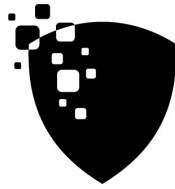


Jefferson City Triathlon: Presented by



CJC SOLUTIONS

PRIVACY CONSCIOUS TECH SOLUTIONS

Get to The Event

**BEFORE
YOU
LEAVE**

NICK SMITH, OWNER REDWHEEL BIKE SHOP AND AN EVENT SPONSOR SAYS EVERY YEAR HE SEE'S 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**
- 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...**
- 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, MO. 65101. NOTE: DO NOT USE MAPQUEST. IT WILL SEND YOU TO ELLIS BLVD AND SEVERAL MILES FROM YOUR DESTINATION. USE GOOGLE MAPS OR APPLE MAPS.

**SEE WHERE TO PARK MAP
SEE MORE INSTRUCTIONS**

**GET TO
THE
POOL**

SATURDAY, JUNE 12TH RED-WHEEL BIKE SHOP, 400 WEST MAIN, JEFFERSON CITY 1:00PM TO 4:00PM. GET YOUR RACE BIB, TIMING CHIP, GREAT ESCAPE T-SHIRT, ETC.

OR

SUNDAY, JUNE 13TH FRONT OF RIVERSIDE POOL HOUSE, 5:30-6:30AM, PACKET PICKUP AND BODY MARKING.

SCHEDULE

RACE DAY SCHEDULE FOR ALL EVENTS

- **5:30AM – 6:30AM PACKET PICK-UP, LATE REGISTRATION AND BODY MARKING IN FRONT OF THE POOL HOUSE.**
- **6:45AM – 6:50AM EVENT ANNOUNCEMENTS POOL SIDE**
- **6:50AM – 7:00AM SWIMMERS LINE UP BASED ON SWIM TIME**
- **6:50AM – 7:00AM DUATHLETES LINE UP IN TRANSITION AREA**
- **7:00AM - TRIATHLON AND RELAY TEAM SWIMMERS BEGIN AT POOL. DUATHLETES DEPART AT INTERVALS FORM THE TRANSITION AREA**

SEE SWIM LINE-UP ORDER

SWIM

SHORT COURSE SWIM

200 METER SNAKE SWIM

2-LENGTHS (DOWN AND BACK) IN TWO LANES

PUSH OUT AT END OR USE LADDER

EXIT THROUGH FENCE TURN RIGHT TO SWIM OUT PAD AND TO TRANSITION

LONG COURSE SWIM

400 METER SNAKE SWIM

2-LENGTHS (DOWN AND BACK) IN FOUR LANES

PUSH OUT AT END OR USE LADDER

EXIT THROUGH FENCE TURN RIGHT TO SWIM OUT PAD AND TO TRANSITION

BIKE

**GO TO: <https://jcmotri.com/courses>
FOR MORE COURSE INFORMATION**

SHORT COURSE 1.5MILES

FOLLOW DIRECTIONS OUT OF THE RUN OUT CHUTE GOING RIGHT AND CIRCLING UP .

AT THE TOP OF THE HILL TURN ONTO RIVERSIDE DRIVE.

AT THE FIRST WATER STATION TURNAROUND. FOLLOW SIGNAGE AND DIRECTION BACK TO THE FINISH

LONGCOURSE 3.15MILES

FOLLOW DIRECTIONS OUT OF THE RUN OUT CHUTE GOING RIGHT AND CIRCLING UP .

AT THE TOP OF THE HILL TURN ONTO RIVERSIDE DRIVE.

AT THE SEOND WATER STATION AT THE FRONT OF THE PRISON TURNAROUND. FOLLOW SIGNAGE AND DIRECTION BACK TO THE FINISH

RUN

**GO TO: <https://jcmotri.com/courses>
FOR MORE INFORMATION**

SHORT COURSE

5.8 MILES SEE DETAILED DESCRIPTION

TURNAROUND AT THE TOP OF E. MCCARTY. POLICE STATIONED THERE.

LONG COURSE

12 MILES-SEE DETAILED DESCRIPTION

GO OVER HIGHWAY 50 OVERPASS AND RETURNTURNAROUND AT THE END OF MILITIA

CAUTION AT ALGOA RD AND MILITIA: FOLLOW COURSE WORKER DIRECTION.

FINISH

FNISH

- **CROSS FINISH**
- **GET MEDAL**
- **GET SOMETHING TO DRINK**
- **HEAD TO POOL HOUSE**
- **GET REFRESHMENTS**
- **CHECK YOUR TIME ON DEVICE**
- **AWARDS TYPICALLY 10-10:30AM**

SWIM LINE UP ORDER

- 1. DOUBLE PART 1-400 METERS**
- 2. SPRINT AND SPRINT RELAY 400 METERS**
- 3. SUPER SPRINT 200 METERS**

DOUBLE PART 2 AFTER COMPLETION OF ALL SPRINT COURSES. NOTE: "DOUBLERS" DO NOT CROSS FINISH IN PART 1 GO BACK THROUGH RUN OUT CHUTE TO POOL FOR 200 METER SWIM

GENERAL DIRECTIONS

FROM THE WEST ON HIGHWAY 50 OR COMING FROM THE SOUTH OR NORTH INTO JEFFERSON CITY ON 63 OR 54, TAKE HIGHWAY 50 EAST TO THE EASTLAND DR. EXIT. AT THE END OF THE RAMP TURN LEFT. FOLLOW EASTLAND TO EAST MCCARTY. TURN LEFT HEADING WESTWARD ON EAST MCCARTY. TURN RIGHT ONTO GRANT. GRANT WILL TAKE YOU DIRECTLY TO THE POOL.

FROM THE EAST ON HIGHWAY 50, TAKE THE EASTLAND DR., EXIT. AT THE END OF THE RAMP TURN RIGHT. FOLLOW EASTLAND TO EAST MCCARTY. TURN LEFT HEADING WESTWARD ON EAST MCCARTY. TURN RIGHT ONTO GRANT. GRANT WILL TAKE YOU DIRECTLY TO THE POOL.

WHERE TO PARK

LOT TO THE RIGHT HAS PLENTY OF ROOM

