

The Great Escape Triathlon

Ellis-Porter Park, Jefferson City

BEFORE YOU LEAVE

Nick Smith, owner of Redwheel Bike Shop and an event sponsor, say every year he sees the same thing on bikes brought to the event:

1. Low tire -- pump them up.
2. Brake pads that are too worn. Check and replace if necessary.
3. Worn tires, cuts and/or limited tread? Don't trust it, then replace.
4. Check your bike mechanically before you come.

BRING YOUR STUFF

1. Helmet
2. Helmet
3. **HELMET!**
4. Any other thing that you think you need, such as goggles, running shoes, bike shoes, swim suit, sunglasses, etc...
5. Did you pack your **HELMET?**

PACKET PICKUP

If you are using a GPS system, use this address: Ellis-Porter Riverside Park, 320 Ellis Porter Drive, Jefferson City, Missouri.

NOTE: Avoid using Mapquest, it will send you to the wrong location several miles away. Use Google Maps or Apple Maps.

See the WHERE TO PARK MAP

See MORE INSTRUCTIONS

GET TO THE POOL

Saturday, June 10th, at Red Wheel Bike Shop, 400 West Main, Jefferson City, from 1 p.m. to 4 p.m. Get your packet, including race bib, timing chip, Great Escape T-Shirt.

OR

On Race Day before the race, Sunday, June 11th at Riverside Pool House, 5:30-6:30 a.m. Be sure to have volunteers body mark your bib number and age.

SCHEDULE

ADULT RACE DAY SCHEDULE

- **5:30 – 6:30 am:** Packet Pick-up, late registration, body marking in front of the pool house.
- **6:45 – 6:50 am:** Event announcements pool side.
- **6:50 – 7:00 am:** Swimmers line up based on swim time.
- **6:50 – 7:00 am:** Duathletes line up in transition area.
- **7:00 am:** Sprint, supersprint, relay team swimmers begin at pool. Duathletes depart at intervals from the transition area.

SEE SWIM LINE-UP ORDER

SWIM

SHORT COURSE SWIM

- **200 meter snake swim**
- **2 lengths (down and back) in 2 lanes.**
- **Push out at the end or use a ladder.**
- **Exit through fence and turn right to swim out timing pad and transition.**

LONG COURSE SWIM

- **400 meter snake swim**
- **2 lengths (down and back) in 4 lanes**
- **Push out at the end or use a ladder.**
- **Exit through fence and turn right to swim out timing pad and transition.**

BIKE

SHORT COURSE 1.5 MILES

- **Follow directions out of the run out chute going right and circling up on the park path. At the top of the hill turn just past the gray brick park house, turn right onto Riverside Drive.**
- **At the first water station turnaround. At the end of Riverside turn right onto Ellis-Porter. Follow signage and directions to the finish.**

LONGCOURSE 3.15 MILES

Follow directions out of the run out chute going right and circling up on the park path. At the top of the hill turn just past the gray brick park house, turn right onto Riverside Drive.

At the second water station in front of the old prison turn around and follow signage/direction back to the finish.

**Go to: jcmotri.com/courses
for more course information and maps**

RUN

SHORT COURSE BIKE

- **6 mile course**
- **Turnaround at the top of East McCarty.**

LONG COURSE

- **12 mile course**
- **Go over Hwy 50 overpass on Militia and the turnaround is at the end of the road. Be cautious at the Algoa and Militia turn. Volunteers will help with direction at turns on the course.**

**Go to: jcmotri.com/courses
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FINISH

! FINISH !

- **Cross that finish line!**
- **Get your much deserved medal**
- **Hydrate! Drinks at the finish.**
- **Head to the pool house for some snacks and more to drink.**
- **Check your awesome race time**
- **Stick around for awards, usually 10 to 10:30 a.m.**

SWIM LINE UP ORDER

1. **Sprint and spring relay, 400 meters**
2. **Superspring, 200 meters**

WHERE TO PARK

The lot near the pool fills up quickly.

The lot near the baseball fields has plenty of room.

