



BARRON LAKE  
**TRIATHLON**



OFFICIAL PROGRAM

2023

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# SCHEDULE

## **Friday August 25, 2023**

4:00 pm Packet Pick-up Starts (1263 Rose Dr, Niles, MI)

4:00 pm Onsite Registration Starts (1263 Rose Dr, Niles, MI)

5:00 pm Beginners Clinic Starts (1263 Rose Dr, Niles, MI)

6:00 pm Packet Pick-up Ends

6:00 pm Onsite Registration Ends

6:00 pm Beginners Clinic Ends

## **Saturday August 26, 2023**

5:30 am Bike Drop off Begins (1263 Rose Dr, Niles, MI)

5:30 am Parking Opens (2390 Lake St, Niles, MI)

5:30 am Shuttle Service Begins (approx. every 15 minutes)

6:00 am Packet Pick-up Starts (1263 Rose Dr, Niles, MI)

6:00 am Onsite Registration Starts (1263 Rose Dr, Niles, MI)

7:15 am Bike Drop off end (Sprint)

7:30 am Packet Pick-up Ends (Sprint)

7:30 am Onsite Registration Ends

7:45 am Transition Area Closed (Sprint)

7:50 am Mandatory Pre-Race Meeting (Sprint)

8:00 am First wave Sprint starts

8:30 am Packet Pick-up Ends (Kids Tri)

9:00 am Bike Drop off Ends (Kids Tri)

9:30 am Kids Tri Mandatory Pre-Race Meeting

9:30 am Shuttle Service suspended until after the kids tri

10:00 am Kids Tri Starts

10:30 am Awards Ceremony (Following Kids Tri)

10:30 am Shuttle Service resumes (Following Kids Tri)

10:30 am Bike Pick-up begins

# KEY INFORMATION

## VENUE

- Location: 1263 Rose Dr, Niles, MI

## PACKET PICKUP

- Location: 1263 Rose Dr, Niles, MI
- Friday, August 25 from 4-6pm
- Saturday, August 26 from 6-7:30am
- Each person must pick up their own packet and show a photo ID, annual USAT members must show their USAT membership card

## BIKE DROP OFF

- Saturday, August 26 from 5:30am-7:15am at 1263 Rose Dr, Niles, MI

## PARKING

- Friday — 1263 Rose Dr, Niles, MI
- Saturday—Hope Community Church—2390 Lake St, Niles, MI

## SHUTTLE

- Shuttle service will be available between the parking area and the venue from 5:30am-9:30am and resuming after the kids race

## BIKE PICK UP

- Starting around 10:00am at 1263 Rose Dr, Niles, MI

# STEP BY STEP

## FRIDAY, AUGUST 25, 2023

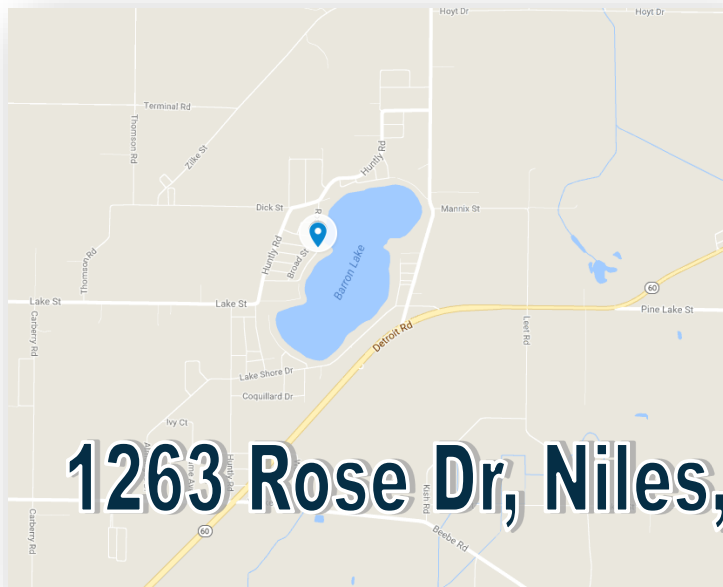
1. Go to 1263 Rose Dr, Niles, MI
2. Bring your Photo ID and annual USAT members bring your USAT Membership Card to the registration tent
3. Pre-registered participants go to the “Pre-Registered” Table and if you are registering onsite go to the “Onsite Registration” Table
4. Continue through the registration line to collect your number kit, swim cap, and t-shirt.
5. Get help putting on your body numbers or take them home to do them yourself
6. If you have any questions, attend the Beginners Clinic and Q&A from 5-6pm

