



Dear Mini Tri-Athletes,

**Welcome to the Rotary Club of Woodridge's 11<sup>th</sup> ANNUAL MINI TRIATHLON – Chicagoland's LARGEST Mini-Triathlon!** On behalf of the Rotary Club of Woodridge and our community partners the Woodridge Park District and Village of Woodridge, we are excited for this year's event as the number of athletes continues to grow each year. We are anticipating registration to exceed 400 athletes. We are excited to again host one of Chicagoland's greatest Mini Triathlon's.

We listened to your comments last year and agreed to implement several new components to further improve the quality of the event. **NEW** heavy duty bike racks will now be provided for the bike transition area, on-site vendors will continue to service your race day needs, packets can be picked up in advanced of race day, posting of BIB #'s prior to the event, improved event day check-in process, relocation and improved timing for the awards ceremony, and continuation of the KIDS race. We hope you will have a wonderful experience during the race and during your visit to Woodridge, a top 100 "Best Places to Live" as determined by CNN/Money Magazine. **Registration closes on August 13<sup>th</sup> at 6:30PM**, so pass the word on to your family, friends, and coworkers that there's still time to register.

Following are specific details regarding this year's event. Pardon our lengthiness in the details, but we want to educate you as best we can and answer as many questions prior to the event.

### Pre-event Packet Pick-Up

Pre-event packet ("goodie bag") pick-up will be available on Saturday, August 14, 2010 from 11AM to 2PM at the Woodridge Park District Community Center, 2600 Center Drive, Woodridge, IL 60517, Phone 630/353-3300.

### Main Race Timeline

- 5:30AM Parking Lot Opens
- 6:00-6:45AM Check-in/Packet Pick Up/Get Body Markings w/ BIB #'s
- 6:30-6:40AM Race Director Race Review/General Announcements
- 6:45-7:00AM Report to assigned pools and line up in consecutive numerical order by BIB number
- 7:00AM Race starts with swim event, swimmer entry every 20 seconds  
(*Race order: Swim – Bike – Run*)
- 8:30-8:45AM Awards Presentation (time may be adjusted pending on race progress)

### Kids Race Timeline

- 9:00-9:30AM Check-in/Packet Pick Up/Get Body Markings w/ BIB #'s
- 9:30-9:45AM Race Director Race Review/General Announcements
- 9:45-10:00AM Report to assigned pools and line up in consecutive numerical order by BIB number
- 10:00AM** Race starts with swim event, swimmer entry every 20 seconds  
(*Race order: Swim – Bike – Run*)
- 10:45AM Awards Presentation (time may be adjusted pending on race progress)

### Directions to Cypress Cove Family Aquatic Park (Event Head Quarters)

South of Woodridge: take I-355 North, exit at Boughton Road/87<sup>th</sup> Street (first exit North of I-55), turn left (West) on Boughton Rd./87<sup>th</sup> Street to Janes Avenue (next lighted intersection), turn right (North) on Janes Avenue, proceed 1/2 mile north to Cypress Cove Family Aquatic Park (8301 S. Janes Avenue, Woodridge, IL 60517) located on the left (East) side of Janes Avenue. If you went past 83<sup>rd</sup> Street, you went too far!

North of Woodridge: take I-355 South (**keep in mind there is construction on I-355 between I-88 & 75<sup>th</sup> Street**), exit at 75<sup>th</sup> Street, turn right (West) on 75<sup>th</sup> Street to Janes Avenue, turn left (South) on Janes Avenue, proceed 1 mile South to Cypress Cove Family Aquatic Park (8301 S. Janes Avenue, Woodridge, IL 60517). If you went to Boughton Road, you went too far!

### **Event Parking**

The parking lot will open at 5:30AM. Parking attendants will direct you to the parking lots located at Cypress Cove, Orchard Hill Park and/or Falconridge Park (all within walking distance). See attached map for on-site layout.

### **Inclement Weather Hotline**

The event will take place rain or shine. However, if severe weather is eminent or unsatisfactory conditions that may jeopardize the safety of the athletes, we will place an updated message on the Woodridge Park District Information Hotline at 630/353-3400 that morning prior to 6AM. After 6AM a decision will be made at race time to include a possible start time delay.

