



Door County Training Day Hosted by *Green Bay Multisport*



When: Saturday June 29, 2019

Where: Frank Murphy Park – Egg Harbor, WI

7:30 – 7:45 am

- Sign Event Waiver - **GBMS Tent**

7:45 – 8:00 am

- Training Day Talk - **GBMS Tent**

8:00 – 9:15 am

- Swim begins - **Beach by Pier**
- Fully supported swim as athletes will be assisted by team members in kayaks and paddleboards – course will be similar to the Sprint course – encouraged to do a few laps (buoys will be set up)

9:30 am till ??

- **Bike begins - Boat Rap Parking - (ie DC Tri Transition Area)**
- Athletes able to preview both Sprint and Half Iron distance courses
- Various paces groups can be established and you are free to ride at whatever pace you are comfortable with
- Aid stations at approximately Mile 9 (Sprint distance turnaround), Mile 25/30 (you go by this point twice), and Mile 48
- Water and Gatorade will be available at all aid stations along with some food (granola bars, fig newton's, pretzels)
- The second aid station will close at 11:30am and the third station will close at 12:45pm
- **Run** - Athletes are welcome to add in a run after the bike but it **will not be supported**