## SATURDAY, AUGUST 26, 2023

1. Go to 1263 Rose Dr, Niles, MI first to do Bike Drop off
2. Quickly unload your bike and hang it on the bike drop racks by the street
3. Continue to the parking area, Hope Community Church—2390 Lake Street, Niles, MI
4. Ride the shuttle back to the venue
5. Pick up your bike from the bike drop off area
6. If you did Packet Pickup on Friday night, skip to step 11
7. Bring your Photo ID and annual USAT members bring your USAT Membership Card to the registration tent
8. Pre-registered participants go to the “Pre-Registered” Table and if you are registering onsite go to the “Onsite Registration” Table
9. Continue through the registration line to collect your number kit, swim cap, and t-shirt.
10. Get help putting on your body numbers
11. Pick up your timing chip at the registration tent
12. Take your bike and gear to the transition area to set up for the race, it is first come first serve on rack space, so come early if you want first choice
13. Get set up and ready, transition area closes at 7:45am











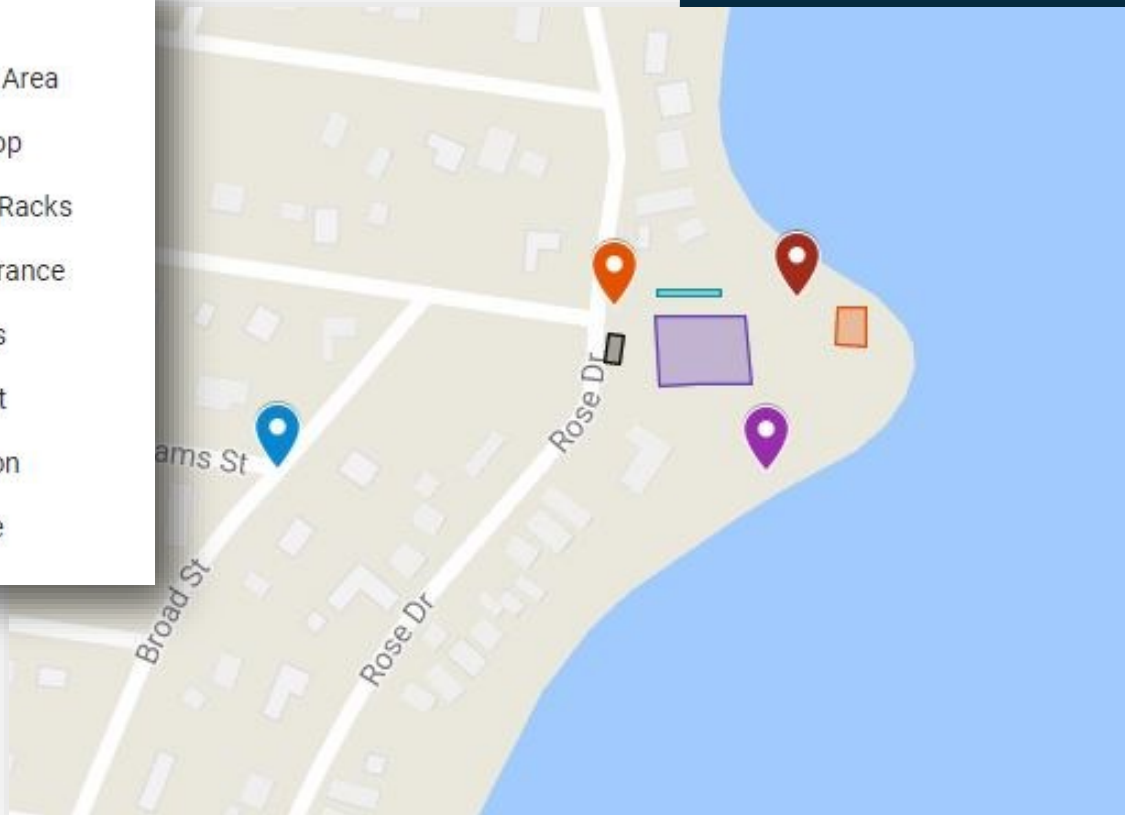
# VENUE



**1263 Rose Dr, Niles, MI 49120**

## Key

-  Transition Area
-  Shuttle Stop
-  Bike Drop Racks
-  Venue Entrance
-  Restrooms
-  Swim Start
-  Registration
-  Finish Line



# PACKET PICK UP

Packet pick up will be at the new venue at 1263 Rose Dr, Niles, MI. Parking during packet pickup will be at the venue.

