

19th  
Annual



# Event Guide

July 15-16, 2023

presented by



**Door County  
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM



# Weekend Schedule

<u>ACTIVITIES</u>	<u>TIME</u>	<u>LOCATION</u>
<u>FRIDAY, JULY 14th</u>		
Packet Pick-Up	Noon - 6 pm	Murphy Park Pavilion
<u>Course lectures</u> are available digitally on demand via the event website or tablets located under the Registration Pavilion.		
<u>SATURDAY, JULY 15th (SPRINT &amp; KIDS' TRIATHLON DAY)</u>		
Fields Open for Parking	5:30 am	
Transition Area Opens	6:00 am	Murphy Park Boat Launch
Packet Pick Up, Chip Pick Up	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	8:00 am	Murphy Park Beach
Sprint Awards Ceremony	11:30 am	Awards Stage
Sprint Course Closes	Noon	
Items to be Removed from Transition	12:30 pm	Murphy Park Boat Launch
Half Iron Packet Pick Up	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 11-13	2:45 pm	
Kids' Triathlon Awards Ceremonies	Varies	Awards Stage
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.		
<u>SUNDAY, JULY 16th (HALF IRON RACE DAY)</u>		
Fields Open for Parking	5:30 am	
Transition Area Opens	6:00 am	Murphy Park Boat Launch
Packet Pick Up, Chip Pick Up	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	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	

\*NOTE: Timing straps will be available for pick up on race morning. **TIMING STRAPS 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. 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 9, 23, 34 and 48 (~ every 11 miles).

**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 9 and 34 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 timing strap 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

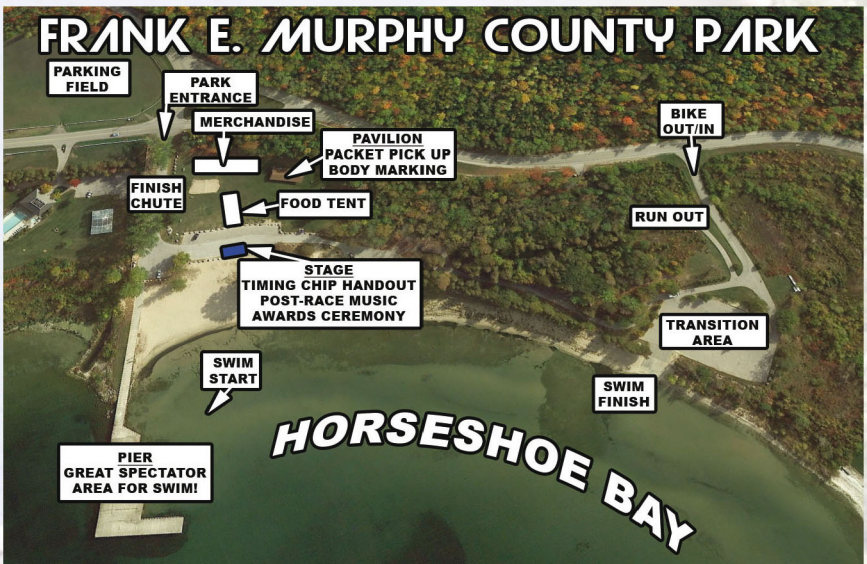
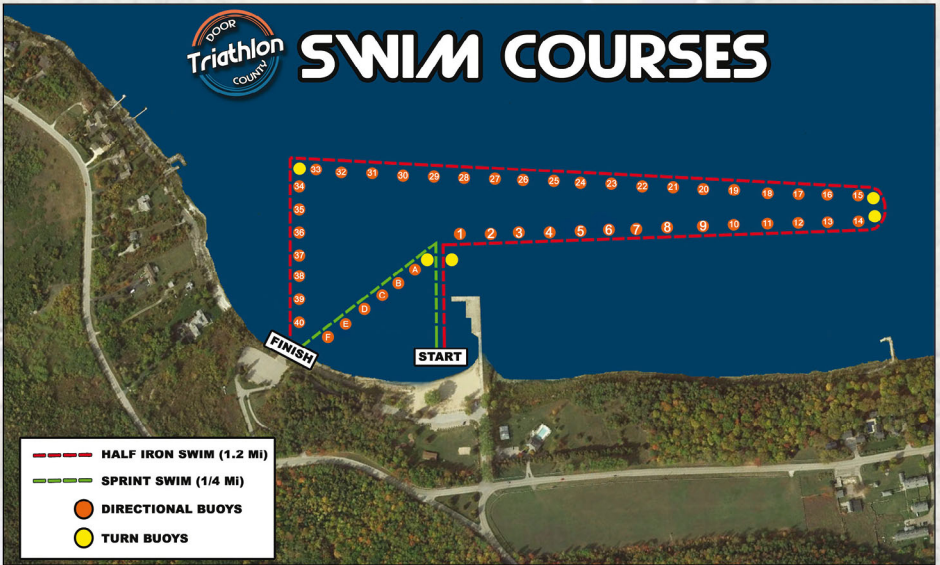
- ◆ Participants MUST use their assigned location in the transition area.
- ◆ Swimmers must wear a swim cap. The event will provide one for each participant but you may wear your own.
- ◆ Wetsuits will be permitted in the swim portion of the event as long as the water temperature does not exceed 78 degrees. 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 strap and will have no official finish time.
- ◆ Numbers (tattoos, bike stickers, helmet stickers, or bib 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.
- ◆ Cell phones and/or smart watches may be used as GPS devices but may not be used to receive phone calls, send or receive text messages, play music, use social media, take photographs, or conduct one- or two-way radio communication.
- ◆ Every bike must have handlebar ends/plugs. If your bike does not, you can obtain some from the Pete's Garage retail tent prior to race day or from the Bike Repair area near transition on race morning.
- ◆ 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. Linger 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 Half-Iron 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](http://www.usatriathlon.org)



