

**2017 MANTENO TRIATHLON & DUATHLON
PARTICIPANT INFORMATION**

Saturday, July 29, 2017
Manteno Sportsman Club
851 N. Main St.
Manteno, IL 60950
8:00 am

Triathlon - 400 meter swim * 11 mile bike * 3.1 run
Duathlon - 1 mile run * 11 mile bike * 3.1 mile run

FEATURES:

- USAT Sanctioned

NOTE: Per USAT rules, it is your responsibility to familiarize yourself with rules, regulation and the courses. For Rules and Regulations go to <http://www.usatriathlon.org/>

- Electronic timing
- Youth Division (12-18) Same day, time, and length
- LIMIT: 350
- Gender specific Tec T-shirt

NOTE: SHIRT GUARANTEED IF REGISTERED BY 7/1/17

TRIATHLON COURSE:

Swim:

- Beach start and finish, keeping buoys to your right.
- Use of wetsuit will be determined day of event

NOTE: If you have some concerns about the swim, you can exchange your swim cap for a designated cap color when picking up your packet. This will inform our lifeguards to keep an extra eye on you.

Bike:

- Heading south from transition you will go through a small area of town and then onto county roads. Although the roads are monitored by volunteers and police, the course is non-certified and open to the public.
- Ride single file
- No drafting
- STAY TO THE RIGHT. When passing call out "ON YOUR LEFT."
- Helmets are required. You will not be allowed to ride if you do not have a helmet.
- End caps are to be on bike handles

Run:

- Heading north from transition you will be going through the Campground with the lake on your left side. **This ½ mile road will be gravel.** Once leaving the campground you will be running on pavement through the town of Manteno, returning to the south entrance of the club.
- Bib number must be on the front and visible

DUATHLON COURSE:**1st Run – 1 mile:**

- Heading north from transition you will be going through the campground with the lake on your left side. You will turn around at the cone, run back through the campground to the transition. **This road is gravel.**
- Bib number must be on the front and visible.

Bike:

- The same as the bike course for the triathlon

2nd Run – 3.1 mile

The same as the run course for the triathlon.

- Bib number must be on the front and visible.

ASSISTANCE ON COURSES:

For the safety of our participants and per USAT rules, **NO** unauthorized assistance is allowed, unless approved in writing by USAT Triathlon. This includes physical assistance in any form, such as food, drink, equipment, support, or pacing. Doing so will result in disqualification.

ENTRY FEE: ONLINE REGISTRATION CLOSES 11:59 PM ON 7/27/2017:

- **JANUARY – MAY 31ST**

\$60.00 (Individual) - \$110.00 (2 or 3 person Team for TRIATHLON)

\$60.00 (Individual) - \$110.00 (2 person Team for the DUATHLON)

(ADD \$15.00 PER PERSON FOR A ONE DAY PASS IF NOT A USAT MEMBER)

(ADD \$10.00 PER PERSON FOR 17 AND UNDER IF NOT A USAT MEMBER)

- **JUNE 1ST – JUNE 30th**

\$70.00 (Individual) - \$120.00 (2 or 3 person Team for TRIATHLON)

\$70.00 (Individual) - \$110.00 (2 person Team for the DUATHLON)

(ADD \$15.00 PER PERSON FOR A ONE DAY PASS IF NOT A USAT MEMBER)

(ADD \$10.00 PER PERSON FOR 17 AND UNDER IF NOT A USAT MEMBER)

- **JULY 1st – RACE DAY OR SELL OUT (350 LIMIT)**

\$80.00 (individual) - \$130.00 (2 or 3 person team for TRIATHLON)

\$80.00 (individual) - \$130.00 (2 person team for DUATHLON)

**(ADD \$15.00 PER PERSON FOR A ONE DAY PASS IF NOT A USAT MEMBER)
(ADD \$10.00 PER PERSON FOR 17 AND UNDER IF NOT A USAT MEMBER)**

- \$5.00 Discount for Tri K Triathlon Members
- \$3.00 Discount for Kankakee River Running Club Members

**NOTE: THERE ARE NO REFUNDS FOR ANY REASON.
FEES LISTED ABOVE DO NOT INCLUDE PROCESSING FEES. PER USAT RULES, AGE IS
CALCULATED AS OF 12/31/2017.**

INDIVIDUAL AWARDS for TRIATHLON:

