13th Annual

Door County Triathlon

presented by

Door County Medical Center

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

July 15-16, 2017

Event Guide

A Note From the Race Director

WELCOME! On behalf of the event staff, our sponsors and the Door County community, thank you for participating in the 13th annual Door County Triathlon. The popularity of this event continues to soar as the Half Iron reached capacity in less than one day and the Sprint sold out in just a few months. Over 2,000 individuals and teams from 30 states are expected to participate this weekend. We are proud to offer one of the most scenic and well organized triathlons in the country. We're excited to once again host the Door County Medical Center Kids' Triathlon at Murphy Park. On Saturday afternoon, be there to watch hundreds of youth cross the finish line where cheering spectators and an ice cream social await them! My team and I will work hard to make sure your experience is safe and enjoyable. If there is anything we can do to accommodate you, just ask.

–*Sean Ryan,* Race Director

Weekend Schedule

ACTIVITIES	TIME	LOCATION
FRIDAY, JULY 14th		
Packet Pick-Up & Body Tattooing	Noon - 6 pm	Murphy Park Pavilion

Course lectures are available digitally on demand via the event website or tablets located under the Registration Pavilion.

SATURDAY, JULY 15th (SPRINT & KIDS' TRIATHLON DAY)		
Fields Open for Parking	5:30 am	
Transition Area Opens	6:00 am	Murphy Park Boat Launch
Packet Pick Up, Chip Pick Up & Body Tattooing	6:00 am	Murphy Park Pavilion
Final Course Updates	7:50 am	Murphy Park Beach
National Anthem	7:55 am	Murphy Park Beach
Start of Swim Waves	8:00 am	Murphy Park Beach
Sprint Awards Ceremony	11:30 am	Murphy Park Pavilion
Sprint Course Closes	Noon	
Items to be Removed from Transition	12:30 pm	Murphy Park Boat Launch
Half Iron Packet Pick Up & Body Tattooing	Noon – 6 pm	
Transition Re-Opens for Kids' Triathlon	1:00 pm	Murphy Park Boat Launch
Age 6	2:00 pm	
Ages 7-8	2:10 pm	
Ages 9-10	2:30 pm	
Ages 11-14	2:45 pm	
Kids' Triathlon Awards Ceremonies		Murphy Park Boat Launch
Ages 6-8	3:00 pm	
Ages 9-10	3:30 pm	
Ages 11-14	4:00 pm	

AWARDS for the top 3 boys & top 3 girls in each age group will be presented on the awards stage approximately 30 minutes after the completion of each age group wave.

SUNDAY, JULY 16th (HALF IRON RACE DAY)		
Fields Open for Parking	5:30 am	
Transition Area Opens	6:00 am	Murphy Park Boat Launch
Packet Pick Up, Chip Pick Up & Body Tattooing	6:00 am	Murphy Park Pavilion
Final Course Updates	7:50 am	Murphy Park Beach
National Anthem	7:55 am	Murphy Park Beach
Start of Swim Waves	8:00 am	Murphy Park Beach
Cut-Off for Start of Run	2:00 pm	Murphy Park Boat Launch
Half Iron Awards Ceremony	3:00 pm	Entertainment Stage
Half Iron Course Closes	5:30 pm	
"Tri Tiki" Party begins on beach	8:00 pm	Murphy Park Beach

***NOTE: Timing chips will be available for pick up on race morning. TIMING CHIPS MUST BE RETURNED IN THE FINISH AREA AFTER THE EVENT. You must wear your bib number during the run portion of the event. Wearing the bib number during the cycling portion of the race is optional but encouraged to ensure that photos taken of you are indexed to your race number. If you pick up your packet prior to race day, please apply your tattoos before arriving on race morning.**

Participant Information

PARKING The fields will open for parking at 5:30 am. Plan to arrive no later than 6:30 am. To exit the fields on Saturday, while the race is taking place, you must exit at the south end of the field and turn left up the hill. To exit the fields on Sunday, while the race is taking place, you may exit out the south end and go up the hill or exit out the north end and turn right towards Egg Harbor.

RESTROOMS There will be ample porta-potties in the park and on the course. In Murphy Park, there will be porta-potties near the Registration Pavilion, the Transition Area and the Finish Area. On the course, porta-potties will be located at every fluid station (see below).