# Swim Course

- ◆ The Door County Triathlon uses a combination wave/time trial start. Participants will enter the start chute with their age/gender group as one 'wave' by our announcer. Once inside the chute, participants will move forward with one participant at a time starting every 3-4 seconds at the signal of the race director.
- ◆ 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

**STURGEON BAY – DELAWARE STREET HILL:** At mile 13, Half Iron triathletes make their first turn up Delaware Street in Sturgeon Bay. This begins several miles of climbing up the bluff just north of the city. They will ride through this area TWICE on the double-loop course between 9:00 am and Noon so bring a chair, a coffee and hang out long enough to see your friend or family member both times!

**GETTING THERE:** Drive up the hill in front of Murphy Park. Turn right on Cty. G, turn right onto Hwy. 42 and drive 9 miles south before exiting onto Business 42/57 (Egg Harbor Road) in Sturgeon Bay. Continue south through the retail district to N. 8th Avenue (just past Dairy Queen). Turn right onto N. 8th then immediately left onto Florida Street. Head down the hill and turn right onto 4th, 5th, 6th or 7th Avenues and find parking. Walk one block north to Delaware Street and find a spot along the sidewalk on the south side of the street.

### HALF IRON RUN COURSE

#### **Shipwrecked Brew Pub in Egg Harbor (Sunday 11:30 am - 3:30 pm)**

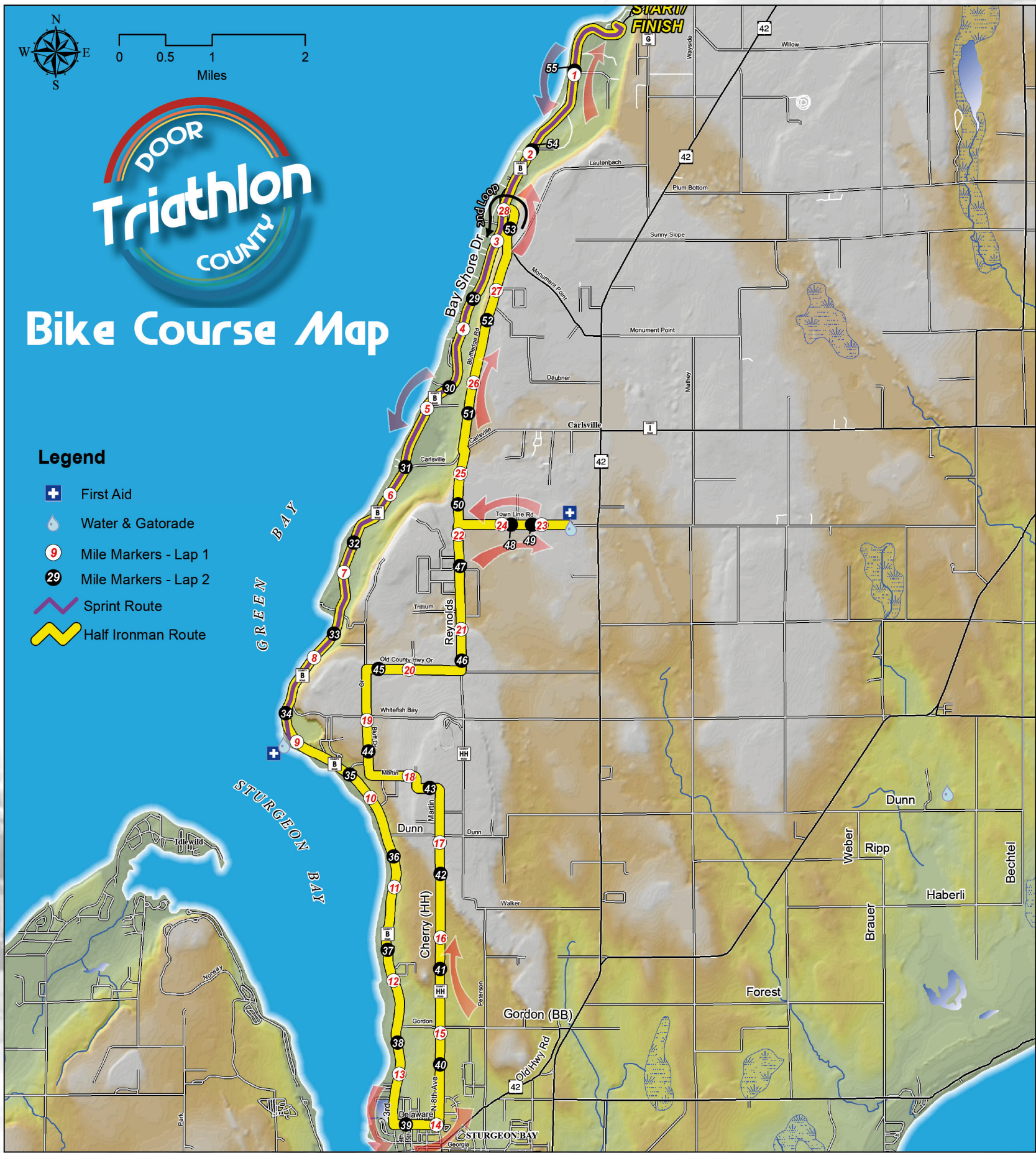
The official spectator spot of the Half Iron Run Course will be the patio in front of Shipwrecked Brewpub in downtown Egg Harbor. Half Iron runners will approach from the north on Hwy. 42 and turn south onto Horseshoe Bay Road (Cty. G) from 11:30 am until 3:30 pm. Enjoy lunch and a microbrewed beer while 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.

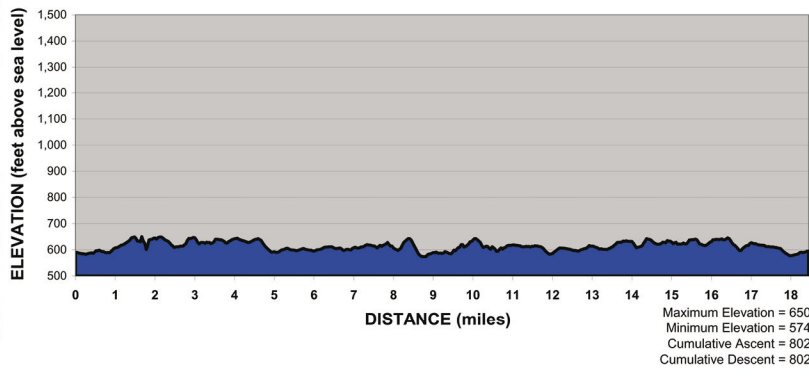
### GETTING BACK TO THE PARK ON SUNDAY

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.