- Masters - Male & Female (50+)
- Top 3 Overall Male & Female
- Top 3 Age Groups (Male & Female)
19-24, 25-29, 30-34, 35-39, 40-44
45-49, 50-54, 55-59, 60-64, 65-69, 70+

INDIVIDUAL AWARDS for DUATHLON:

- TBA

TEAM AWARDS for TRIATHLON:

- Overall Male
- Overall Female
- Overall Mixed (may be 2 or 3 person team)

TEAM AWARDS for DUATHLON:

- TBA

EARLY PACKET PICKUP FRIDAY, JULY 28, 2017:

Manteno Sportsman Club
851 N. Main St. Manteno, IL 60950 5:00 pm – 7:00 pm

**NOTE: YOU MUST PICK UP YOUR OWN PACKET AND SHOW PHOTO ID
ALL RELAY MEMBERS MUST BE PRESENT AT SAME TIME AND SHOW PHOTO ID
IF USAT MEMBER YOU MUST SHOW PHOTO ID AND MEMBER CARD**

RACE DAY PACKET PICK UP:

*At race site: 5:30 am – 7:30 am (See above information)

**NOTE: YOU MUST PICK UP YOUR OWN PACKET AND SHOW PHOTO ID
ALL RELAY MEMBERS MUST BE PRESENT AT SAME TIME AND SHOW PHOTO ID
IF USAT MEMBER YOU MUST SHOW PHOTO ID AND MEMBER CARD**

LATE REGISTRATION:

- Early packet pick up (See above information)
- Race day at race site (See above information)

TRANSITION IS IN THE GRASS AND IT WILL BE WET:

- Opens: 5:30 am
- Closes: 7:45 am
- No riding in transition area
- Participants only in transition

NOTE: YOU MUST HAVE NUMBER ON BIKE, HELMET OR SHOW BIB MATCHING BODY

BODY MARKING:

- Early Packet Pickup (7/28/17)– 5:00 pm – 8:00 pm
- Race day (7/29/17) at Packet Pickup and Entrance into Transition – 5:30 am – 7:30 am

BIKE RACKING:

- Racks will not be assigned – they are first come, first serve
- All bikes are to be racked, no leaning against the racks, fence or use of a kickstand
- All equipment is to be placed **UNDER** your bike not against the fence

COURSE TALK:

7:45 on the beach

WAVE STARTS FOR TRIATHLON & DUATHLON:

Number of waves and time starts will depend on number of participants. These starts will be posted the day of the event. If information is available before the event day, it will be sent out to participants.

BIKE REMOVAL:

Bikes may be removed after the final biker enters transition or per our Biking Monitor

NOTE: YOU MUST HAVE NUMBER ON BIKE, HELMET OR SHOW BIB MATCHING BODY MARKING TO MONITORS TO CHECK BIKE OUT OF TRANSITION AREA.

EVENT CANCELLATION/MODIFICATION POLICY:

In the event of a natural or community disaster our action steps are as follows:

- Race Directors along with local officials will make decisions based on safety first.
- Courses and/or race segments could be altered as agreed to between Race Directors and local officials.

NOTE: Should the event have to be canceled, there are NO REFUNDS OR FREE ENTRIES TO FUTURE RACES. Each registered participant accepts the risk of his or her entry fee.

PARKING FOR PARTICIPANTS AND SPECTATORS

- **DOWNTOWN PARKING LOT**

Parking Lot: South of 3rd street and on Main St across from downtown businesses.
(.05 mile to transition)

- **MANTENO HIGH SCHOOL**

443 N. Maple St.
Manteno, IL 60940
(.75 miles to transition)

- **ADA PARKING**

Those using ADA parking must have placard or license plates. They will be allowed to park in the volunteer/medical/employee parking lot by Sportsman Club. However, they will not be able to leave until final biker has returned.

NOTE: There is no parking allowed on streets in town used for bike or running course.

DIRECTIONS:

From I-57, take Manteno #322 exit, head east into town on E9000N Road/CR-9. E9000N Road becomes West 1st Street. Turn left onto North Main Street. Follow Main Street until you end at Manteno Sportsman Club

CHARITY:

Part of our proceeds will be donated to our local Manteno Veteran's Home. We were honored to be able to donate \$1500.00 last year.

RACE RESULTS:

triktriclub.com

FURTHER QUESTIONS:

Nicole Cartier: triktriathlonclub@gmail.com

INFORMATION SUBJECT TO CHANGE

PLEASE CHECK BACK CLOSER TO DATE OF EVENT