

RACE DAY EVENTS PRESENTS

WISCONSIN **MILKMAN** **TRIATHLON**

2024 ATHLETE GUIDE

SUNDAY, JUNE 9, 2024
WISCONSINMILKMAN.COM

**70.3
MILES**

SWIM

1.2 MILE SWIM IN
LAKE MONONA

BIKE

BIKE MADISON
AREA ROADS AND
TRAILS - 56 MILES

RUN

GET YOUR
RUNNING SHOES
READY - 13.1 MILES!



TENTATIVE SCHEDULE

**SCHEDULE OF EVENTS IS TENTATIVE + SUBJECT TO CHANGE*

FRIDAY, JUNE 7, 2024

3:00PM to 7:00PM	Athlete Check-In	Olin Park
3:00PM - 7:00PM	Milkman Expo	Olin Park
3:00PM - 7:00 PM	Tech Services	Olin Park
5:00PM	Athlete Race Briefing / Course Talk	Olin Park

SATURDAY, JUNE 8, 2024

9:00 AM - 4:00 PM	Athlete Check-In	Olin Park
9:00 AM - 4:00 PM	Milkman Expo	Olin Park
9:00 AM - 4:00 PM	Tech Services	Olin Park
12:00 PM	Athlete Race Briefing / Course Talk	Olin Park
9:00 AM - 5:00 PM	Mandatory Bike Check-In	Transition
3:00PM	Athlete Race Briefing / Course Talk	Olin Park

SUNDAY, JUNE 9, 2024

4:30 AM - 5:30 PM	Shuttles from Alliant Energy to Olin	Olin Park
5:00 AM - 6:30 AM	Transition Open	Olin Park
5:00 AM - 6:30 AM	Body Marking	Olin Park

TRANSITION CLOSES AT 6:30 AM

7:00 AM	First Wave Starts	Beach Area
11:00 AM - 5:00 PM	Post Race Athlete Food / Beer	Olin Park
1:30 PM - 5:00 PM	Mandatory Bike Pick-Up	Transition Area
2:00 PM	Awards	Finish Area
4:30 PM	Course Closes	Finish Line

SWIM WAVES

2024 Wave Assignments			
Wave	Start Time	Cap Color	Division
Wave 1	7:00 AM	SILVER	Elite Men/Women
Wave 2	7:03 AM	RED	Relays
Wave 3	7:06 AM	PINK	M55+
Wave 4	7:09 AM	YELLOW	F50+
Wave 5	7:12 AM	NEON ORANGE	M50-54
Wave 6	7:15 AM	PURPLE	M45-49
Wave 7	7:18 AM	NEON GREEN	F40-49
Wave 8	7:21 AM	RED	M40-44
Wave 9	7:24 AM	PINK	M35-39
Wave 10	7:27 AM	YELLOW	F39-Under
Wave 11	7:30 AM	PURPLE	M30-34
Wave 12	7:33 AM	NEON ORANGE	M29-Under

PRE-RACE INFORMATION

ATHLETE CHECK-IN

Athlete check-in hours are Friday, June 7 from 3:00-7:00PM and Saturday, June 8 from 9 am-4 pm at the Olin Park Pavilion. Please note that athlete check-in will not be open on Sunday except for those who paid. If you do not check-in during the designated athlete check-in hours you will not be able to race.

ALL RACE PACKETS MUST BE PICKED UP BY 4 PM ON SATURDAY, JUNE 8. YOU CANNOT PICK UP ANOTHER PARTICIPANTS PACKET. Please bring your photo identification.

PLEASE NOTE: Athletes competing in the Wisconsin Milkman are required to check-in during the dates and times listed in the Athlete Guide and event schedule. Athlete check-in will not be available outside the posted times. Should an athlete have a legitimate emergency, Race Day Events will try to accommodate the athlete to the best of our ability as long as the athlete informs Race Day Events. To inform Race Day Events of any emergency during race week, athletes must email the email address on the next page.

Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made via email. These rules are in effect for a number of important reasons and exist to make your experience the best, safest and most stress-free it can be.

The scheduling of athlete check-in is designed to allow each athlete the opportunity to become oriented with the venue, acclimated to the area and receive all the necessary information needed to have a successful race.

Athlete briefings will be held during expo hours in the days prior to the event (check the event schedule for times) and are hosted for the benefit of all athletes. The briefings will cover important information pertaining to any info of the course, rules and cut-off times for the disciplines and most importantly any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

It is equally important for athletes to have ample time to check-in their bike and other gear and to make sure all bases are covered leading up to race day. Rushing to complete all necessary tasks within a couple of hours is counterproductive to race preparation.

Thank you for your cooperation. We want to ensure the very best experience for you, not only on race day, but throughout the weekend's activities.