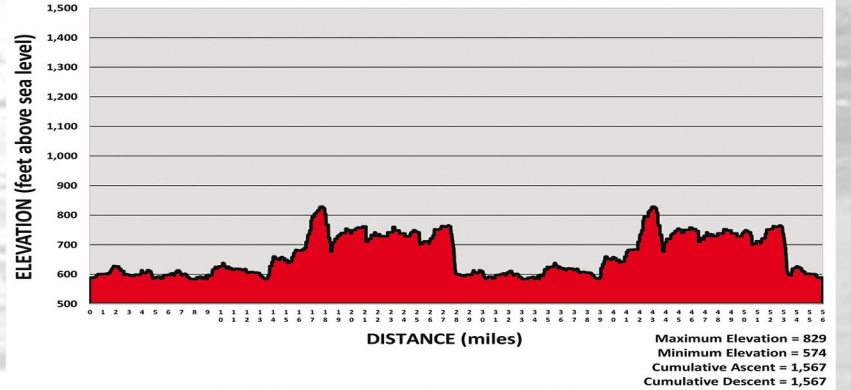




**ELEVATION CHART: SPRINT DISTANCE BIKE**



**ELEVATION CHART: HALF IRON BIKE**



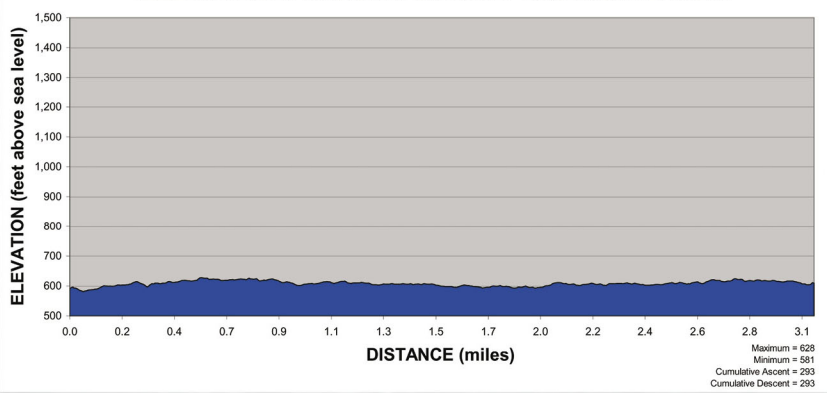




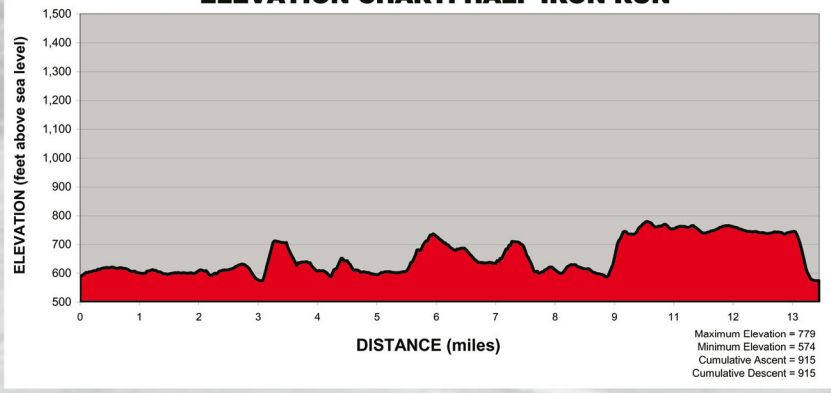
# Run Course Map



**ELEVATION CHART: SPRINT DISTANCE RUN**



**ELEVATION CHART: HALF IRON RUN**





# Sponsors and Partners

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

## Presenting Sponsor



**Door County  
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

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Be sure to check out the Kids' Triathlon taking place on Saturday afternoon at 2 pm! For kids ages 6-13 at the end of this year.

Next Year's Schedule

**Saturday, July 13, 2024**

**Sprint Distance Triathlon • Door County Medical Center Kids' Triathlon**

**Sunday, July 14, 2024**

**Half Iron Triathlon • Capacity for each event = 1,000 participants**

**Registration Opens: October 1, 2023**

**Reserve Your Lodging and Mark Your Calendars now!**