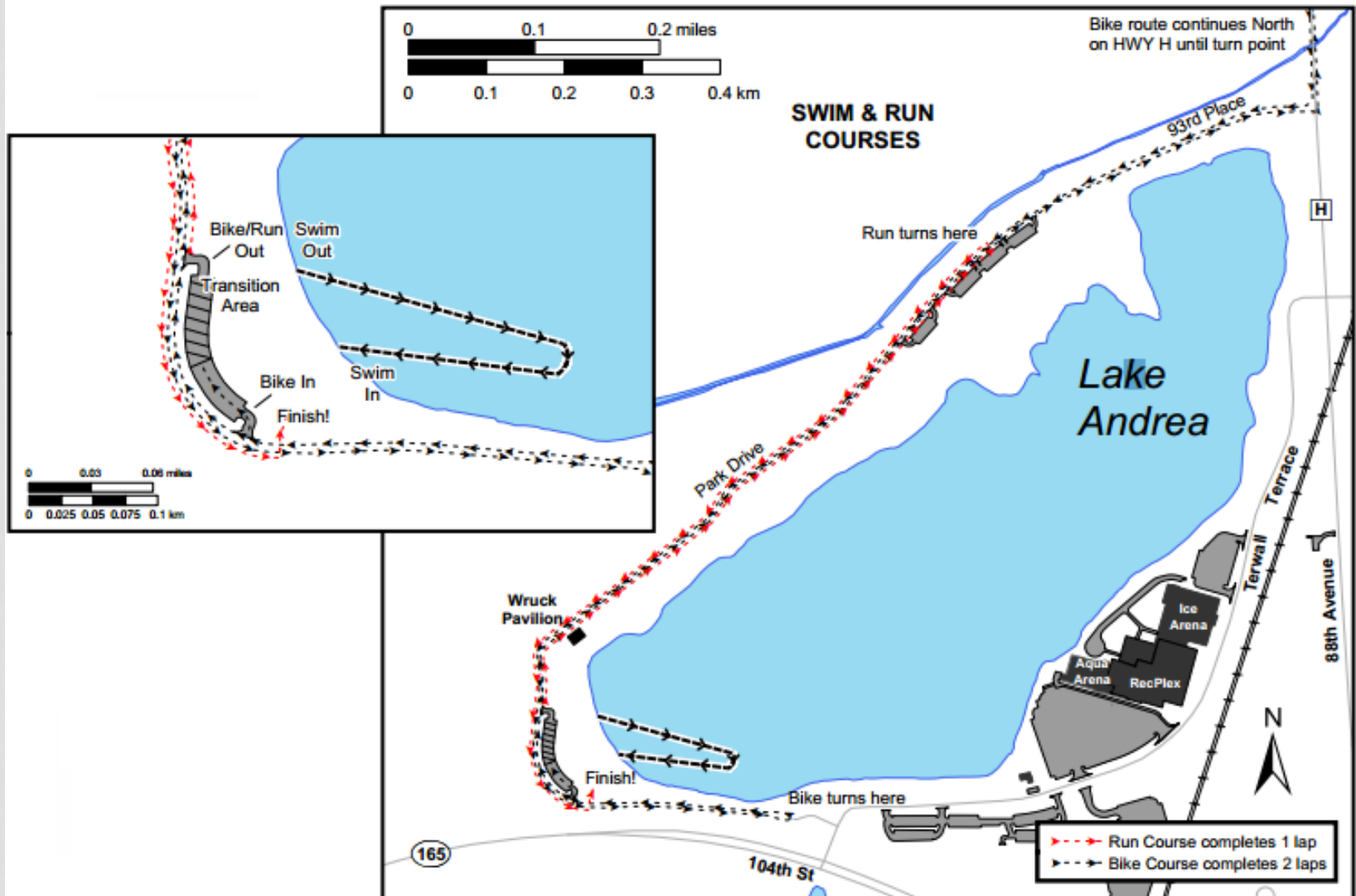
Female Schedule			Male Schedule		
Junior	6:15 AM	Transition Open	Junior	7:45 AM	Transition Open
	6:45 AM	Swim Course Warm Up Open		8:15 AM	Swim Course Warm Up Open
	7:15 AM	Transition Closes		8:45 AM	Transition Closes
	7:20 AM	Athlete Staging		8:50 AM	Athlete Staging
	7:30 AM	Race Start		9:00 AM	Race Start
Female Schedule			Male Schedule		
Youth	9:15 AM	Transition Open	Youth	10:15 AM	Transition Open
	9:45 AM	Swim Course Warm Up Open		10:45 AM	Swim Course Warm Up Open
	10:15 AM	Transition Closes		11:15 AM	Transition Closes
	10:20 AM	Athlete Staging		11:20 AM	Athlete Staging
	10:30 AM	Race Start		11:30 AM	Race Start

Note: Wheel pit wheels only accepted when your specific transition is open.  
Teams can place a set of wheels that can be used for multiple races

# YOUTH COURSE

- I would recommend that athletes bring a wetsuit to this event – water temp will be dependent on the weather leading up to the event
- Run in swim start from the beach
- Standard Youth distance: 375M swim, 10K bike (2 laps) and 2.5K run (1 lap)
- Lap out rule in effect
- Course Map – there are no significant changes to the course from the prior year – see following page