FRIDAY - SATURDAY PARKING

Parking can be found on Olin-Turvill Pkwy, as well as the small lot just south of the soccer fields. There will be no parking allowed up near the pavilion. Some limited spots are available for public use in the boat launch lot, however these are very limited. Be aware of all signage in both lots, and note that parking in boat launch spots without a permit will incur a ticket. We would suggest steering clear of the main boat launch lot for parking.

***Sunday, Race Day Parking will be at the Alliant Energy Center. See further details in next pages.**

PRE-RACE INFORMATION

ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at athlete check-in. This band will identify you as an official athlete and must be worn during race weekend. The wristband is required for medical identification purposes and allows you access to transition.

You will not be allowed to remove your bicycle and/or gear from transition following the race without your wristband affixed to your wrist. Please do not remove your wristband as it will identify you as an athlete.

PLEASE NOTE: Athletes must wear all official race participant items issued at athlete check-in. Items include; the official swim cap, wristband, bike stickers, helmet stickers, race bib number, and timing chip. Failure to do so or wear outside items will result in a DQ.

MANDATORY BIKE CHECK-IN

Mandatory bicycle check-in is Saturday, June 8 from 9:00-5:00 PM. at Olin Park.

All bicycles must be checked in on Saturday and left overnight. Bicycles will not be permitted to enter transition on race morning (unless paid for ahead of time). While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once bike check-in is over. You will have access to your bicycle beginning at 5 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race. Security will be monitoring transition overnight.

PERSONAL COMMUNICATION PLAN

Prior to departing for Madison, be sure to establish a communications plan with family and friends back home. Even if you are in Madison with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

ATHLETE BRIEFINGS

Athletes are encouraged to attend one of the athlete briefings offered throughout race weekend. Please review the event schedule for briefing times.

PRE-EVENTS SWIM ADVISEMENT

The majority of our events are held in locations where the swim course utilizes a body of water that is open to the general public for swimming, boating and other recreational and commercial activities. Race Day Events wishes to caution all participants that it does not provide lifeguard services prior to the event, and that all participants who swim prior to race day will do so at their own risk.

While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further admonished to exercise caution and use common sense if they elect to swim prior to the event and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards.

HOTELS

Check out local Monona and Madison hotels.

Please visit: <https://wisconsinmilkman.com/lodging>

MADISON INFORMATION

Looking for things to do in Madison or Monona? Check out the following links for things to see and do, dining information, how to get around the city and more!

www.visitmadison.com

www.mymonona.com

RACE DAY

RELAYS

RACE:

Each athlete that participates in a relay will receive a shirt and finisher medal. Medals will be distributed at the finish line upon completion of their leg of the race. Please make sure to identify yourself as a relay and get your respective finisher medal.

TRANSITION:

All relay members will wait for and make the exchange with the other relay member at their designated relay bike rack. The ankle tag needs to be passed from person to person in order to receive a time.

INFORMATION

Relay members are allowed to move about throughout the day, however we ask that when in transition, you stay at your bike rack and out of the way of other athletes entering and exiting during competition.

RACE DAY

CHECKLIST

PRE-RACE:

- Directions to hotel
- Directions to athlete check-in
- Directions to race start
- Directions to race finish
- Photo I.D.
- Bike services/tune up
- Attend athlete check-in
- Attend athlete briefing
- Study the race courses
- Plan your nutrition

RACE DAY - SWIM

- Timing tag
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day swim cap (provided at check-in)
- Ear pugs/Nose plug (optional)

RACE DAY - BIKE:

- Bike pump
- Extra nutrition
- Extra water bottles
- Aero water bottle straw
- Bike Repair Kit
- Bar-end plugs
- CO2 cartridge(s)
- Spare tire
- Spare tube
- Tire levers
- Valve stem extenders
- Patch Kit
- Wrench set/tools
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike shoes
- Socks
- GPS Watch or bike computer

RACE DAY - RUN:

- Fuel belt
- Race belt or safety Pins
- Bib number
- Hat/Visor
- Running shoes
- Socks
- Sunglasses
- Water bottle

MISCELLANEOUS:

- Body Glide
- Antibacterial
- Contacts or Rx glasses
- Heart Rate Monitor & chest strap
- Towel
- Hair ties
- Chapstick
- Post-Race clothing

RACE DAY

INFORMATION

RACE DAY PARKING

There is parking available at the Alliant Energy Center located at John Nolan Drive and Rimrock Road just off of Highway 12/18- cost \$8.00 (USD). The daily parking fee allows same-day re-entry with a parking ticket stub.

There are free shuttles, supplied by First Student (First Charter) from the Alliant Energy Center for athletes and spectators that will run continuously from 4:30AM to 5:30PM.

