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LIFETIME
TRI

Athlete Guide

August 27-28, 2016

ChicagoTriathlon.com

   #ChiTri



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Welcome to Tri Town!

Make no mistake, the Second City may be the nation's 3rd largest city, but Chicago stands proudly as the epicenter of the multisport movement.

Since 1983, the Chicago Triathlon has welcomed more than 250,000 participants across the finish line. By our count, 40% of these finishers were first-timers, earning the coveted title of "triathlete" right here in our backyard. In 2016, we plan to add more than 2,500 newbies to that count.

SoCal may have invented our sport, but Chi-Town really is Tri-Town. Beyond the event's history and behind the huge numbers lies the answer to: "Why Chicago?"

History indicates the sport was born in 1974 as a cross-training opportunity within the San Diego Track Club. The first event featured 40 individuals who ran a 10k, then biked 8k and later swam 500 meters in the dark using car headlights. The idea caught fire, and soon morphed into organized events.

John and Judy Collins, both participants in the original SDTC event, went on to create the Ironman in 1978 - combining three Hawaii endurance races into one competition. In 1982, ABC's Wide World of Sports televised Julie Moss as she collapsed and crawled across the Ironman finish line - captivating the world and inspiring millions of viewers.

That same year, our governing body (U.S. Triathlon Association) was born, as was the first known race series (U.S. Triathlon Series). In 1983, Chicagoan Jan Caille partnered with the USTS to expand the tri series beyond the west coast. Although permits weren't secured until the last minute, the event went off without a hitch. Locals fell in love.

By 1984, the Chicago Triathlon grew beyond 2,000 participants, claiming (and retaining) the title as "World's Largest Triathlon." Chicagoans were hooked on the multisport challenge, solidified by the realization that our lakefront landscape provides the ultimate training grounds for our sport. Ohio Street Beach, coupled with the 18 miles of lakefront trails, allows athletes of all abilities and interest levels to safely enter into triathlon.

32 years later, we haven't stopped. While the participant counts, venue locations and race courses may have changed over the years, this city's love for triathlon has never wavered. Last year we hosted the World Championships. There's an honorary street named after this event. Our Mayor is an accomplished triathlete. Chi-Town is Tri-Town.

As you journey through the Expo this weekend, as you rack your bike in Transition and as you toe the line at the Swim Start, know that you are an integral part of a 34 year tradition in this city. Your commitment and dedication to this sport is what defines the grit and strength of this incredible city.

Here's to an incredible weekend,

The Transamerica Chicago Triathlon Staff:

Mary Beth Kunz, Race Director
 Gloria Aguilera, Accounting Manager
 Jose Rangel, Production Manager
 Yasamin Sabeti, Hospitality/Volunteer Coordinator
 Matt Rapaport, Partnership Marketing
 Eric Harrison, Partnership Marketing
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 David Rosenbrock, Charity/Team Coordinator
 Tim Brazel, Regional Sales Manager
 Scott Nennering, Sponsorship and Media Sales
 James Armington, Athlete Services
 Scott "Hootie" Hutmacher, Tri Brand Manager



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MEDIA REQUESTS

Those requesting official statements, media-related access to the venues or general event related questions, please contact Ashley Pawlak, PR Liaison, at ap@respublicagroup.

The Life Time Media & Event staff would like to extend special thanks to each of these groups and individuals for making this event possible:

City of Chicago
Chicago Park District
Chicago Police Department
Chicago Fire Department
Metra
McCormick Place
Art Institute of Chicago

Mayor Rahm Emanuel
City of Chicago Aldermen:
Ward 2 - Alderman Brian Hopkins
Ward 3 - Alderman Pat Dowell
Ward 4 - Alderman Sophia King
Ward 25 - Alderman Daniel Solis
Ward 42 - Alderman Brendan Reilly
1st District Commander, Robert Klich



IMPORTANT ITEMS

Race Weekend is comprised of the Transamerica Chicago Triathlon, the Chicago Triathlon SuperSprint and the Life Time Kids Tri Chicago. This Athlete Guide details pertinent information for each, including many changes such as:

MANDATORY COURSE TALKS presented by Men's Health - *All Sunday Participants*

All Sprint, International and Triple Challenge athletes are required to attend a 30 minute Course Talk prior to picking up their packet at the Expo. Explore the Course Talk schedule on page 6. Participants may RSVP online in advance.

NEW SATURDAY RACE SCHEDULE - *All Saturday Participants*

In order to alleviate wait times and congestion, Saturday's Kids' Tri event will begin first at 7:00 AM at Foster Beach, followed by the SuperSprint event at 10:00 AM. SuperSprint athletes now have two Transition windows (see below).

FLEXIBLE TRANSITION ACCESS - *SuperSprint and Sprint Participants*

In an effort to increase convenience due to their later start, all SuperSprint participants have two check-in windows on Saturday morning: 5:30 - 6:45 AM and 9:00 - 9:45 AM. Sprint participants have two Sunday morning check-in windows: 4:00 - 5:45 AM, and 6:30 - 8:30 AM. The late check-in option requires both SuperSprint and Sprint participants to use special access routes. Read more on p16. View Sunday's access map on p36. Times subject to change.

OPTIONAL SATURDAY RACKING - *All Sunday Participants*

All Sunday participants now have the option to rack their bikes on Saturday, between 2:00 - 7:00 PM. Bikes only, no bags. Bike labels must be affixed.

TRANSAMERICA ATHLETE TRACKER - *Sunday Races*

Use the Transamerica Athlete Tracker during the race to track participants as they cross various course checkpoints. The tracking features an interactive map, live streams from official timing pads, estimated arrival times and more. Live tracking is included with the Race App and at racemyrace.com/chicagotri

THE RACE APP - *All Participants & Spectators*

Download this new, all-inclusive information depository for athletes and spectators. Users can explore schedules, view maps, track athletes, search results, communicate with fellow users, share photos and more. Download the free *Life Time Athletic Events App* from the Apple Store or Google Play.

Please review the remainder of this document thoroughly. Should you have questions, please email our race staff at chicagoregistration@lifefitnes.com.



USE THE RACE APP

Get the all-inclusive #ChiTri weekend tool for timelines, course maps, wave assignments, social interaction, live tracking and more! Download the **Life Time Athletic Events App** for your iPhone or Andriod. Once loaded, set it to "Chicago Triathlon" for race access.



OFFICIAL SCHEDULE OF EVENTS

Men'sHealth

COURSE TALKS

All Sunday participants MUST attend a 30 minute Course Talk before picking up their packet. No Exceptions.

RSVP IN ADVANCE
Participants can RSVP [HERE](#) to reserve a seat in a preferred session.

FRIDAY, AUGUST 26, 2016

MULTISPORT AND FITNESS EXPO, PRESENTED BY MEN'S HEALTH

1:00 PM- 8:00 PM

Hilton Chicago | 720 South Michigan Avenue, Chicago, IL

Course Talk Schedule, presented by Men's Health

#1 1:00 PM	Expo - Room A	#9 4:00 PM	Boulevard Room	<i>1st Timers</i>
#2 1:30 PM	Expo - Room B	#10 4:30 PM	Expo - Room B	
#3 2:00 PM	Expo - Room A	#11 5:00 PM	Expo - Room A	
#4 2:30 PM	Expo - Room B	#12 5:30 PM	Expo - Room B	
#5 2:30 PM	Boulevard Rm <i>Kids/Super</i>	#13 6:00 PM	Boulevard Room	<i>Kids/Super</i>
#6 3:00 PM	Expo - Room A	#14 6:30 PM	Expo - Room B	
#7 3:30 PM	Expo - Room B	#15 7:00 PM	Boulevard Room	<i>1st Timers</i>
#8 4:00 PM	Expo - Room A	#16 7:30 PM	Expo - Room B	

** The Boulevard Room is located on the 2nd Floor

SATURDAY, AUGUST 27, 2016

MULTISPORT AND FITNESS EXPO, PRESENTED BY MEN'S HEALTH

9:00 AM - 5:00 PM

Hilton Chicago | 720 South Michigan Avenue, Chicago, IL

Course Talk Schedule, presented by Men's Health

#17 9:00 AM	Expo - Room A	#25 1:30 PM	Boulevard Room	<i>1st Timers</i>
#18 9:30 AM	Expo - Room B	#26 2:00 PM	Expo - Room A	
#19 10:00 AM	Expo - Room A	#27 2:30 PM	Expo - Room B	
#20 10:30 AM	Expo - Room B	#28 2:30 PM	Boulevard Room	<i>Para Tri</i>
#21 11:30 AM	Expo - Room B	#29 3:00 PM	Expo - Room A	
#22 12:00 PM	Expo - Room A	#30 3:30 PM	Expo - Room B	
#23 1:00 PM	Expo - Room A	#31 3:30 PM	Boulevard Room	<i>1st Timers</i>
#24 1:30 PM	Expo - Room B	#32 4:00 PM	Expo - Room A	
		#33 4:30 PM	Expo - Room B	

** The Boulevard Room is located on the 2nd Floor

FREE BIKE VALET

Ride your bike to the Expo and use the free bike valet service, provided in the Hilton, lower level, Salon B.

Keep your bike safe and secure while you attend your briefing and pick up your race packet.

OPTIONAL EARLY BIKE RACKING

2:00 - 7:00 PM

BigRing Transition Area - DuSable Harbor | 400 E. Monroe St.

Utilize the south Transition entrance (north entrance closed). Athletes only. Must show wristband to enter. Bikes only. No bags. Bike stickers must be affixed, and match number on bike sticker. Overnight security is provided.

SATURDAY, AUGUST 27, 2016



Life Time Kids Tri Chicago

Foster Beach | 5200 N. Lake Shore Dr., Chicago, IL

5:30 AM	Transition and Packet Pickup opens
6:45 AM	Kids Tri Packet Pickup closes
6:45 AM	Transition Closes, Course Talk (at Swim Start)
7:00 AM	Race Start - Juniors
8:00 AM	Race Start - Seniors
10:00 AM	Kids Tri Ceremony & Raffle (estimated)



Chicago Triathlon SuperSprint

Foster Beach | 5200 N. Lake Shore Drive, Chicago, IL

5:30 AM	Transition and Packet Pickup opens
6:45 AM	SuperSprint Packet Pickup closes
6:45 AM	Transition Closes
9:00 AM	Transition Reopens
9:45 AM	Transition Closes, Course Talk (at Swim Start)
10:00 AM	Race Start
11:30 AM	SuperSprint Ceremony & Raffle (estimated)



SUNDAY, AUGUST 28, 2016

Transamerica Chicago Triathlon

Monroe Harbor | Swim Start: 700 S. Lake Shore Drive

BigRing Transition Area: 600 E. Randolph St or 400 E. Monroe St

4:00 AM	BigRing Transition area opens (International and Sprint)
5:45 AM	BigRing Transition area closes (International and Sprint)
6:00 AM	Race begins
6:30 AM	BigRing Transition opens - Late Check-In: East Gate (Sprint only)
7:30 AM	Finish Festival Opens
8:00 AM	Transamerica Trolley Service begins
8:30 AM	BigRing Transition closes (Sprint only)
11:00 AM	Ceremony & First Raffle (estimated)
1:00 PM	Final Raffle
2:00 PM	Finish Festival Closes
3:00 PM	Transamerica Trolley Service ends

Note: The BigRing Transition Area will reopen for select wave ranges to retrieve bike and equipment on a flow, relative to the last bikers in select areas reaching T2. Please show your wristband with your bib # to Transition staff, who will match it to your bike number. Bikes cannot be removed from Transition without your race number. **Athletes only in the BigRing Transition Area!**





MULTISPORT & FITNESS EXPO presented by **Men'sHealth**

ATHLETE CHECK-IN

Athletes must check in, attend a course talk and pick up their packet on Friday August 26 (1:00 PM - 8:00 PM) or Saturday, August 27 (9:00 AM - 5:00 PM). There is **NO PACKET PICK UP ON SUNDAY, AUGUST 28.**

- Athletes are **REQUIRED** to attend the Course Talks held at the expo (schedule on page 5). These sessions will emphasize times, rules and provide a great deal of details and last-minute tips for a successful race.
- Once athletes complete the Course Talk, their hands will receive a Men's Health hand stamp, allowing them to proceed to Packet Pick Up.
- At the Packet Pick Up area, athletes must provide their athlete (bib) number before approaching the pick-up windows. Bib numbers will be emailed in advance, or can be obtained at kiosk in the Packet Pick Up area.
- Athletes must show current USAT card or pay USAT one-day fee (unless paid when you registered) and may be required to sign waivers.
- Each athlete must show an ID to pick up their race packet. **ONLY THE ATHLETE WHO IS RACING MAY PICK-UP THEIR PACKET - NO EXCEPTIONS! THIS INCLUDES ALL RELAY MEMBERS.**
- Athletes must pick up their own packet, which contains a bike frame number, helmet number sticker, Swim Gear Check bag sticker (Sunday participants), timing chip/strap and run number bib. TriTats will also be included. Safety pins will be available at Packet Pick Up. Participant tee shirts, swim caps, and goody bags will be distributed in the Southeast Hall of the Expo.
- All Sunday **RELAY TEAM MEMBERS** must be present at the Expo to pick up their own registration packet. No exceptions.



