



GREEN LAKE TRIATHLON PARTICIPANT GUIDE

Welcome to race week! Find all the information you need in this document and our [website](#). The course includes a calm and protected lake swim, rolling hills on the bike, and a run along the lake making this triathlon perfect for beginners to veterans. Now heading into our 24th year, we're excited for another fun event and can't wait to see you on Sunday!

EVENT DATE

Sunday, July 18th, 2021

START TIME

7:30 AM

[CLICK HERE FOR WAVE TIMES](#)

LOCATION(S)

[Deacon Mills Park](#)
[Green Lake, WI 54914](#)

EVENT PARKING

PARKING

ARRIVE EARLY AS PARKING MAY BECOME CONGESTED. Parking will be located in the city streets around Deacon Mills Park. Suggested parking areas are north of the transition area and to the east (green area in the map below). There is a short walk from the suggested parking areas to the start of the race, please plan ahead to allow yourself enough time.



PACKET PICK-UP LOCATIONS AND TIMES

PICKUP EARLY TO AVOID MORNING-OF LINES!

You MAY pick up someone else's packet! Please bring their QR code.

Early Packet Pick-Up
Saturday, July 17th, 2021
2:00pm-6:00pm
[Deacon Mills Park](#)
[Green Lake, WI 54941](#)

Race Day Packet Pick-Up
Sunday, July 18th, 2021
6:00am-7:00am
[Deacon Mills Park](#)
[Green Lake, WI 54941](#)

TRANSITION WILL BE OPEN FROM 6:00AM - 7:00 AM, AND WILL CLOSE AT 7:00AM SHARP ON RACE DAY. Transition will reopen after the last runner has exited transition to allow all participants a fair playing field. Please be patient and respectful of this time as you wait to re-enter the transition area.

COURSE INFORMATION & UPDATES

COURSE MAPS CAN BE FOUND ON OUR WEBSITE. PLEASE MAKE SURE TO READ ADDITIONAL RULES AND REGULATIONS [HERE](#).

- **Swim:** That start of the race takes place at the marina in Deacon Mills Park. Participants will enter the water in waves and swim counter-clockwise around the buoys and back to the beach. Lifeguards and race staff will be placed along the course. Wetsuits will be allowed and bright colored swim caps will be provided.
- **Bike:** Rollings hills decorate this course with one respectable climb around mile 8. The course is open and roads will have traffic on them. Obey the commands of race officials, volunteers, and police.
- **Run:** The run is out and back along the lake on Lawson Dr.

[CLICK HERE FOR COURSE MAPS](#)

AID STATIONS & RESTROOMS

RESTROOMS WILL BE AVAILABLE NEAR TRANSITION AND AT DEACON MILLS PARK.

- **Transition:** There will be an aid station stocked with water to fill your bottles before the race. Once the race starts this same station will be stocked with cups of water as you exit transition to the run.
- **Bike:** There are no aid stations on the bike course.
- **Run:** There will be an aid station at the turnaround for the Sprint (mile 1.5) and Olympic (mile 3.1) that will be stocked with water, HEED, and energy gels.

POST RACE PARTY

- Sandwiches will be provided courtesy of Firehouse Subs after the race.
- Water courtesy of Festival Foods, in addition to soda, will be available at the finish line.
- Each participant will receive a coupon in their goody bag at packet pick up redeemable for one FREE beer at Delta Beer Lab.

PRODUCED BY:

