



IOWA GAMES ATHLETE GUIDE 2010



Packet pick up will be ONLY on Sunday, July 11 from 6 – 7:30 am at Don Williams Park shelter house.

Your packet will contain your bib number (to be worn on the run), swim cap, and Iowa Games t-shirt. The swim cap **must** be worn during the swim.

Don Williams Park is north of Ogden, IA (just northwest of Boone). It is easily found on www.mapquest.com
Directions are also on the Iowa Games Triathlon Website: <http://www.iowagames.org/SummerGames/triathlon.aspx>

All athletes and spectators should park in the designated area on Sunday morning. For the safety of our athletes, please follow the directions of the parking volunteers and do not park along the side of the road inside the park.

The transition area is open from 6-7:30 am on Sunday. There is only ONE transition area. The transition area and swim start are a half mile from packet pick up so give yourself plenty of time to get your packet and get set up in transition. **Body marking and timing chip pick-up will be located at transition on race morning.** There is a mandatory pre-race meeting at 7:45 am at the swim start.

The swim is 200 yards out and back for a total of 400 yards. It will be marked with 2 small buoys and 1 large buoy that will mark the turnaround. There will be swim support in the water. You can wear a wetsuit as long as the water temp is below 84 degrees the day of the race. Please remember to bring your goggles. Swim caps will be provided.

WAVE INFORMATION WILL BE POSTED HERE ON July 7, 2010.

**** All swim caps are the same color so PLEASE be aware of your swim start time!****

Bike HELMETS ARE REQUIRED. There are no water stations on the bike course so bring your water bottles FULL of fluids ready to go. There is a good hill at the beginning of the 13 mile bike course which heads out of the park and north on the highway. The rest is fairly flat.

The 5K run takes you past the campground at Don Williams Lake to the turnaround at the park beach. Athletes will go back around the transition area then up a hill to the finish line at the shelter. Bib numbers must be worn during the run. There will be water stations along the running route.

Refreshments will be provided after the race at the finish line shelter. Awards will be given out shortly after the final athlete crosses the finish line.

Please remember to return your timing chip after the race. There is a fine for unreturned chips.

The Web sites www.trinewbies.com and www.DSMtri.com are great resources for new triathletes. Check them out for more race day tips.