ASK A COACH!

Bring your race questions, no matter how simple or complex to Life Time Tri's "Ask A Coach" kiosk at the Expo: Booth #1220. Coaches will provide 1-on-1 support before the big day.

TIMING CHIPS

Timing chips and straps will be provided in race packets at the Expo.

Athletes must wear the timing chip on the ankle at all times during the race in order to receive an official race time. Strap the timing chip under your wetsuit.

Timing chips must be returned upon crossing the Finish Line (except for Triple Challenge). Volunteers will be on hand to collect timing chips and to help with chip removal. Failure to return the chip will result in a \$100 replacement fee.

RACE NUMBERS

The race packet will contain a series of stickers, specifically for the Swim Gear Check bag and the Bike. The Swim Gear Check sticker must be applied to the



clear plastic bag (provided to participants at Packet Pick Up) before dropping off gear.

Bike frame and helmet numbers will be included in the race packet. The bike number must be attached to the bike and the number must be visible from both sides before athletes will be permitted to bring your bike into the BigRing Transition area. A smaller self-adhesive number is to be placed on the front of your helmet.

Each participant will receive a race number/bib in their race packet. It is to be worn on the FRONT of your running shirt or shorts. The number MUST be visible while you run. Do not cut, fold, or alter your race number in any way.

SWIM CAPS

An official swim cap will be provided at Packet Pick Up in the T-shirt and Goody Bag area. This cap is provided for participant safety during the Swim and must be worn during the entire Swim. Swim caps are required to enter the Swim Staging area. Multiple waves have been assigned the same cap color. Please be sure to begin with the correct wave. Athletes must start in the assigned swim wave to prevent disqualification. NO EXCEPTIONS.

BODY MARKING

Body marking is a customary process in triathlon where athlete numbers and wave assignments are applied directly to the skin, typically using permanent marker. BigRing Bike Insurance is sponsoring the TriTats system - a temporary tattoo system delivering a professional, uniform look for all athletes.

Athletes receive two race number tattoos, one for each shoulder. Apply them to the upper arm, (between the shoulder and elbow) before arriving to the race.

In addition, you will need your USAT age marked on your right calf. Volunteers will be body marking race morning during open Transition hours near all entrances, as well as at the Expo. Athletes are advised not to apply sunscreen or Body Glide prior to body marking.

IMPORTANT: For the best bond on the skin, apply the tattoos directly to clean, dry skin that is free of lotion or sunscreen before leaving for the event. Apply sunscreen after the tattoo has dried.



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BODY TATTOOS

The Transamerica Chicago Triathlon is proud to feature TriTats - professional grade body marking systems, sponsored by BigRing Bike Insurance!



GET THE GEAR

Check out the 2016 Transamerica Chicago Triathlon official merchandise from Fleet Feet Sports, Booth #103.

EXHIBITOR LISTING as of 8/19

- | | | | |
|---------|--------------------------------|---------|-----------------------------------|
| 300 | 2XU | 108 | Miami Marathon |
| 111 | Amphibian Multisport | 503 | Minute Rice |
| 116 | Aquaman Triathlon | 201 | Mission |
| 1220 | Ask A Coach Booth | 1310 | Naked Juice |
| 1414 | Athlete Inspired | 1418 | National Running Center |
| 1516 | Bio Therapy INC | 1202 | Nature's FURY NutriDrink |
| 104 | BodyArmor | 1515 | Naute/USA Sports |
| 102 | Chicago Athlete Magazine | 117 | Nuun & Company |
| 101 | Chicago Endurance Sports | 319 | Oatmega |
| 106 | Chicago Half Marathon | 504 | Optionshouse |
| 1510 | Chicago Triathlon Club | 1403 | Orig3n |
| 1409 | CompressSport (Podium Elite) | 1512 | Protectabed, LLC |
| 119 | Computrainer | 1402 | ReAlign Chiropractic |
| 1006 | Dare2Tri | 1517 | Renew Chicago |
| 206 | DJO Global LLC | 110 | Rhythm Superfoods |
| 309 | Official Merchandise | 500 | Roka Sports |
| 103 | Fleet Feet Sports | 1008 | RunnerBox |
| 1410 | FMG | 1405 | Salming North America |
| 1404 | Future Sports Products (Zoggs) | 1308 | Shipbikes.com |
| Salon C | Goose Island Beer (ID Check) | 1407 | Smarty Pants |
| 1214 | Hawaiian Moon | 107 | Specialized Bicycle Components |
| 1511 | Heavy Medalz | 305 | Stio |
| 1216 | HydraKlick | 1215 | Swimovate USA / Powerbreather USA |
| 1415 | Jack Links | 1209 | Team In Training |
| 502 | Jelly Belly | 317 | Team World Vision |
| 301 | KeySmart & Posture PT | 207 | Transamerica |
| 218 | Krave Jerky | 1217 | Transitions Optical |
| 217 | Lane Four Swim Shop | 203 | TYR Sport |
| 1213 | Leon's Triathlon | 1204 | Urban Tri Gear |
| 210 | Live Grit | Salon C | USAT Annual Memberships |
| 1408 | LIVE Kombucha | 1205 | Viking Eyewear |
| 1411 | Mamma Chia | 1514 | Vital Proteins |
| 1416 | Mavi Bands | 1315 | Voler |
| 1406 | Medulla / Chiro One | 1201 | White Claw |
| 1302 | Men's Health | 1203 | Women For Tri |
| | | 1314 | Workday |

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GENERAL ATHLETE INFORMATION

TRANSITION SECURITY MEASURES

In order to enter each race's secured Transition area, all bags/equipment are subject to be searched by Chicago Police, security personnel and/or official Race Staff. Please exercise common sense and maintain possession of bags while outside of Transition at all times. Never leave bags unattended.

TRANSITION AREA CONDUCT

For safety reasons during the race, athletes are not permitted to ride bikes into or out of the Transition area. Walk or run alongside the bike while in the Transition area. There will be clearly marked mount and dismount lines; please obey them for athlete safety and for the safety of spectators, staff and volunteers.

Please watch for other athletes when moving through the Transition area and follow the instructions of race officials and volunteers. Please do not bring any glass containers into the Transition area.

RELAY TEAM ACCESS

Only one participant on each relay team will be allowed to enter Transition (whomever is completing the bike segment). The Swim and Run participants will pass their timing chip to their teammates outside of the Transition area, at a special Relay Pen located immediately adjacent to the Swim In/Run Out area. See map on page 35 for exact locations.

BIKE AND HELMET INSPECTION

There is no mandatory bike or helmet inspection. It is up to each individual athlete to ensure the bike is in safe and proper working order. Bike shop mechanics will be on site during Packet Pick Up and on race morning to assist with any needed repairs. Bikes must have an operating brake on each wheel. Recumbent bikes are not allowed. Handlebar end plugs are mandatory. Participants whose bikes do not have end plugs will not be allowed to race.

All participants must wear a helmet which meets or exceeds the safety standards of the Consumer Product Safety Commission during the bike segment. Athletes MUST have the helmet securely fastened before mounting the bike. USAT rules require participants to wear helmets at ALL times, including before or after the race. Those spotted riding bicycles without helmets will be disqualified.



FIND YOUR RACK

The BigRing Transition Area is a big place, with more than 7,000 bikes. Look for large signs that identify your wave's dedicated bike racks - numbered by start waves and color coded to the corresponding swim cap color.



WETSUITS

Non-professional participants shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, non-pro participants may wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or . No participants shall wear wetsuits in water temperatures equal to or greater than 84°F.

The wetsuit policy for Elite athletes shall be determined by the USAT Athletes Advisory Council (AAC). The AAC has set the wetsuit maximum temperature for elite/pros at 68 degrees for swim distances less than 3,000 meters and 71.6 degrees for distances of 3,000 meters or greater. The water temperature will be taken by a USAT official on race morning, and the temperature will be announced.

OTHER RACE CONSIDERATIONS

Dropping Out: Athletes who drop out of the race FOR ANY REASON must notify a Race Official or Race Staff immediately and return the timing chip to the Official or the Timing Tent located at the Finish Line.

Unsportsmanlike Contact: Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification.

iPod/Music Players: Headphones, headsets, earbuds, iPods, smart phones, and other personal audio devices may not be carried, worn or used at any time during the event. In the event of an emergency, athletes need to hear instructions.

Personal Belongings: Anything taken onto the course must remain in the athlete's possession. With the exception of dedicated Aid Stations, no garbage, clothing, etc. may be thrown onto the course.

Photography: Chronotrack Photography will be on site to photograph athletes during and after all races - FREE, courtesy of Athlinks! Ensure your race numbers (TriTats, body marking and bib) are visible to easily identify athlete photos.

Valuables: Please make sure any valuables left in cars are not visible. We recommend leaving them at home. This also pertains to gear check, as the race is not be liable for any lost or stolen items.

Volunteers: Please remember to thank the Volunteers! The race wouldn't be possible without their assistance.



WATER TEMP?

Lake Michigan water temperatures vary dramatically from one day to the next. Race Day temperatures range between 65-74°F. Plan for a wetsuit legal swim, although listen for the official water temperature announcement on race morning.



USA TRIATHLON

These Races are USA Triathlon (USAT) sanctioned events, therefore all USAT rules apply. USAT annual members must present a current USAT membership card to participate in the event. Annual members **MUST** show the USAT membership card at Packet Pick Up or will have to purchase the one-day membership.

USAT Annual Members whose dues are not current will be required to purchase a one-day membership for \$15 at packet pickup (those who did not do so when registering). As of January 1, 2016, USAT only offers annual youth memberships for \$15. All youth participants must be a valid member on race day. For more information on becoming a member of USA Triathlon and for complete USAT Rules, please visit them at www.usatriathlon.org.

Per USA Triathlon Rules, these races will enforce the age up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.

Example: Athletes who are 34 on the day of the race, but turn 35 before December 31, 2016, will be placed in the 35 year old age group. Those who are 34 on race day and turn 35 after December 31, 2016, will be placed in the 34 year old Age Group.

DO YOU KNOW THE RULES?

Drafting: Athletes must keep at least three bike lengths of clear space between themselves and the cyclist in front. To pass the person in front (“enter the zone”), athletes must complete the pass within 15 seconds.

Position: Athletes must remain to the right hand side of the bike lane of travel for the Kids Triathlon and SuperSprint. During the Chicago Triathlon, cyclists must **STAY LEFT** along Lake Shore Drive, then shift **RIGHT** once exiting Lake Shore Dr.

Blocking: Athletes may not ride on the left side of the lane in the Kids Triathlon and SuperSprint nor right lane for the Sprint and International races (until exiting Lake Shore Drive) unless passing others as this interferes with other cyclists who are attempting to pass.

Overtaken: If passed, cyclists must immediately exit the draft zone from the rear (i.e. slow down so there are at least three bike lengths in front of you) before attempting to pass again.

Headphones: Headsets, radios and/or headphones/earbuds are **PROHIBITED**.

Littering: Dispose of all trash in receptacles or within designated Aid Stations.



NO HEADPHONES

As is a standard in triathlon, headphones and external audio of any kind are **NOT** allowed anywhere on course (not even the run course).



SPRINT & INTERNATIONAL RACE INFORMATION

BIKE CHECK-IN

As a convenience, all Sunday participants have the option to rack their bikes on Saturday, between 2:00 - 7:00 PM. Bikes only, no bags. Bike labels must be affixed. See BigRing Transition Access Map for details. Security will be provided.

BigRing Transition opens Sunday morning at 4:00 AM. Participants must be wristbanded and bike frame stickers applied prior to entering this secured area. Reference the maps within the Transition area to locate your specific rack.

NOTE: Officials will be checking backpacks, duffle bags, drawstring bags, or similar bags at the Transition entrance. Arrive early. Allow for adequate time to complete the process.

BigRing Transition will close promptly at 5:45 AM for all Sprint and International Participants. A separate, late check-in option is available to Sprint athletes ONLY from 6:30 - 8:30 AM using a special East Gate.