RACE MORNING PROCEDURE

Transition opens at 5AM on race morning. Remember to bring your timing chip, swim cap, and wetsuit. Bike technicians and pumps will be available in transition race morning, provided by provided by Velocity Multi-Sport & Cycling and Neff Cycle Service. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the run course. You do not need your bib number on the bike. The number will not hold up for the duration of the race if it gets wet.

Body marking will begin at 5AM just inside transition. Do not number yourself expecting to bypass check-in. During the body marking process, athletes are responsible for ensuring the body marking volunteers mark the athlete's age which corresponds with the age division in which the athlete will compete in on race day. You will not be permitted in transition on race day without your wristband, swim cap and timing chip. If you have misplaced any of these items, please see the transition director for a replacement. Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked.

COMPETITOR RESPONSIBILITIES

- You must wear your timing chip at all times while you are racing. Prior to the swim, fasten the chip to your ankle and do not remove it until you have finished the run.
- If you drop out or are pulled from the race at any time, turn in your timing chip to a race official. It is essential that we know where you are on the course at all times for your safety and our peace of mind.
- If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your timing chip while on the run course, please notify a timing official immediately after crossing the finish line.

**TRANSITION CLOSES AT
6:30AM.**

**All athletes must be out of
transition and headed to
the swim before this time.**

RACE DAY

RACE TIMING AND CUT-OFFS

The race will officially end 8.5 hours after your wave of the swim start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

SWIM CUT-OFF

The swim course will close 1 hour and 10 minutes after the last age group athlete starts the swim. Each athlete will get the full 1 hour and 10 minutes to complete the 1.2 mile swim regardless of what time they enter the water. Athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

BIKE CUT-OFF

The bike course will close at 1:30PM. Any athlete arriving at the bike dismount line after 1:30PM will not be permitted to continue. Athletes must be out of transition by 1:40PM and starting the run course in order to continue on the run portion.

RUN CUT-OFF

The run course will officially close at 4:30PM. Athletes arriving at the cut off after these listed times will not be permitted to continue.

Race Day Events reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up to that point.

PLEASE NOTE: Athletes who finish before the 4:30PM cut-off but have a finishing time of more than 8.5 hours will be considered a DNF and will not be eligible for age-group awards.

INFORMATION

MEDICAL AREA

The medical area is for athletes only; family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

BIKE TECH

Bike tech services will be provided by Velocity Multi-Sport & Cycling and Neff Cycle Service race morning in transition, as well as on the bike course. Please flag them down if needed. Additional bike pumps will be located in transition throughout the weekend and are first come, first serve bases. Please share! If bringing your own bike pump, please do NOT leave this at your transition spot. Please use it and give to another family member or friend during the event.

AID STATIONS - BIKE

Aid stations are approximately every 15 miles on the bike course. The general offerings are as follows:

- Water Bottles (Sport tops)
- Gatorade (Sport tops)
- GU Gels (Asstd. flavors while supplies last)

PLEASE NOTE: Bike aid stations are located approximately every 15 miles. It is your responsibility to slow down for safe pick-up.

AID STATIONS - RUN

Aid stations are approximately 2 miles apart from each other on the run course. The general offerings are as follows:

- Water
- Gatorade
- GU Gels (Asstd. flavors while supplies last) (At Aid Stations #3 and #6)
- Bananas (At Aid Station #3 and #6)
- Pretzels (At Aid Station #3 and #6)
- Oranges (At Aid Station #3 and #6)
- Coca-Cola (At Aid Station #3 and #6)

RACE DAY

The 2024 Wisconsin Milkman Triathlon is featuring the latest in real-time race tracking by providing Live Results via the Race Day Events App.

The Event App will be updated approximately 1 week prior to Race Day.

Let your friends and family know where you are! Download the Race Day Events App for real-time tracking and results on an interactive map! You'll also find event information, event photo frames to share and more!

To Track A Participant in the App:

- Select "Wisconsin Milkman Triathlon" and press the "Live Tracking" icon to add your favorite participants.
- You'll need to log-in with Facebook or create an account.
- Participants must be added by name as bibs are not assigned until packet pick-up.
- Choose "Notify Me" to receive push notifications for that participant.
- Be sure to allow the app to provide you with notifications.

[EventApp FAQs: Click here](#)

TRACKING AVAILABLE



POST RACE

INFORMATION

BICYCLE + GEAR RECOVERY

Mandatory bike and Gear check-out is from 1:30PM to 5:00PM in the transition area on race day. You are required to reclaim your bicycle and gear after the race. You **MUST** have your athlete wristband on in order to claim your bike and gear.

FOOD, BEER + SODA

Beer and or soda will be available after the race. Two beverages per person (21+) included with your race registration. Additional beverages available for purchase.