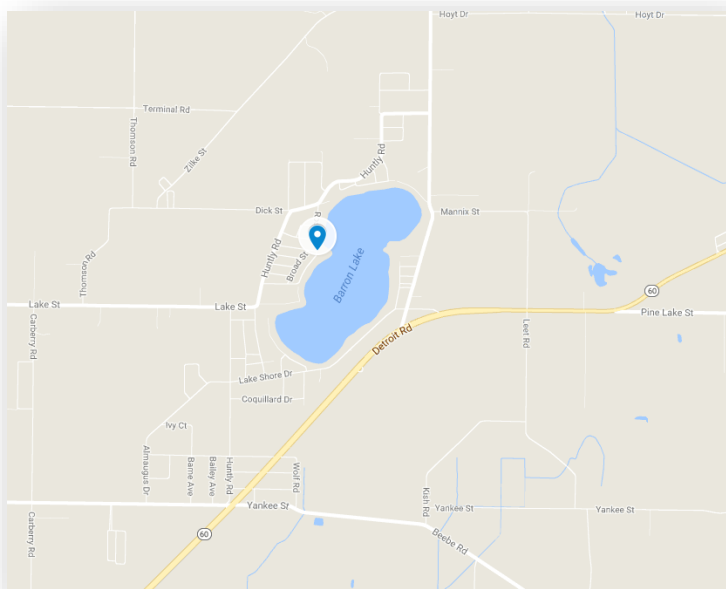
Packet Pickup Hours:

- Friday, August 25 from 4-6pm
- Saturday, August 26 from 6-7:30am

Each person must pick up their own packet and show a photo ID, annual USAT members must show their USAT membership card

During packet pickup you will receive a an envelope with your race number and/or name on it. This has all of your race essentials in it (bib, bike and helmet number, and body marking number)

Timing chips will be available during packet pickup and must be returned at the finish line.

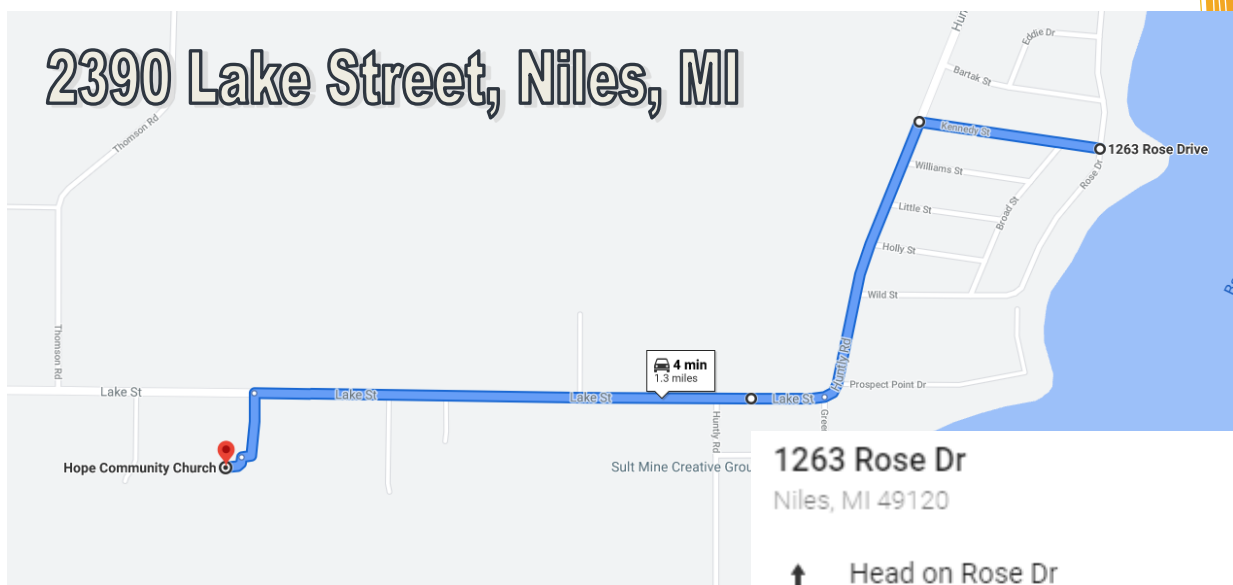


# PARKING

There is **no** parking at the venue for race morning. **DO NOT** park on the neighborhood streets during the event. Parking will be at Hope Community Church— 2390 Lake Street, Niles, MI. A shuttle will be available starting at 5:30am to bring you from the parking area to the venue.

