



TRIATHLON and DUATHLON

PARTICIPANT GUIDE

Sunday, July 15, 2018

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

Welcome

Welcome to the 2018 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

You can pick your race packet up Saturday, July 14 from 2 pm – 5 pm at the Exile Brewing Company (1514 Walnut St., Des Moines, Iowa 50309).

There will also be race day packet pick up on Sunday, July 15 from 6 am – 7 am at Big Creek State Park Beach. Please allow enough time to pick up your packet and return to the start line.

You will receive your Iowa Games Dri-Fit T-shirt, swim cap (Triathlon Only), and race number at packet pick-up.

Race Times/Event Details

Triathlon/Duathlon begins at 8:00 am

Transition Area will be open from 6 am – 7:30 am on Sunday morning. Transition will close at 7:30 am sharp. No exceptions.

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

Race Information

On race day all team members will need to get body marked with a team number. The person doing the bike portion will be required to wear a bib. The 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. Then 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.

Water and First Aid

Water stations 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.

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 as participants finish.

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 2018 Summer Iowa Games! We look forward to seeing you this summer!