### **Check-in Procedures & Times**

Check-in will begin promptly at 6AM and will continue to 6:45AM for the Main Event and 8AM to 9:15AM for the Kids Event. We will hand out your race packet complete with t-shirt, BIB number and goodies.

### **Packet Pick-Up/BIB Number Assignments**

Athlete packets will be available prior to the race day event at the Woodridge Park District Community Center, 2600 Center Drive, Woodridge, IL 60517 on Saturday, August 14, 2010 from 11AM – 2PM. Race day check-in will also be available on August 15<sup>th</sup> at the check-in tables. You cannot pick up a packet for another athlete for we need to confirm registration attendance. In your packet will be a BIB number w/ safety pins. Please pin the number on the front of your shirt/shorts. We will also write with marker your BIB number on the outside of both arms and legs. Relay Race Team members will be provided with duplicate BIB Numbers. Our ability to clearly see your number is extremely important in documenting and providing an accurate time.

### **Race Day Announcements**

The Race Director will make event announcements at approximately 6:30AM for the Main Event and at 9:00AM for the Kids Event. We strongly encourage all athletes to register prior to that time in order to hear any last minute changes. The athletes are responsible for knowledge of race day event layout/modifications. We will do our best to keep you informed prior to race day.

### **On-Site Amenities/Security of Personal Belongings**

Cypress Cove Family Aquatic Park, a facility of the Woodridge Park District, is a nationally award winning water park that recently added new water features. A second competitive six (6) lane swimming pool was added and will be utilized for this event (*see pool assignment details below*). Restrooms and showers will be available before and after the events. Lockers are available at the water park, but you must bring your own lock. We do have a limited number of wallet lockers available on a first come first serve basis at the water park for a small fee.

### **Besides the essentials - Don't Forget**

- Eat a light healthy breakfast and drink plenty of fluids.
- **MANDATORY** – a bike and **bike helmet** are required for the bike segment.
- Water bottle/jug for your bike (water stations will be on the RUN course, if weather is hot and humid a water station will be located at the approximate ½ mark for the bike courses but will require the biker to **STOP** their bike along the side of the road to transfer cups and drink – no transfers will occur while riding).
- Swim goggles are strongly recommended for swimming. Bathing caps are not required.

## General Rules

- **Bike helmets** securely fastened are mandatory. Athletes that fail to wear a helmet are not eligible for an award.
- **Head Phones** are not allowed while biking, however they may be worn during the run segment.
- **Spectators** are not allowed in the athlete's transition area except for the Kids Event, which will allow one guardian to assist the kid athlete during transition.
- **Swimmers** may use a kick board provided at the facility during the swim event to maintain forward progress.
- **Swimmers** must stay to the right hand side of the lane to allow other swimmers to pass to their left. Swimmers that need a rest must do so in the far right hand corner of each lane along the pool wall to allow swimmers to make the turn.
- **Bikers** must also stay to the right hand side of the route to allow other bikers to pass to their left. Bikers shall attempt to give a courtesy yell "passing" or other audio signal to alert other bikers when passing.

## Spectator Areas

We encourage you to invite your family, friends, and co-workers to cheer you on. The event will have bleachers located at the swimming pools, bike start/finish line and run start/finish line. Parking for spectators will be off-site at Janes Avenue Soccer Fields (one block north of Cypress Cove on Janes Avenue), and the old Walgreens property (southwest corner of Janes Avenue & 83<sup>rd</sup> Street). **SPECTATORS are not allowed in the transition area!**

## Participant Refreshments

Due to the generosity of our sponsors, we will provide cold bottled water (donated by Nestle Waters & Bridgeview Bank), a water trailer to fill up your water jugs or cups (Illinois American Water), bananas & oranges (donated by Michael's Fresh Market) and nutrition bars (donated by ATI Physical Therapy).