ALL BIKES MUST BE CHECKED-IN DURING TRANSITION HOURS. ONCE TRANSITION CLOSES, ATHLETES WILL NO LONGER BE ALLOWED TO RACK THEIR BIKES.

Once the bike has been checked into the BigRing Transition area, athletes may NOT remove the bike until beginning the Bike leg. Bike mechanics will be available to help with tire inflation and mechanical issues. Athletes will present their bib number and wristband to reclaim bikes after the race.

COURSE CUT-OFF TIMES

The following course cut-off standards will be in effect for all Sunday participants:

Swim Course

- International participants must complete the 1.5k Swim Course by 10:15 a.m. (2 hours from the start of the final swim wave).
- Sprint participants must complete the 750m Swim Course by 11:15 a.m. (1 hour from the start of the final swim wave).

Note: These times were calculated in accordance with the Chicago Fire Department to encourage continuous, forward progress as well as applying water exposure and exertion factors. As listed, these cut-off times accommodate 99.8% of the previous participants' swim times [average International swim: 37 minutes;



EARLY RACKING

Transamerica once again provides you with the BigRing Transition Area. Sunday participants may check-in their bikes on Saturday between 2:00 and 7:00 PM. Around the clock security will be provided for this complimentary service. Only bikes with athlete numbers may be racked.



average Sprint swim: 21 minutes]. Participants unable to complete the full swim course, or who exit the water early, may not advance onto the Bike Course.

Bike Course

- International participants must reach the Lake Shore Drive exit (mile 14.5) by 10:45 a.m., enter the McCormick Place Busway (mile 18.8) by 11:05 a.m. and finish their entire bike course by 12:00 PM.
- Sprint participants must complete their entire bike course (exit Lake Shore Drive) by 12:00 p.m.

Athletes who are unable to complete the Bike Course in the allotted times will not be permitted onto the Run Course.

Run Course

- All participants must clear the Run Course by 2:00 p.m.

AID STATIONS

Water and Skratch Hydration will be available at all Run Course Aid Stations and the Finish Line. Athletes must provide their own hydration for the Bike leg. There are NO AID STATIONS on the Bike Course.

Pre Race: The Life Time Fuel Station, located near the Swim Start, is available with athlete fluids and snacks prior to racing. Water is available in the Swim Chute.

On Course: Aid Stations will be located approximately every mile on the Run. There will also be GU gels available at Aid Station B just after Mile 1. Water will also be available to fill bottles in Transition.

Finish Line: Water, Body Armor, pretzels, Curate bars and Dole fruit cups will be distributed at the Finish Line. All athletes also receive a complimentary post race Goose Island beer and meal catered by Jewell Events Catering.

SWIM GEAR CHECK

A special Gear Check area will be available at the Swim Start area for athletes to check small, pre-race items (flip-flops, T-shirts, jackets, etc.). Clear bags will be provided in the Goodie bag at Packet Pick Up.

All gear will be transported to a Gear Check Tent at the Finish Festival, located at the corner of Columbus/Balbo (no need to return to the Swim Start area), although athletes must retrieve the items upon finishing the race by 2:00 PM.

SWIM GEAR CHECK

TIP! Before you start, use the Swim Gear Check service for anything you carry out of Transition.

All Swim Gear Check bags will be transported to the Finish Festival, located at the corner of Columbus and Balbo. This alleviates you having to walk back to the Swim Start after your race.



SPECIAL NEEDS TABLE

The Event will provide a special needs table at the Swim Exit for those athletes who require eyeglasses, inhalers, challenged athlete needs, etc. Immediately after the Swim portion of the race. Athletes are responsible for handing their items to a volunteer for placement on this table before proceeding to the Swim Start.

MEDICAL SUPPORT

Medical Tents will be located at the Swim Start and Exit, inside Transition and at the Finish Line (Columbus and Balbo). Medical Tents will supply basic First Aid support during the entire race. Medical Tents are located at each Aid Station, and medical staff will be roaming the entire race venue, including the Bike Course.

If it is warm on race day, please be sure to hydrate sufficiently and pace wisely. Remember to apply sunscreen after being body marked.

IMPORTANT! Each participant must complete the medical emergency contact information on the back of the bib. In the event of a medical emergency, contact race personnel, visit a Medical Tent or call the Medical Emergency Hotline listed on the back of the bib: 1-888-543-3133.



Additionally, this event utilizes Race Guards - a unique set of race volunteers whose sole purpose is to keep an eye out for participants who may need assistance along the course. They provide supplementary medical support to the existing medical plan for an added level of race participant safety by running along side the participants. They will patrol the course and help out where needed.

They will be easily identifiable with Red Medical bibs located on their back. Safety is our top priority so be on the look out and say hello when you pass them!

EVENT ALERT SYSTEM (EAS)

This race will employ the EAS system, encompassing a color-coded system to display current event conditions. Participants will notice flags posted throughout the race venue, as well as at each Aid Station on Race Day. Please be attentive to conditions, and listen for staff instruction in the event of an elevated event status.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

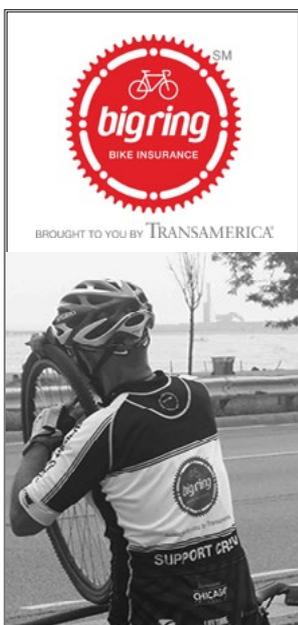


EMERGENCY EVACUATION

In the event of severe weather, course accidents or other safety related incidents, the Race Director may request the race site and course be EVACUATED. Course evacuation orders will come from the Race Director and will be communicated to all present via public address system.

If an order to evacuate the course is made, race staff and volunteers will direct participants and spectators to the following designated buildings along the course:

RACE START/FINISH	Hilton Hotel - 720 South Michigan Ave
SWIM COURSE	Chicago Yacht Club - 400 E. Monroe St.
BIG RING TRANSITION AREA	Millennium Park Garage, Columbus Dr. and Monroe St. (Northeast Corner)
BIKE COURSE	
- From Randolph to North Ave.	Millennium Park Garage - Columbus Dr. and Monroe St. (Northeast Corner)
- From North Ave to Belmont	Peggy Notebaert Museum - 2430 North Cannon Dr.
- From Belmont to Lawrence	Immaculata High School - 640 Irving Park Rd.
RUN COURSE	
- From Transition to Balbo	Millennium Park Garage - Columbus Dr. and Monroe St.
- From Balboa to Waldron	Hilton Chicago Hotel - 720 South Michigan Ave
- From Waldron to 31 Street	McCormick Place, Lower Level - 2301 Lake Shore Drive



BIKE SUPPORT

Flat tire? Broken chain? Don't sweat! Watch for the BigRing Bike Support Crew on course.

This savvy group will patrol the Bike Course throughout the day, ensuring all athletes are safe and in constant motion.

BIG RING BIKE SUPPORT CREW

BigRing Bike Insurance is providing 20 Bike Marshals to patrol the bike course. The Bike Marshals can be identified by a high-visibility BigRing cycle jerseys. Marshals will assist participants with medical issues, mechanical issues, and maintain a line of protection between vehicle traffic and bike traffic by reminding cyclists to keep to the correct side of the road.

LOST & FOUND

A dedicated Lost & Found area will be located at the Information Tent, just outside the Finish Festival area at the corner of Columbus and Balbo Drives.

RECLAIMING BIKE AND GEAR

Bikes and equipment may be removed from the Transition area once all athletes in each race have finished the bike course. AFTER 2:00 PM TRANSITION WILL NO LONGER BE A SECURED ZONE. Remaining items will be discarded or donated.



SPOT HERO

Reserve Parking Now

Download the SpotHero iPhone or Android app and enter promo code **CHITRI16** for \$5 off your first spot!

PARKING

Race day parking is available through a variety of downtown pay lots, as well as the Hilton Chicago. Regular rates and rules apply. Race Staff recommend reserving parking in advance with SpotHero!

To reserve your spot today, visit the [Chicago Triathlon SpotHero Parking Page](#) and the [Chicago Triathlon Multisport & Fitness Expo SpotHero Parking Page](#) to find and book parking with rates up to 50% off drive-up.

Participants who plan to drive downtown on race morning are also welcome to park in the 9,200 space Millennium Garage in Grant Park. This underground lot is located near the Transition area, along Michigan Avenue and Randolph Street.

Spectators may consider parking at the Soldier Field North Garage Lot, located at the north end of Museum Campus Drive. This location is an easy walk to the Swim Start, Run Course and Finish Line areas.

SPECTATING

The Transamerica Chicago Triathlon is the world’s largest multisport event. Just as all athletes should properly prepare for the enormity of race day, so should spectators. It’s not uncommon for many show-up to the lakefront without a plan, quickly growing frustrated and overwhelmed.

A few tips to help the Sunday race viewing experience:

- We recommend spectators download the *Life Time Athletic Events App*, selecting the “Chicago Triathlon” event and “Spectators” section for detailed suggestions.
- Know exactly what time your athlete starts the swim, and set a meeting point and time to say your goodbyes!
- Plan your logistics, both into Grant Park and throughout the race venue. Public transit, parking garages, cabs and/or Divvy bikes are all great options - assuming you know which roads remain open to the public. Don’t forget about the free Transamerica Chicago Trolleys that circle Grant Park.
- Learn your athlete’s estimated time to be reach specific parts of the course, especially at spectator-friendly spots.
- Know what your athlete will be wearing, to easily spot them on the fly.
- Bring a snack, money for coffee, apply sunscreen and wear comfy shoes!

Where to Watch

Regardless of the event’s size, the Chicago Tri happens to be one of the most spectator-friendly races on earth, starting with the swim course in Monroe Harbor.



SWIM: The Swim Course spans the entire lakefront path. Husbands and wives can kiss each other goodbye as athletes jump in the water, then be no further than 25 yards from them through the duration.

BIKE: The Bike Course is a bit tougher to spectate, considering the inaccessibility of Lake Shore Drive. Sprint athletes can easily be spotted at the Bike In/Out area at the Randolph Circle Drive, and on the North Avenue pedestrian bridge. For International athletes, the best vantage point is atop the 11th Street Pedestrian bridge, overlooking the McCormick Place Busway. Athletes will fly underneath twice, within 5-10 minutes, before venturing on the lakefront Run Course.

RUN: The best spot to view all runners is in the Museum Campus, specifically in back of the Field Museum. This is a great spot to photograph your athletes, capturing both the skyline and converging groups of runners in the background. This crazy area is eloquently referred to as the “spaghetti bowl.” This is also an easy walk back to the Finish Line, only a few hundred yards away on Columbus Cross walks will be set up to allow spectators to see athletes during the race.

As a reminder, spectators are prohibited from assisting athletes in any way. Triathlon is an *individual* sport. Those who receive outside assistance (of any type) have an unfair advantage over the competition. Athletes who are seen accepting assistance are subject to time penalties or disqualification. Families and spectators must stay off the course, and may not enter Transition or the Finish Line chute.

TRIPLE CHALLENGE PARTICIPANT DETAILS

Triple Challenge participants compete in three races during the weekend: The Chicago Triathlon SuperSprint, Sprint and International events. Triple Challenge participants **MUST** pick up their race packets on Friday at the Expo.

Triple Challenge participants will race in the following waves:

Saturday:	SuperSprint	Waves 24-26: 10:05 - 10:11 AM	Foster Beach
Sunday:	Int'l Race	Wave 1: 6:00 AM	Monroe Harbor
	Sprint Race	Wave 52: 10:15 AM	Monroe Harbor

Triple Challenge participants will receive one assigned athlete number and one timing chip for all three events. Do not allow your chip to be removed after the SuperSprint or International races. Triple athletes will have dedicated racks for both Saturday and Sunday races. Consult the BigRing Transition map for location.

Triple Challenge participants will be offered a special SWIM VALET SERVICE on Sunday, allowing you to finish the International Distance event and proceed



directly to the Sprint Swim Start, bypassing the need to return back to Transition. With only 4:15 between events, this service will expedite your ability to return to the Swim Start for your final race.

One red Swim Valet Bag will be included in all Triple Challenge packets. These pre-numbered bags are to be used for any items you would like to have at the Sprint Swim Start (ie. wetsuit, swim cap, goggles, nutrition, etc.).

