



PRESENTED BY  GRINNELL
MUTUAL.

TRIATHLON and DUATHLON

PARTICIPANT GUIDE

Sunday, May 18, 2025

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

Welcome

Welcome to the 2025 Iowa Summer 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, May 18: 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. You must check-in at the transition entrance before entering.
- You will receive your T-shirt (Iowa Games Only), swim cap (Triathlon Only), race number, and timing chip at your bike spot.
- Please allow enough time to pick up your packet before the mandatory pre-race meeting.

Race Times/Event Details

Transition area: Open from 6:00 – 7:30 am on Sunday morning. Transition will close at 7:30 am. **NO EXCEPTIONS!**

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

Competition: Begins at 8:00 am (Time Trial Start)
for triathlon and
mass start for
duathlon

Race Information

- All athletes will need to check-in at the transition entrance. Please self-mark your number prior to arrival. Please see attached guide on how to body mark yourself. Markers will be available on race day at the information table if needed. **Note: Athletes must wear their race bib on the run.**
- 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.

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Team Information

- All team members will need to be body marked with their team number.
- 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.

team timing chips will be using a velcro strap

Water and First Aid

A water 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. for the bike course

Medals

- Medals will be awarded to the top 3 finishers in each male and female age division.

Post-Race

- Complimentary post-race refreshments will be offered.
- Results will be posted online as participants finish.
- For live results [CLICK HERE!](#)

Photos and Social Media

You can share photos with us and also see posted photos after the race. Like us on Facebook (Iowa Games) and follow us on Twitter and Instagram (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 2025 Summer Iowa Games! We look forward to seeing you this summer!