## Pre-Race Activities/On-site Services

- Various Physical and Massage Therapists will be available prior to and after the race to work out those race day kinks.
- Various retail vendors representing swimming, bikers and runners will be on site to service your race day needs.

## RACE DETAILS:

**Event Timing:** timing will be administered by Race Time, Inc. The race will begin with the swim segment by wave entry. Wave entry means athletes will be lined up in numerical order of their BIB number and entered into the water every 20 seconds (*see below for details regarding your assigned pool*). Swimmers will zig zag 10 lengths through the lane lined pool (*see diagram A below*). Your split time for each race segment will be recorded at the finish line of each segment. Your cumulative time will include your transition time. Preliminary times will be posted that day as soon as logically possible. Final results will be posted following the event at [www.racetime.info](http://www.racetime.info).

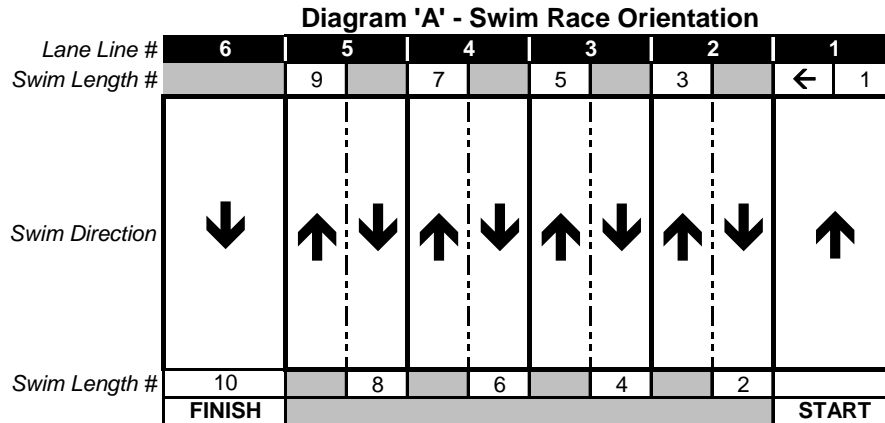
**MAIN EVENT RACE** (250 Yard Swim – 10 lengths of 25 yard pool, 10k (6.2) mile bike, and 2.1 mile run)

### Main Race - Individuals Swim Segment

General Information: Athletes are required to line up in consecutive numerical order by BIB number at your assigned respective pool starting at 6:50AM. Because your BIB number is associated with your reported swim time **IT IS EXTREMELY IMPORTANT TO REPORT AN ACCURATE SWIM TIME.** Please notify Mike Adams, Race Director at [madams@woodridgeparks.org](mailto:madams@woodridgeparks.org) prior to race day if you need to change the swim time you entered on your registration form. *If you have not swum 250 yards recently, we strongly encourage you to visit Cypress Cove Family Aquatic Park for Adult Lap Swim between 6:30-8PM or at your own community pool prior to race day to time yourself. If you present your race confirmation/receipt sent to you by email from [www.signmeup.com](http://www.signmeup.com), the*

Woodridge Park District will give you 50% off the fee for the lap swim at Cypress Cove based on your residency status. Please show respect to your fellow athletes and report an accurate swim time for it will make for a positive experience for those behind you.

Once the race begins, swimmers will be instructed by the swim starter to enter the water every 20 seconds. Swimmers will zig zag 10 lengths through the lane lined competition pool (see diagram A below for swimming orientation). Any swim stroke is permissible. Fast swimmers are directed to swim to the left side of slower swimmers. Swimmers needing a break must stay to the far right hand corner of the lane. The pool will have the lane lines installed, which requires swimmers to switch lanes at the odd number length turn. Numbered orange cones representing each length (1-10) will be located on the pool deck at each location. Also, the odd numbered lengths will be at the bottom of the pool for easy reference. Kick boards provided by the facility may be used.



Water Temperature: the water temperature is typically set at 82°F. Typically, athletes prefer the temperature colder, but since this is a public facility and the facility opens to the general public following the event, the temperature will remain as set.