Spectators will also need to take the shuttle from the parking area to the venue.

Directions from Bike Drop Off to parking:



**2390 Lake Street, Niles, MI**

**1263 Rose Dr**  
Niles, MI 49120

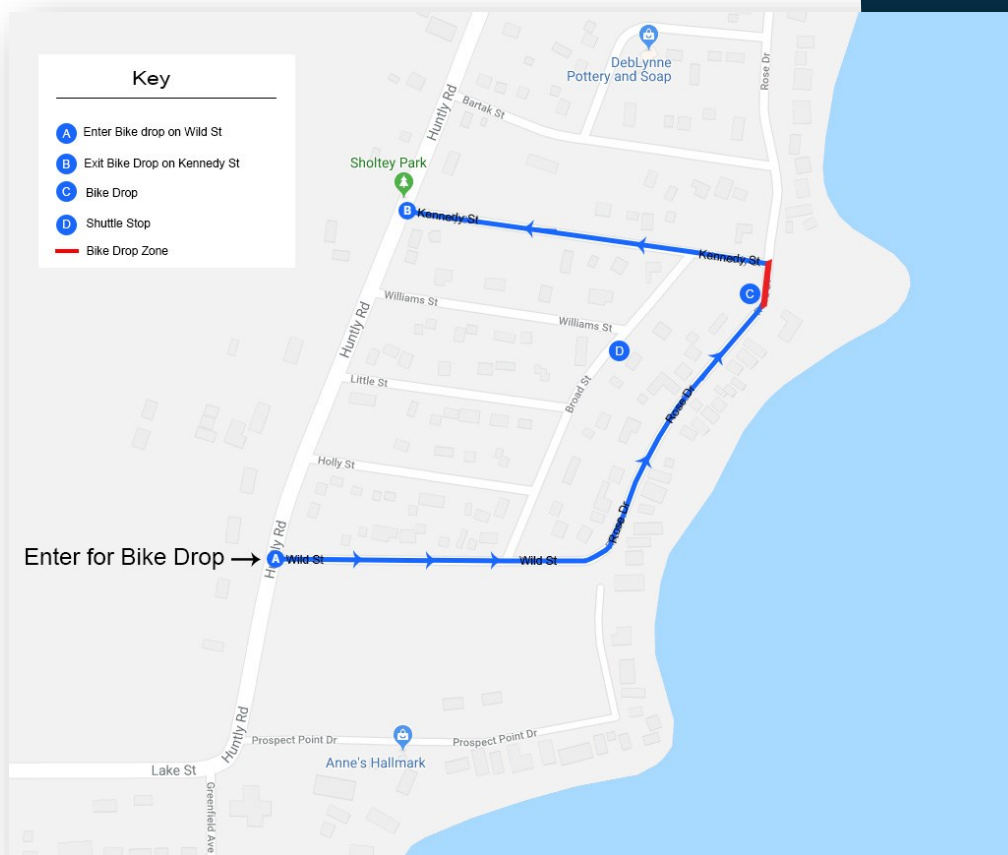
- ↑ Head on Rose Dr  
0.0 mi
- ➡ Turn right onto Kennedy St  
0.2 mi
- ↶ Turn left onto Huntly Rd  
0.3 mi
- ↑ Continue onto Lake St  
0.6 mi
- ↶ Turn left  
433 ft
- ↶ Turn left  
141 ft

