

FAQ – Lake in the Hills Triathlon

Waves will be assigned by age categories

Wave times Numbers (Updated after June 1)

6:30 a.m.	:00
6:33 a.m.	3:00
6:36 a.m.	6:00
6:39 a.m.	9:00
6:42 a.m.	12:00
6:45 a.m.	15:00
6:48 a.m.	18:00

Wave Placement: You will be placed in a wave based on your age/gender group.

Timing Chip: Will be distributed at the Indian Trail Beach prior to the event. It should be worn around your ankle with the included strap.

Body Marking: Located at Ken Carpenter Park and Indian Trail Beach

Swim Caps: Must be worn during the swim. If you lose your cap, additional caps are available at the swim START.

Wet Suits: Allowed no matter what the water temperature is.

Swim Gear Bags: If filled by the racer, all bags will be brought from the swim transition to the finish line area for pick up. All other items will be brought to the finish area to be claimed.

Fins, Gloves, Floatation devices: Not allowed on the swim course

Bike Number: Must be on bike for your security at the completion of the event.

Helmet Number: Must be located on the front or side of the helmet.

Helmet Strap: Strap must be buckled when on the bike. This includes riding to the transition areas as well.

Bike Course: Will be monitored by police; however, you are required to follow police, volunteers, and staff when directed. The course is open to cars – please be cautious when passing.

Drafting: Drafting is self-monitored. A rider directly behind or to the side of another rider for longer than 20 seconds is considered drafting. Please watch your space – for your own safety. Always ride to the right.

Bike Dismount: Located 5' prior to the Transition 2 entrance.

Race Bib: Must be worn on the run course and through the finish line chute.

Run Course: 3 water stops on the course, out and back and rolling hills.

Finish Line: Where the celebration begins.

OTHER:

Headphones and Ipods: Not allowed on any portion of the course. We'll provide the music!

Bike Repairs and assistance: Located at T2 (Ken Carpenter Park) and T1 (Swim Start)

Mt. Bikes: Are allowed – sorry no tandems are allowed.

Helmets: Are US CPSC Safety standard certified. Confirm your helmet by checking for a sticker indicating its certification on the inside of the helmet.

Parking: Participant parking is ONLY allowed at Costco – 250 N. Randall Road. Spectator parking is available on side streets as well as, Ryder Park, Police Department and Richard Taylor Park. These additional lots are located off of Miller Road and Crystal Lake Road (on the way to the beach).

Results: Will be posted on site as well as www.lith.org