



# Ames TRIATHLON

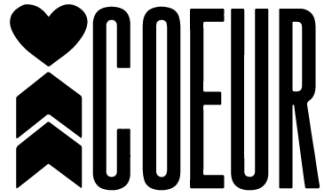
## Athlete Guide 2024

# Ada Hayden Park Ames, Iowa June 23, 2024

Triathlon: 750 m Swim~15.5 mile Bike~3.1 mile Run  
Super Sprint Tri: 400 m Swim~7.25 mile Bike~1.25 mile Run  
Duathlon: 1.25 mile Run~15.5 mile Bike~3.1 mile Run  
Aquabike: 750 m Swim~15.5 mile Bike  
Swim: 750 m



# Sponsors



McFarland Clinic



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# Race Weekend Schedule

## Saturday June 22nd

Packet Pickup: 1:30pm – 4:30 pm @ Bike World Ames: 126 S 3rd St, Ames, IA 50010

Online registration closes @ 4:00pm

## Sunday June 23rd – Race Day Schedule

6:00 am – Packet pick-up starts AND Transition opens

6:30 am – Bike support starts

7:20 am – Packet pick-up closes

7:25 am – Swim warm up begins

7:35 am – Transition closes

7:40 am – Swim warm up ends

7:40 am – Para Triathlon event starts

7:45 am – Pre-race meeting and announcements

8:00 am – Sprint Triathlon and Aquabike- First age group athlete starts with 2-3 person starting every 3-5 seconds after that

8:05 am – Super Sprint, and Duathlon Starts

8:10 am – Open Water Swim (swim only) begins

The transition will be closed from 7:35 am to approximately 10:00 am. During this time only athletes that are still racing are allowed in transition. We will announce when the last biker is in and it is ok to start removing your bike and equipment from transition.

## Packet Pickup

### Saturday Packet Pickup:

**Time:** 1:30pm to 4:30pm

**Location:** Bike World Ames: 126 S 3rd St, Ames, IA 50010

### Race Morning Packet Pickup:

Packets can be picked up on race morning at the race site (North Shelter, Ada Hayden Park) from 6:00 am to 7:00 am. Cabin Coffee Co. will be on site with coffee for all to enjoy, thanks to our sponsors.

**IMPORTANT:** A photo I.D. and your USA Triathlon card (if you are an annual member) are required to verify your identification and membership status. All participants will be required to sign a waiver at packet pickup before they are able to receive their race packet. Only race participants can pick up their own race packet.

Relay teams will have a race packet for each member of the team. All members of a team are not required to come to packet pickup at the same time. However, each team member will be required to pick up their own packet.

Participants under the age of 18 will need to have a parent or legal guardian sign for them. Prior arrangements can be made if the parent or legal guardian is not able to be present with the minor at packet pickup.



# Parking

Carpooling is strongly encouraged if at all possible or if you live in Ames consider riding your bike to the park. The parking lot at the north boat ramp will be for the transition area, emergency vehicles, and para-triathletes only. Athlete parking is located just across Grand Ave/HWY 69. There will be volunteers and signs directing you into these locations. Please arrive earlier than you normally would to allow time to park and walk over to the park with your bike and race gear.