**Destination will be on the left**



# BIKE DROP OFF

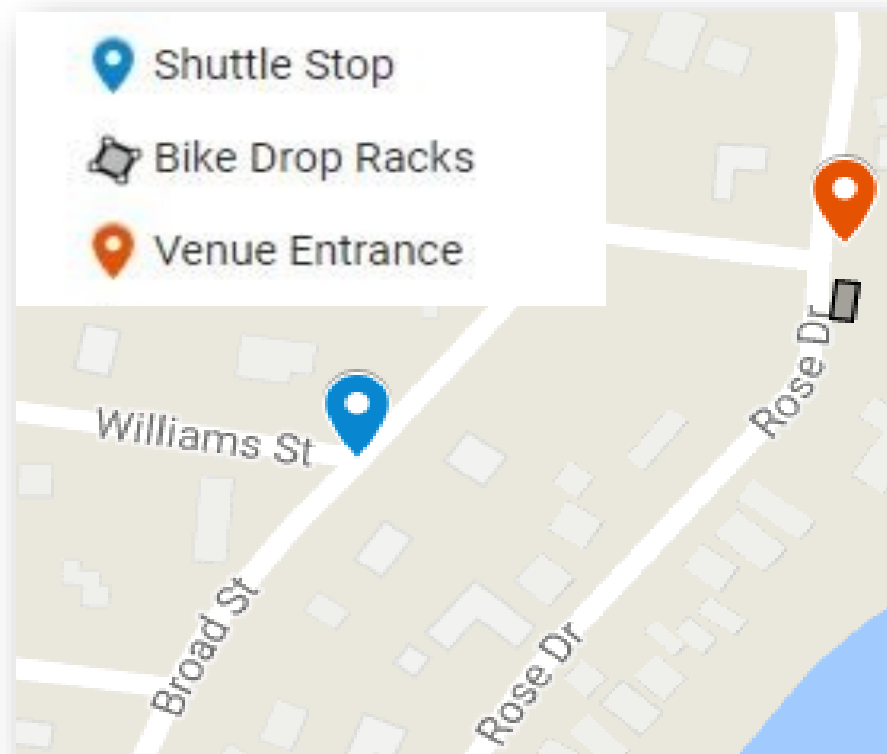
Bike drop off will be 5:30am to 7:15am. There will be a bike rack available near the street to drop off your bike. This is a bike drop only, you will need to park and take the shuttle back before taking your bike to transition area. Please enter bike drop from Wild Street and exit using Kennedy Street. There will be no bikes on the shuttle, please leave yourself enough time in the morning to get through bike drop off and take the shuttle back from the parking area.



# SHUTTLE

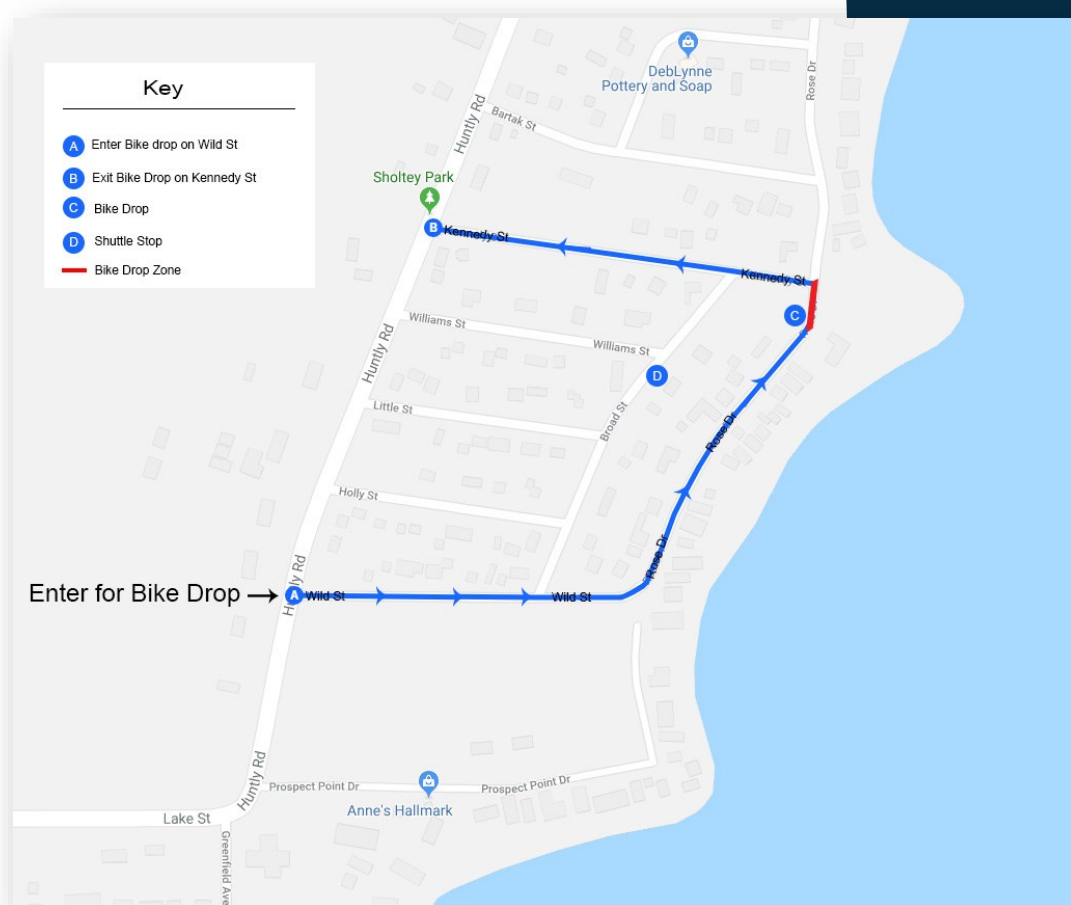
The shuttle will run from 5:30 am until 9:30 am to bring participants and spectators from the parking area to the venue. There will be a shuttle approximately every 15 minutes, please leave yourself enough time in the morning to do bike drop and get a shuttle ride back to the venue. The shuttle service will not run from 9:30 am until the conclusion of the kids triathlon in order to keep the street closed. The shuttle will resume service at the end of the kid's triathlon.