All athletes will have the following food options included with their race registration:

- Pulled pork slider
- Half a Brat (vegetarian brat available upon request and as supplies last)
- Baked Beans
- Chips
- Cookie

LOST + FOUND

During race week, lost and found will be available at the information booth near the pavilion. Please check the event schedule at the race information booth. After the conclusion of the event, please contact Race Day Events to locate any missing items and schedule returns.

POST RACE

PHOTOGRAPHY



FOCAL FLAME®
P H O T O G R A P H Y

Focal Flame Photography is the official photo and video service provider for this event, which includes free FocalShare™ digital race photos at no additional cost. FocalShare digital photos are provided by the organizers; please thank them!

Photographers wearing Focal Flame Photography shirts will be stationed throughout the course and at the finish line. Feel free to smile and celebrate when you see them!

To allow you to easily find your photos after the race, please ensure that your bib number and markings are visible. Place your bib on the front of your body, and put the bike sticker with your race number on the front of your helmet. Make sure that body markings are clear and legible. Any images in which bib numbers are not visible will be categorized in “unbibbed” Online galleries.

HOW TO FIND YOUR RACE PHOTOS

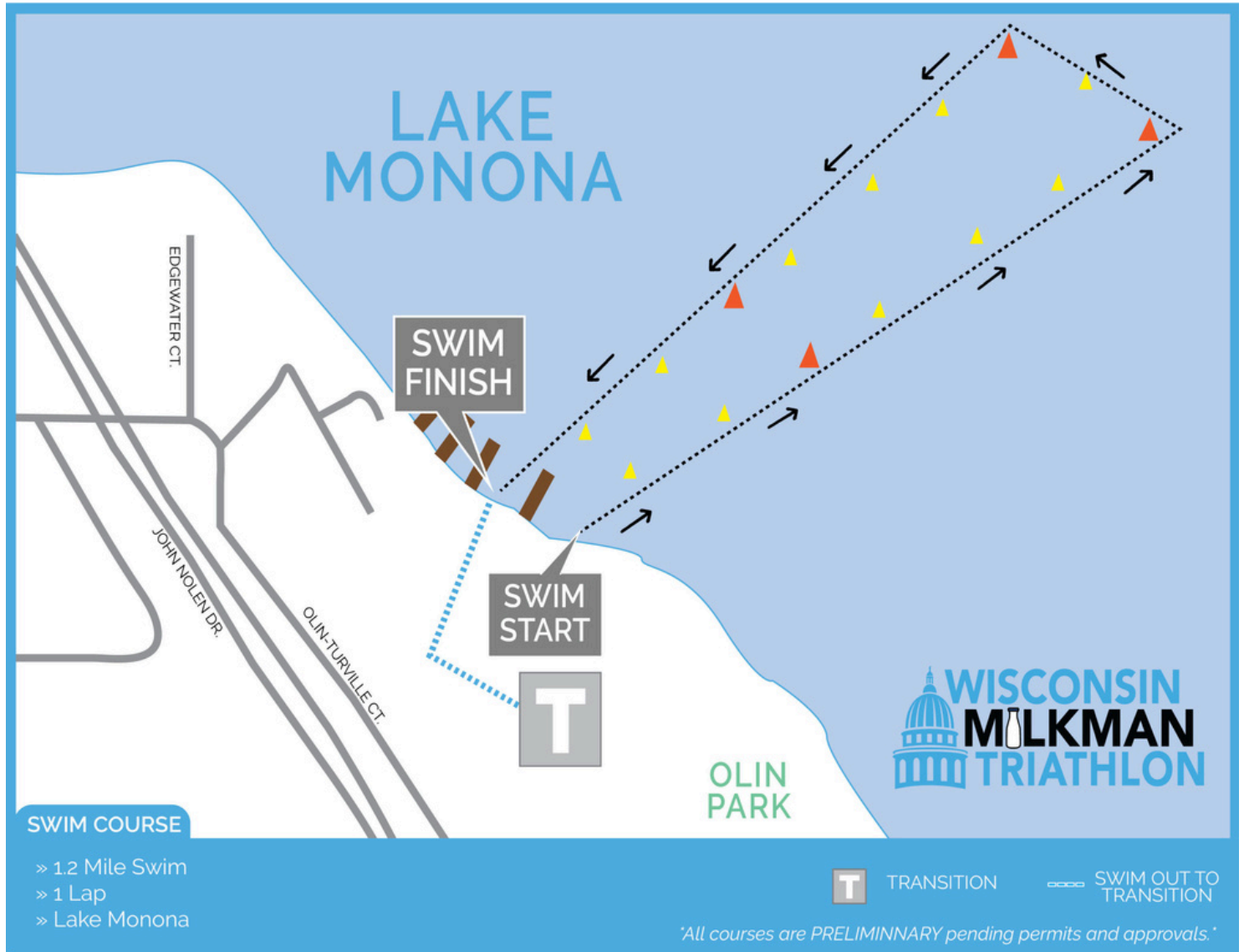
Photos will be available within approximately 24 h after the event. Here is how you obtain your FocalShare race photos:

Visit the online photo galleries. You will receive an e-mail with a custom URL directing to your photos online. Links to the galleries will also be posted on the Focal Flame Photography social media accounts (Facebook and Instagram) and on the Wisconsin Milkman Triathlon web site and social media accounts. Prints and other merchandise are available for purchase.

