



EL DORADO LAKE TRIATHLON



JUNE 20, 2021

SUNDAY, JUNE 20, 2021 7:00AM

EL DORADO STATE PARK - WALNUT RIVER BEACH

Welcome to the 11th Annual El Dorado Lake Triathlon! This year, the Sprint race is again the USA Triathlon Kansas State High School Championships and the Olympic race is the USA Triathlon Kansas State Age Group Championship. These Sprint and Olympic Distance races will be held on June 20th, 2021. Throughout this booklet you will find valuable information about the event, course and many other aspects of the triathlon. We know that you like to be prepared so we have gone as in depth as possible in this booklet and tried to answer any initial questions you may have about this event.

If you have any further questions, please feel free to reach out to us:

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Message from the Race Director

Greetings Triathletes!

We are excited and honored to welcome you back to the 11th Annual El Dorado Lake Triathlon and the USAT Kansas State High School and Age Group Championship! Thank you for the hours and miles that you have dedicated to preparing for this event. Racing is back! We can't wait to help each of you reach your goals and have a wonderful experience!

Our team strives to make this the best race experience for you, the participant! Every one of you is incredibly impressive and inspiring with your experiences and reasons for competing today. We would love to hear any stories that you are willing to share and are dedicated to helping you reach your goals.

This booklet is full of information that will help you have a successful race. If you do not find the answers to your questions in this booklet, please reach out to me and I would be happy to make things clear. Whether it's your first triathlon, or if you've been doing them for years, we want to do everything we can to ensure that you have an exceptional experience! While you're putting in the training miles, we're putting in hours of work to bring this race together. It takes all of us to make this the incredible race experience that it is.

We hope that at this race you will have fast time, but also hope that you will have an experience that you will look back on and fondly for many years to come. If you ever need reminded of one thing at any race, it is to always keep moving forward. Relentless forward motion is always a primary goal. You will finish if you have the desire! We thank you for trusting our outstanding crew and volunteers and will do everything we can to make this a memorable experience for you!

Thank you again and good luck!

Patrick Todd

Location and Distances

The El Dorado Lake Triathlon will be Sunday, June 20, 2021 at El Dorado State Park, located 3 miles east of El Dorado, Kansas on Hwy 54 and 1 mile north. It is just 25 minutes east of Wichita, KS. **The races will start in the Walnut River Beach** area of the park, just below the dam. Plenty of parking and camping will be available in the race area. Either distance can be completed by an individual, or you may sign up with a 2 or 3-person relay team.

OLYMPIC DISTANCE

SWIM - 1500 METERS

BIKE - 40KM

RUN - 10KM

7:00AM Two-Wave Start

SPRINT DISTANCE

SWIM - 750 METERS

BIKE - 20KM

RUN - 5KM

7:30AM Two-Wave Start

Race Day Schedule

5:00 am Park in the designated lot adjacent to the transition area. The State Park requires \$5.00 per car for entrance or an annual pass. Walk/ride your bike to the transition area - if you ride your bike, make sure to wear your helmet (you can get a time penalty even before the race starts!).

5:00 am Transition area opens - body marking happens in front of transition area. (Make sure race numbers are attached to the bike prior to entering.)

6:45 am Transition area clears for start
Pre-Race Meeting at swim start

7:00 am Olympic Distance Triathlon begins

7:30 am Sprint Distance Triathlon begins

10:00 am Awards Ceremony and Air Capital Triathlon Series Drawing

11:00 am Course Closes

Post-Race Activities

- Plenty of refreshments and snacks will be available.
- Stick around to cheer on your fellow athletes.
- Awards will be presented to the top three finishers in each Age Group
- Remember to thank the volunteers-they are crucial to the success of your event!

SWIM Course and Guidelines

The swim course will start at the Walnut River Beach and consist of 1 loop for the Sprint distance and 2 loops for the Olympic distance.



SWIM GUIDELINES

- Olympic Distance Race begins at 7:00 am. (2 Loops and 2 Waves)
 - Wave 1 – Males and Relays
 - Wave 2 – Females
- Sprint Distance Race begins at 7:30 am. (1 Loop and 2 Waves)
 - Wave 1 – Males and Relays
 - Wave 2 – Females
- **Wear your swim cap (it will be supplied).**
- Stay to the RIGHT of the buoys / keep the buoys on your LEFT. You will swim counter-clockwise.
- Lifeguards and water rescue are in the water for your safety.
- If you need assistance while in the water, please make it clear by raising your hand and shouting to water rescue. USAT rules allow you to rest on a lifeguard buoy or hang on to the side of watercraft without being penalized as long as there is no forward progression.