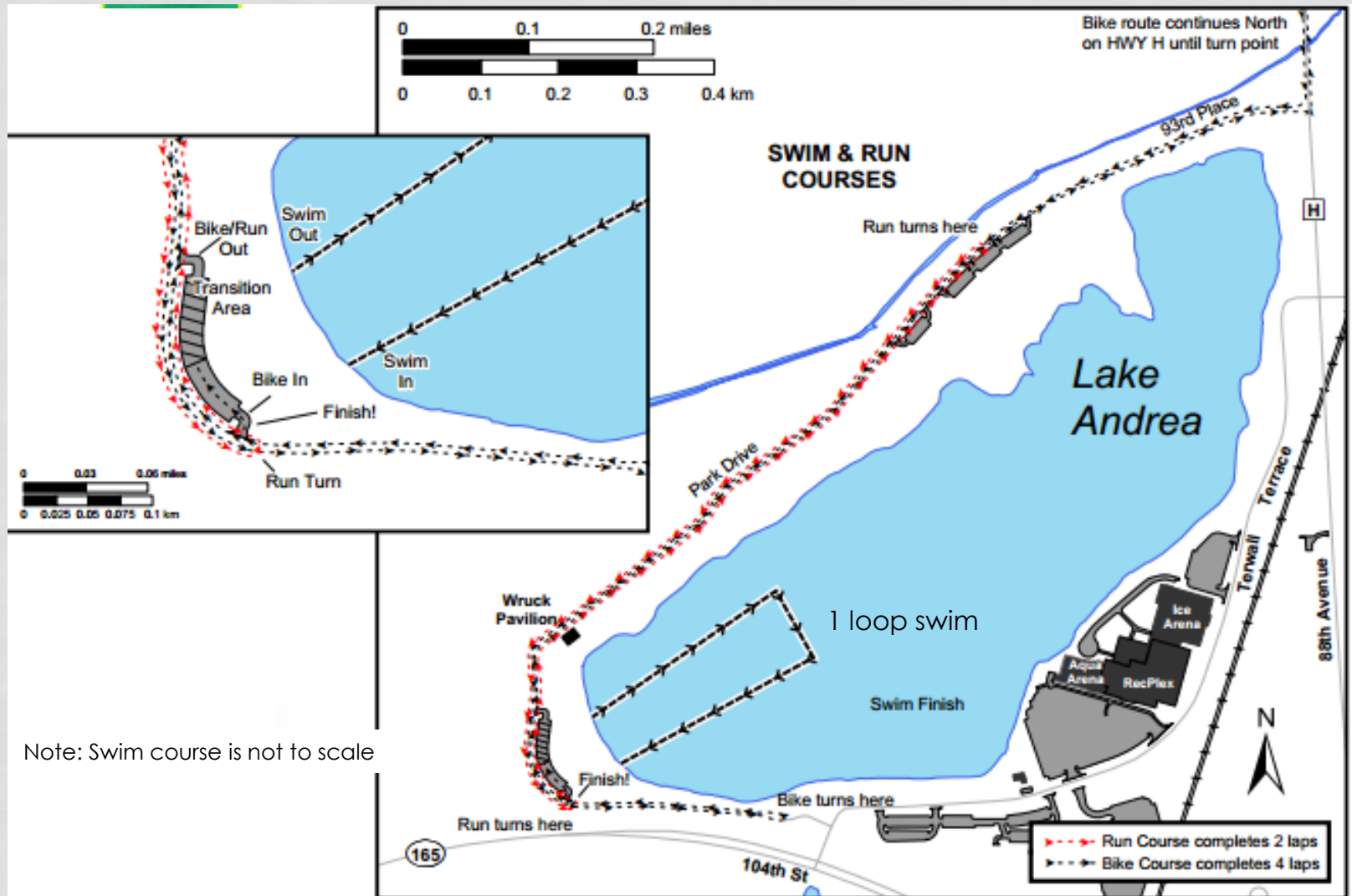
# COURSE OVERVIEW - YOUTH



# JUNIOR COURSE

- I would recommend that athletes bring a wetsuit to this event - water temp will be dependent on the weather leading up to the event
- The swim will comprise one lap
- Run in swim start from the beach
- Standard Junior distance: 750M swim (1 lap), 20K bike (4 laps) and 5K run (2 laps)
- Lap out rule in effect
- Course Map – there are no significant changes to the course from the prior year – see following page

# COURSE OVERVIEW - JUNIORS





# BIKE COURSE NOTES

- Reminder: As in past years, athletes are not allowed to cross the center line at any time on the bike course (center line will be identified by cones on the course)
  - Violators run the risk of disqualification

# RESULTS

- Results can be accessed here on race day:  
<https://runsignup.com/Race/PleasantPrairieCupTriathlon/Page/Results>

# EXITING THE PARK - TEAM TENTS / TRAILERS

- After the Youth male event is done (in the noon to 12:15pm timeframe), there is a small amount of time (~30 min) for teams to remove their trailers and exit the race course
- The youth amateur race will require the course to be shut down to any vehicle traffic in the 12:45pm timeframe
- If you are not ready to exit prior to the 12:45pm timeframe, you will have to wait until the youth races are done in the 2:30pm timeframe
- As a result, please prepare throughout the day to be ready to exit at the prescribed time. Thanks for understanding.