NO bikes on the shuttle! Please leave yourself enough time to get through bike drop off and take the shuttle back to the venue.



# BIKE PICK UP

Bike pick up will begin at the end of the kids triathlon. Please bring your bike out to the racks at the street before taking the shuttle back to the parking area. This will help expedite bike pickup. Bike pick up will begin immediately after the kids race has concluded. Please enter bike drop from Wild Street and exit using Kennedy Street.



# SPRINT PRE-RACE LETTER FROM THE RACE DIRECTOR

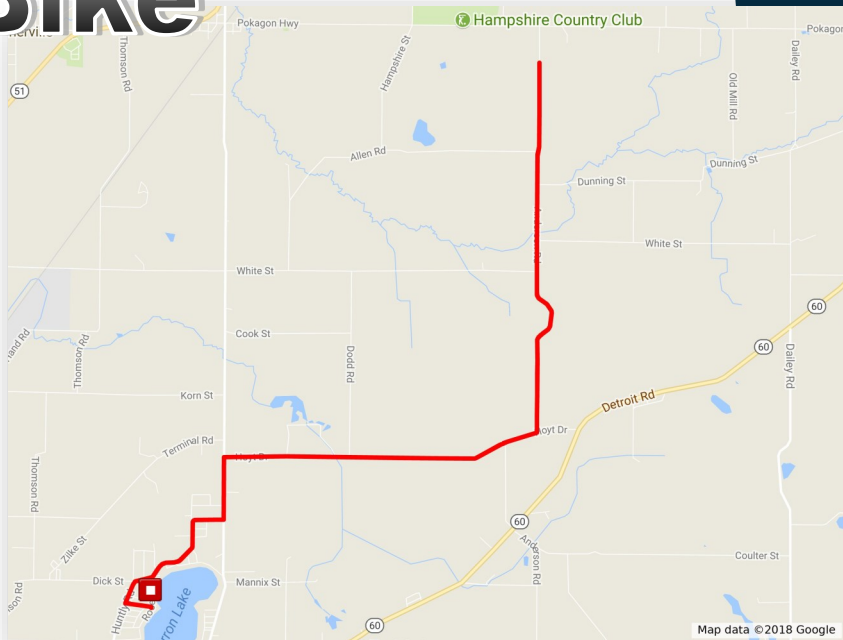
Race day and the day before can sometimes be a blur, so here are a few reminders to help keep you on track and make sure your experience is enjoyable!

- Packet Pickup is at 1263 Rose Dr, Niles, MI
- Packet pickup, Friday, August 25 from 4:00pm-6:00pm - don't forget about the clinic Q&A from 5:00-6:00pm!
- The clinic will give new Triathletes and first-time Triathletes important information but it will also go over the courses and give important speed and safety tips.
- You must show a photo ID and annual USAT members must show their membership card at packet pick up. USAT is allowing a one-time exception to their rule about each person picking up their own packets. If you have someone else picking up your packet, you must bring your photo ID and USAT membership card with you to bike check-in on Saturday morning
- Race-Day packet pickup will begin Saturday morning at 6:00 am and end PROMPTLY at 7:30am. Leave yourself plenty of time, the morning goes quickly!
- During packet pickup you will receive a promotional bag – additionally, you will receive an envelope with your race number and/or name on it. This has all of your race essentials in it (bib, bike and helmet number, and body marking number)
- Timing chips will be available during packet pickup and must be returned at the finish line
- You will need your wristband to get into the transition area, remember **only** registered participants are allowed into the transition area
- Headphones and mp3 players are not allowed on the course
- Be sure to have ALL of your transition gear set up and ready to go by 7:45 when transition area is closed. There will be no re-entry if you are running late.
- The mandatory pre-race meeting begins at 7:50
- The first wave kicks off at 8:00 am sharp!
- The course is well marked with road arrows and signs but you are still responsible for knowing the course. The sprint course is marked with paint and signs.
- Race day parking is at Hope Community Church— 2390 Lake Street, Niles, there absolutely NO parking on neighborhood streets.
- Bike drop off is at 1263 Rose Dr, Niles, MI from 5:30am to 9am, if you will be doing bike drop after 8am, please keep in mind that the adult races will be in progress and follow the instructions of the volunteers to ensure the safety of all athletes
- Shuttle service is available from 5:30am to 9:30am and resumes after the kids race has ended
- Stick around for the awards ceremony starting around 10:30 am!

