



TRIATHLON and DUATHLON

PARTICIPANT GUIDE

Sunday, July 12, 2020

Big Creek State Park | 8550 NW 142nd | Polk City, Iowa 50226

Welcome

Welcome to the 2020 Iowa Games Triathlon/Duathlon! We are very excited to have this event as part of the Summer Iowa Games!

The race would not be possible without the support of Winnebago Industries. We would also like to thank our volunteers, medical staff, and all the people who make this event run smoothly.

See you at Big Creek!

The Iowa Games Team

Packet Pick Up

- Sunday, July 12: 6:00-7:30 a.m. – Big Creek State Park Marina (at beach)
 - *Race packets will be located at the transition under the participant's bike spot. No formal check in will take place.
- Temperatures will be taken prior to being allowed in transition to set up.
- You will receive your swim cap (Triathlon Only), race number, and timing chip at your bike spot.

Race Times/Event Details

Transition area: Open from 6:00 – 7:30 am on Sunday morning.

- We ask that all athletes bring their own mask and wear it in transition prior to the race start

Mandatory pre-race meeting: At the swim start area at 7:45 am.

Competition: Begins at 8:00 am (Time Trial Start)

*Spectators are encouraged to stay home. Limited to 1-2 per athlete.

Race Information

- We ask that athletes check their temperature prior to coming to the race.
- If participant's temperature is 100.4 degrees or higher they are asked not to attend the event.
- All athletes will need to self-body mark.
- If your bike breaks down and you cannot finish the bike portion please make your way to the nearest Deputy and you will be picked up once the last biker passes the turnaround.
- Unlike past years, there will be no waves. The event will be a time trial/rolling start. This process will be explained at the pre-race meeting on Sunday.

Team Information

- The person doing the bike portion will be required to wear a bib.
- The disposable timing chip will be worn by the swimmer of the team and handed off to the biker of the team in the proper exchange area by the swim entrance to transition.
- The biker will rack their bike after completing the bike route and hand off their chip to the runner of the team in the proper exchange area near the run exit of the transition.
- NO chips will be allowed to be exchanged in the transition area.

Refreshments

- No open refreshments
- Athletes are asked to bring their own refreshments
- Some prepackaged refreshments will be provided in your race packet

Water and First Aid

A station will be available on the run route. EMS and Fire Rescue will be present on race day. Polk County deputies will be helping to control traffic.

- Bottled water will be provided on the course, no cups will be used
- Refilling water bottles will not be allowed
- There will be no jugs provided to refill bottles if athletes run out
- Athletes must bring their own water or use the bottled water that is provided

Medals

- Medals will be awarded to the top 3 finishers in each male and female age division.
- No awards ceremony for 2020. Awards will be virtual. Medals will be mailed.

Post-Race

- Results will be posted online.
- For live results [CLICK HERE!](#)
- We ask that participants do not hang around after they finish the event to help with social distancing.

Photos and Social Media

You can share photos with us and also see posted photos after the race. Like us on Facebook (Iowa Games), follow us on Twitter or Instagram (@IowaGames), or follow us on Snapchat (iowagames). Use the #IowaGames so we can easily find and share your photos as well!

Thank you for participating in the Triathlon and Duathlon at the 2020 Summer Iowa Games! We look forward to seeing you this summer!