

RACE DAY INSTRUCTIONS FOR COMPETITORS

The Wolfman Triathlon is a point-to-point race. Because of the logistics involved, your cooperation will be needed for a successful event.

- **Give yourself at least 1 hour to distribute your gear**

BIKE GEAR

Place your bike and any other shoes, clothing etc. you will need for the off-road bike leg at the DNR landing in Langlade (HWY 64 & 55). Bike racks will be available. Hook your brake levers or handlebars over the horizontal bar of the rack. **Bike helmets are mandatory.**

PADDLING EQUIPMENT

Drive 2 miles north of Langlade on Hwy 55 to the DNR Landing (Irrigation Ditch) and leave your canoe or kayak and related paddling gear in the staging area near the start. There is **no parking** allowed in this area. You can park your vehicle on the West side along the ditch line of Hwy 55. **Helmets and PFD fully zipped and buckled are mandatory.**

RUNNING GEAR

Drive 5 miles south of Langlade on Hwy 55 to CTY Road M take a right, go approximately 3 miles to Herb's Landing (North side of road). Place your personal gear in designated area. Past racers have used balloons, colored bags, etc. to make spotting gear easier and making the transition smoother. A plastic bag is in race packet if needed for gear.

SHUTTLE TO START AREA

Shuttle provided by the Bear Paw Outdoor Adventure Resort. Starting at 7:15 AM shuttle from the finish area (DNR landing at CTY M and HWY 55) to the start. The shuttle will run 4 times at 7:15, 8:00, 8:45 and last run at 9:30 AM. It is OK to have someone who is with you shuttle you back to the start.

FINISH LINE AREA

Parking available along Cty Hwy M. **No parking will be allowed for racers or spectators at DNR parking lot; VOLUNTEERS ONLY at the Finish parking area.**

AWARDS/PICNIC

Picnic will begin at about 1:30 PM at the Bear Paw Outdoor Adventure Resort located 4 miles south on HWY 55. Awards ceremony will start around 3 PM.

Wristbands included in race bag are needed to get in for the meal and will need to be on when going through food line. Wristbands for family, friends, etc. can be purchased at the picnic tent table: \$ 5 Kid's 10 and under \$ 7 Adult

MASSAGE THERAPIST

For those who would like a little pampering after the race, a massage therapist will be setting up at the Bear Paw. First come, first serve. Cost is \$10

**PLEASE PICK UP ALL GEAR A.S.A.P. VOLUNTEERS WILL STAY AROUND
UNTIL 2:30 PM**