Pool Assignments: swimmers reporting times **Under 7 Minutes** will swim in the Cattail Bay (West) Main Pool #1. Swimmers reporting times **Over 7 Minutes** will swim in the New Alligator Alley (East) Program/Lap pool #2. See attached facility map for pool locations. **Signs will be posted on site indicating by BIB # which pool athletes are assigned to.**

**Bike Segment**

Brand NEW Bike racks will be available this year in the transition area. Only seven bikes to a rack will be permitted and will be assigned based on your BIB #.

Transition Area: athletes will exit both pools to a bike transition area equidistant from pool exits - located in the middle parking rows of the southeast parking lot of the facility (see attached site layout map).

**NEW Bike Route:** Due to construction on the route a revised bike route has been established. Bikers will proceed from the transition area to the bike start line located at the southeasterly corner of the southeast parking lot. Bikers will continue easterly past the Woodridge Park District Maintenance Facility parking area to the I-355 Interstate Frontage Road, turn left (North) onto Frontage Road up an incline to 83<sup>rd</sup> Street, where bikers will take a sharp 90° right hand turn onto the asphalt bike path. Bikers will proceed easterly approximately .2 miles to Woodward Avenue, where bikers will again take a 90° right hand turn onto the Woodward Avenue **pathway system** and proceed southerly crossing Boughton Road approximately 2-1/2 miles to Heritage Parkway (I-55 Frontage Road). Bikers will take a 90° left hand turn (East) onto the Heritage Parkway **pathway system** to Westminster Drive. At Westminster Drive bikers will take a 90° left hand turn (North)

along Westminster Drive northerly than westerly back to Woodward Avenue. At Woodward Avenue bikers will take a 90° right hand turn (North) and proceed back to Cypress Cove along the same route (go to following link for bike course layout - <http://www.gmap-pedometer.com/?r=3880362> or go to [www.woodridgerotary.org](http://www.woodridgerotary.org) and click on Mini Triathlon Info/Routes).

Bike Finish: after passing the bike finish line, bikers must dismount and walk your bike back to your approximate rack/bike position. Be cautious of other athletes in the transition area.

Miscellaneous Bike Notes: athletes are responsible for disengaging from their bikes and placing their bikes back to their rack/bike position. Volunteers will not physically assist bikers in the transition area. The Rotary Club of Woodridge, the Woodridge Park District, nor the Village of Woodridge assumes any responsibility or liability associated with any theft and/or damage to personal property.

Both on-course volunteers, on-pavement and above-grade directional signage will be provided to ensure athletes stay on the designated course.

### **Run Segment**

Transition Area: from the bike transition area, athletes shall proceed to the run start/finish line located at the entrance drive to the facility. A water station will be provided between the bike transition area and run start line.

**NEW Run Route:** after crossing the run start line at the easterly end of the main facility entrance drive, runners proceed westerly along the entrance driveway to Janes Avenue. At Janes Avenue, runners will turn right (North) on to the asphalt pathway parallel to the street and proceed one block to 83<sup>rd</sup> Street. At 83<sup>rd</sup> Street, runners will northwesterly and diagonally cross Janes Avenue to 83<sup>rd</sup> Street proceeding westerly on 83<sup>rd</sup> Street **pathway**. Runners will proceed (West) to a half-way point between Westview and Lindenwood Lanes. At the half-way point, runners will make a horse shoe turn and proceed back along the same route they came. The finish line is at the same location as the run start line (go to following link for run course layout <http://www.gmap-pedometer.com/?r=3883554> or go to [www.woodridgerotary.org](http://www.woodridgerotary.org) and click on Mini Triathlon Info/Routes).

Both on-course volunteers, on-pavement and above-grade directional signage will be provided to ensure athletes stay on the designated course.

Miscellaneous Run Notes: water stations will be located at run start and at the halfway point. Please make sure your BIB Number is displayed prominently on the front of your body at the finish line.

### **Main Race - Relay Teams**

Athletes registered for the relay race will be assigned the same BIB number. Relay team members must touch hands in the transition area located at their bike rack position prior to proceeding to the next segment of the race. Once the transition is made, please proceed as described above along the same course for individuals. Your cumulative time will be entered for the competition.