You must pack these Swim Valet bags during your International race T1 Transition. Secure the bag and leave them at your rack. If using this service, Event Staff will collect the bags while you are out on the bike and transport them to the Swim Start Gear Check Tent, located immediately north of the Swim Start entrance chute.

Following your International race, proceed to the Swim Start Gear Check Tent. A separate, clear bag will be provided for your run items. Those bags will be transported to the Finish Festival Gear Check Tent for pick up after your final race.

This swim valet service is completely optional. If you choose to use it, you **MUST** have two pairs of running shoes. (as well as a secondary hat, sunglasses, etc) which alleviates the need to return to Transition between races.

Upon completing all three events, participants will immediately receive a Triple Challenge “Finisher” running jacket in the Finish Line area.

Triple Challenge Concierge Staff will be on hand at the Expo on Friday from 1:00 - 8:00 PM in the Packet Pick Up area to field questions. Participants may also email chicagoregistration@lifetimefitness.com with questions.

100 CLUB CHALLENGE

The 100 Club Challenge is a special race within a race competition during the Transamerica Chicago Triathlon weekend. Originally known as the First Responders’ Competition, the program began in 2007 as a friendly wager among seven members of the Chicago Police Department and the Chicago Office of the FBI. This year, more than 125 first responders are enrolled.

In 2016, this special competition has been renamed on behalf of the Transamerica Chicago Triathlon’s new partnership with The 100 Club of Chicago. The purpose of this organization is to provide for the surviving spouses and dependents of law enforcement officers, firefighters and paramedics who lose their lives in the line of duty. This includes federal, state, county and local officials in both Cook and Lake Counties.



TRY THE TRIPLE!

The Triple Challenge is one of the most sought after competitions within the Chicago Triathlon Weekend, and sells out after only a few weeks. Participants complete in Saturday’s SuperSprint event, followed by both the International and the Sprint races on Sunday - that’s 59 total miles of racing!



All active duty First Responders will be integrated into the 100 Club Challenge, on one of two teams: Police vs. Fire:

POLICE: Local, state and federal law enforcement, including FBI, CIA and all military personnel

FIRE: Local and regional firefighters, paramedics and auxiliary EMS personnel

The winning team will earn the 100 Club Challenge trophy, as well as present an oversized donation check to the 100 Club, on their team's behalf, during the Chicago Triathlon Ceremony.

EARNING TEAM POINTS

The 100 Club Challenge winner is determined points, awarded through both participation and competition:

PARTICIPATION: Each participant earns team points by simply crossing the finish line. The number of participation points directly correlates to the race distance:
 International: 3 points, Sprint: 2 points, Relays: 1 point per team.

COMPETITION: The fastest 20 finishers in the International and Sprint distances will earn points for their team. Points allocations consist of: 1st place: 20 points, 2nd place: 19 points, 3rd place: 18 points and so on through 20th place (1 point).

The fastest 10 teams in the Relay competition will also earn points for their team. These point allocations consist of: 1st place: 10 points, 2nd place: 9 points, 3rd place: 8 points and so on through 10th place (1).

All points will be tallied following the event, with the team earning the most points crowned the winner. Additionally, the top three performing female and males from each team within each race distance will earn , as well as the top three overall fastest relay teams.

All 100 Club Challenge participants receive complimentary race day perks, including priority wave starts, dedicated transition racks and VIP team tents in the start and finish areas.

All 100 Club Challenge participants must provide proof of eligibility in the form of agency or ID credentials. Beyond the overall team award, 100 Club Challenge will be presented to the top three overall female and male participants from both Police and Fire within the individual Sprint, individual International and Relay (International) distances.

Participants are not eligible to receive standard USAT Age Group .



POLICE vs. FIRE

Watch as 125 first responders compete in the 100 Club Challenge - the ultimate test of mettle. The winning team will raise the 100 Club Challenge trophy and present a huge donation check at the Ceremony!



Ben Hoffman
5x Ironman Champion

Tri to be financially fit

Transamerica is proud to be a sponsor of the LifeTime Triathlon Series and title sponsor of the Chicago Triathlon.

With our commitment to the endurance community along with investment, insurance, and retirement solutions, Transamerica helps balance financial and physical fitness so you can live active with confidence.

Transamerica.com





FAQS: SPRINT & INTERNATIONAL RACES

GENERAL QUESTIONS

1. What are the different competition categories on Race Day?

The Sprint race hosts standard age group, mountain bike and relay divisions. The Open Age Group is for competitors riding road/racing bikes. The mountain bike division is ONLY for competitors using large wheeled bikes. Competitors are timed according to gender and age group categories. The International race hosts Open Age Group, mountain bike and relay team divisions.

2. What is a relay team?

Relay teams consist of 2-3 athletes who collectively complete all three triathlon disciplines. In a two-person team, one athlete will complete two of the three disciplines. In a three-person team, each athlete completes one segment of the race.

Relay team members should wait inside the special Relay Pen, located at the Swim In/Run Out end of the BigRing Transition area. The ankle strap and timing chip must be passed from one teammate to another at this area.



THE BIKE START

TIP! Remember to keep your bike in an easy gear when you rack your bike. The first portion of the Bike Course leads you up the Lake Shore Drive on-ramp.

BODY MARKING FAQS

3. Must I be body marked at the Expo?

No. Title sponsor Transamerica's BigRing Bike Insurance is once again providing the TriTats body marking for this year's Tri. Make sure to apply them before arriving on Race Day. TriTats at-home tattoos eliminates one step of the body marking process. Volunteers will write the USAT age on the athlete's calf (using permanent marker). Body marking stations will be available at the Expo and on Race Day. You may NOT body mark yourself.

4. Where do I need to get body marked?

TriTats are applied to each arm. Body marking will be applied on the calf.

SWIM FAQS

5. How many people compete in the Sprint and International races on Sunday?

Approximately 7,000 competitors will participate in the event.



6. If someone hands me my glasses at the end of the swim, does that violate the “No Help” rule?

No, however the helper will not be allowed in the Swim Exit and must stand behind the fence lining the course. The race provides a “Special Needs Table” at the Swim Exit, on which athletes may place glasses, inhalers or other medication prior to their race start.

7. What is the water temperature?

Lake Michigan is a large open body of water. Temperatures can vary dramatically from the high 50’s to the low 70’s. The average in the past few years has been between 65 - 74 degrees.

8. May I wear a wetsuit and are there any specifications?

Please be aware that wetsuits are prohibited when the water temperatures is 84 degrees or above. Also, when water temperatures are 78 degrees of above, participants who wear wetsuits may not compete for USAT Age Group . Wetsuits must not be over 5mm at its thickest point. It is recommended that anyone racing in a wetsuit should have used the wetsuit in their training.

9. May I use any stroke in the swim portion? Yes

10. How deep is the water in Monroe Harbor?

The water is 8’ to 12’ deep. Athletes will not be able to touch the bottom.

11. If I hang onto the lane lines, kayaks, buoys or the sea wall, will I be disqualified?

No. You may stop and rest during the swim, but you must not interfere with the progress of other swimmers. You may hang onto the guard boats, kayaks or the buoys, as long as you do not advance your progress with your hands.

12. Will the race begin on the beach or in the water?

The race will start in the water. Groups of 80 - 150 will jump in, tread water for (up to) five minutes, then begin upon the blast of a horn.

13. What is the swim course like?

The Swim will take place in Monroe Harbor, which is closed to boat traffic during the event. The start is at the Lakefront, at Balbo Drive at the Lake. The Swim parallels the sea wall to the exit at the Chicago Yacht Club, at Monroe St.



SWIM

TYR Sport is giving away a transition bag packed with training essentials (a \$212 value) to the fastest male and female swimmer from the randomly selected 25-29 age group this weekend for both the Sprint and International distance! Give it your all at the start of the race and you could be the one taking home the prize.



14. Will I be disqualified if I exit the Swim Course before the Swim Exit?

Yes. Swimmers are encouraged to stay in the water through the entire swim portion, for the safety of all participants and the accuracy of timing results. If you exit the Swim Course before the Swim Exit and progress on foot, your timing chip will be pulled and you will be disqualified. This is a USAT rule and is non-negotiable.

15. Is there a time limit on the Swim Course?

Yes. International athletes have two hours to complete the course from the start of the last International wave. Sprint athletes have one hour to complete their course from the start of the final Sprint wave.

16. What additional equipment will be permitted in the swim?

Aqua socks, masks, swim snorkels and goggles will be allowed in the Swim. Use of flotation devices, flippers, paddles or other aids is strictly prohibited.

17. How is my wave assigned?

Waves are assigned to division, gender, and age group. For larger age groups, there are multiple waves. Some smaller groups are combined into waves.

18. May I switch my wave?

Wave assignments cannot be changed. Persons “sneaking” into a wave not assigned to them will be subject to disqualification.

19. How many people will be in my wave?

Wave numbers are approximate and are assigned to facilitate timing and ensure accuracy and safety. On average, swim waves vary from 80 to 150 people.

20. How many minutes apart are the wave starts? Typically every 3-5 minutes.

21. Is there an Aid Station at the Swim Start?

Yes. Water is available to athletes at the Swim Start chute. Additionally, pre-race water, Skratch Hydration and snacks are available at the Fuel Station.

22. Will there be a swim warm-up? No, although you will tread water for 3-4 mins.

23. Is there a Gear Check at the Swim?



THE RUN, MILE .8

At this point, you will be passing the Swim Start area - a great place for a high-five and some much needed inspiration (and only a few hundred yards from Aid Station B). You're almost home!



Yes. The Swim Gear Check is located north of the Swim Start. Gear check opens at 5:00 am. This area closes at 10:30 AM when all gear bags are transported to the Finish Festival area for pickup.

24. I lost my swim cap. What should I do?

Extra caps will be available at the Information Tents, near Monroe & Lake Shore Drive, and at the Swim Solutions Tent near the Swim Start.

25. May I be placed in the same wave as my friend/mom/training partner?

Due to timing and safety considerations, it is critical that every athlete start in the swim wave to which he/she has been assigned. Each athlete is pre-assigned to a wave start based upon his or her age. There will be no switching of waves to accommodate athletes who wish to race with friends.



THE BIG FINISH

TIP! As you approach the Finish Line, make sure your bib is visible for the paparazzi - and don't forget that all athlete photos are FREE courtesy of Athlinks!

BIKE FAQs

26. May I use a mountain bike in the non-mountain bike Sprint division or in the international division?

Yes, you may use a mountain bike in the International or the Sprint non-mountain bike division. This division is a competition category, but it is not mandatory that you be enroll in this division if you ride a mountain bike.

27. Does the Mountain Bike Division start in a separate wave?

Yes, Mountain Bikers will be grouped into the same waves. The number of waves will depend on the number of registered participants in this division.

28. Are there any Aid Stations on the bike course?

No. Please come to the race with a full water bottle. There will be water available for filling up your bottle in the center of the Transition area, accessible by both Sprint and International participants.

29. Will there be mile markers on the Bike Course?

Yes, mile marks will be placed at each five (5) mile increment.

30. May I use a tandem or recumbent bike in the race?

Per USAT rules, only Para triathletes are allowed to use non-standard bicycles. Should you wish to utilize another style of bike, permission must be granted from the USAT Head Official prior to the race.



TRANSAMERICA®

TAKE THE TROLLEY

You've done the hard part - let us give you a lift. Title sponsor Transamerica is once again providing complimentary trolley service for athletes and spectators. Take the trolley from the northeast corner of Balbo Dr. and Columbus Dr. and the southwest corner of Lake Shore Dr. and Monroe St. anytime between 8:00 AM to 3:00 PM.

31. Are there specifications for bike helmets?

Yes, the bike helmet must be ANSI, CPSC or SNELL certified. Most helmets purchased in the US within the last 2-3 years are certified. Please confirm this by checking for a sticker indicating its certification on the inside of the helmet. BIKE HELMETS MUST BE SNAPPED AND SECURE BEFORE EXITING THE TRANSITION AREA

32. Do I have to get my bike inspected?

No, but it is highly recommended. Many people experience technical problems on race day that could have been easily avoided if the bike had been inspected prior to the race. In order to avoid disappointment on race day, we urge all competitors to have their bikes inspected no more than three weeks prior to the event. Please contact your local bike shop for additional information.

33. Will I need to show a bike inspection sticker to participate in the race? No.

34. Will there be Bike Techs available for assistance on race day?

Yes. Bike Techs will be located at the north and south ends of Transition.