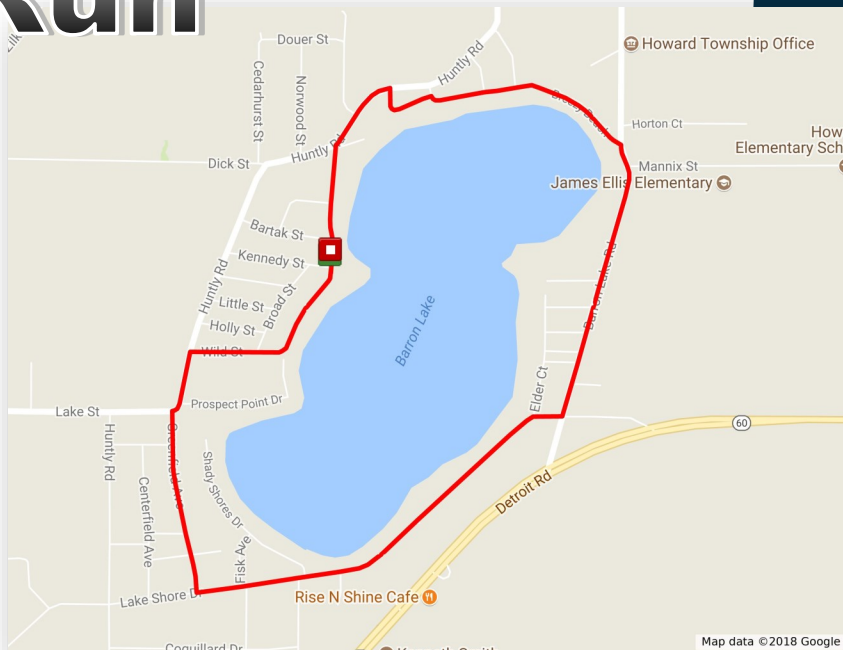
If you have any questions please contact us at [info@barronlaketri.com](mailto:info@barronlaketri.com)

# SPRINT

## Bike



## Run



# KIDS PRE-RACE LETTER FROM THE RACE DIRECTOR

Welcome parents and participants in the Kid's Triathlon. I wanted to go over a few things with everyone so that you will all know what to expect on race morning.

If your child hasn't done a triathlon before I strongly recommend attending the beginner's clinic sometime between 4 & 6 on Friday night.

## Pre-Race

If possible do packet pickup on Friday night. Then, drive or ride the bike course with your athlete so that they know exactly where they will be biking and turning. Review the maps on the website. The Kids Triathlon is marked with BLUE arrows.

## Race Morning

Feed your athlete a light breakfast and let them have a very small snack in the time between arrival and 9:30. Race day could be warm so keep them hydrated pre-race. Small, frequent sips of water or a sports drink is a good idea.

1. Arrive and check-in no later than 8:15am on race morning. CHECK-IN for kids ENDS AT 8:30am.
2. After parking go to packet pickup to get your race number and if you are doing the competitive race you will also pick up a timing CHIP.
3. From there you will take your bike, helmet, running shoes and swim goggles to the transition area to rack your bike and set up your transition area. The Kid's transition area is in a roped area located inside the main transition area. There is a separate entrance for you to use during setup, please do not use the main transition area entrances for set up as there are other races taking place. For those bikes that are too short to rack or have kickstands, they can be stood or laid on the ground. I will paint lines under the racks. Their bikes and transition contents must be contained within the lines. They MUST return their bike to that same spot before heading out on the run.
4. At 9:30 I will do a pre-race meeting in the kid's transition area with your athletes and go over the course and procedure with everyone. This is a MANDATORY meeting.
5. From there we will proceed to the beach and stage your athletes for the start. The competitive race will go off first in waves by age group at 10:00. The Non-competitive race will follow immediately after and these racers will be sent off one at a time with enough space in between them so that they shouldn't overlap in the water.
6. Competitive racers may NOT be assisted by their parents and those parents are not allowed in the transition area.
7. NON-competitive racers may receive as much assistance by a parent or race officials as necessary to complete the course safely and with good spirits. We will have adult triathletes shadowing the kids on the course but feel free to swim, bike and run along with your NON-competitive athlete.
8. Please, parents of NON-competitive racers be aware of those racing for time and stay out of their way. Go to the finish line after the race and we will do medals, a group picture and the awards ceremony as soon as the last Kid's Triathlete finishes. This is where they will receive their turtle.