FLUIDS: BIKE COURSES There will be water bottles and Gatorade Endurance Formula® sport bottles in the transition area, in the finish area and on the course. The Sprint bike course will have fluids at the start and the turnaround (mile 9). The Half Iron bike course will have fluids at miles 5, 15, 28, 40, and 50.

FLUIDS: RUN COURSES There will be water and Gatorade Endurance Formula® at the starting area, in the transition area, on the course and at the finish. The Sprint run course will have cups of water and Gatorade just before the halfway point. The Half Iron run course will include TEN on course fluid stations offering water and Gatorade Endurance Formula. They will be located at the start (transition area) and mile markers 1.3, 3.1, 4.2, 5.5, 7.1, 8.0, 9.7, 10.8 and 12.3. On average, there will be water stations every 1.2 miles.

HAMMER NUTRITION® GEL Hammer Nutrition® gel packets will be offered to Half Iron participants at miles 15 and 40 of the bike course, at the start of the run, and at miles 3.1 and 8.0 of the run course. Hammer packets will be offered to Sprint participants at the start of the run.

FIRST AID Door County Medical Center, with assistance from local emergency responders, provides medical assistance at the Door County Triathlon. The Main Medical tent is located at the start/finish area directly in front of the pier. There will also be small first aid tents at the swim exit, in the transition area and at each of the fluid locations on the course (see above).

WATER QUALITY There will be an update regarding the e-coli levels at Murphy Park Beach immediately prior to the event. The Response Plan for the DCT has been reviewed and approved by the Door County Health Department.

BIKE SUPPORT There will be two roving SAG vehicles on the course to assist participants with flats or mechanical problems during the bike portion but participants should plan to be self-supportive.

TRANSITION AREA Only volunteers and participants with body markings, helmet stickers and/or bib numbers will be permitted to enter the transition area. To leave with a bicycle after the event, you must have a matching bib number & bicycle number.

FINISH AREA Only participants, volunteers, and staff will be allowed to enter the enclosed finish area. Please do not re-enter the finish area after turning in your chip and exiting.

RESULTS Individual tickets with preliminary results will be handed out from the Results Tent at the finish line. The preliminary results will also be posted to the triathlon website on Saturday and Sunday evenings. Results will be final after three days following the events.

Rules of Conduct

- Participants MUST use their assigned location in the transition area.
- Swimmers must wear the gold swim caps provided by the event.
- Wetsuits will be permitted in the swim portion of the event as long as the water temperature does not exceed 78 degrees. If the water temperature is below 65 degrees, Half Iron participants MUST have a wetsuit or they will not be allowed to compete. In the event of extremely cold temperatures (below 60 degrees), organizers reserve the right to cancel the swim portion of the event.
- A participant that withdraws from the swim event may finish the bike and run but must surrender their timing chip and will have no official finish time.
- Numbers (body marked, bike sticker, helmet stickers or runner numbers) must be displayed at all times.
- Absolutely NO GLASS ITEMS (bottles, etc.) permitted in the Transition Area.
- Bike helmets are required. NO EXCEPTIONS. Violators will be disqualified.
- Per USAT rules, MP3 players and other music listening devices are not permitted to be worn during the race. Violators will be told to remove their headsets. Continued violation may result in disqualification.
- Every bike must have bar ends on the handlebars. If you do not have bar ends, you may purchase them at bike inspection.
- Bikes can only be mounted after passing the "Mount/Dismount" banner. Bikes must be dismounted before entering the transition area.
- "Drafting" – Biking within the "draft zone" of another competitor for more than 15 seconds or riding directly behind a motor vehicle is illegal. A bike's "draft zone" is approx. 7 ft. wide x 23 ft. long. Draft marshals will be on the course imposing penalties for offenders (Sprint: 1st = +2 minutes, 2nd = +4 minutes, 3rd = Disqualification, Half Iron: 1st = +4 minutes, 2nd = +8 minutes, 3rd = Disqualification).
- Pass other participants ONLY ON THE LEFT and only when it is safe to do so. Be alert to the possible presence of motorists. Lingering immediately to the left of another participant is referred to as "blocking" and is a USAT violation. Violators will be penalized.
- NEVER cross the center line of the road. Participants spotted violating this rule will be disqualified without exception by race personnel.
- Although the courses are well-marked and staffed by volunteers, participants are responsible for knowing the courses. Study the maps and drive the courses prior to the race.
- Participants who have finished the event may remove their bicycle from the transition area as long as they do not impede the progress of participants who are still competing.
- The cut-off time for completion of the Half Iron swim and bike events and the start of the run is 2:00 pm. Participants who do not begin the run prior to 2:00 pm will be halted and asked to turn in their timing chip.
- The run course rest stations will close at a pace of 16 minutes per mile beginning at 2 pm. The event's Follow Vehicle will notify any slow-moving participants if they are in danger of not meeting this schedule so they are aware that the fluid stations ahead of them will be closed. These participants will be offered free transportation back to Murphy Park, or, if they choose to continue, they will be offered a water bottle to carry but from that point on they must be self-supported.
- Violation of any of the above rules will be grounds for penalties and possible disqualification at the discretion of the race officials.