# Ames Triathlon

## Sprint Tri

Swim 750meters - Bike 15.5miles - Run 3.1 Miles

Swim Route

Bike Route

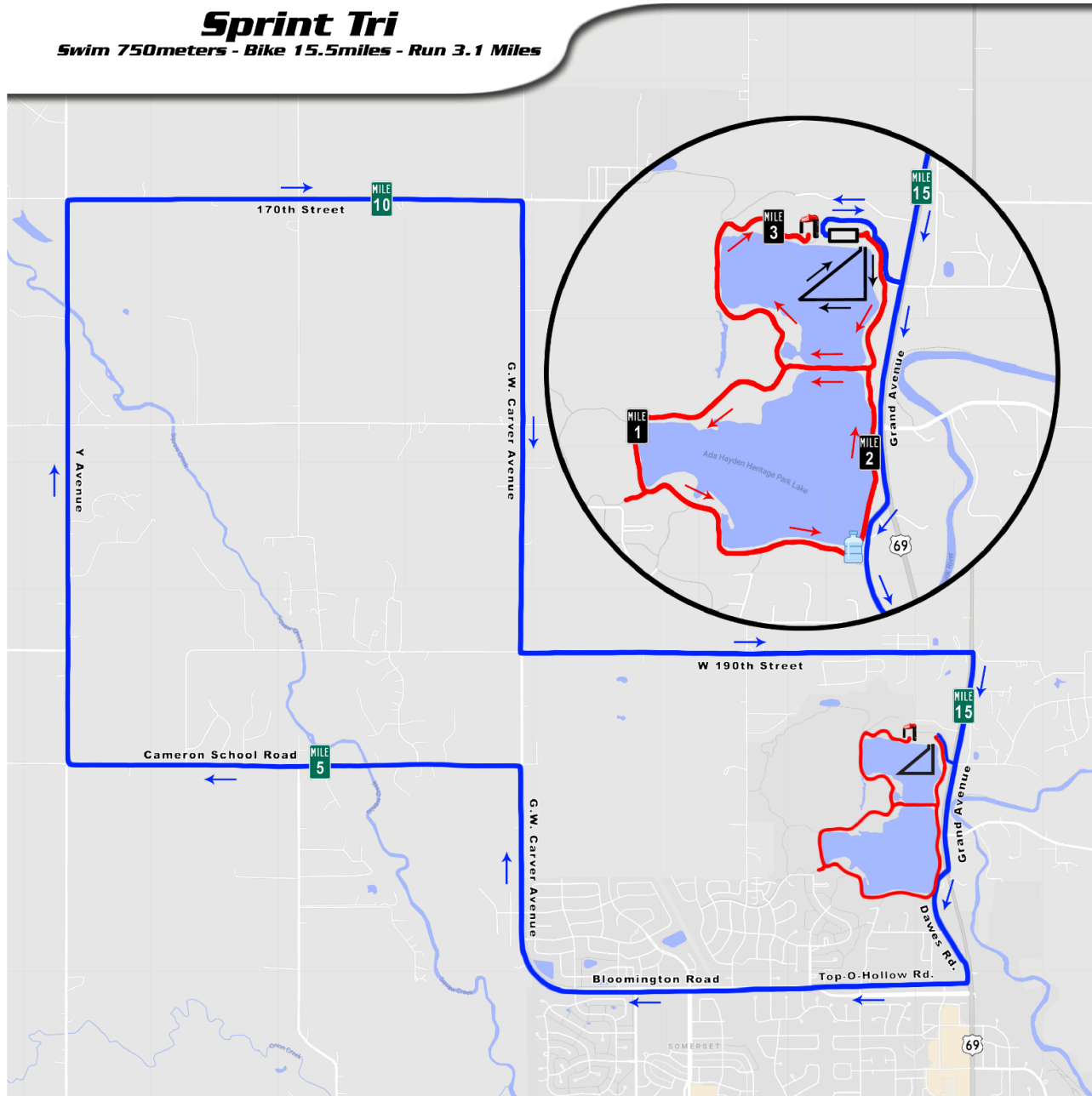
Run Route

Transition

Water Station

Finish Area

Mile Markers





# Ames Triathlon Super Sprint Tri

Swim 400 Meters - Bike 7.25 Miles - Run 1.25 Miles

Swim Route

Water Station

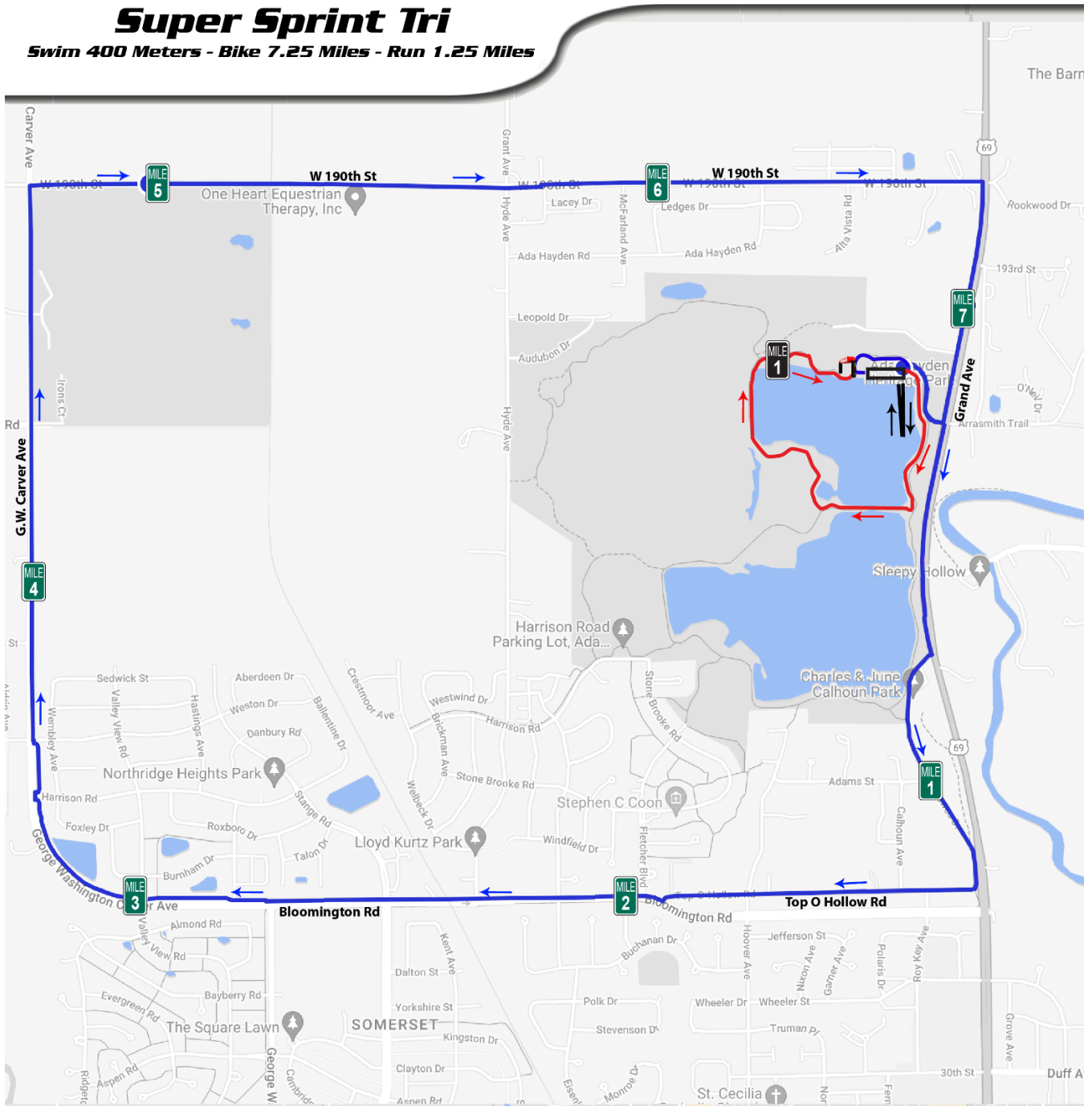
Bike Route

Finish Area

