

Race Day Instructions

The road course is open! You could encounter a vehicle. Please do not cross over center line on any blind corners. We will do our best to keep the traffic at a minimum!

We have DJ Kirby as our announcer, Two Guys & a Grill flipping pancakes - you are free! Your family is welcome - just pay, cash or check on race day; \$5.00 adults, \$2.50 kids under 10. Invite your family and friends to come be a part of LQ history!

We encourage all guests to arrive by 7:30 am. Start at Blessing Park, (EAST SIDE PARK) **ONLY ATHLETES ALLOWED in the Transition Area.** We will have this area taped off.

Race Course:

The Course is a 500 meter (0.31 mile) swim, 9 mile bike (2 full laps around the lake) and a 2.4 mile run. Swim begins with a standing water start. (MAP IS ATTACHED)

Swim start times

8:15	Heat 1	PURPLE SWIM CAP
8:20	Heat 2	WHITE SWIM CAP
8:25	Heat 3	PINK SWIM CAP
8:30	Heat 4	YELLOW SWIM CAP

Race/Entry Guidelines

1. You will be given a swim cap at registration which must be worn during the Swim portion of the Race.
2. You are required to wear a helmet for the Bike portion of the Race.
3. You cannot transfer your entry to another individual.
4. Radios, headphones, iPods, etc. are not permitted on the course.
5. Bring extra water bottles for your bike.
6. The race is open to two or three-person teams competing in a relay style.
7. For safety and security reasons, no one except registered participants and volunteers are allowed in the transition area.
8. We reserve the right to alter the course distances, delay the start time or cancel the race entirely in the event of dangerous weather or other unexpected complications.
9. No refunds will be given in case of race day cancellation. If we cancel the event on race day due to the threat of severe weather or other emergency, you can still pick up your shirt. Contact Mendy Jarman 913.710.9156.

Race Day

- Late packet pick up (between 7:00 - 7:30) at the registration table near the tent.
- Get your body marked once you have your race number. Volunteers will write your race number on your arms and legs in permanent marker.
- Find your bike space (race number) in the Transition Area and get organized for the Race.
- Familiarize yourself with swim start/exit, bike mount/dismount and race entry and finish line.
- Teams should check out the TEAM Box for transition from swim to bike and bike to run.

