

# Crossroads Tri Transitions: How To



## RACE DAY MORNING:

We suggest that you start your morning at Transition 2 (T.2) at Central DeWitt High School to set up your running gear. You will NOT be able to park in the high school parking lots. Showers will be available here following the completion of the race. The post-race party and awards ceremony will also take place at Central DeWitt High School.

After setting up your run gear, head to Lake Killdeer (T.1). You will be able to park your vehicle in the Rittmer, Inc parking lot. This is where the race starts, so be sure to have your swimming gear as well as biking gear! There WILL BE buses available to take you back out to Lake Killdeer following the completion of the race.

## SPECTATORS:

Spectators will be able to park at Rittmer, Inc., as well as at Central DeWitt MIDDLE/INTERMEDIATE School. Please keep in mind that Old Highway 30 and East 11th St. in front of the schools will be closed as it is the race route, so you will need to take Highway 30 AROUND DeWitt in order to access to the Middle/Intermediate School Parking Lot.

**PLEASE LIKE OUR  
PAGE ON FACEBOOK  
FOR IMPORTANT  
RACE UPDATES!**

### Important Addresses:

Central DeWitt High School: 519 E 11th Street DeWitt, IA 52742

Rittmer, Inc: 2464 330th Avenue DeWitt, IA 52742 (Lake Killdeer is located across 330th Avenue)

Central DeWitt Middle School (SPECTATOR PARKING LOT): 425 E 11th Street DeWitt, IA 52742

T.1

## LAKE KILLDEER – SWIM TO BIKE

Stage all of your biking gear here, which may include:

- Towel
- Bike
- Helmet
- Socks
- Bike Shoes
- Shirt/Biking Jersey
- Sunglasses
- Water Bottle(s) w/ Water
- Nutrition for Bike Portion
- Bike Mounted Repair Kit (Extra Tube)

**Make sure all swimming and remaining gear is placed in the provided bag, to be transported to the finish line, before heading out on the bike course.** Leave bike pump in vehicle.

T.2

## DEWITT HIGH SCHOOL – BIKE TO RUN

Stage all of your running gear here, which may include:

- Bib Number (pinned to shirt or race belt)
- Nutrition or Fuel Belt
- Running Shoes
- Hat/Visor
- Extra Socks

You will be able to gather biking gear from here following the race. Run finish line is at the Central DeWitt High School.

## WHAT ABOUT THE THINGS I LEAVE AT THE LAKE?

Following the end of your swim, you should place all of your swim gear, and any remaining biking gear, **into the bag provided to you at packet pickup.** This bag will then be collected by committee members and transported to Central DeWitt High School for you to pick up following the race.

Should you need to pick up your vehicle at Lake Killdeer following the completion of the race, buses WILL BE AVAILABLE to transport you back out.