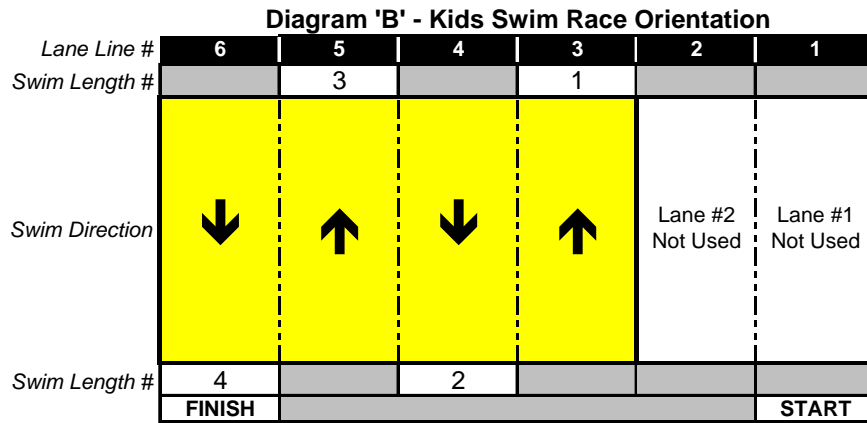
### **KIDS EVENT DETAILS (100 Yard Swim – 4 lengths of 25 yard pool, 5k (3.1) mile bike, and 1 mile run)**

#### **Kids Race - Individuals**

##### **Kids Swim Segment**

General Information: Kid athletes are required to line up in consecutive numerical order by BIB number. Athletes shall line at their assigned pools starting at 9:15AM. See note about accuracy of swim times above in the Main Even Swim Segment notes, though we understand it is not as critical for the Kid's event.

Pool Assignments: swimmers ages **10-12** will swim in the Cattail Bay (West) Main Pool #1. Swimmers ages **7-9** will swim in the New Alligator Alley (East) Program/Lap pool #2. See *attached facility map for pool locations*.



### Kids Bike Segment

Bike racks will be available in the transition area.

Transition Area: kid athletes will exit the pool to separate bike transition area from the main event. This area is located in the far easterly bank of parking spaces in the southeast parking lot (see *attached site layout map*).

**NEW** Bike Route: Due to construction on the route a revised bike route has been established. Bikers will proceed from the transition area to the bike start line located at the southeasterly corner of the southeast parking lot. Bikers will continue easterly past the Woodridge Park District Maintenance Facility parking area to the I-355 Interstate Frontage Road, turn left (North) onto Frontage Road up an incline to 83<sup>rd</sup> Street, where bikers will take a sharp 90° right hand turn onto the asphalt bike path. Bikers will proceed easterly approximately .2 miles to Woodward Avenue, where bikers will again take a 90° right hand turn onto the Woodward Avenue **pathway system** and proceed southerly crossing Boughton Road approximately to Peters Drive. At Peters Drive, bikers will take a 90° left hand turn going easterly on Peters Drive one-half block to Oxford Street. At Oxford Street, bikers will take a 90° left hand turn proceeding onto Oxford Street and proceed northerly one block to Union Street. At Union Street, bikers take a 90° turn onto Union Street, cross over to the north side of the street going westerly one-half block to Woodward Avenue. At Woodward Avenue, bikers will take a 90° turn onto Woodward Avenue **pathway system** going northerly and proceed back to Cypress Cove along the same route (*go to following link for bike course layout - <http://www.gmap-pedometer.com/?r=3880191> or go to [www.woodridgerotary.org](http://www.woodridgerotary.org) and click on Mini Triathlon Info/Routes*).

Bike Finish: after passing the bike finish line, please **slow down** into the Kid's bike transition area and walk your bike back to your approximate rack/bike position. Be cautious of other athletes in the transition area.

Miscellaneous Bike Notes: athletes are responsible for disengaging from their bikes and placing their bikes back to their rack/bike position. Volunteers will not assist bikers in the transition area, though parent escorts may assist. The Rotary Club of Woodridge, the Woodridge Park District, nor the Village of Woodridge assumes any responsibility or liability associated with any theft and/or damage to personal property.