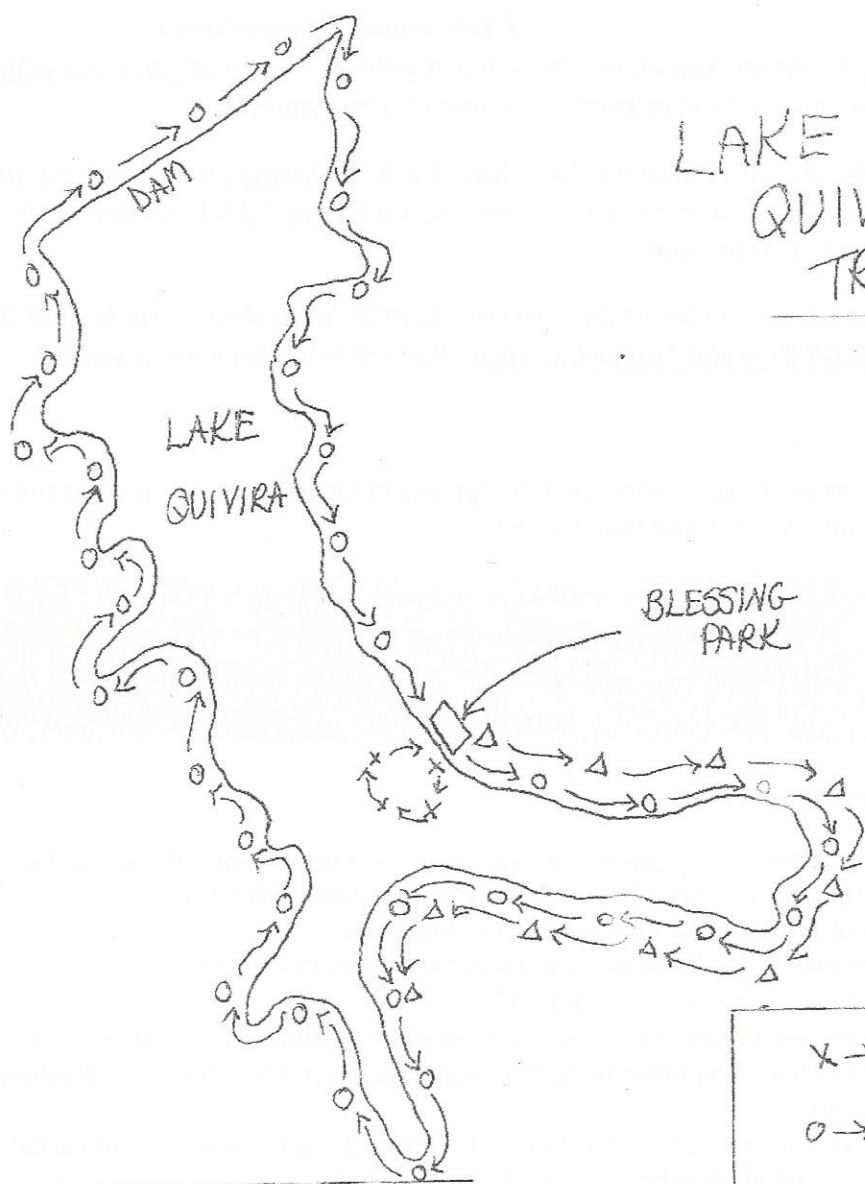
Awards

- Medals awarded to top three overall finishers, top three women, top three men and the top two teams.
- Awards ceremony will be held at approximately 10:15 am – during the pancake breakfast. **All registered participants get free unlimited pancakes after the Race.**

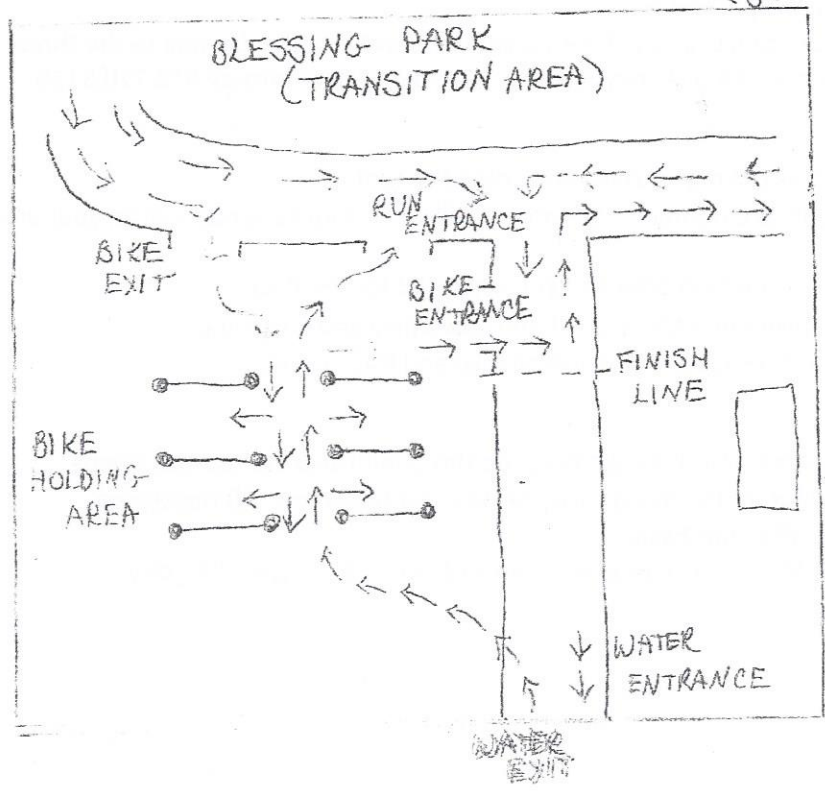
For more race information, contact Mendy Jarman at 913.710.9156 or LQ4FUN@KC.RR.COM



LAKE QUIVIRA TRIATHLON



- X → X Swim (500 meters)
- O → O Bike (9.0 miles - 2X AROUND)
- Δ → Δ Run (3.0 miles)



REGISTRATION AREA
+ PANCAKE BREAKFAST