Run Route

Transition

Mile Markers





# Ames Triathlon

## Duathlon

Run 1.25mi- bike 15.5mi - Run 3.1mi

Swim Route



Water Station



Bike Route



Finish Area



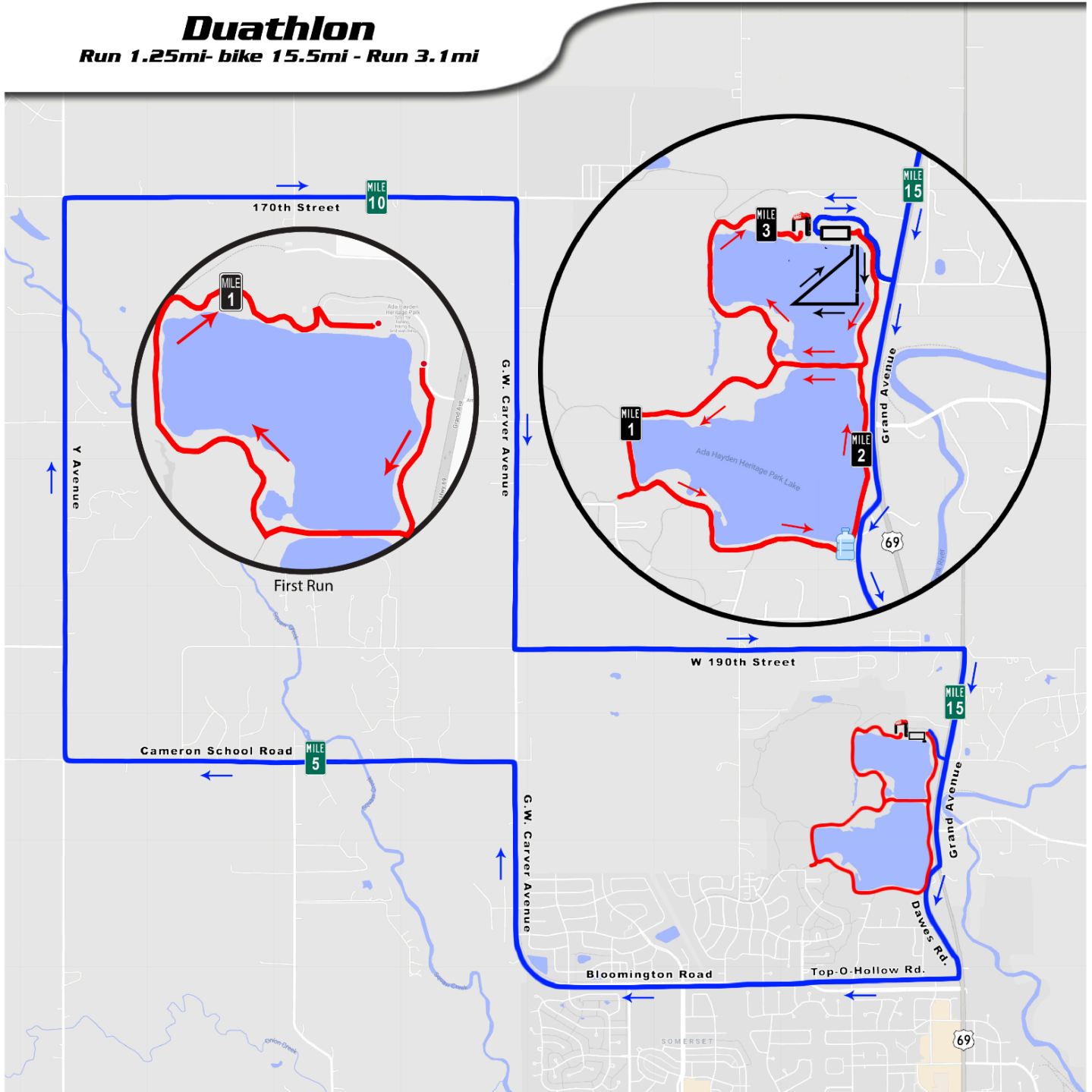
Run Route



Transition



Mile Markers





# Transition Area

The transition area will be located in the boat ramp parking area. It will be enclosed with fencing and or barricades. For the protection of you and your equipment, only participants are allowed into the transition area. The transition will open at 6:00 am on race morning.

Bike rack positions will be numbered. Please rack your bike by the saddle on the number that corresponds to your running bib with your bike number visible under the saddle. For safety reasons, riding bikes in the transition area is not allowed.

