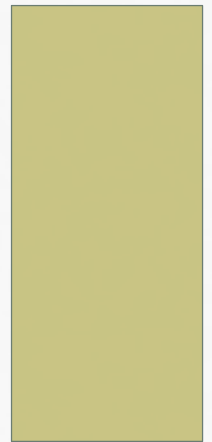


# PLEASANT PRAIRIE JUNIOR/ YOUTH ELITE CUP INFORMATION

JUNE 3, 2018



# RACE LOCATION

- All facets of the race will take place at the Rec Plex facility – we will not be using the actual health club facility during the weekend. The race location is across the lake from the actual facility. For GPS purposes, the facility address is:
  - Rec Plex
  - 9900 Terwall Terrace
  - Pleasant Prairie, WI 53158

# PARKING

- Parking map is located at the link below – recommended parking locations are
  - E2, C and B (also see slide 8)
  - <https://recplexonline.com/documents/upload/parking-map.pdf>
- Please note that the walk / bike from the recommended parking lots are ¼ to ½ mile. Please plan accordingly.

# SCHEDULE OF EVENTS

## **Saturday, June 2cd**

- 11:30am – 4:30pm Packet Pick-Up at the Pavilion at the race site
- 9:30am – 11:30am Swim Warm Ups & Course Preview (Bike course is not closed to traffic – please do not park on any part of the race course)
- 3:00pm Youth & Junior Elite Race Briefing – Lakeview Room in the Rec Plex facility (9900 Terwall Terrace, Pleasant Prairie, WI). Please enter through the Ice Arena

## **Sunday, June 4th**

- 7:30am Youth Elite Female Start
- 8:30am Youth Elite Male Start
- 9:30am Junior Elite Women Start
- 11:00am Junior Elite Male Start
- 12:30pm Junior/Youth Elite Awards Ceremony

# PRE-EVENT SWIM OPTIONS

- If athletes want to swim on Friday, they are welcome to utilize the Rec Plex indoor pool – mention you are part of this Triathlon and receive a discounted admittance fee of \$7. This provides use of all of the Rec Plex facilities
- There is also a Open Swim available on Saturday morning at 7am for a fee that is offered as part of the Rec Plex programs that are available to parents, athletes, coaches, etc.
  - <https://recplexonline.com/aquatics/lake-andrea---beach-boats-swim-training>