## A few reminders

- Packet pickup is, Friday, August 25 from 4:00pm-6:00pm
- Packet Pickup is at 1263 Rose Dr, Niles, MI
- Race-Day packet pickup will begin Saturday morning at 6:00 am and end PROMPTLY at 8:30.
- Bike drop off is at 1263 Rose Dr, Niles, MI from 5:30am to 9am, if you will be doing bike drop after 8am, please keep in mind that the adult races will be in progress and follow the instructions of the volunteers to ensure the safety of all athletes
- Shuttle service is available from 5:30am to 9:30am and resumes after the kids race has ended
- During packet pickup you will receive a promotional bag – additionally, you will receive a white envelope with your race number and/or name on it. This has all of your race essentials in it (bib, bike and helmet number, and body marking number)
- Competitive athletes will receive a timing chip at registration. This is to be worn on the ankle and must be returned at the finish line.
- Headphones and mp3 players are not allowed on the course
- Race day parking is at 2390 Lake Street, Niles, MI, there absolutely NO parking on neighborhood streets.

If you have any questions please contact us at [info@barronlaketri.com](mailto:info@barronlaketri.com)



## A stylized map of a coastal area. The map features a blue lake on the left, a yellow road on the right, and a dark blue background. The map includes labels for 'James E', 'Breezy Beach', 'Barron Lake Rd', 'Elder Ct', and 'Lake'. The map is oriented vertically, with the lake on the left and the road on the right. The background is a solid dark blue color. The map is a simplified representation of a real-world location, with no topographical details or scale.

## A map of the Prospect Point Dr area. A blue route is highlighted, starting from Prospect Point Dr, going north on Cedarhurst St, then east on Dick St, then south on Bartak St, Kennedy St, Little St, Holly St, and Wild St, and finally back to Prospect Point Dr. A green play button icon is located on Bartak St. The map also shows other streets like Norwood St, Broad St, Lake St, Greenfield St, and Elder Ct. A large blue area represents Barron Lake, and a smaller blue area represents James E. Lake. The word "BIKE" is visible in the top left corner, suggesting a bike route.

A map of the Barron Lakeshore area. The map shows several streets: Lake St, Gre, Huntly Rd, Wild St, Holly St, Little St, Williams St, Kennedy St, and Bartak St. A red outline highlights a specific area near the lake, bounded by Bartak St, Kennedy St, Williams St, Little St, Holly St, and Wild St. The map also shows Sholtey Park, DeBlynne Pottery and Soap, and Anne's Hallmark. Barron Lake is visible on the right side of the map.

# BENEFITTING



## Our Mission:

To enhance the health and well being of individuals with disabilities by fostering lasting, authentic relationships through the teamwork environment of endurance athletics.

## How do I get INVOLVED?

As you find out more about myTEAM TRIUMPH, you will notice that we use certain terms to describe our participants. Here is a quick summary:

**CAPTAIN:** the person with a disability who will go along for a ride & will be the main focus of the race experience. For more details, click on [CAPTAINS](#).

**ANGEL:** the athlete volunteering their abilities to push or pull the Captain through our events. For more details, click on [ANGELS](#).

**VOLUNTEER:** any able bodied person who is willing to help us set up for an event, transfer our Captains from one piece of equipment to another and generally support us during an event. As these needs vary from event to event, please contact our ANGEL or CAPTAIN DIRECTOR by using the CONTACT US link in the top LEFT corner of our HOME PAGE. <https://mttwestmichigan.org/>

**DONOR:** any individual who is willing to support us financially so that we can make this experience for our Captains possible. You can either donate directly to our General Fund or to an Individual Fundraiser.

**SPONSOR:** any individual or corporation who is willing to support us at a \$5,000 level or higher.

We hope this helps clarify our commonly used terminology. Should you have any other questions, please use the [CONTACT US](#) tab to direct your comments to us. <https://mttwestmichigan.org/>