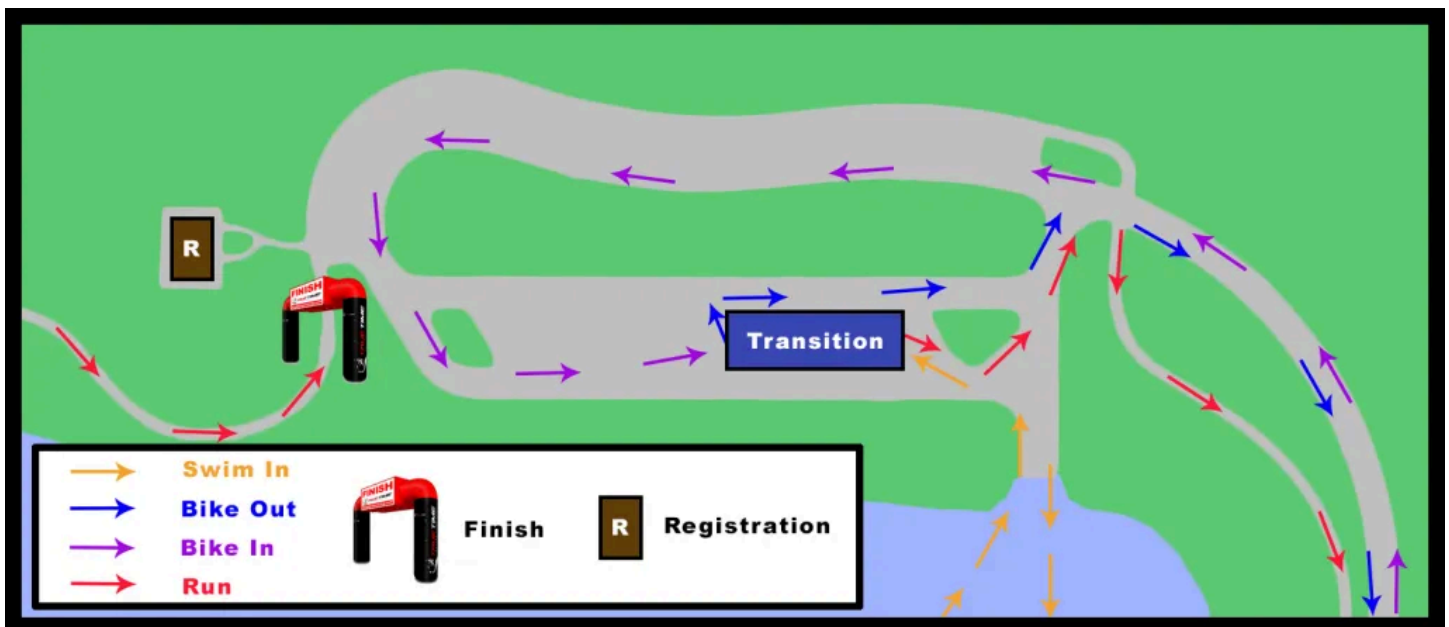
During the event, the transition will remain closed to everyone except athletes who are still in the process of racing. No one including athletes who have already completed their event will be allowed into the transition area until it is reopened. The transition will remain closed while bikes are on the course.

## Mount and Dismount Lines:

Athletes cannot get on their bikes until they reach the mount line just outside of transition. The line will be marked on the pavement, with signs, and volunteers there to remind you. The dismount line will be just before you reach the transition area. Athletes are required to dismount their bikes prior to crossing the dismount line which will be marked on the pavement and with a sign. Volunteers will be at the mount and dismount lines as well to assist you.

## No Pedal Zone:

When entering the park at the end of your bike ride there will be a no pedal zone. This means no more pedaling. Please stay on your bike until you reach the dismount line. The no pedal zone helps keep everyone at a safe and reasonable speed as they prepare to dismount their bikes.



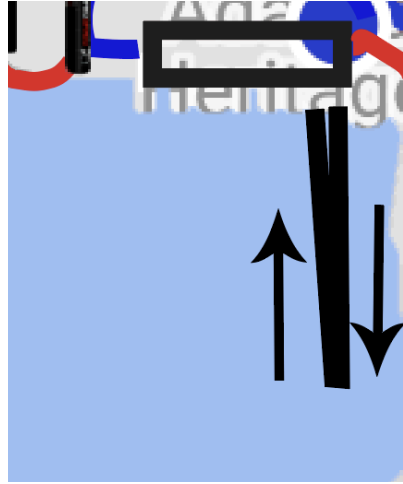
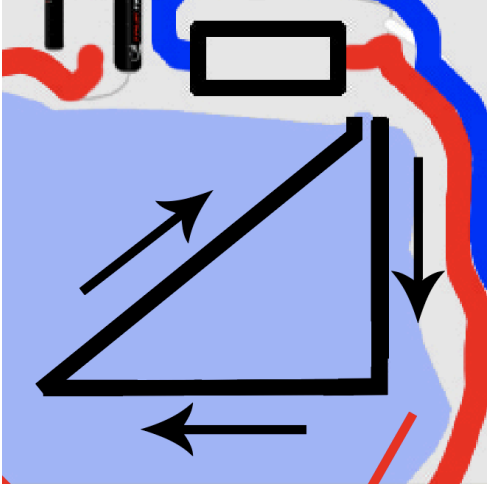