Complete rules of USA Triathlon can be found at **www.usatriathlon.org**

Swim Course

- Both the Sprint Distance and the Half Iron swim will start in hip deep water between the beach and the end of the pier in Murphy Park.
- Swim waves will start every 3 minutes beginning at 8:00 am.
- Sprint Distance competitors have only one turn. They should pass through the yellow buoys and turn left.
- Half Iron competitors have four turns. They should start out by passing through the yellow buoys and turning right.
- All competitors should keep the orange buoys on their left side at all times.
- Unless otherwise instructed by a course official, all participants MUST start with the wave to which they are assigned, as indicated on their race packet and the event website.
- Elite wave competitors are not eligible for age group awards, only overall awards. All other waves are grouped by age and gender.

Spectator Guide

MURPHY PARK

The best place to watch the Door County Triathlon is in and around Murphy Park. There are bleachers throughout the park for you to enjoy the action. The pier and the boat launch (transition area) are terrific vantage points for the swim. The entrance to the park doubles as the finish chute. Feel free to wander but stay out of the woods where there is poison ivy! Food and beverage will be available for purchase by the spectators in the finish area.

*****A NOTE ABOUT DEPARTING AND RETURNING TO THE TRIATHLON*****
If you need to exit and return during the race on Saturday during the Sprint Triathlon, you must exit out the south driveway and turn left up the hill towards Horseshoe Bay Golf Club. On Sunday, during the run portion of the event (Noon – 4 pm), the Sheriff's Department will close the hill to motor vehicle access. During this time, departing vehicles will only be able to exit out the north end of the field and turn right towards Egg Harbor. Also during this time, returning vehicles will need to approach along Horseshoe Bay Road from the north (Egg Harbor) or park at the top of the hill along the east side of County G and take a spectator shuttle down the hill.

OFFICIAL SPECTATOR SPOTS

HALF IRON BIKE COURSE

Downtown Sturgeon Bay (Sunday 9 am - 10:30 am)
The official spectator spot of the Half Iron Bike Course will be Third Avenue in Sturgeon Bay between Jefferson and Michigan. Half Iron bicyclists will pass through this area from 9 am until 10:30 am. Help cheer for the bicyclists as they whiz past at mile 14 of their 56 mile journey. Afterwards, you can kill time shopping or having a nice breakfast in this area!

Getting there: Drive up the hill in front of Murphy Park. Turn right on Cty. G, turn right on Hwy. 42, exit right onto Michigan Street to downtown Sturgeon Bay, turn right on Fourth Street and look for parking. Walk one block to Third and find the stretch from Kentucky to Michigan.