BIKE Course and Guidelines



The bike route starts at the Walnut River campground and continues out to Boulder Bluff Rd. Rd. The bicycles will then turn right and continue to the turnaround point before 12th St. Cyclists will then turn around and continue along Boulder Bluff Rd. until just before the Boating Dock parking lot. The cyclists will then turn around and continue to Myers Rd. where they will turn right. The turnaround on Myers Rd. will lead cyclists back to Boulder Bluff Rd. where they will again turn right and continue back to the transition area. The Olympic distance participants will then complete a second loop.

[Click Here for more detailed maps](#)

BIKE GUIDELINES

- Walk bike in and out of transition area to the mount/dismount line.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Exit transition area to the right. Ride on the right side of your lane.
- The bike course will be open to traffic, so please be cautious at all times.
- **Absolutely no drafting (cause for penalty).**
- Pass on the left, never on the right, and complete pass within 15 seconds.
- Keep 3 bike lengths between yourself and cyclist in front of you.

- Again, please follow all traffic laws as the course will be open to traffic
- The bike turns will be sharp. Slow down and be careful.
- **Leave your helmet on and strapped until your bike is racked (cause for penalty).**
- Properly rack your bike before exiting on the run (cause for penalty).
- NO HEADPHONES ALLOWED.

RUN Course and Guidelines



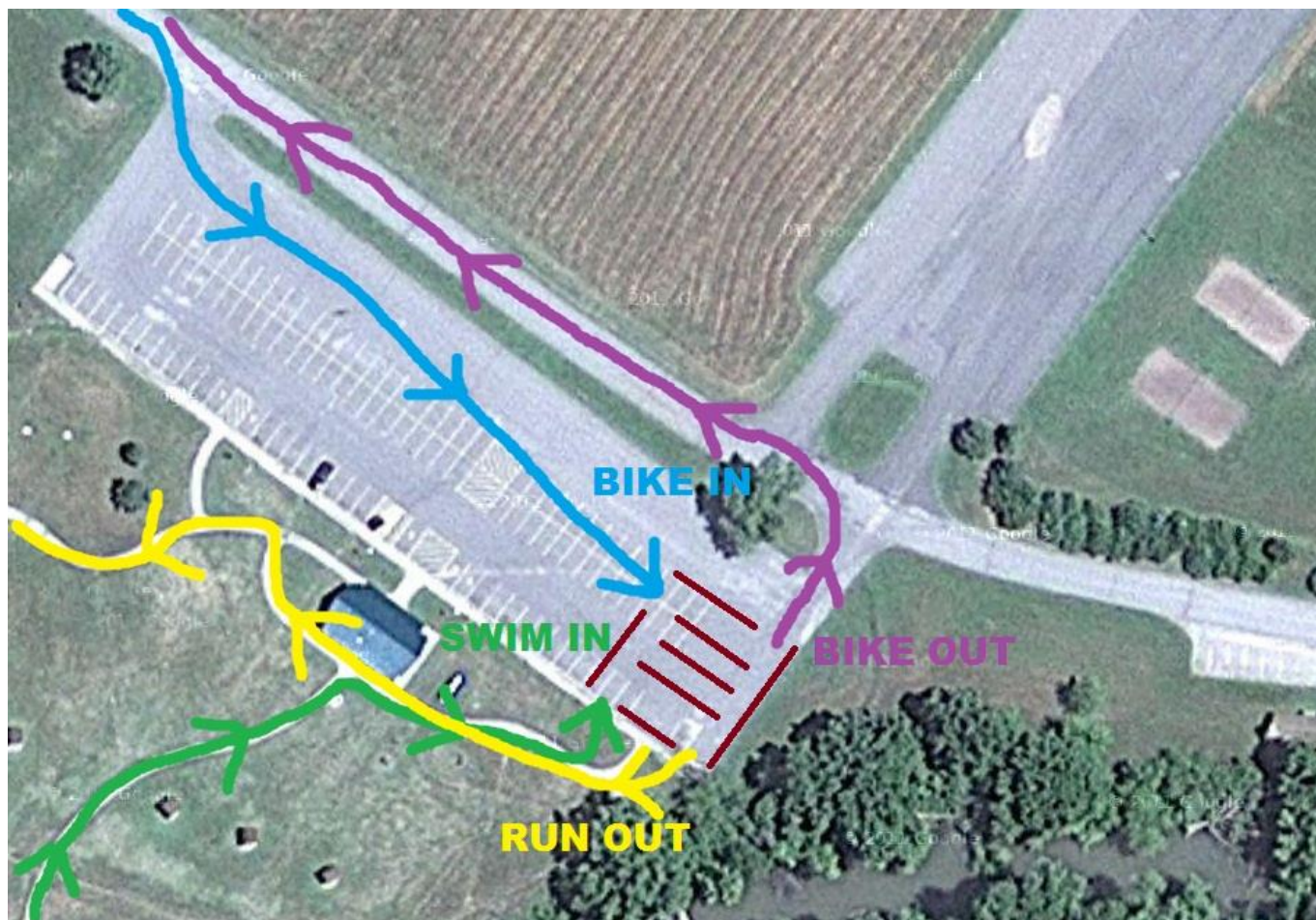
The run will head out of the transition area and run a loop around the campground and along the bike path for the Sprint distance race. The course is 2 loops for the Olympic distance race.