# Swim Course

Triathlon 750m

Super Sprint 400m



The swim start will be in Time Trial format which means 3 people will enter the water every 3-4 seconds. Your starting position is based on your swim experience and confidence level. More confident swimmers should self-seed towards the front and less confident or less experienced swimmers towards the back. The swim course is a triangle shape that is swum clockwise with swim markers always on your right side.

Water temps will be updated on our Facebook and Instagram pages during race week. Race morning water temp will be taken by a USAT official and announced on the PA system. **REMINDER:** There is no swimming allowed in Ada Hayden Lake except on race morning during the event.

## Duathlon Start:



The duathlon start is on the trail just east of the boat ramp. It will be marked with a sign indicating the duathlon start along with a volunteer. All Duathletes will start at the same time approximately 8:05AM. Duathletes will enter transition the same way the swimmers do on the east side.



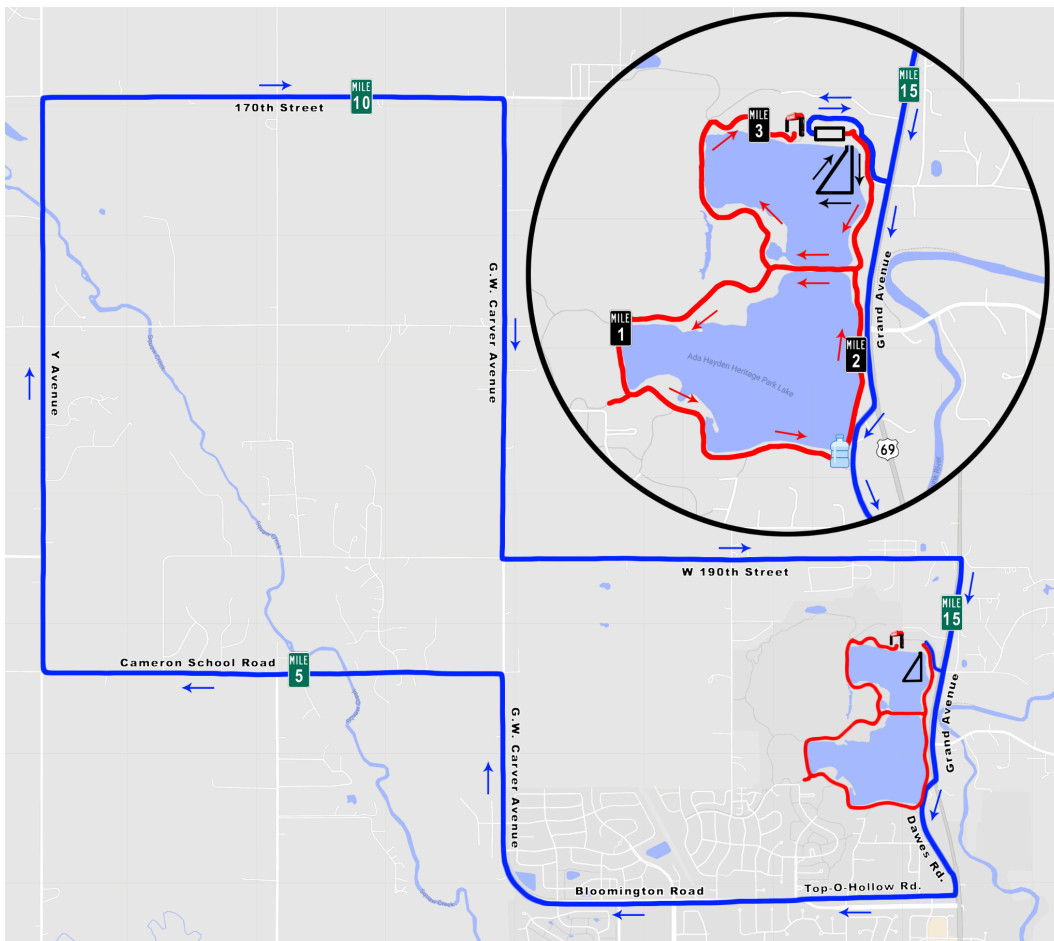
# Bike Course

## Triathlon/Duathlon 15.5 Miles & Super Sprint 7.25 Miles

The 15.5 or 7.25 mile bike course will take you through Iowa's scenic countryside. Course marshals will be located throughout the route. Major intersections will have law enforcement personnel. The course is a loop. It will be marked with arrows and caution signs. There will be no water stations along the bike course for the Ames Triathlon.

**The bike course is open to vehicle traffic.** Remember to ride right and always pass with care, taking note of your surroundings and other traffic before doing so. The first 0.3 miles and the last 0.3 miles of the bike course are on Grand Ave/Hwy 69 and athletes should utilize the paved shoulder on this stretch.

All bikers must wear an ANSI approved or equivalent helmet and USA Triathlon rules will be strictly enforced. Bikers without helmets will not be allowed on the course. Helmets need to be on and buckled before removing your bike from the rack and must not be removed until your bike has been put back on the rack. No drafting allowed; officials will patrol the entire course.