35. If I break down on the bike course will there be any assistance offered?

Yes, 20 BigRing Bike Support Crew will patrol the course on Sunday (with roving mechanics on Saturday). A SAG vehicle will also be circling throughout the race and return you to the Transition area. If you break down, please move to the side of the road (off the course) and inform a race official, security or police. They will assist you in locating proper aid.

RUN FAQs

36. Are there any Aid Stations on the Run Course?

Yes, there are four Aid Stations on the Sprint course, and seven Aid Stations on the International course. All will be serving water and Skratch Hydration.

37. Will there be mile markers on the Run Course? Yes.

38. Will there be gel offered on the Run Course?

There will be GU gels located at Aid Station B, which is located near the 1 Mile mark of the Run Course.



39. How does the Saturday Bike Check work?

All Sprint, International and Triple Challenge participants have the option to check their bikes into the BigRing Transition area on Saturday between 2:00 - 7:00 PM. Use the south entrance near Monroe St (the north entrance will remain closed). Only bikes are permitted at this time (with race numbers affixed), no bags. The Transition area will be secured through the duration, with lighting and security provided.

40. When will I be able to access the BigRing Transition Area on Sunday?

The Transition area, located in the grassy area near Randolph and Lake Shore Drive will be accessible from 4:00 to 5:45 AM for both Sprint and International participants.

A secondary check-in will be available for SPRINT PARTICIPANTS ONLY from 6:30 - 8:30 AM, using a special East Gate. Consult the Transition map for exact entrance. Arrive early due to increased security precautions. Anyone arriving after Transition closes will not be allowed to race.

41. How is the BigRing Transition Area designed?

Transition is divided into sections by event (Triples, Sprint and International). There will be a diagram of the Transition area at the Course Talks. Racks will be numbered by wave and bib numbers. You must return your bike to the same location in the racks.

You will not be able to pick up your equipment until the last Age Group participant in your assigned area has started the Run. In order to ensure the security and safety of our competitors and their equipment, there are absolutely NO EXCEPTIONS to the above rules.

42. Can I use decorations (balloons, etc.) to indicate where my things are in the Transition Area?

No. Balloons and signage are not allowed, as they often hinder visibility to event signage. We reserve the right to remove any materials that will interfere with the safety/security of our competitors and their equipment.

43. What time will the BigRing Transition Area re-open?

The exact time is to be determined by the Race Director and is dependent upon when the last competitor completes the Bike Course and has set out on the run. You will need to show your wristband in order to re-enter the Transition area.



All equipment must be picked up by 2:00 PM. Event organizers will not be responsible for any unclaimed equipment after that time.

44. How do I know where to put my bike?

Look for color-coded, numbered signs placed at the end of each bike rack that correspond to your wave color/number. Each wave will offer 15-18 individual bike racks for you to choose from. Rack space is available on a first-come, first-served basis. Approximately 10 bikes will fit on each rack.

45. Why do I have to wait to claim my gear from Transition after the race?

To ensure fairness and the safety of all athletes, we must insist that the Transition area be closed to all but racers-in-progress from the first wave through the last athlete to start the Run. Instead of leaving right after you finish, we invite you to cheer on your fellow athletes and enjoy the Finish Festival area.

CHIP TIMING

46. How does chip timing work?

A computer chip encoded with the athletes name, race number and wave start is attached to a strap that the athlete must wear **SECURELY** around their ankle. A “scanner” located on mats positioned near Transition (Swim Start/Finish; Bike Start/Finish; Bike Turnarounds; Run Start; Run Turnarounds and Finish) “reads” the chips and records the time as each athlete steps on the mat. For this reason, athletes must be careful to step/ride near the mats along the course. In addition, an athlete who starts any wave after the first swim wave begins, must take care not to step on a mat in or around the Transition area accidentally as he/she waits for their wave to begin. The chips go “live” after Saturday’s mandatory Packet Pick Up and will record every instance an athlete steps on a mat; if such a time is recorded that is earlier than an athlete’s scheduled wave, accidentally or intentionally, the chip will automatically disqualify them.

47. May I wear the chip wherever I want as long as the chip is with me?

No. The strap with the timing chip must be worn on the ankle.

48. If I lose my chip, will I be timed for the race and where can I get another chip?

You must have a chip to participate. If you lose your chip before the race starts, see race personnel at the Swim Solutions Tent (located at the Swim Start chute entrance) to rent a replacement chip. Each timing chip is very valuable. Replacement cost in case of loss is the athlete’s responsibility and is \$100.



RENEW & RECHARGE

Non-stop selfies can quickly drain a mobile device! Not to worry, the Renew Chicago Tri Team volunteer staff will have a set of PowerTowers available for you and your paparazzi to recharge those devices. Look for the Athlinks flame atop the towers at both the Renew & Recharge Lounge at the Expo (Booth #1517), as well as at Sunday's Finish Line Festival near the Stage.

PORTOLETS

49. Where are the portolets located?

There are portolets outside the south end of Transition, between the Swim Start & Swim Finish (on Queen's Landing), and at the Finish Line/Finish Festival.

MEDICAL

50. Are there Medical tents and personnel located on the course?

Yes. There will be medical tents and personnel available for basic first aid at Transition, Swim Start, Swim Exit, at every Aid Station along the Run Course as well as at the Finish Line.

51. What time is the Ceremony and Raffle?

The Sunday will begin around 11:00 AM, contingent upon results being finalized. Within the Ceremony, an all-athlete raffle will be conducted as well. Participants may opt-in using the dedicated "Raffle" pull tab on their bib. A second raffle will be held at 1:00 PM for any participants who did not attend the first session.

52. Where is the Ceremony?

will be presented at the Transamerica Stage, located in the Finish Festival on the west side of Columbus, across from the athlete picnic area.

MISCELLANEOUS

53. Will there be Race Day transportation?

Yes. Transamerica Trolleys will be available on Race Day for athletes and spectators, from 8:00 AM - 3:00 PM. The trolleys will transport athletes and spectators from the BigRing Transition area to the Finish Festival. Pick-up and drop-off will be located at the northeast corner of Balbo and Columbus as well as the southwest corner of Lake Shore Dr. and Monroe St.

54. Is there a Lost and Found?

Yes. During the Expo the Lost and Found will be located inside the Mobley Room in the Chicago Hilton. During both the Saturday and Sunday races, Lost and Found will be located at the Information Tent located at Columbus & Balbo.



55. I will be unable to race; can I get a refund?

As is clearly stated in all race materials, there are absolutely NO REFUNDS.

56. May I change a member of my relay team? No.

57. If I can't make the race, can I give my entry to a friend? No.

58. What is the weight requirement for the Clydesdale division?

All individuals registered in this division will have to weigh-in at the Expo on Friday and Saturday. Men must weigh at least 220 lbs., women must weigh at least 165 lbs. For additional information about Team Clydesdale please visit their website at <http://www.teamclydesdale.com>

59. I am registered for the Clydesdale division. If I fail to make the weight requirements at Packet Pick Up will I be disqualified?

No, you will simply be transferred to the Open Age Group competition.

60. Can I rent a wetsuit?

The event organizers do not provide nor source equipment rental. We strongly discourage anyone from using unfamiliar equipment.

61. Where can I get a USA Triathlon membership?

USAT memberships are mandatory for anyone participating in the Chicago Triathlon. If you are not already a USAT member, adults may purchase a one-day membership for the event by submitting payment with your registration or by visiting the USAT desk at the Expo on Friday or Saturday. Youth participants are required to have or obtain an annual membership.

62. If I already have a USAT card, do I have to bring it with me to Packet Pick-Up?

Yes, if you do not bring your card, you will be required to purchase a one-day membership at the Expo.

2016 WAVE START ASSIGNMENTS

Transamerica Chicago Triathlon

Sunday, August 28, 2016

WAVE	BIB RANGE		DESCRIPTION	START	SWIM CAP	
INTERNATIONAL	1	1	176	TRIPLE CHALLENGE	6:00:00	YELLOW
	2	177	360	PREMIER & FIRST RESPONDERS & WORKDAY	6:04:00	ROYAL BLUE
	3	361	540	CHARITY & CHICAGO ENDURANCE SPORTS	6:08:00	ORANGE
	4	541	660	M19UND, M20-24	6:13:00	SILVER
	5	661	830	M25-29	6:18:00	PURPLE
	6	831	990	M25-29	6:23:00	NEON YELLOW
	7	991	1100	M25-29, M30-34	6:28:00	GREEN
	8	1101	1220	M30-34	6:33:00	NEON ORANGE
	9	1221	1370	M30-34	6:38:00	WHITE
	10	1371	1520	M35-39	6:43:00	RED
	11	1521	1670	M35-39	6:48:00	ROYAL BLUE
	12	1671	1810	M40-44	6:53:00	ORANGE
	13	1811	1950	M40-44	6:58:00	SILVER
	14	1950	2090	M45-49	7:03:00	PURPLE
	15	2091	2210	M45-49, M50-54	7:08:00	NEON YELLOW
	16	2211	2340	M50-54	7:13:00	GREEN
	17	2341	2470	F25-29	7:18:00	NEON ORANGE
	18	2471	2600	F25-29, F30-34	7:23:00	WHITE
	19	2601	2760	F30-34	7:28:00	RED
	20	2761	2910	F35-39	7:33:00	ROYAL BLUE
	21	2911	2990	F19UND, F20-24	7:38:00	ORANGE
	22	2991	3110	RELAYS	7:43:00	PINK
	23	3111	3240	M55-59	7:47:00	SILVER
	24	3241	3360	F40-44	7:51:00	PURPLE
	25	3361	3430	F45-49	7:55:00	NEON YELLOW
	26	3431	3530	CLYDESDALE, MMTB, ATHENA, FMTB	7:59:00	GREEN
	27	3531	3630	M60+	8:03:00	NEON ORANGE
	28	3631	3720	F50-54, F55-59, F60+	8:07:00	WHITE
	29	3721	3880	FIRST-TIMERS' PROGRAM & LAID BACK WAVE	8:11:00	RED
	30	3881	4000	PARA TRIATHLETES	8:15:00	NEON GREEN
SPRINT	31	4001	4050	FIRST RESPONDERS & WORKDAY	8:45:00	ROYAL BLUE
	32	4051	4080	PARA TRIATHLETES	8:49:00	NEON GREEN
	33	4081	4220	CHARITY & CHICAGO ENDURANCE SPORTS	8:59:00	ORANGE
	34	4221	4300	M19UND, M20-24	9:03:00	SILVER
	35	4301	4460	M25-29	9:07:00	PURPLE
	36	4461	4600	M30-34	9:11:00	NEON YELLOW
	37	4601	4740	M30-34, M35-39	9:15:00	GREEN
	38	4741	4880	M35-39, M40-44	9:19:00	NEON ORANGE
	39	4881	5020	M40-44, M45-49	9:23:00	WHITE
	40	5021	5160	M45-49, M50-54	9:27:00	RED
	41	5161	5290	F35-39	9:31:00	ROYAL BLUE
	42	5291	5440	F30-34	9:35:00	ORANGE
	43	5441	5580	F25-29, F30-34	9:39:00	SILVER
	44	5581	5750	F25-29	9:43:00	PURPLE
	45	5751	5890	F19UND, F20-24, RELAYS	9:47:00	PINK
	46	5891	6050	F40-44, F45-49	9:51:00	NEON YELLOW
	47	6051	6180	FIRST-TIMERS' PROGRAM & LAID BACK - MALE	9:55:00	GREEN
	48	6181	6360	FIRST-TIMERS' PROGRAM & LAID BACK - FEMALE	9:59:00	NEON ORANGE
	49	6361	6500	CLYDESDALE, MMTB, ATHENA, FMTB	10:03:00	WHITE
	50	6501	6660	M55-59, M60+	10:07:00	RED
	51	6661	6800	F45-49, F50-54, F55-59, F60+	10:11:00	ROYAL BLUE
	52	1	176	TRIPLE CHALLENGE	10:15:00	YELLOW



TRANSAMERICA®
CHICAGO™
 TRIATHLON

CHICAGOTRIATHLON.COM

COURSE MAP KEY

- S Start
- F Finish Line
- A Aid Station
- 19 Mileage
- Big Ring Transition Area
- Course Alert