RUN GUIDELINES

- Follow signs and cones.
- Be alert.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ.
- The run is mainly on the sidewalks and low-traffic roads. Finish is back at the beach, just after the bridge. There will be a sharp left turn to the finish arch. Olympic Distance athletes, make sure to continue on and do a 2nd loop of the run course.
- Make certain your race number is on the front of your body BEFORE you cross finish line.
- NO HEADPHONES ALLOWED.

Transition Area

- Only competitors are allowed in the transition area. No exceptions!
- Transition will be cleared by 6:50am.
- Stage your equipment (All Bike and Run Gear)
- Leave room for your neighbors.
- Once the transition area is cleared for the race start, no one will be allowed back in. Make sure you have your swim gear, including your swim cap.
- No bikes may leave transition area until USAT official clears it and this won't happen until the very last bike is in.



Relay Teams

- Cyclist will wait at the bike until the swimmer hands over the timing chip.
- Bike must be racked before the timing chip is handed off.
- When cyclist returns, he/she must rack the bike and then hand off the chip.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is cleared by USAT official.

Packet Pickup

Each participant will receive their race bib, timing chip, Tri-blend Race Shirt, and Swim Cap.

Packet Pickup will only be available race morning beginning at 5am near the transition area.

Photo ID

All athletes are required to show photo ID. NO ID, NO RACE, NO EXCEPTIONS. Every single participant in the race must have a photo ID, this includes relay participants. Youth athletes without an ID must be accompanied by a parent/guardian with a photo ID. Annual USAT members are required to bring their membership card every time they compete in a USAT sanctioned event. If the card has been lost, you can download and print out a temporary one at www.membership.usatriathlon.org.

USAT License

If you signed up for a one-day membership, you must bring proof of that membership on race day. All non-USAT members must purchase at least a one-day membership pass for \$15 (can be purchased during registration). These are USAT rules, and we are allowed NO EXCEPTIONS.

Pre-Race Meeting

The pre-race meeting will begin at 6:45am at the swim start. You will be expected to know and follow all rules/guidelines, which are not necessarily all contained within this booklet.

Awards

Medals are awarded to each finisher. Age group awards will be given to the top three male and female participants in each race and the top three male and female participants in the following age categories: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and above. Awards will also be presented to the top relay teams in both the Sprint and Olympic distance races. There will also be awards for the top 3 USAT Kansas State Champions in the Sprint High School and Olympic divisions.

Body Markings

You will be body marked BEFORE you enter the transition area. Bike racks will be open.

Timing

Our races will be timed utilizing a timing chip attached to your ankle. The timing chip must be worn throughout the event and must be collected immediately following the event. Do not cover the timing chip with wet socks, as they have the potential to not read properly under these circumstances.

Race Numbers

You will receive one race number. Your race number must be worn on the front during the run and be visible as you cross the finish line. Otherwise, you will be disqualified per USA Triathlon policy! You don't have to wear it during the swim and bike.

Your timing chip must be worn on your ankle at all times.

Wetsuits

In compliance with USAT we cannot make a final decision on if the race will be wetsuit legal until 5am on Race Day. Competitors may wear a wetsuit if the water temperature is 78 degrees Fahrenheit or lower. Competitors who choose to wear a wetsuit when the water temperature is above 78 degrees will not be eligible for awards.

Restrooms

Restrooms and showers are located at the bathhouse near the beach.

Photos and Results

Timer Guys will be taking pictures on during the event. These complimentary photos will be available on Facebook following the event.

Results will be posted on timerguys.com immediately following the event.

Driving Directions

From Wichita:

Take I-35 North to exit 76 for US-77

Turn left at N. Main St. (South US-77)

Take first left onto Myers Rd.

Go 1.6 miles and turn right

Go 1.4 miles and turn right into Walnut River Campground (There will be an attendant at the gate)

Take first left for parking. State Park requires \$5.00 per car for entrance.

From North:

Take I-35 South to exit 76 for US-77

Turn left at N. Main St. (South US-77)

Take first left onto Myers Rd.

Go 1.6 miles and turn right

Go 1.4 miles and turn right into Walnut River Campground (There will be an attendant at the gate)

Take first left for parking. State Park requires \$5.00 per car for entrance.

From El Dorado:

Take Main St. (US-77) North to 12th St.

Turn Right at 12th

Go 2.1 miles to Boulder Bluff Rd. (just below dam) and turn left

Go 0.7 miles and turn left into Walnut River Campground (There will be an attendant at the gate)

Take first left for parking. State Park requires \$5.00 per car for entrance

The guidelines outlined in this document are NOT all-inclusive and are subject to change, without notice, at the sole discretion of the Race Director.