Here are some [instructions and tips](#) on finding your photos.

COURSE

SWIM - 1.2 MILES



The one-loop wave start swim takes place in Lake Monona. Swimmers will start on Olin Park Beach and finish at the concrete boat ramp navigating the counter-clockwise course marked with buoys every 100 yards. Spectating will be easy using the natural banks along the shore and swim exit.

COURSE

SWIM - 1.2 MILES

SWIM COURSE RULES + INSTRUCTIONS

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the shoulders and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression wear may NOT be worn DURING non-wetsuit swims, but may be worn upon completion of the swim.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- Each athlete will have 1 hour and 10 minutes to complete the swim course. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

PLEASE NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the life- guards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 78 degrees or lower

Prohibited Wetsuit: Wetsuits cannot measure more than 5mm thick.

Wetsuits will be prohibited in water temperatures greater than 84 degrees F.

SWIMWEAR POLICY

Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the shoulder, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

SWIM TO BIKE TRANSITION

After the swim, you will be directed through to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike.

Please inform family and friends to stay off the bike and run course.

COURSE

BIKE - 56 MILES

BIKE COURSE

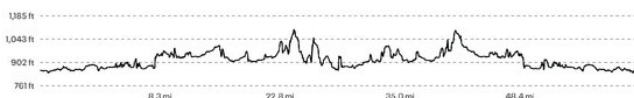
» 56 Miles

Start: Transition at Olin Park
 - Left onto Olin Turville Ct
 - Left into furthest left lane of John Nolen Rd (against traffic)
 - Jump onto Capital City Trail at Rimrock Rd & John Nolen Rd
 - Continue on Capital City Bike Trail
 - Right on Capital City Bike Trail
 - Cross South Towne Dr. & cont Right on Capital City Bike Trail
 - Left on Lake Farm Rd (becomes Badger Rd)
 - Right on Meadowview Rd
 - Left on Larsen Rd (continue left on Goodland Park Rd)
 - Right on Lalor Rd
 - Left of Hwy B
 - Right on Sand Hill Rd
 - Right on Rutland Dunn Town Line Rd
 - Continue on E. Netherwood St (W Netherwood Rd)
 - Left on N Bur Oak Ave
 - Continue straight onto S Bur Oak Ave
 - Right on Lincoln Rd
 - Left on Hillcrest Ln
 - Right on Co Hwy A
 - Continue Right on Co Hwy A at Tipperary Rd
 - Continue Left on Co Hwy A
 - Right on Co Hwy D
 - Left on Judd Rd
 - Left on Sun Valley Pkwy (becomes Paoli Rd)
 - Left on Observatory Hill Rd
 - Right on Co Hwy A
 - Left on E Cates Rd
 - Follow to the right, becomes Schafer Rd
 - Follow to the left onto Frenchtown Rd
 - Left on Frenchtown Rd
 - Left on Co Hwy D
 - Right on Co Hwy A
 - Continue Right on Co Hwy A
 - Continue Left on Co Hwy A at Tipperary Rd
 - Left on Hillcrest Ln
 - Right on Lincoln Rd
 - Left on S Bur Oak Ave
 - Continue straight onto N Bur Oak Ave
 - Right on W Netherwood Rd (becomes E Netherwood Rd)
 - Becomes Rutland Dunn Town Line Rd
 - Left on Sand Hill Rd
 - Left of Hwy B
 - Right on Lalor Rd
 - Left on Goodland Park Rd
 - Follow Right on Larsen Rd
 - Right on Meadowview Rd
 - Left on Lake Farm Rd
 - Right on Capital City Bike Trail
 - Cross South Towne Dr. & cont. Left on Capital City Bike Trail
 - Left on Capital City Bike Trail
 - Jump off trail at Rimrock Rd into furthest right lane of John Nolen Rd
 - Right on Olin-Turville Ct
 End: Transition

Aid Stations:

Mile 14.5: Rome Corners School
 Mile ~30: TBD
 Mile 40.0: Rome Corners School

T TRANSITION
MILE MARKER
A AID STATION



MapMyRun of Bike Course

Riders leave Madison to the south using the Capital City Bike Path and travel scenic country roads through the Village of Oregon, Town of Paoli, and west over the challenging Observatory Hill. Returning on favorite roads of many local riders, back through the Village of Oregon and back towards the Capital City Bike Path to Olin Park.