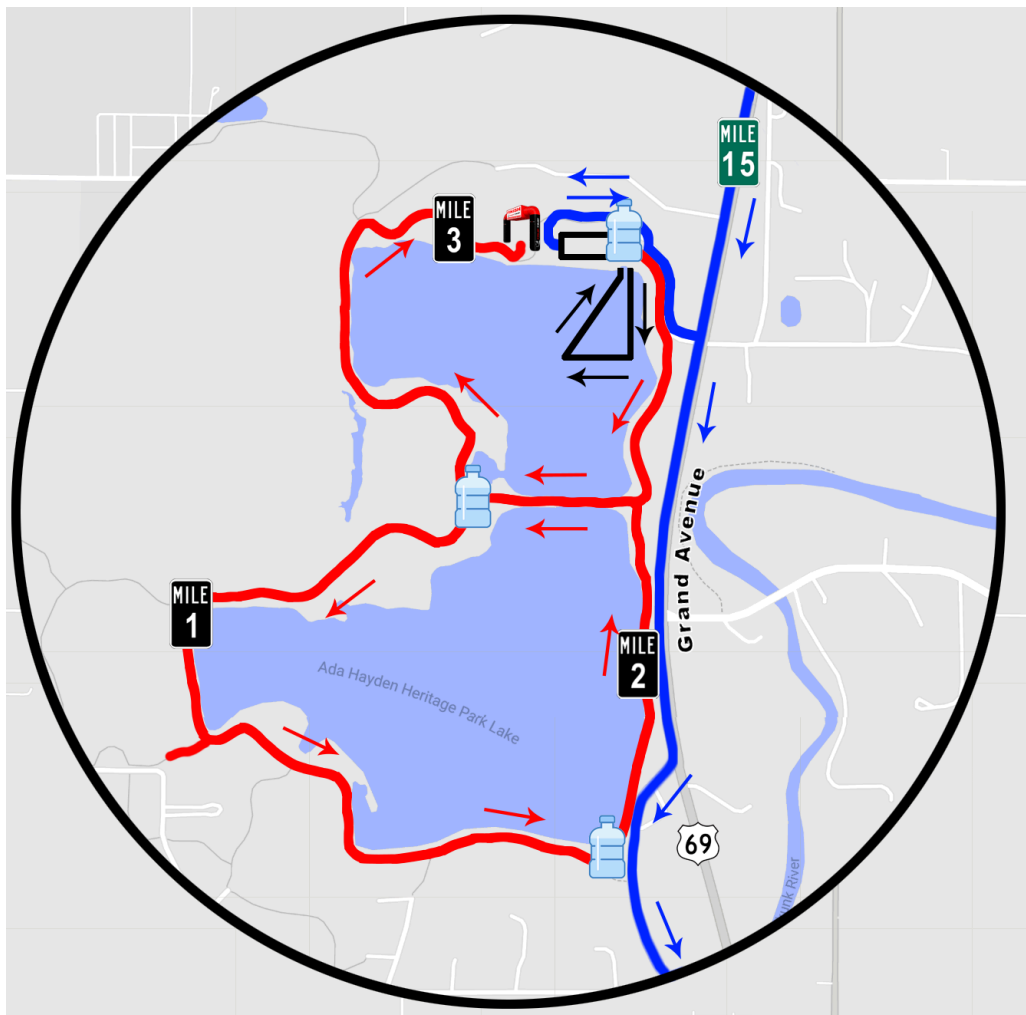


# Run Course - 3.1 Miles

The 3.1 mile run is flat and remains within the confines of the park on paved trails. The run course is a figure 8 looped course. Water stations will be located at the southeast corner of the run course and on the west side of the pedestrian bridge, which means there will be three opportunities for water on course.

**Figure 8 course notes:**

The first time you cross the bridge you will turn left (south) towards mile marker 1. The second time you cross the bridge you will turn right (north) towards the finish line. There will be signs and volunteers to help point you in the right direction.

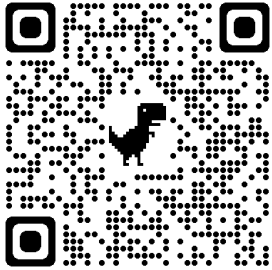




# Results and Timing Chip

Results will be live to the Internet and available at this link:

<https://results.truetimeracing.com/16535/AmesTri2024>



## Disposable Timing Band:

We are utilizing disposable timing chips again this year. Instructions on how to wear your timing chip on your ankle are below. Make sure you don't have sunscreen or body glide on your fingers when putting your timing band on. After finishing the race you do not need to return your timing band.

## Directions For Putting On The Timing Band



1. Place the band on the ankle with foam facing towards the leg.
2. Place the gap between the foam tags at the center of the ankle. Make sure one foam spacer is located on the right side of the ankle and the second is located on the left side of the ankle - **Per photo #1**.
3. Adjust and attach the band by inserting two fingers to create spacing between the ankle and the band, per **Photo #2**. Do not adjust the band too tight or chafing may occur.

