

OVERALL LOGISTICS OF THE WOLFMAN TRIATHLON

The staging area for the race start is located at the state owned gravel parking lot, approximately 2 miles north of Langlade on the west side of Hwy 55. **No parking allowed in the staging area** so when dropping off and picking up race materials and equipment please do so in quick and orderly fashion.

The start location is at the dock on river left, across from the clock downstream from the put-in, which is located at the bottom of a wood chip trail leading from the parking lot to the river.

- Flotation in the boats (30% of the boat, fixed in place), **personal floatation devices** (properly fitted and secured, e.g. no horse-collar life jackets) and **helmets are required** throughout the river portion of the event. **No exception will be made.**
- We ask that racers line up with 10-15 boats in the water, waiting for their start time, with the next 20 boats waiting in order on the trail leading to the launch site.
- Safety boaters are in place at various points on the river but ultimately each racer is responsible for their own safety. If, however you see another racer in trouble on the river and that racer requests help please assist to the best of you ability. This is a competitive event but it is also a fun event and a community event and we are all reliant on each other to maintain it as such.
- The takeout and boat-bike transition area is located on river right, downstream from the Hwy 64 bridge. Volunteers will direct racers onto the landing after which the racer(s) must exit the boat and drag/carry it across a line painted in the grass before completing the paddling leg of the race. At that point volunteers will move the boat to a storage area in the grass near the landing.
- Aid stations are located at the 2 transition areas and at the finish line. Please, whenever you have a chance during the race, thank the volunteers at these aid stations and at other points along the course. Without the help of these volunteers the race cannot take place.

The bike staging area is located in the grassy area along the path between the take-out for the river portion of the race and the parking lot at the DNR Ranger Station at Langlade.

- **Helmets are mandatory** throughout the bike portion of the race. The course will exit the ranger station parking lot, turn east on Hwy 64, cross Hwy 55 and enter the National Forest road and trail system approximately 2 miles east of Langlade. The course is marked with signs, orange flagging tape and yellow caution tape. The course is not continuously marked but each intersection and turn are marked as clearly as forest road traffic will allow. Simply follow the orange flagging tape and pay attention to the yellow caution tape. While volunteers will be located at intersections with paved roads and at key points along trails, and hazards have been marked with signs and multiple strips of caution and flagging tape, it is still up to each racer to ride in control and respect other racers on the course.
- When over taking, please be respectful in informing the racer ahead of your intentions, and please pass only in areas where it is safe to do so. If you are being overtaken, please choose a spot where adequate space and a safe surface will allow you to pull over or ride along the trail for a short distance, allowing overtaking rider (s) to pass.
- Mileage markers have been placed at key points along the course. They are not exact but are there to aid you in pacing yourself and being aware of your progress.
- The bike course will cross 3 channels of the Wolf River. At each crossing the entry into the continuing portion of the course is marked with flagging tape. Be cautious when crossing these channels. The riverbed is covered with rocks , which are slippery and may role underfoot.
- The bike leg is completed when rider passes through a flagged and taped chute at the entry to the transition area in "Herb's Field" just off Cty Hwy M. Enter the chute under control and prepare to stop at the end of the chute. A volunteer will take your bike to the nearby storage area----THANK THEM.
- Above all, be cautious and pay attention while riding. We ask that while riding the single-track portions of the course each racer, "read the trail ahead" , in order to avoid sudden braking situations which place the rider at risk and damage the trail surface. Also, at this time of the year bee and hornets are most active and aggressive. If you are **allergic** to bee stings you should absolutely carry an **Epi-pen** throughout the race.
- As during the paddling leg, if you see another racer whose safety is compromised please help to the best of your ability.

The running trail exits the northeast corner of the field, beyond the bike-run transition. The early portion of the run follows a gravel road and is flagged similar to the manner in which the bike trail is marked. The trail will narrow down to rugged single track and pass through portions of the Gardner Dam Boy Scout Camp before proceeding to the finish at the state-owned parking lot just off Hwy M, near the Wolf River.

- The trail surface is very rugged in many areas. Be careful and respectful of others.
- While it is necessary to concentrate on the trail surface to avoid stumbling it is also necessary to be aware of your surroundings. While most of the trail is readily discernible, be aware of the flagged route and follow it.
- The race is completed when you enter the finish chute. Do not sprint all the way through the finish chute. A volunteer will remove the ID portion of your race bib at the end of the finish chute.
- If at any point of the race, you find yourself unable to complete the race **please** notify a race volunteer or official and provide your name and number to them to help keep track of all race participants.

NO PERSONAL LISTENING DEVICES ALLOWED E.G. IPODS, MP3 PLAYERS

CUT-OFF TIME: Failing to make the Bike/Run exchange by 2 PM you will be **disqualified**.

VOLUNTEERS: As courtesy to volunteers please pick up your gear/equipment shortly after you finish. They **are not** required to stay until all equipment is picked up.