



2023



## TRIATHLON PARTICIPANTS GUIDE

### PACKET PICK UP

**Saturday, September 16**

**11:00AM- 3:00PM**

**Castaways Bay City**

**3940 Boy Scout Rd**

**and**

**Sunday, September 17 - 6:30AM**

- One partner can pick up both packets
- **YOUR BIBS WILL HAVE THE CHIPS IN THEM**
  - Team- two bibs
  - Relay- one bib
- If you haven't signed your electronic waiver, please do so at packet pick up
- If your partner cancels, a substitute may be recruited. Please notify Race Director, John Shankool: submit an application and waiver by e-mailing [John@shankool.com](mailto:John@shankool.com) no later than Friday, 9/15.

### DIRECTIONS & PARKING

- Castaways Bay City will have limited parking. For additional parking, an open field is available at the North East corner of State Park Drive & Pembroke Rd, a short walk North of Castaways.
- Volunteers will be on site to direct you.

### RACE DAY AGENDA

- 6:30 Packet Pick-Up
- 7:30 Transition area closes!
- 8:00 First wave
- 10:30 Food
- 11:00 Giveaways
- 11:15 Raffle drawing
- 11:30 Awards

### WAVE TIMES

- 8:00 Kayaks and 20 canoes go out every 3-5 minutes.
- Don't panic, your time starts based on your wave race start time.
- Wave times will be posted at packet pick-up and also on race day. Your wave time is connected with your bib #

### IMPORTANT

- You must go off in your assigned wave time to obtain your correct results. We will not correct any race results.



## EXCHANGE ETTIQUETTE

- At the exchange, alert your teammate by shouting out!
- Allow adequate space to execute the exchange.
- Exchange is made by making physical contact with your partner in the exchange corral.
- You may use a race belt for ease of relay exchange.
- **“Team” Teams:** Will have two chips to combine your team time.
- **“Relay” Teams:** Will have one 'chip bib'. The person that will bike should wear the bib for the canoe trek and keep it on for the bike portion of the race. Following the bike route, the 'chip bib' will then be passed to the runner at the designated exchange corral.
  - “Relay”—you will get two bib numbers BUT only one bib will have the chip on it, use that for timing. The other is for looks. :)

## TRANSITION AREA

- Transition area will close at 7:30AM promptly!
- Bikes will be hung on racks designated by your race number, pick a spot on the rack and do not move anyone's goods. You will need to place your gear under your bike or your partner's bike if doing a relay.
- For the bike start, you **MUST** wear a helmet and have your bib visible **ESPECIALLY WHEN YOU ENTER AND EXIT THE TRANSITION AREA** (that's how we get a read of your time).
- You **MUST** walk your bike in the transition area.
- **DO NOT** get on your bike until you're on Boy Scout Rd.
- When returning, dismount **UNDER CONTROL** in the dismount area on Boy Scout Rd.
- Absolutely no head phones!
- Runners for relays will exchange their **RACE BIB** (the one with the chip) at designated exchange corral.
- For everyone's safety, **ONLY** racers with a race number will be permitted to enter the transition area, no exceptions.
- Please keep in mind: No one will be allowed to remove their bike and items until the completion of the last biker.



## IMPORTANT

If you would like to change from “Team” to “Relay” or vice-versa, you must contact the race director or notify us at packet pick-up. Please don't take it upon yourself to change on your own.

Water will be available at 3 locations along race route: entering transition area from the paddle, as you exit for run & at run turn-around.

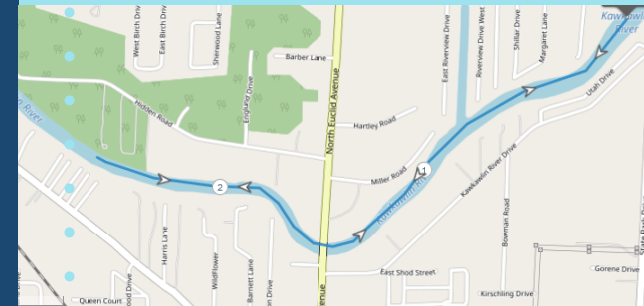


## 5K CANOE / KAYAK

- The Canoe/Kayak trek on the Kawkawlin River starts at Castaways Bay City. Two person canoes will be provided as part of your race entry fee.
- NO PERSONAL CANOES WILL BE ALLOWED...Kayaks are a different matter!!!
- **CANOE DIVISION ONLY: Double blade paddles are NOT allowed.**
- Life jackets will be available and MUST be worn during the entire canoe and kayak trek (feel free to use your own). Please have your race numbers visible.
- Canoes/kayaks are started in waves and leave when a wave is ready. To start a wave we'll get you in the canoes/kayaks and settled in the river and sound the horn! Take your time! We'll start you when everyone is ready so no need to hurry! When you return you can use any wooden or floating docks to exit.
- The paddle portion of the race takes approximately 35 minutes to complete.
- Volunteers will be there to help you in and out of the canoes or kayaks.
- We will have power boats on the river to help you if need be.
- If you should tip, one of the power boats will come to the rescue...help them help you by getting in the boat and assisting in flipping the canoe so you can get back to the race.
- Plan on wearing shoes that can get wet.

## ROUTE

- West up river for 1.5 miles
- U-turn east back to Castaways (stay right of center at all times & use the large yellow buoy as your U-turn).