SWIM COURSE

- Sprint
- International

RUN COURSE

- Sprint
- International

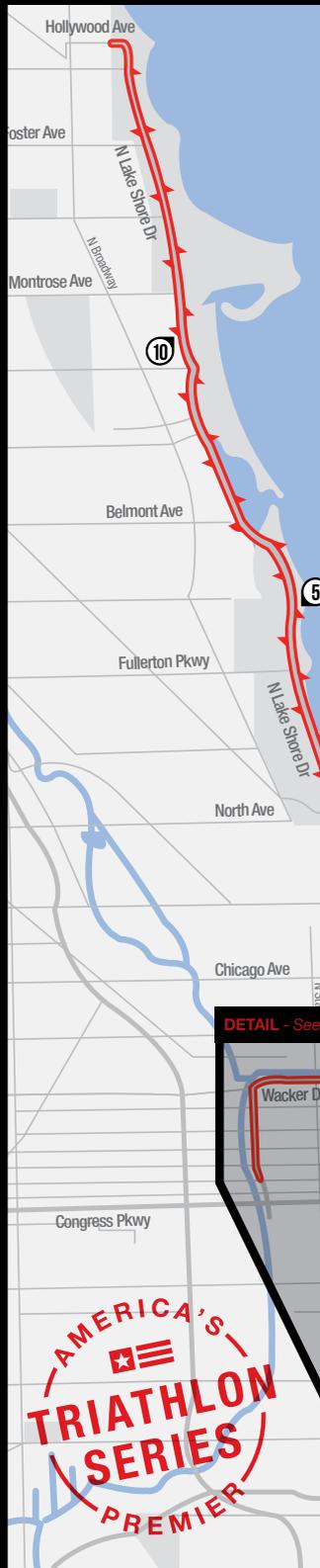
BIKE COURSE

- Street Level
- Intermediate Level
- Lowest Level

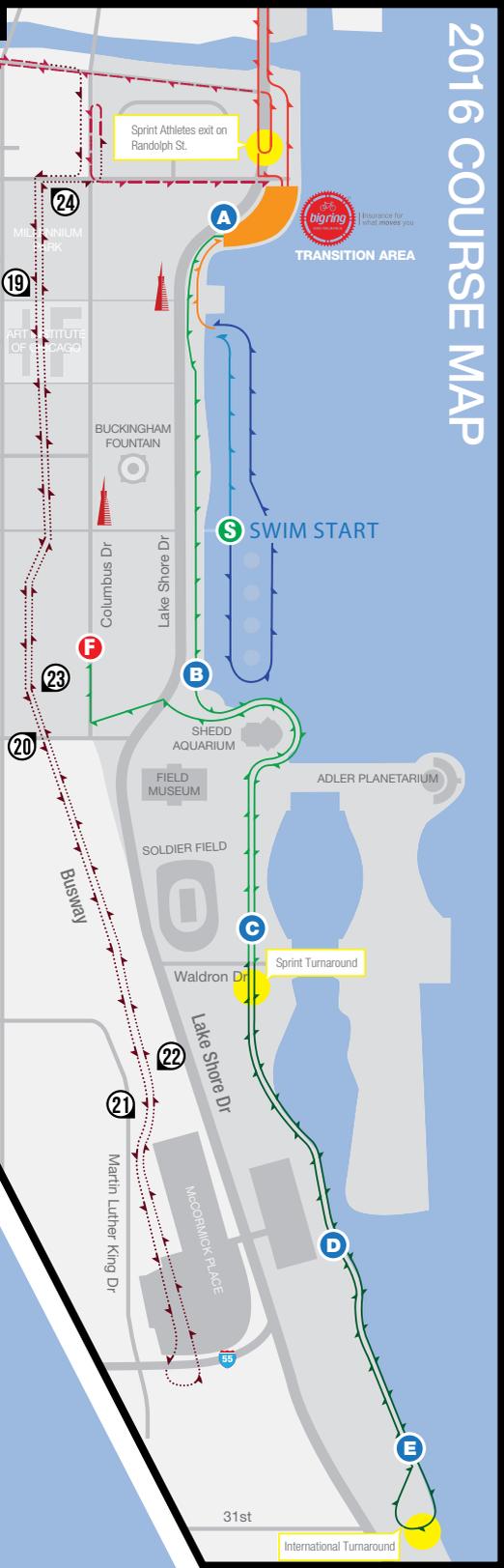
ADDITIONAL SUPPORT

- Transamerica Trolley Drop Off & Pick Up
- Mobile Big Ring Bike Support Team

COURSE OVERVIEW



COURSE DETAIL



2016 COURSE MAP



AMERICA'S

 TRIATHLON
 SERIES
 PREMIER

SPRINT & INTERNATIONAL RACE TRANSITION ACCESS



ACCESS MAP KEY

- Transition Area
- General Starting Point
- Specific Access Route

EARLY BIKE CHECK-IN

Saturday, August 27
 2:00 - 7:00 PM

- Applies to: All Sunday Athletes
- Bikes only. No bags dropped.
- Race stickers must be applied to bike.
- Wear your helmet if riding bike.
- Access Transition via: A1, B, C, D
- Enter via the **SOUTH** entrance.

RACE DAY - EARLY

Sunday, August 28
 4:00 - 5:45 AM ➡➡

- Applies to: All Athletes
- Mandatory bag checks upon entry.
- Race stickers must be applied to bike.
- Wear your helmet if riding bike.
- Access Transition via: A1, A2, B, C, D

RACE DAY - LATE

6:30 - 8:30 AM ➡➡

- Applies to: **Sprint participants only**
- Enter using separate east Gate.
- Mandatory bag checks upon entry.
- Race stickers must be applied.
- Wear your helmet if riding bike.
- Access Transition via: A1, D

Sprint participants arriving after 5:45 AM will NOT be able to access Transition from access points B or C.

Intermediate (Middle) Randolph St

**NORTH
ENTRANCE**

**LATE
ENTRY
GATE**

BIG RING TRANSITION LAYOUT

NORTH ENTRANCE
600 E. Randolph St
SOUTH ENTRANCE
400 E. Monroe St

Lake Shore Drive

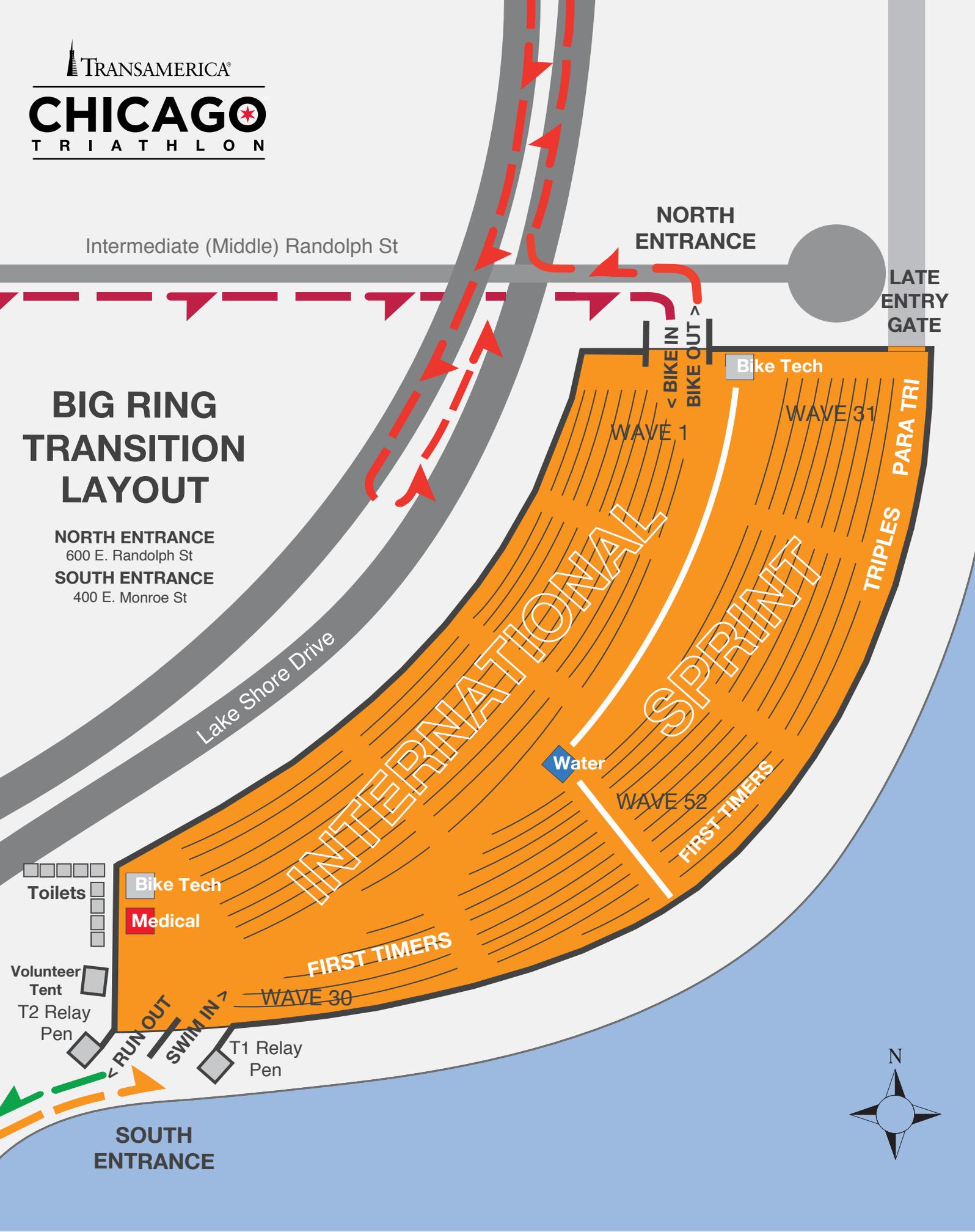
WAVE 1
Bike Tech
WAVE 31
WAVE 52
FIRST-TIMERS
INTERNATIONAL
SPRINT
TRIPLES
PARA TRI

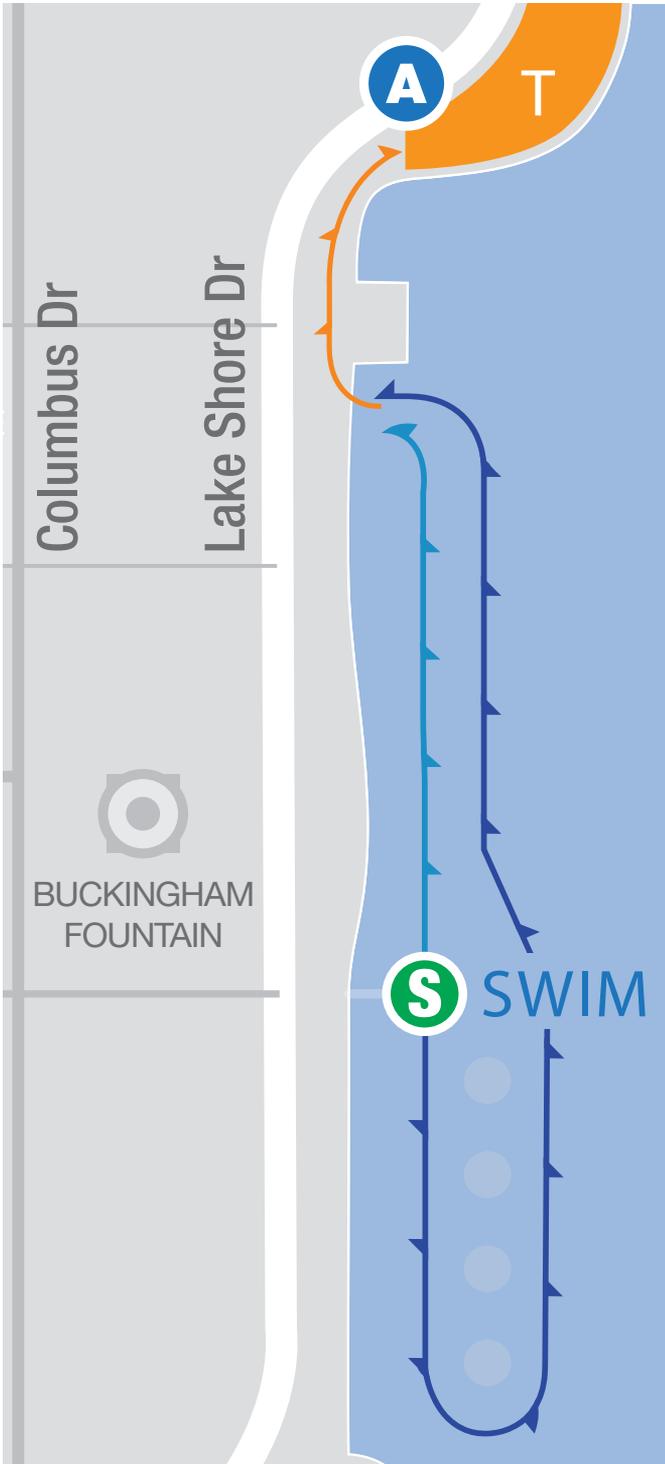
Water

Toilets
Bike Tech
Medical
Volunteer Tent
T2 Relay Pen

WAVE 30
RUN OUT
SWIM IN
T1 Relay Pen

**SOUTH
ENTRANCE**





SWIM COURSE

The Course is held in Monroe Harbor, with the Start Line at Balbo Drive and Lake Shore Drive.