COURSE

BIKE - 56 MILES

BIKE TURN BY TURN DIRECTIONS

- **Start:** Transition at Olin Park
- Left onto Olin Turville Ct
- Left into furthest left lane of John Nolen Rd (against traffic) Heavy Coned Lane and closed off to traffic.
- Jump onto Capital City Trail at Rimrock Rd and John Nolen Rd
- Continue on Capital City Bike Trail
- Right on Capital City Bike Trail
- Cross South Towne Dr. and continue to Right on Capital City Bike Trail
- Left on Lake Farm Rd (becomes Badger Rd)
- Right on Meadowview Rd
- Left on Larsen Rd (continue left on Goodland Park Rd)
- Right on Lalor Rd
- Left of Hwy B
- Right on Sand Hill Rd
- Right on Rutland Dunn Town Line Rd
- Continue on E. Netherwood St (becomes W Netherwood Rd)
- Left on N Bur Oak Ave
- Continue straight onto S Bur Oak Ave
- Right on Lincoln Rd
- Left on Hillcrest Ln
- Right on Co Hwy A
- Continue Right on Co Hwy A at Tipperary Rd
- Continue Left on Co Hwy A
- Right on Co Hwy D
- Left on Judd Rd
- Left on Sun Valley Pkwy (becomes Paoli Rd)
- Left on Observatory Hill Rd
- Right on Co Hwy A
- Left on E Cates Rd
- Follow to the right, becomes Schafer Rd
- Follow to the left onto Frenchtown Rd
- Left on Frenchtown Rd
- Left on Co Hwy D
- Right on Co Hwy A
- Continue Right on Co Hwy A
- Continue Left on Co Hwy A at Tipperary Rd
- Left on Hillcrest Ln
- Right on Lincoln Rd
- Left on S Bur Oak Ave
- Continue straight onto N Bur Oak Ave
- Right on W Netherwood Rd (becomes E Netherwood Rd)
- Becomes Rutland Dunn Town Line Rd
- Left on Sand Hill Rd
- Left of Hwy B
- Right on Lalor Rd
- Left on Goodland Park Rd
- Follow Right on Larsen Rd
- Right on Meadowview Rd
- Left on Lake Farm Rd
- Right on Capital City Bike Trail
- Cross South Towne Dr. and continue Left on Capital City Bike Trail
- Left on Capital City Bike Trail
- Jump off trail at Rimrock Rd into furthest right lane of John Nolen Rd (with traffic) Heavy Coned Lane and closed off to traffic.
- Right on Olin-Turville Ct
- **End:** Transition

Bike Aid Station Locations:

Aid Station #1 & #3 - Bergamont Blvd and Oregon Park Ave - Oregon

Aid Station #2 - Fritz Road - Verona

Note: When arriving at an aid station, yell out what you are looking for so a volunteer can get to you.

COURSE

BIKE - 56 MILES

1. POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- Athletes must keep five bike lengths of clear space between bikes except when passing.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Athletes may not back out of the draft zone once it is entered.
- Overtaken athletes must immediately fall back five bike lengths before attempting to regain the lead from a front running bike. immediately re-passing prior to falling back five bike lengths is not allowed.
- It is not allowed for overtaken athletes to remain in the draft zone (five bike lengths of clear space between bikes) for more than 20 seconds, or who do not make constant rear progress out of the drafting zone.
- Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed.
- Athletes are not to impede the forward progress of other athletes.
- Athletes committing rules violations will be passed on to race officials and will be dealt with. Please be respectful of the rules and keep good sportsmanship. Failure to follow the rules could result in disqualification.

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

3. No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed.

4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

COURSE

4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

6. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Race Director, appear to present a danger to any athlete may be disqualified.

7. Bike shoes may be placed on the bike in transition, but helmets and other cycling gear must be placed in the transition area. Shoes and shirt must be worn at all times.

8. Cameras, phone cameras, and video cameras for commercial use are prohibited unless permission is given by Race Day Events. If permission is given by Race Day Events, it is the athlete's responsibility to notify the Race Director prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.

9. Athletes must wear a bike helmet number on the front of their helmet.

10. Athletes' bike frame sticker must be properly attached to the bike and must be visible from both sides. In addition, athletes must wear bib number during the run portion of the race.

11. Helmets must be approved by a national accredited testing authority and such authority must be recognized by the international triathlon Union and the relevant national federation.

12. An approved helmet is required during the entire bike portion including in and out of transition. Athletes

BIKE - 56 MILES

riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.

13. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes using a mirror without permission will be disqualified.

14. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

15. DO NOT LITTER any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a time penalty.

16. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from anyone outside of official race personnel is not permitted.

17. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

18. Bike inspection is not mandatory and will not be provided at bike check-in, although technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgement as to the soundness of the bike.