# COURSE PREVIEW

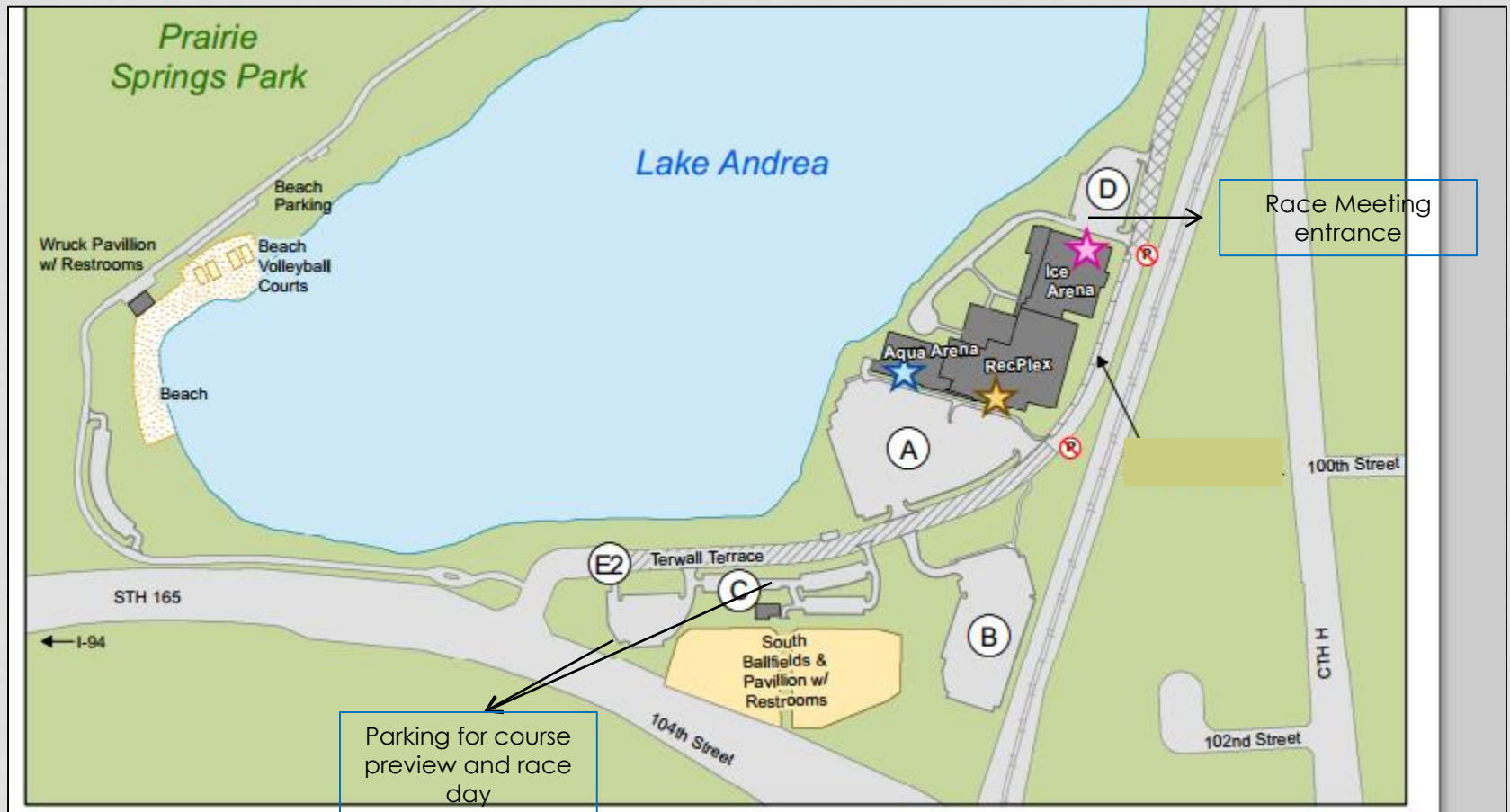
- Course preview will be on Saturday from 9:30am – 11:30am
- This will be the only time to swim in Lake Andrea prior to race day
- The course will not be closed to traffic during the course preview but we are asking that all coaches, athletes, parents, etc. do NOT park on any part of the race course during the course preview. There is no parking on the grass or along side the park roads at any time. Cars must use the indicated parking lots or they run the risk of being towed. Please respect our athletes' safety and park in the designated parking lots shown below
- Parking map is located at the link below – recommended parking locations are
  - E2, C and B <https://recplexonline.com/documents/upload/parking-map.pdf>
- Team trailers / tents can be accommodated within the grass area near the finish line – please do not attempt to drive into the park during our assigned course preview time to set up camp. Please do this prior to the course preview or after the course preview
- Athletes must follow the rules of the road during course previews. Riding or running in groups of more than two abreast is not permitted. Failure to follow traffic laws could result in disqualification from the event if observed by race officials, or USAT staff

# PACKET PICK UP AND ELITE MEETING

- Elite Packet pick up is available from 11:30 am – 4:30 pm at the Pavilion near the swim start. All packets must be picked up at this time
- Please bring your USAT card and Picture ID. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID.
- Mandatory meeting for Youth Elite and Junior Elite athletes is at 3pm in the Lakeview Room (age group athletes do not need to attend this meeting).
- Athlete meeting will take place inside the Rec Plex facility in the Lakeview Room
  - Please use the Ice Arena entrance when coming for the Athlete Meeting. The Ice Arena is located at the Northeast corner of the complex. See map on the following page.
  - The room will have 300 chairs for the athletes so we ask coaches, parents, guests, etc. to stand until all athletes have secured a spot

# REC PLEX MAP

- Detailed below is the race meeting entrance as well as the parking locations for the event