HALF IRON RUN COURSE

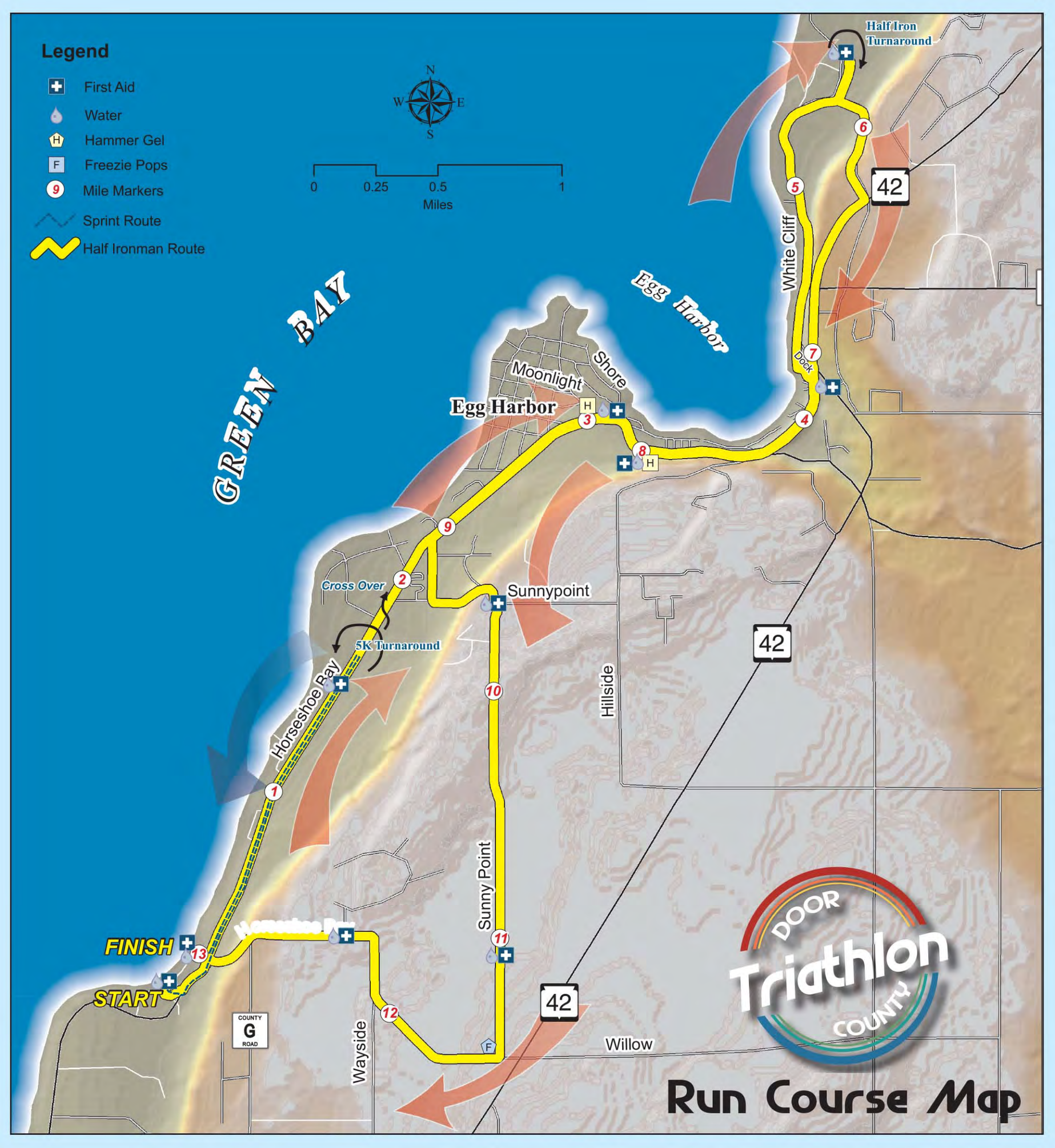
Shipwrecked Brew Pub in Egg Harbor (Sunday 11:30 am - 3:30 pm)
The official spectator spot of the Half Iron Run Course will be the patio in front of Shipwrecked Brewpub in downtown Egg Harbor. Half Iron runners will approach from the north on Hwy. 42 and turn south onto Horseshoe Bay Road (Cty. G) from 11:30 am until 3:30 pm. Enjoy lunch and a microbrewed beer while you cheer on the participants at the halfway point of their 13.1 mile half marathon run. Leave right after your family member passes by and you'll have plenty of time to get back to Murphy Park to see them cross the finish line.