The race begins with an in-water start. Waves of 80-150 people will enter the lake from the sea wall bleacher system. Monroe Harbor is 8-12' deep, so the group will tread water until an air horn signals the start. Remember, no inflatables are permitted.

Sprint Distance: 750 meters

Sprint swimmers head directly north, swimming 750 meters parallel to the sea wall and exiting just south of the Chicago Yacht Club. A large orange buoy will identify the exit structure, where volunteers will assist swimmers out of the water.

International Distance: 1.5 kilometers

International swimmers first head south, swimming parallel to the sea wall for 375 meters.

Buoys will be set every 25 meters along the southern stretch, creating a lane separation. Large red buoys will identify each 100 meter mark. A large orange buoy will identify the southern turnaround.

After making a 180 degree left turn, swimmers will advance north, passing the start area and exiting the water near the Chicago Yacht Club.

TRANSITION 1

After exiting the water, all participants run north along a carpeted path for approximately 400 meters. The BigRing Transition area is located on the grass reserve south of Randolph St. and east of Lake Shore Dr. Participants enter Transition from the south end, then exit (on bike) at the north end adjacent to Randolph Street.



BIKE COURSE

The Chicago Triathlon Bike Course begins for all participants by accessing the on-ramp to northbound upper Lake Shore Drive. The course heads north using the inner two lanes. Riders continue on Lake Shore Drive until a turnaround at Hollywood (the northern tip of Lake Shore Drive) before turning south again using the inner two lanes. There are no Aid Stations on the course.

Sprint Distance: 24.5 kilometers

Sprint participants complete one loop of the above course, exiting Lake Shore Drive at the Randolph Street downramp directly into Transition.

NOTE! Unlike other races, this event requires all bikers to **STAY LEFT** (along the median) along Lake Shore Drive. If passing, check behind for approaching bikers, then move to the right. Maintain three bike lengths between you and the cyclist in front of you at all times. You have 15 seconds to pass.

International Distance: 40 kilometers

After completing one loop on Lake Shore Drive, International athletes will exit at the Wacker Drive downramp and proceed to Intermediate Wacker Drive. From here, riders will **STAY RIGHT**, following standard traffic patterns (passing on the left) for the rest of the course.

Participants will complete one loop of Intermediate Wacker Drive, turn-around underground at Jackson Blvd, then proceed to Lower Columbus where they complete one lap on the McCormick Place Busway. Riders turn-around under I-55 and proceed back to Lower Randolph, shifting up one level to Intermediate Columbus and then back into Transition via Intermediate Randolph Street.



TRANSITION 2

The Bike-In access to Transition is adjacent to Randolph Street on the west side of the Bike Exit. The flow for this transition is north to south with the Run Exit near the southwest corner of Transition.

RUN COURSE

The Chicago Triathlon Run Course begins at the south end of Transition, near Monroe Street. There are 7 Aid Stations on the International Course (4 for Sprint). Water and Skratch Hydration will be available at each Aid Station, with GU Chocolate Outrage flavored gels available at mile 1 of the Run Course.

Competitors run south on the middle (asphalt) sidewalk/path. Directly east of Buckingham Fountain, they continue along a grass stretch until they rejoin the asphalt path near the Swim Start.

Runners continue past the Field Museum, run around the Shedd Aquarium and proceed south along the Lakefront path.

NOTE: At this point, runners will stay LEFT, using the LEFT LANE of the lake front path.

Sprint Distance: 5 kilometers

Sprint distance runners turnaround just south of Waldron Drive.

International Distance: 10 kilometers

International runners turnaround near 31st St - approximately one half-mile south of McCormick Place. There they turn around and head north, keeping left of oncoming runners on the same path.

After passing the Shedd Aquarium, all runners continue west, via the Lake Shore Drive underpass and continue up the sidewalk to Columbus Dr. Runners then turn right and continue north on Columbus Dr. to the finish line just ahead.



KIDS TRI & SUPERSPRINT RACE INFORMATION

The Life Time Kids Tri Chicago and Chicago Triathlon SuperSprint are held at Foster Beach on Saturday, August 27. Packet Pick Up for both is available at the Expo or on-site race morning.

BIKE CHECK IN

Transition opens Saturday at 5:30 AM for all SuperSprint and Kids Tri participants. Transition will close for all athletes at 6:45 AM. SuperSprint participants will be able to access Transition during a late check-in window between 9:00 and 9:45 AM on race morning (times subject to change). Kids Tri participants will be able to remove their bikes and equipment during this same time period.

All participants must be wristbanded and have bike frame stickers affixed prior to entering this secured area. Arrive early, allowing for adequate time. Any necessary body marking will be applied on the beach, en route to the Swim Start.

Those with “Guardian” wristbands will also be allowed inside Transition to aid young athletes prior to the Kids’ start. Guardians are NOT allowed inside Transition during the race.

ALL BIKES MUST BE CHECKED-IN DURING TRANSITION HOURS. ONCE TRANSITION CLOSES ATHLETES ARE NOT ABLE TO RACK THEIR BIKES.

Once your bike has been checked into the Transition Area, you cannot remove your bike until after the start of the race when you start your Bike leg. Bike mechanics will be available to help with tire inflation and mechanical issues. You will need your bib number/wristband to reclaim your bike from the Transition area after the race.

COURSE CUT-OFF TIMES

Neither Saturday race will enforce strict time cutoffs, although participants may be asked to abbreviate their Bike leg as streets are re-opened to vehicular traffic.

AID STATIONS

Water, Skratch Hydration and portolets will be available at all Aid Stations. Please make sure to bring your own hydration with you for the Bike leg. There are NO AID STATIONS ON THE BIKE COURSE. On-course Aid Stations will be located at the entrance of Transition, at the Run Out chute and at the 1k run turnaround. Water, chips, bananas and Body Armor will be served at the Finish.

NEW COURSE TALKS

Two Course Talks are now offered for these races:

Kids/SuperSprint Talks

Friday, August 27

Chicago Hilton

- 2:30 PM Boulevard Rm.

- 6:00 PM Boulevard Rm.

These talks are optional, Due to room capacities, we recommend you RSVP in advance. See page 6 for details.



THE DIVVY WAVE

The Chicago Triathlon SuperSprint again features a special wave of 100 Divvy bikes, part of the Chicago's popular bike share program. This wave will rack in Transition as well as start together.

Divvy will provide 100, freshly tuned-up bikes on-site within the SuperSprint Transition area. Participants will pick-up their bike from the Divvy Pen, located inside Transition. Bike stickers must be applied to the seat post before exiting Transition, and removed following the event. Participants are not able to customize/alter their Divvy bikes for competition (ie. change wheels, pedals, etc.). Divvy mechanics will be on-site during the event.

All standard triathlon rules apply to the Divvy wave. Participants **MUST** bring their own helmet in order to ride the course. Special Divvy will be provided to the top three male and female participants at the SuperSprint ceremony. Divvy will be responsible for loading-out all bikes following the event.

PARKING

Limited race day parking is available at both the Wilson and Montrose parking pay lots, both easily accessible from Lake Shore Drive. Limited free as well as metered street parking is available along Lawrence and Wilson Avenues.

Athletes, spectators and parents may also reserve parking in advance with SpotHero! Visit the [Chicago Kids Triathlon and SuperSprint SpotHero Parking Page](#) to find and book parking with rates up to 50% off drive-up.

RECLAIMING BIKE AND GEAR

Bikes and equipment may be removed from the Transition area once all athletes have completed the Bike Course. You will need your bib number/wristband to reclaim your bike from the Transition area after the race.

SPECTATORS

Spectators will be able to see their athletes at nearly all points along the course. Remember, parents, non-race personnel and spectators are not permitted to assist athletes in any way. Triathlon is an *individual* sport. Those who receive outside assistance (of any type) receive an unfair advantage. In most situations, if athletes are seen accepting assistance, they are subject to time penalties or disqualification. Families and spectators must stay off the course, and may not enter the Transition area or the Finish Line chute. Please be respectful of all participants.



THE DIVVY WAVE

Racing the Divvy Wave? Remember, your Divvy bike will be available inside the Transition area upon arrival. Don't forget that helmet!



FAQS - KIDS TRI & SUPERSPRINT RACES

1. I am a first time triathlete. What do I need to bring?

Each athlete will need:

- Swimsuit & Goggles
- Bike & Helmet
- Biking and running clothes
- Water bottle for Transition area and the Bike Course

At check-in/Package Pick Up, each participant will receive a swim cap, race number (with pins to attach to clothing), required athlete wrist bands (kids receive one additional band for parent/guardian), t-shirt a goody bag.

2. As a parent of a youth triathlete, can I help my child in the Transition area or run alongside them during the event?

One parent or guardian will be allowed in the Transition area during designated times prior to the race start. They will only be allowed into Transition if they are wearing the matching youth triathlete wristband. Once the Transition area is closed, no one other than athletes, volunteers and staff will be allowed inside. Volunteers will be available to help tie shoes, buckle helmets, and direct the kids where to go. Family and friends can connect with the athlete after they have crossed the Finish Line and received their medal.

3. When and where are the Course Talks?

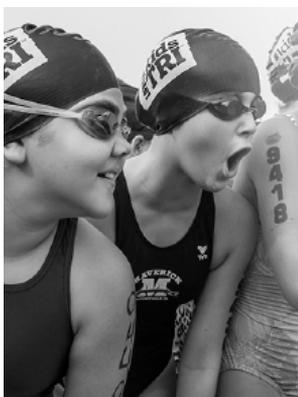
Athlete must attend their pre-race Course Talks, approximately 15 minutes prior to the first wave start for each race at the Swim Start. Additionally, two specific SuperSprint/Kids Tri Course Talks will be held at the Multisport & Fitness Expo on Friday, August 26 (2:30 and 6:00 PM). See page 5 for more details.

4. Will there be chip timing?

Yes, all events utilize chip timing. You will be able to view final times and splits following each race. Be careful not to lose or damage your timing chip. Lost or damaged chip replacements will be the sole responsibility of the athlete associated with the chip for \$100.

5. Will there be race photos?

Yes, professional photos will be available for FREE courtesy of Athlinks. Please





visit the “Results” page at chicagotriathlon.com for photo access.

6. Will you accept late registrations? Yes, a limited amount of Kids and SuperSprint race entries will be available at the Multisport & Fitness Expo. There will be no on-site (Saturday) registration.
7. May I wear a wetsuit and are there any specifications?

The wetsuit must not be over 5mm at its thickest point. Anyone using a wetsuit should have used it in their training. If the water temperature is 84 degrees or above, wetsuits are prohibited. You may wear aqua socks and goggles, but the use of masks, flippers and/or flotation devices is strictly prohibited.

8. Will there be traffic on the route?

No, the Bike Course is closed to vehicular traffic. The Run Course is held solely on the Lakefront Path.

9. What happens at the end of the event?

There will be music, food, family fun, an ceremony and an athlete raffle following the race in the Finish Festival area southeast of Transition. We encourage all athletes and spectators to stay around for the ceremonies. The Life Time Kids Tri Chicago ceremony will take place at 10:00 AM. The SuperSprint ceremony is scheduled for approximately 11:00 AM.

10. Will there be a swim warm up? No.

11. Are there any Aid Stations on the course?

Aid Stations will be located at the entrance of Transition, as you run in from the Swim, at the Run Out chute and at the 1k run turnaround. Water and Skratch Hydration will be provided. There are NO Aid Stations on the Bike Course.

12. How do I know where to put my bike?

After being body marked, enter Transition to find the bike racks with your specific race/bib number. Kids, SuperSprint and Divvy groups will have separate areas within Transition. Volunteers and staff will be on-site to assist.

13. Is this event spectator friendly?

Yes, absolutely. Bring the family and enjoy the day. The event hosts a Kids Tri Bounce House and a band for post race family fun, as well as vendors throughout the Finish Area.





COURSE DESCRIPTIONS



SWIM (100-200 meters):

The youth athletes will begin the Swim at the middle of Foster Beach, starting in the sand. Athletes will swim out (east) from the beach, turn right at the buoy and proceed parallel to the shore. They will turn right again, then return to shore and exit the water at the south end of Foster Beach. The Junior swim course will utilize green buoys, and the Senior course will use red buoys.