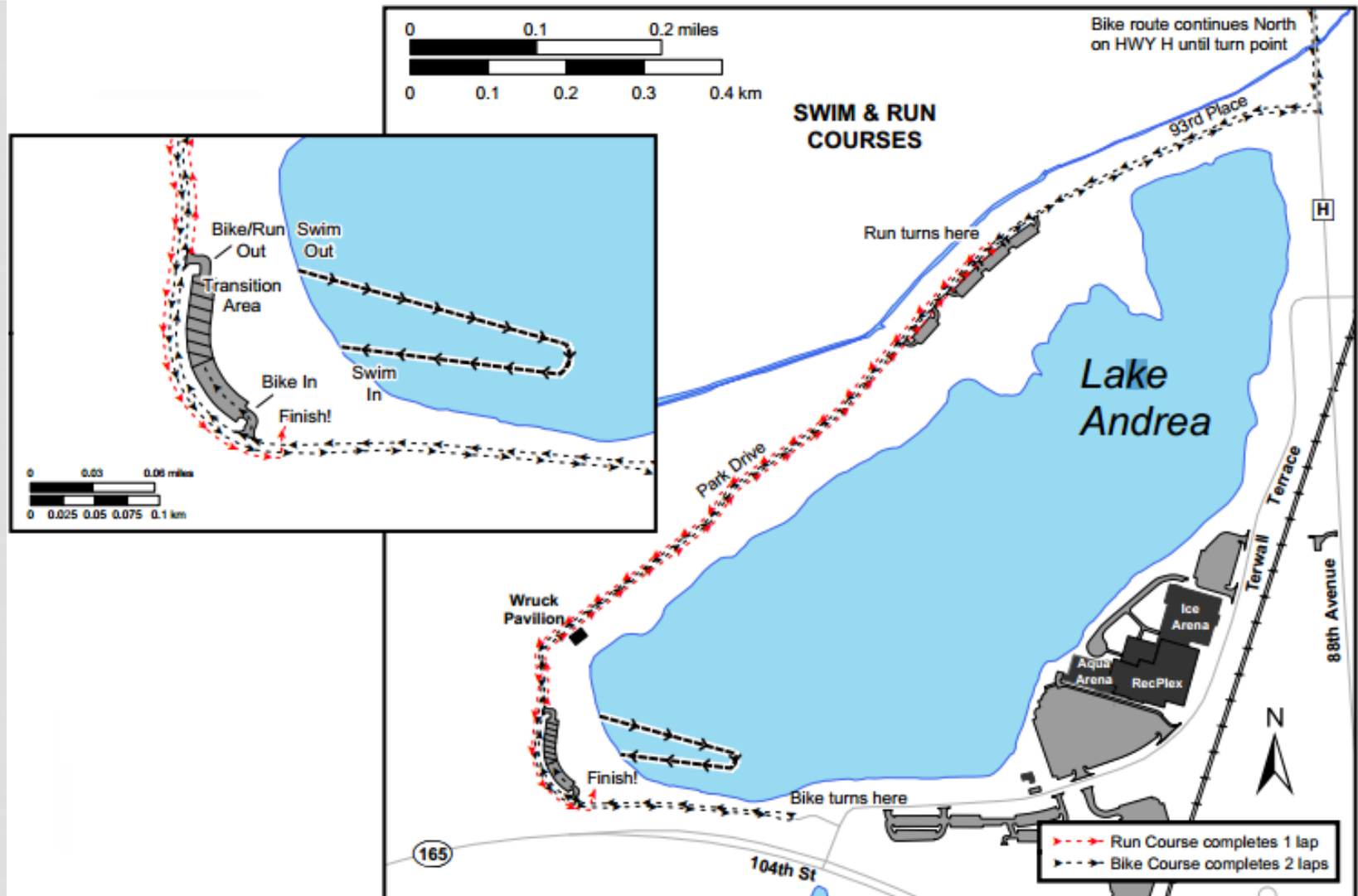
# RACE DAY AND EQUIPMENT REMINDERS

- Please consider bringing bug spray for your trip as the mosquitos can be a problem in the mornings
- Timing chips will be provided to athletes prior to each event at the swim start – you will not receive these at packet pick up
- You will receive your decals, a bike number (fold this over your top tube or around your seat tube) and helmet number (place this on the front of your helmet directly above your forehead) at packet pick up. There is no run bib for this event.
- Please review the rules and equipment document for the Pleasant Prairie race at: <http://draftlegalrules.com/>
- Youth and Junior Elites should be aware of everything in the Junior Series Guide  
<https://www.teamusa.org/USA-Triathlon/Elite/Junior-Elite/Races>

# YOUTH ELITE COURSE

- Current water temperature is 75 degrees (5/29/18). However, we are expecting cooler temperatures on race weekend so please bring your wetsuit.
- Run in swim start from the beach
- Standard Youth Elite distance: 375M swim, 10K bike (2 laps) and 2.5K run (1 lap)
- Lap out rule in effect
- Course Map – there are no changes to the course from the prior year – see following page
  - <http://recplexonline.com/documents/upload/youth-elite.pdf>