Getting there: Drive up the hill in front of Murphy Park. Continue through Horseshoe Bay Golf Club out to Hwy. 42. Turn left on Hwy. 42 into Egg Harbor. Park along Hwy. 42 south of Shipwrecked Brewpub.

GETTING BACK TO THE PARK ON SUNDAY

If you are returning to Murphy Park BEFORE NOON on Sunday, you can take Hwy. 42 to County G south of Egg Harbor. Head north on County G to Horseshoe Bay Road. Turn left and head down the hill to the fields across from Murphy Park. If you are returning to Murphy Park AFTER NOON on Sunday, head south on Hwy. 42 to County G, turn right on County G and watch for volunteers in yellow safety vests to direct you where to park. You can then catch a shuttle ride to the park.

DOOR COUNTY Triathlon
Bike Course Map
START/ FINISH
Legend
First Aid
Water
Mile Markers
Sprint Route
Half Ironman Route
GREEN BAY
STURGEON BAY
Bayshore
Carlsville
Dunn
Gordon (BB)
Forest
Mathey
Utah
Canal
Buffalo Ridge
Cherry (HH)
Reynolds
Weber
Ripp
Bechtel
Haberli
Brauer
Old Hwy Rd
STURGEON BAY
N
S
E
W
0 0.5 1 2
Miles


Legend
First Aid
Water
Hammer Gel
Freezie Pops
Mile Markers
Sprint Route
Half Ironman Route
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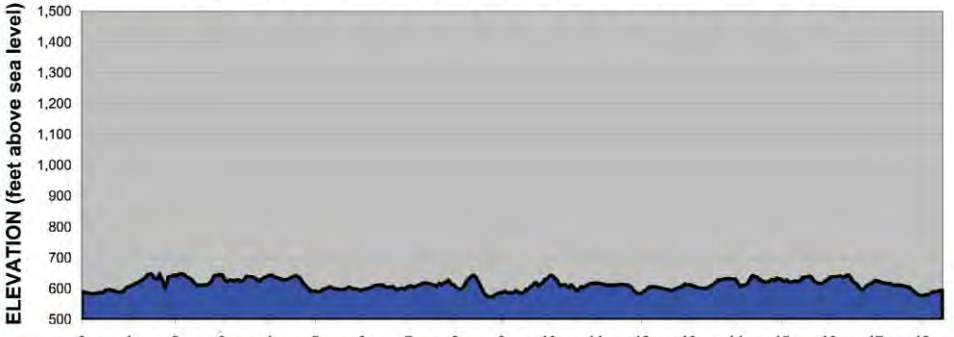
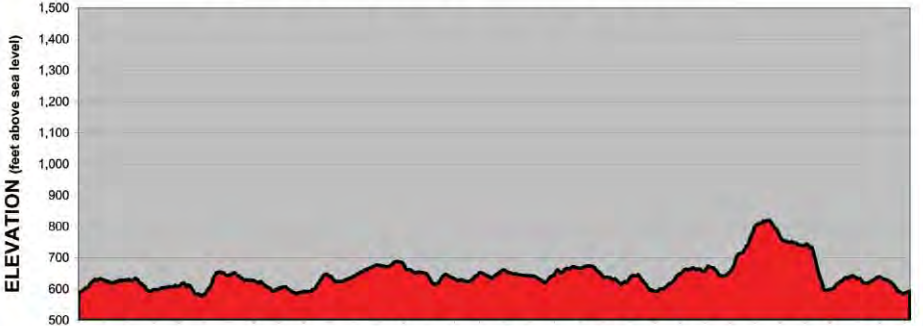
0.5
1
Miles
GREEN BAY
Egg Harbor
Moonlight
Shore
Egg Harbor
Half Iron
Turnaround
White Cliff
42
Dock
Cross Over
5K Turnaround
Sunnypoint
Horseshoe Bay
Hillside
Sunny Point
Wayside
Willow
COUNTY
G
ROAD
FINISH
START
DOOR
Triathlon
COUNTY
Run Course Map

