

RACE DAY EVENTS PRESENTS:

TRI-ING FOR A CURE TRIATHLON

2024 RACE WEEK UPDATE

RACE 5 OF 7 IN THE
WISCONSIN TRIATHLON SERIES



SUNDAY, JULY 28

OTTAWA LAKE STATE PARK - DOUSMAN



DATE & LOCATION

DATE: SUNDAY, JULY 28, 2024

LOCATION: OTTAWA LAKE STATE PARK

S59 W36530 COUNTY ROAD ZZ,

DOUSMAN, WI 53118

TIME: 7:00AM

PACKET PICK-UP

SATURDAY JULY 27, 2024

DELAFIELD BREWHAUS

3832 HILLSIDE DR

DELAFIELD, WI 53018

TIME: 1:00PM – 5:00PM

SUNDAY JULY 28, 2024

OTTAWA LAKE STATE PARK

S59 W36530 COUNTY ROAD ZZ,

DOUSMAN, WI 53118

5:30AM - 6:30AM

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 7:00 AM to find parking, grab your race packet, make a bathroom stop and familiarize yourself with the layout of the area.

There is road construction in the surrounding area which may affect your travel. Please plan accordingly and leave early to arrive on time.

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

TRI-ING FOR A CURE WAVE SHEET

WAVE	START TIME	AGE GROUP	COLOR
1	6:40 AM	Team Langer	Purple
2	7:00 AM	Sprint Elite, Athena, Clydesdale, Relay	Yellow
3	7:03 AM	Sprint Novice Males	White
4	7:07 AM	Sprint Female Novices	Red
5	7:11 AM	Sprint Female 50+	Pink
6	7:14 AM	Sprint Males 40-54	Orange
7	7:17 AM	Sprint Males 55+	Green
8	7:20 AM	Sprint Females 39 & Under	Yellow
9	7:23 AM	Sprint Males 39 & Under	White
10	7:26 AM	Sprint Females 40-49	Red
11	7:29 AM	Sprint Team Phoenix	Pink
12	7:39 AM	Olympic Elite, Relay, Novice	Orange
13	7:43 AM	Olympic Clydesdale, Athena, Females 49 & Under	Green
14	7:46 AM	Olympic Males 50+, Female 50+	White
15	7:49 AM	Olympic Males 49 & Under	Yellow

RULES & REGULATIONS

MOST RECENT WATER TEMPERATURE:

79°

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) 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](#)

SERIES SCORING

The Tri-ing for a Cure Triathlon is race number five 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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