TRANSITION

The Transition area is located in the parking lot immediately south of Foster Beach.

BIKE (3.5-7K):

The Bike Course will take place on a traffic-free Simonds Drive. Athletes depart the Transition area at Foster Avenue, head south on Simonds Drive then turn around at Montrose Avenue. The 7-10 year olds will ride one loop (3.5K) and the 11-14 year olds will ride two loops (7K)

RUN (1-2K):

The Run Course will be located on the Lakefront running paths just south of Foster Avenue. The path winds along the eastern side of Simonds Drive, adjacent to the Lakefront. Junior and Senior Kids will turnaround after approximately 500m and 1k marks respectively.

SWIM (375 meters):

The Swim takes place on Foster Beach. After the beach start, participants swim out (east) from the beach, turn right at the buoy and proceed parallel to the shore. They will make another right turn at a buoy and return to shore to exit the water at the south end of Foster Beach. The SuperSprint course will be marked with orange buoys.

TRANSITION

The Transition area is located in the parking lot immediately south of Foster Beach. Although the Transition area is combined, SuperSprint participant bike racks will be separated from the Kids' Tri racks.

BIKE (10.5K)

The Bike Course will take place on a traffic-free Simonds Drive. Athletes depart the Transition area at Foster Avenue, head south on Simonds Drive then turn around at Montrose Avenue. SuperSprint participants complete three (3) loops for a 10K bike course.

RUN (2.5K)

The Run Course will be located on the Lakefront running paths just south of Foster Avenue. The path winds along the eastern side of Simonds Drive, adjacent to the Lakefront.

	WAVE	BIB RANGE		DESCRIPTION	START	SWIM CAP
JUNIORS Ages 7-10	1	8051	8060	PARATRIATHLETES (7-10 YR OLDS)	7:00 AM	NEON GREEN
	2	8061	8150	10-YR OLD MALES	TIME TRIAL	RED
	3	8151	8205	9-YR OLD MALES	TIME TRIAL	WHITE
	4	8206	8240	8-YR OLD MALES	TIME TRIAL	RED
	5	8241	8270	7-YR OLD MALES	TIME TRIAL	WHITE
	6	8271	8350	10-YR OLD FEMALES	TIME TRIAL	RED
	7	8351	8400	9-YR OLD FEMALES	TIME TRIAL	WHITE
	8	8401	8455	8-YR OLD FEMALES	TIME TRIAL	RED
	9	8456	8480	7-YR OLD FEMALES	TIME TRIAL	WHITE
	10	8481	8500	RELAYS	TIME TRIAL	RED
	11	8501	8650	OVERFLOW	TIME TRIAL	WHITE
SENIORS Ages 11-14	12	8651	8660	PARA TRIATHLETES (11-14 YR OLDS)	8:00 AM	NEON GREEN
	13	8661	8715	14-yr OLD MALES	TIME TRIAL	RED
	14	8716	8770	13-yr OLD MALES	TIME TRIAL	WHITE
	15	8771	8840	12-yr OLD MALES	TIME TRIAL	RED
	16	8841	8900	11-yr OLD MALES	TIME TRIAL	WHITE
	17	8901	8950	14-yr OLD FEMALES	TIME TRIAL	RED
	18	8951	9020	13-yr OLD FEMALES	TIME TRIAL	WHITE
	19	9021	9100	12-yr OLD FEMALES	TIME TRIAL	RED
	20	9101	9150	11-yr OLD FEMALES	TIME TRIAL	WHITE
	21	9151	9160	RELAYS	TIME TRIAL	RED
	22	9161	9200	OVERFLOW	TIME TRIAL	WHITE
SUPERSPRINT	23	7001	7015	PARA TRIATHLETES	10:00 AM	NEON GREEN
	24	1	58	TRIPLE CHALLENGE	10:05 AM	YELLOW
	25	59	116	TRIPLE CHALLENGE	10:08 AM	YELLOW
	26	117	175	TRIPLE CHALLENGE	10:11 AM	YELLOW
	27	7016	7050	M19UND, M20-24	TIME TRIAL	ROYAL BLUE
	28	7051	7090	M25-29	TIME TRIAL	ORANGE
	29	7091	7130	M30-34	TIME TRIAL	GREEN
	30	7131	7170	M35-39	TIME TRIAL	PURPLE
	31	7171	7200	M40-44	TIME TRIAL	SILVER
	32	7201	7230	M45-49	TIME TRIAL	ROYAL BLUE
	33	7231	7260	M50-54	TIME TRIAL	ORANGE
	34	7261	7315	F25-29	TIME TRIAL	GREEN
	35	7316	7380	F30-34	TIME TRIAL	PURPLE
	36	7381	7440	F35-39	TIME TRIAL	SILVER
	37	7441	7510	F19UND, F20-24	TIME TRIAL	ROYAL BLUE
	38	7511	7550	RELAYS	TIME TRIAL	ORANGE
	39	7551	7580	M55-59	TIME TRIAL	GREEN
	40	7581	7630	F40-44	TIME TRIAL	PURPLE
	41	7631	7680	F45-49	TIME TRIAL	SILVER
	42	7681	7710	M60+	TIME TRIAL	ROYAL BLUE
	43	7711	7750	F50-54	TIME TRIAL	ORANGE
	44	7751	7790	F55-59, F60+	TIME TRIAL	GREEN
	45	7791	7840	DIVVY WAVE	TIME TRIAL	POWDER BLUE
	46	7841	7930	DIVVY WAVE	TIME TRIAL	POWDER BLUE
	47	7931	8050	OVERFLOW	TIME TRIAL	PURPLE

COURSE MAP

SATURDAY, AUGUST 27, 2016

Distances	Swim	Bike	Run
SuperSprint	375m	10.5km	2.5km
Sr Kids (11-14)	200m	7km	2km
Jr Kids (7-10)	100m	3.5km	1km



Foster Ave.

TRANSITION

FOSTER BEACH

SWIM COURSE

SuperSprint Turn
Sr Kids Turn
Jr Kids Turn

RUN COURSE

Jr Kids Turnaround

Sr Kids Turnaround

LAKE MICHIGAN

Lawrence Ave

SuperSprint Turnaround

Wilson Ave

MONTROSE BEACH

BIKE COURSE

Jr Kids - 1 Loop
Sr Kids - 2 Loops
SuperSprint - 3 Loops

Montrose Ave

MONTROSE HARBOR

DOWNTOWN CHICAGO

COURSE MAP KEY

- Transition Area
- Packet Pick Up
- Walkway to Packet Pick Up
- Finish Line
- Parking: Wilson & Montrose Lots
- Pre Race Fuel Station





2016 SUSTAINABILITY PLAN



In 2012, the Chicago Triathlon achieved Silver status as a Certified Green Event through Council For Responsible Sport. In 2016, our continued goal is to compost and recycle over 60% of the waste generated from the weekend events.



The Chicago Triathlon will again place Waste Stations throughout the course and Finish Festival. Each Waste Station will include two bins: one for recycling and one for landfill waste. The bins will be labeled and each will be staffed by Green Team volunteers who will ensure the waste is deposited into the correct bin.



Please support our efforts to keep Chicago beautiful, by doing your part as a responsible athlete.

15 Years
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 AND HALF MARATHONSM
 JANUARY 29, 2017
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USA TRIATHLON MOST COMMON RULES VIOLATIONS

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike - before, during, and after the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in Transition area.

3. Outside Assistance: No assistance other than that offered by Race and Medical Officials may be accepted. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting: Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the passing zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane (left along LSD) of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion





7. Unsportsmanlike Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at Race Officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones: Headphones, headsets, Walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers: All athletes are required to wear race numbers at all times during the Run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete nor accept a number from an athlete who is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without Race Director permission.

10. Wetsuits: Each Age Group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, Age Group participants may wear a wetsuit at their own discretion, provided, however that participants who wear a wetsuit within such temperature range shall not be eligible for prizes or . Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

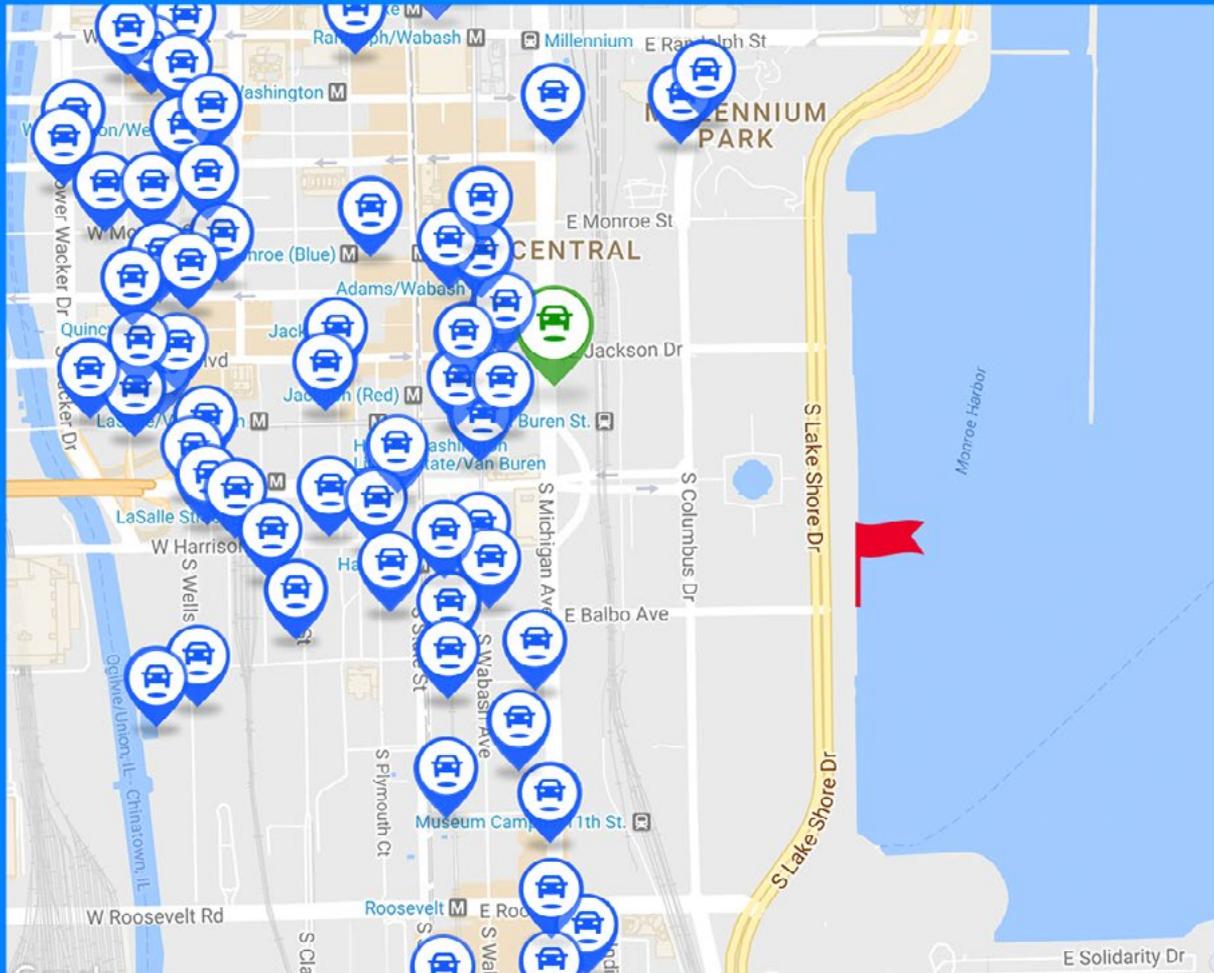
* Source: <http://www.usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx>



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Registration for the 39th Annual Turkey Day Run Chicago is Now Open!

The whole flock:

WHAT I BRING TO THE TABLE

Bring the whole family to Chicago's Lincoln Park for this Thanksgiving Day tradition. This year's event offers more than ever, including:

- Both 5K and 8K course options - at one low price
- Gender specific, long sleeve t-shirt
- Turkey Tailgate Zone, featuring: Turkey Bowling, Football Throw, Cornhole Toss, Costume Contest and more!
- Plymouth Rock Ramble Kids' Race (ages 2-12)

Register Today

Register online at turkeyday-run.com and beat the price increases. This event is expected to sell-out by early November.

Greater Chicago Food Depository

Your participation in the Turkey Day Run supports this incredible organization. Canned goods will be collected at Packet Pick Up and at the race venue.



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