COURSE

BIKE - 56 MILES

NOTE: Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

SAG support will also be available. If needing to drop from the event, please notify an official or a volunteer at an aid station, and a vehicle will pick you up and return you to the event site. SAG support will not move you forward in the event. If interested in continuing on to the run portion, this is allowed, however please note that your overall time will show as a DNF.

19. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

20. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

21. MEDICAL SUPPORT

If you need minor medical assistance, a SAG vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the SAG vehicle will take you back to the event site. There will be radios at each aid station to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists still on the course after the bike cut-off will be disqualified and will not be permitted to continue in the event.

NOTE: Bike aid stations are located approximately every 15 miles. It is your responsibility to slow for safe nutrient pick-up. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course.

LOCAL TRAFFIC LAWS

Please remember that members of the local community use the bike course roads. Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding

the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community. Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy. Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

Please think before you act.

Please ride single file. this is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey all law enforcement.

Please do not use private property as a toilet.

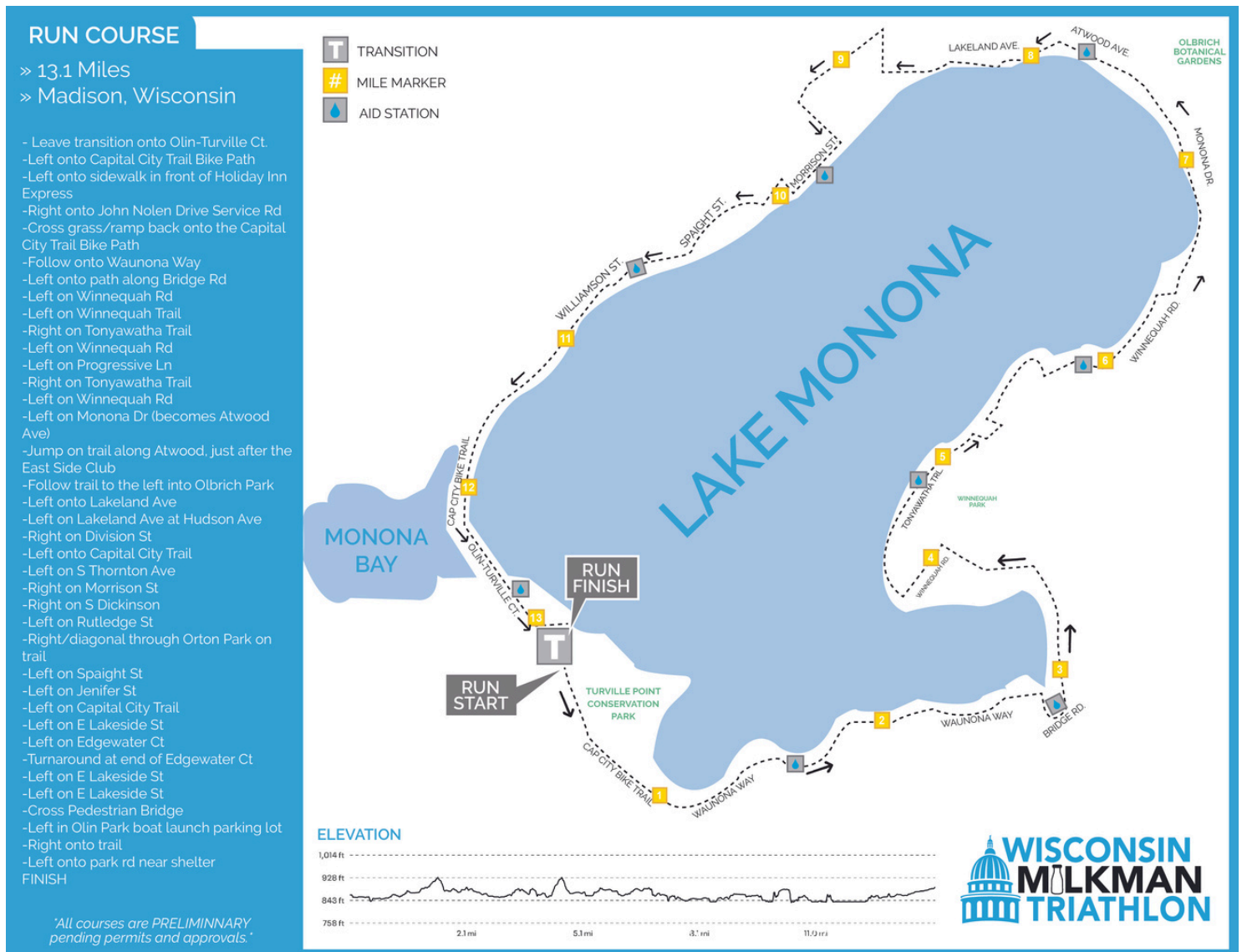
Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense. Make sure it is washable! If putting out signs, make sure to pick them up after the event!