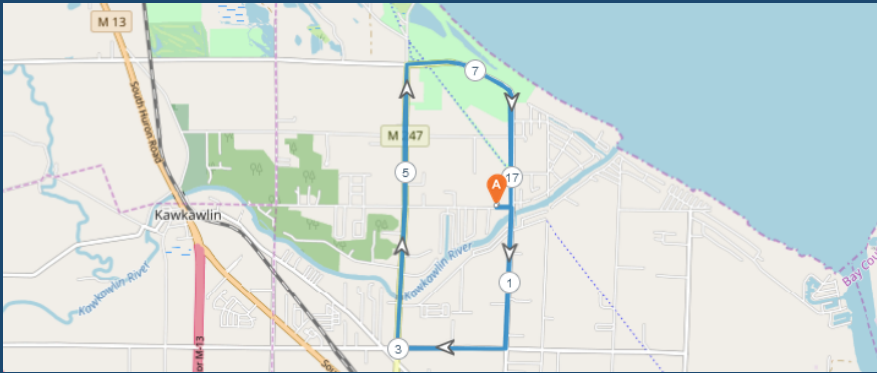
[View Interactive Map](#)





## 20K BIKE (2 LOOPS)

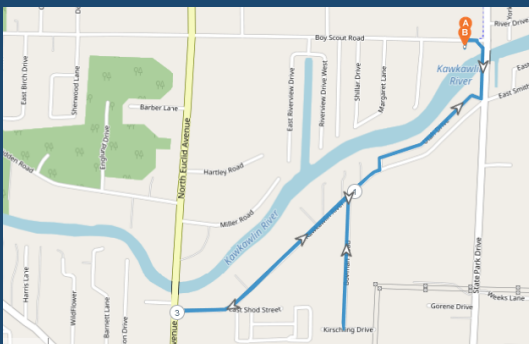
- Use caution at second loop start since others might be entering the course for their first loop.
- Automobile traffic will be light but use caution at all times since this is an open course!!!
- As you approach the transition, slow down & dismount on Boy Scout Rd.



- View [Interactive Map](#)

## 5K RUN

- What can we say, it will be a fun and fast road run!
- You will be running on the left side of the sidewalk & road -to face traffic at all times.
- Upon finish, proceed through the arch / shoot to get your finishers medal and food.
- RELAY TEAMS: Remember to get an extra medal for your partner.



- View [Interactive Map](#)

## 20K BIKE ROUTE



- Exit the transition area to the right (East) onto Boy Scout Rd.
- Make a right (South) onto State Park Drive South to Wheeler Rd.
- Make a right (West) to Euclid Ave.
- Make a right (North) to Beaver Rd.
- Make a right- Beaver Rd. will curve right, taking you back onto State Park Dr.
- Pass Castaways to begin SECOND LOOP

## 5K RUN ROUTE

- The run course will take you over the river & a sharp right onto Utah Dr.
- Across & right onto Kawkawlin River Dr. to Bowman Rd.
- Left to the turn-around & back to Kawkawlin River Dr.
- Left to Euclid Ave turn-around at Beson's Market & back to Utah Dr.
- Left to Castaways to cross Finish Line!





## AWARDS

- Canoe teams and relays will be scored separately. The all-male, all-female and co-ed categories under 80 and 80+ will be awarded first-third place trophies in each category.
- Individual Kayak Division will be awarded as overall male and female first-third.
- All participants will get an event medal (Relay—make sure your partner gets one!!!).
- Awards for team costumes; interested teams dress as crazy, creative and different as possible. Make sure you can compete & finish in them **safely**.
- There will be giveaways for a variety of categories such as: the coveted first team to register, coolest team name, etc., so stick around after the race!
- Unclaimed trophies can be picked up at John Shankool State Farm Insurance.
- We will have a drawing for a cash prize. Tickets are \$10 each.

## ADDITIONAL INFO:

### Bad Weather Policy:

- In the event of inclement weather, dangerous water conditions, or situations beyond our control, the course may be modified, the event delayed or canceled. If modified, the event would be a duathlon consisting of a 2mile run-20k bike-5k run.
- There will be a number of Rotary volunteers in cute bright yellow vests throughout the event and on the course to help or answer any questions you might have. You might be intimidated by their great looks, but that shouldn't stop you from approaching them with questions, concerns, thoughts and/or theories. Please be kind, they are volunteers giving us their time to help make the Driathlon a wonderful event. Try to thank them whenever you get a chance. Kindness to one and all including your fellow athletes.

- For more info visit our [website](http://baycitymorningrotary.org/driathlon/)  
<http://baycitymorningrotary.org/driathlon/>

## FOOD & DRINKS:

- Pre Race: Coffee, donuts & bagels
- Post: ShineWater, water, fruit & Castaways will have protein bowls

## SPONSORS



Andrews Hooper Pavlik | Bay City Bridge Partners | Bay City Public Schools | Dobson Industrial Inc. | DoubleTree by Hilton Bay City - Riverfront | Dow Bay Area Family Y | Garske Hewitt | Great Lakes Bay Regional Alliance | Hagen Ford | IBEW Local 692 | Independent Bank | Isabella Bank | Jolt Credit Union | Labadie | Lake Effect Chiropractic | McLaren Bay Region | Michael Ciaciuch | Michigan Sugar | Moxie Assist | Neetz Printing | Renue Physical Therapy | Rowleys Wholesale | Serenus Johnson Construction | ShineWater | The State Bank | Thumb Bank & Trust | Trahan Funeral Home | WAM Enterprises | Weinlander Fitzhugh | Wildfire Credit Union