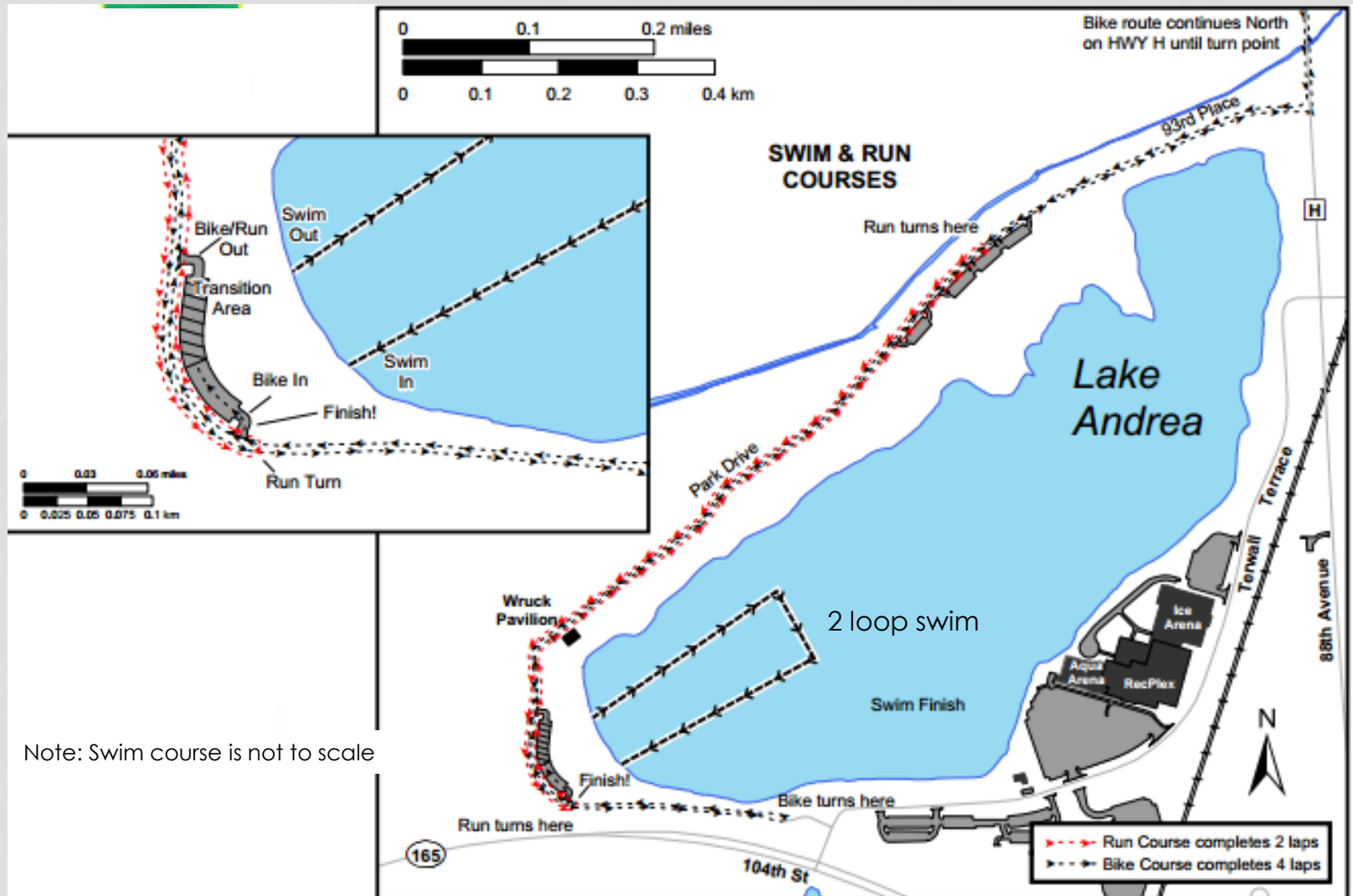
# COURSE OVERVIEW - YOUTH ELITE



# JUNIOR ELITE COURSE

- **NEW this year** – the swim will comprise two laps and will include a very short beach run.
- Current water temperature is 75 degrees (5/29/18). However, we are expecting cooler temperatures this weekend so please bring your wetsuit.
- Run in swim start from the beach
- Standard Junior Elite distance: 750M swim, 20K bike (4 laps) and 5K run (2 laps)
- Lap out rule in effect
- Course Map:  
<https://recplexonline.com/documents/upload/junior-elite.pdf>

# COURSE OVERVIEW - JUNIOR ELITE



# BIKE COURSE NOTES

- Reminder: As in past years, athletes are not allowed to cross the center line at any time on the bike course (center line will be identified by cones / hay bales on the course)
  - Violators run the risk of disqualification

# PARTICIPANTS & RESULTS

- Participant list is attached to this email and will be posted to the Pleasant Prairie Cup website:
  - <http://recplexonline.com/triathlons-special-events/pleasant-prairie-cup>
- Results will be posted after your event here:  
[www.ItsRaceTime.com/Results.aspx?ID=1906](http://www.ItsRaceTime.com/Results.aspx?ID=1906)