Please wear a helmet during all official activities when you are riding your bike. This includes, competition, course familiarization and training sessions

COURSE

RUN - 13.1 MILES



MapMyRun of Run Course

Runners will enjoy a scenic run around the iconic Lake Monona. Traveling through the City of Monona and Madison both on roadway and our great trail systems, while hugging the lake and enjoying lake views, and an amazing view of the Madison capital building.

Note – Be sure to pay attention to all directions on the course to ensure you follow the correct direction.

Your race bib **MUST** be worn during this portion of the event. Be sure to have this in the front so that photographs can be tagged to you.

COURSE

RUN - 13.1 MILES

RUN TURN BY TURN DIRECTIONS

- Leave transition onto Olin-Turville Ct.
- Left onto Capital City Trail bike Path
- Left onto sidewalk in front of the Holiday Inn Express
- Right onto John Nolen Drive Service Rd.
- Cross grass/ramp back onto the Capital City Trail Bike Path
- Follow onto Winnequah Rd.
- Left on Winnequah Trail
- Right on Tonyawatha Trail
- Left on Winnequah Rd.
- Left on Progressive Ln.
- Right on Tonyawatha Trail
- Left on Winnequah Rd.
- Left on Monona Dr (Becomes Atwood Ave)
- Jump on trail along Atwood Ave, just after the East Side Club
- Follow trail to the left into Olbrich Park
- Left onto Lakeland Ave.
- Left on Lakeland Ave. at Hudson Ave
- Right on Division St.
- Left onto Capital City Trail
- Left on S Thornton Ave.
- Right on Morrison St.
- Right on S. Dickinson St.
- Left on Rutledge St.
- Right/diagonal through Orton Park on trail
- Left on Spaight St.
- Left on Jenifer St.
- Left on Capital City Trail
- Left on E. Lakeside St.
- Left on Edgewater Ct.
- Turnaround at end of Edgewater Ct.
- Left on E. Lakeside St.
- Cross pedestrian Bridge
- Left in Olin Park Boat launch parking lot
- Right onto Trail
- Left onto Park Rd. Near shelter
- FINISH

COURSE

RUN - 13.1 MILES

Run Aid Station Locations:

Aid stations are approximately 2 miles apart from each other on the run course. The general offerings are as follows:

- Water
- Gatorade
- GU Gels (Asstd. flavors while supplies last) (At Aid Stations #3 and #6)
- Bananas (At Aid Station #3 and #6)
- Pretzels (At Aid Station #3 and #6)
- Oranges (At Aid Station #3 and #6)
- Coca-Cola (At Aid Station #3 and #6)

Aid Station #1: Esther Beach Park

Aid Station #2: Bridge Street

Aid Station #3: Wyldhaven Park

Aid Station #4: Schuler Beach

Aid Station #5: Olbrich Park

Aid Station #6: Morrison Park

Aid Station #7: Law Park

Aid Station #8: Olin Park

Note: When arriving at an aid station, yell out what you are looking for so a volunteer can get to you.

Finish Line:

Relay Teams – members are allowed to finish together. We ask that team members meet their team member when they take their last turn up the hill, just be mindful to not block the path for any other finishers coming through.

Family/Friends – family and friends are allowed to finish with their athlete, however we ask for no more than 2-3. We ask that family/friends meet their athlete when they take their last turn up the hill, just be mindful to not block the path for any other finishers coming through.

COURSE

IT IS THE ATHLETE'S RESPONSIBILITY TO KNOW ALL ASPECTS OF THE SWIM, BIKE AND RUN.

1. Athletes are expected to follow directions and instructions of all course marshals and public authorities.
2. Race officials shall have authority to disqualify any athlete.
3. Medical personnel shall have **ULTIMATE AND FINAL** authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.
4. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any Race Day Events event in the future.
5. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number timing chip immediately. It is essential that race officials know where athletes are on the course at all times.
6. Race Day Events reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefing meetings. Notification of any change will be in accordance with Milkman Triathlon competition Rules.

RACE RULES

7. Prize money for the Wisconsin Milkman Triathlon event shall be offered equally between men and women in both amount and depth.
8. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
9. Cameras, phone cameras, and video cameras for commercial use are prohibited unless permission is given by Race Day Events. If permission is given by Race Day Events, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.
10. Assistance provided by event personnel or Race officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist with other incidental items such as nutrition and drinks after a water station, pumps, tubular tires, inner tubes and puncture repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes, but is not restricted to, shoes, complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.
11. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.

SPONSORS

OFFICIAL BIKE TECH



OFFICIAL BEER SPONSOR



OFFICIAL FINISH LINE HYDRATION



SHUTTLE BUS SPONSOR



FINISH LINE MEDICAL SPONSOR



SPONSORS

