

Thank you for registering for the SOLD OUT DeWitt Crossroads Adult Triathlon presented by First Central State Bank. This is our 3rd year coordinating this event. We are excited to offer a safe and fun event on Saturday, August 3rd, 2019.

We have arranged for 2 practice swim times at Lake Killdeer. Friday, July 26th and Thursday, August 1st each from 4-6 PM. This practice time will not be lifeguarded. We are asking you to use the buddy system if you choose to swim. Thank you to Clinton County Conservation for allowing this practice time.

Race day timeline

6:15 AM chip distribution begins at DAC

6:15 AM athletes begin getting marked for competition

6:15 AM transition opens

7:30 AM transition closes – all athletes need to be setup and ready to go

7:45 AM pre-race briefing

8:00 AM National Anthem

8:00 AM competition begins

*10:00 AM awards ceremony to begin.

*Awards will begin when results are compiled, and all athletes have finished.

Packet Pickup has 2 options:

ID REQUIRED TO PICKUP A RACE PACKET.

You cannot pickup a packet for another athlete. No exceptions – USAT rule.

Wednesday, July 31st, 2019 / 4:30 – 6:00 PM Crawford Brew Works, LLC

3659 Devils Glen Rd, Bettendorf, IA 52722 / (563) 332-0243 / crawfordbrewworks.com

Thursday, August 1st, 2019 / 4:00 – 6:00 PM / Central DeWitt HS – Auxiliary Gymnasium enter Door #34

519 E 11th St / DeWitt, IA 52742

We strongly encourage you to attend one of the 2 packet pickups. If you are unable to attend a packet pickup, you must get your packet on Saturday, August 3rd when transition opens at 6:15 AM. You will need your ID to get your packet. Only the registered athlete can pick up the packet. No exceptions, per USAT rules.

At packet pickup, you will receive your race bib, swimming cap, sticker sheet, t-shirt, Hammer Nutrition items and more.

Stickers: 1 for the front of your helmet, 1 for your swim cap, 1 for your bicycle seat post. You are responsible for securing your stickers.

Make sure you have your swim cap and goggles for the swim portion.

Make sure you have your bib visible and secured for the bicycle and run portions.

Our swim event will be held at [Lake Killdeer](#). For safety purposes, there is no parking at Lake Killdeer. We recommend you park at [Rittmer Inc.](#) which is across the street from Lake Killdeer.

Chip distribution will begin at 6:15 AM at Lake Killdeer by our timing partner - [End Result Company](#) . Athletes will be marked via marker with their bib # (upper left arm) and age (left calf) at this time. You must have your chip and be marked to compete. No exceptions. You must be checked in and marked by 7:30 AM.

The transition area will be closed at 7:30 AM. No spectators will be allowed in the transition area after this point. Make sure you are setup and ready to go by 7:30 AM.

A race briefing will begin at 7:45 AM. Spectators will be able to view the swim portion from the grass around the lake. You may want to bring a chair, as there are not seats.

Swimmers will be sent off the dock in single file line. Swimmers will be sent off with several seconds between them. Swimmers will self-seed themselves based on their estimated finish time for 500 yards. Please be on the lookout for the swim seed signs.

When spectators are leaving Lake Killdeer to spectate the rest of the event, please leave via Highway 30. The bike route will be closed to vehicles. We encourage you to park at [Central DeWitt Middle School](#). Please access the parking area via Highway 30, Exit 313 / 6th Avenue Travel North on 6th Avenue and then turn right on East 8th Street. East 8th Street will take you to CDMS. This parking lot will give you access to both bike course and the run course finish. Parking will NOT be available at CDHS as in past years. This is due to the change in our run course.

All athletes will finish adjacent to the Central DeWitt High School football field. The finish line will be marked by a 20-foot inflatable blue wiggly tube man. You cannot miss him. The timing company and post-race party will be located near the finish line.

The awards ceremony will take place when all athletes have completed the entire course. Awards will be given to the top 3 Male and Female finishers in each category. Reminder, ages are determined as of 12-31-19 per USAT rules. Awards are generously sponsored by Custom Pak.

Volunteers for our event will be wearing purple shirts that are marked volunteer on the back. Please ask them if you have any questions. We are happy to help you or find someone who can help you. If you have a question about timing or results, please visit with the timing company directly. They will be located near the finish area. We have contracted them to handle all the timing and results.

Our event is staffed entirely by community volunteers. Thanks to our title sponsor, First Central State Bank for their contributions as well to our other business supporters. We could not hold our event without them and of course you, our athletes. Thank you!

Below are some links to the swim, bike and run routes. Please make yourself familiar with them. For best viewing, please use satellite mode when viewing these links.

[Swim Course \(500 yards\)](#)

[Transition 1](#) – make sure you leave all of your items in the provided #’d bag

[Bike Course \(15 miles\)](#)

[Transition 2](#)

[Run Course \(3.1 miles\) * New run course in 2019](#)

School buses will be available to transport you back to Lake Killdeer to retrieve your vehicle after the event. Buses will be in the school parking lot.

Your #'d bag of items from lake Killdeer will be at CDHS parking lot for you to retrieve with your bib #.

Race Morning Information

Transition Opens - 6:15 AM

1. This race is a **Point-to-Point** race **Logistics and time demand that you drop off running shoes and gear at Transition 2 (Central DeWitt High School)**. Place these items in the spot assigned to your race number. Bring a second pair of shoes. These are to wear after you drop off your running shoes at Transition 2.

2. Proceed to the Race Start/Transition 1 (Lake Killdeer) for bike & swim gear check in. Make sure you place your bike and other Transition 1 items in the spot assigned to your Race Number.

NOTE: Make sure you allow yourself plenty of time. Transition 1 and Transition 2 are approximately 4 miles apart. You will need to drop off your Run Gear at Transition 2 before proceeding to the starting line (lake). Be ready at the swim start no later than 7:30 a.m.

If you have questions, please contact race director, Kevin Lake at kevin.lake@cityofdewittiowa.org

We look forward to seeing you in DeWitt on Saturday, August 3rd.