Both on-course volunteers, on-pavement and above-grade directional signage will be provided to ensure athletes stay on the designated course.

## **Kids Run Segment**

Transition Area: from the bike transition area, kid athletes shall proceed to the run start/finish line located at the entrance drive to the facility. A water station will be provided between the bike transition area and run start line.

**NEW Run Route:** after crossing the run start line at the easterly end of the main facility entrance drive, runners proceed westerly along the entrance driveway to Janes Avenue. At Janes Avenue, runners will turn right (North) on to the asphalt pathway parallel to the street and proceed one block to 83<sup>rd</sup> Street. At 83<sup>rd</sup> Street, runners will northwesterly and diagonally cross Janes Avenue to 83<sup>rd</sup> Street proceeding westerly on 83<sup>rd</sup> Street. Runners will proceed (West) to a half-way point before Woodridge Drive. At the half-way point, runners will make a horse shoe turn and proceed back along the same route they came. The finish line is at the same location as the run start line (*go to following link for run course layout <http://www.gmap-pedometer.com/?r=3795378> or go to [www.woodridgerotary.org](http://www.woodridgerotary.org) and click on Mini Triathlon Info/Routes*).

Miscellaneous Run Notes: water stations will be located at run start. Please make sure your BIB Number is displayed prominently on the front of your body.

## **Kids Race - Relay Teams**

Athletes registered for the relay race will be assigned the same BIB number. Relay team members must touch hands in the transition area located at their bike rack position prior to proceeding to the next segment of the race. Once the transition is made, please proceed as described above along the same course for individuals. Your cumulative time will be entered for the competition.

**Parent escorts:** parents may escort their kids during the Kids Event from the swimming pool to the bike transition area. We don't encourage parents to escort their kids on the bike and run course for there are plenty of volunteers on the course, but if you feel it is absolutely necessary to escort you must yield to other kid athletes on the course. Same safety rules apply to escorts.

## **Awards**

See schedule of events for approximate times of award presentations. Please note, slower athletes may still be on the course during or after the presentation. In order to expedite the awards presentation, the placed finishers names will be announced accordingly and athletes shall pick up their awards at the designated awards table.

Main Event Individual Categories: overall top male & female finishes, 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> place finishes in each age division by gender: under 13 / 14-19 / 20-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65+

Main Event Team Relay Race Categories: 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>

Kids Event Individual Categories: overall top male & female finishes, 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> place finishes in each age division by gender: 7-9 / 10-12

Kids Event Team Relay Race Categories: 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>

## **Traffic Control/On-Street Course**

Woodridge Police will be positioned at critical intersections along the route. There are only two major intersections that athletes will cross: 83<sup>rd</sup> & Woodward Avenue and Woodward Avenue & Boughton Road. Police will also be at 83<sup>rd</sup> Street & Woodridge Drive and 83<sup>rd</sup> Street & Janes Avenue. Police will stop vehicular

traffic at these intersections to allow athletes to continue on the course. Volunteers will be positioned at various residential intersections to assist in controlling ingress/egress traffic.

**EMS/First Aid Services**

EMS will be provided by Lisle-Woodridge and Darien-Woodridge on a stand-by basis. On-course volunteers will have both cellular and two way radio communication to also assist in communicating an emergency to EMS. Certified First Aid/CPR Life Guards will be positioned at Cypress Cove.

**Posting of Times**

Preliminary race times will be posted that day on site as soon as efficiently as possible to ensure results are accurate. Final results will be posted following the event at [www.racetime.info](http://www.racetime.info).

**Event Photography**

A website has been created to easily share photos with friends and family. Photography for the event will be performed by miguelcastillophotography.com. The link to obtain photos for purchase is: <http://www.pictage.com/879463>. Once photos are available online, pre-registered guests will receive an email notification.

**Sponsors**

A special thanks to our sponsors to assist the Rotary Club of Woodridge in making this event a reality:

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