ELEVATION CHART: SPRINT DISTANCE BIKE



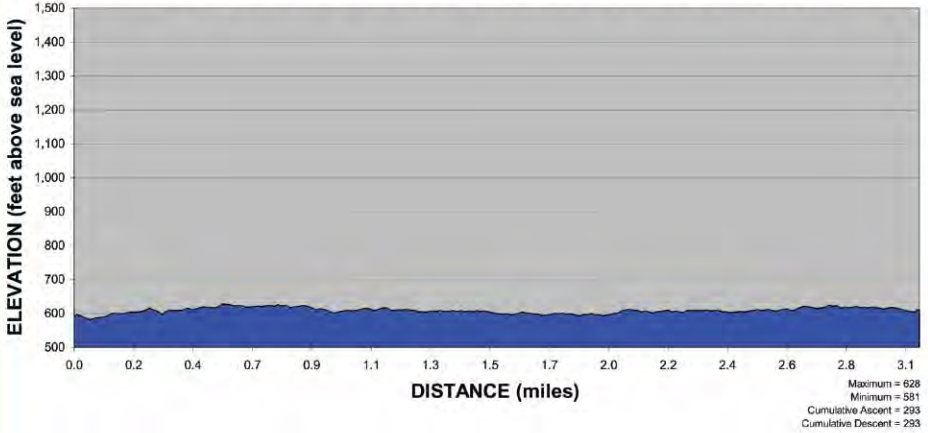
Maximum Elevation = 650
Minimum Elevation = 574
Cumulative Ascent = 802
Cumulative Descent = 802

ELEVATION CHART: HALF IRON BIKE

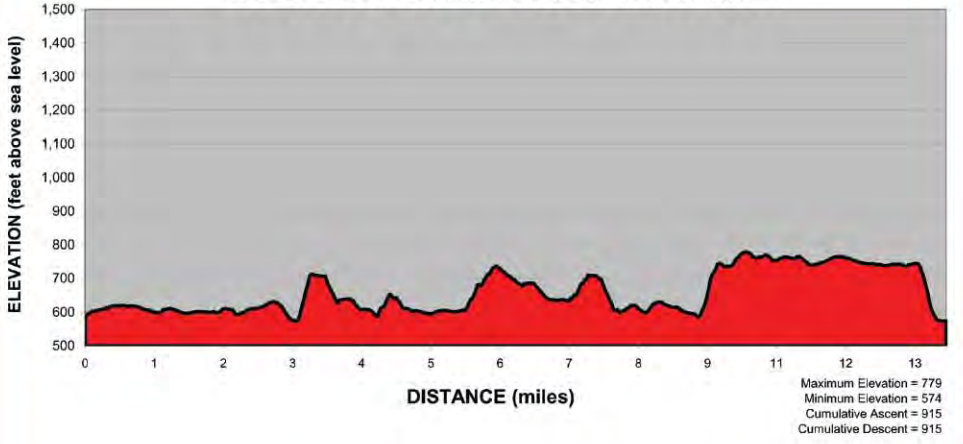


Maximum Elevation = 820
Minimum Elevation = 577
Cumulative Ascent = 958
Cumulative Descent = 958

ELEVATION CHART: SPRINT DISTANCE RUN



ELEVATION CHART: HALF IRON RUN



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A tremendous amount of gratitude and thanks go out to the following sponsors and partners. We couldn't have done it without you!

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Tri Tiki Party

On Sunday night beginning at 8 pm, the Door County Triathlon organizers will offer a free "Tri Tiki" Party on the beach at Murphy Park. Tiki torches, beer sales and a DJ playing fun dance music will give our athletes, their friends and family a chance to celebrate their achievements before calling it a day. There is no cover charge and the general public is welcome to attend this event. Finish off Door County Triathlon weekend by showing up in your favorite Hawaiian shirt or grass skirt and dancing barefoot on the beach!

Next Year's Schedule

Saturday, July 14, 2018
Sprint Distance Triathlon • Door County Medical Center Kids' Triathlon

Sunday, July 15, 2018
Half Iron Triathlon • Capacity for each event = 1,000 participants

Registration Opens: January 1, 2018 at 12:01 am

Reserve Your Lodging and Mark Your Calendars now!

Ken Corry Photography

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*Gatorade Endurance Formula has 140mg of potassium and 300mg of sodium per serving vs. 45mg of potassium and 160mg of sodium per serving in Gatorade Thirst Quencher.

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