**Note 1:** Be sure your hands are wiped completely clean so as not to compromise the adhesive with Sunscreen, Vaseline, etc. If the adhesive is compromised, the band will need to be replaced or reattached with tape. Use a good grade of tape wrapped around the band only where the adhesive is located. The tape should not go around the ankle. Just around the inch section of band where the adhesive is located.

**Note 2:** To work properly, the timing tag must be on the outside of all clothing. Do not cover the timing tag with items like a wetsuit, neoprene boots, tape, etc.

**Note 3:** Relay team bands will have a Velcro strip on each end so it can be easily removed and put on each team member when needed.



# Post Race

## **Food and Beverage:**

Athletes are welcome to enjoy food at no cost provided by Ames Triathlon sponsors. Hamburgers, hot dogs and a non-meat patty will be available from 9:30am to 11:30am. Standard post race food will also be available: water, soda, fruit, granola bars, etc...

## **Awards:**

### **Triathlon**

Top 3 overall Male and Female (pulled out of age group)

Age group Awards will be given to the top 3 male and female finishers in the following age groups: 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, 75-79, 80+

Athena & Clydesdale Top 3

Relay Teams Top 2 team regardless of gender

### **Duathlon:**

Overall Male and Overall Female (pulled out of age group)

Top 3 male and female Age Group Awards:

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, 75-79, 80+

### **Para-Triathlon:**

Top 3 Male and Female each category

### **Super Sprint + Aquabike + Open Water Swim:**

Top 1 male and female in each age group:

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, 75-79, 80+



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