



Eagle Lake Triathlon

Eagle Lake Triathlon
2023

<11triMichiana

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SCHEDULE

Friday July 21, 2023

- 4:00 pm Packet Pick-up Starts (23018 S Shore Dr, Edwardsburg, MI)
- 4:00 pm Onsite Registration Starts (23018 S Shore Dr, Edwardsburg, MI)
- 4:00 pm Beginners Clinic Starts (23018 S Shore Dr, Edwardsburg, MI)
- 6:00 pm Packet Pick-up Ends
- 6:00 pm Onsite Registration Ends
- 6:00 pm Beginners Clinic Ends

Saturday July 22, 2023

- 5:30 am Bike Drop off Begins (23018 S Shore Dr, Edwardsburg, MI)
- 5:30 am Parking Opens (23889 Ave C, Edwardsburg, MI)
- 5:30 am Shuttle Service Begins (approx. every 15 minutes)
- 6:00 am Packet Pick-up Starts (23018 S Shore Dr, Edwardsburg, MI)
- 6:00 am Onsite Registration Starts (23018 S Shore Dr, Edwardsburg, MI)
- 7:15 am Bike Drop off end (Sprint)
- 7:30 am Packet Pick-up Ends (Sprint)
- 7:30 am Onsite Registration Ends
- 7:45 am Transition Area Closed (Sprint)
- 7:50 am Mandatory Pre-Race Meeting (Sprint)
- 8:00 am First swimmer Sprint starts
- 8:30 am Packet Pick-up Ends (Kids Tri)
- 9:00 am Bike Drop off Ends (Kids Tri)
- 9:15 am Kids Tri Mandatory Pre-Race Meeting
- 9:30 am Kids Tri Starts
- 10:00 am Awards Ceremony
- 10:00 am Bike Pick-up begins

KEY INFORMATION

VENUE

- Location: Stacy's Food and Spirits — 23018 S Shore Dr, Edwardsburg, MI

PACKET PICKUP

- Location: Stacy's Food and Spirits — 23018 S Shore Dr, Edwardsburg, MI
- Friday, July 21 from 4-6pm
- Saturday, July 23 from 6-7:30am
- You must show a photo ID and annual USAT members must show their membership card at packet pick up. USAT is allowing a one-time exception to their rule about each person picking up their own packets. If you have someone else picking up your packet, you must bring your photo ID and USAT membership card with you to bike check-in on Saturday morning

BIKE DROP OFF

- Saturday, July 22 from 5:30am-7:15am at 23018 S Shore Dr, Edwardsburg

PARKING

- Friday — 23018 S Shore Dr, Edwardsburg, MI
- Saturday—23889 Ave C, Edwardsburg, MI
- Parking is at the Eagle Lake Elementary School, it is about 1.2 miles from the venue

SHUTTLE

- Shuttle service will be available between the parking area and the venue from 5:30am
- Kids participating in the triathlon should arrive in time to be on the 9am shuttle or they will be late of the pre-race meeting
- You are not required to use the shuttle, it is offered only as a convenience. You are welcome to ride your bike or walk from the parking lot. If you ride your bike from the parking lot you must wear your helmet.

BIKE PICK UP

- Starting around 10:00am (after the completion of the kid's race) at 23018 S Shore Dr, Edwardsburg, MI

STEP BY STEP

FRIDAY, JULY 21, 2023

1. Go to Stacy's Food and Spirits—23018 S Shore Dr, Edwardsburg, MI
2. Bring your Photo ID and annual USAT members bring your USAT Membership Card to the registration tent
3. Pre-registered participants go to the "Pre-Registered" Table and if you are registering onsite go to the "Onsite Registration" Table
4. Continue through the registration line to collect your Goodie bag, number kit, swim cap, t-shirt, and timing chip
5. Get help putting on your body numbers or take them home to do them yourself
6. If you have any questions, attend the Beginners Clinic and Q&A from 4-6pm

SATURDAY, JULY 22, 2023









1. Go to Stacy's Food and Spirits—23018 S Shore Dr, Edwardsburg, MI first to do Bike Drop off
2. Quickly unload your bike and hang it on the bike drop racks by the street
3. Continue to the parking area at Eagle Lake Elementary School—23889 Ave C, Edwardsburg
4. Ride the shuttle back to the venue
5. Pick up your bike from the bike drop off area
6. If you did Packet Pickup on Friday night, skip to step 11
7. Bring your Photo ID and annual USAT members bring your USAT Membership Card to the registration tent
8. Pre-registered participants go to the "Pre-Registered" Table and if you are registering onsite go to the "Onsite Registration" Table
9. Continue through the registration line to collect your Goodie bag, number kit, swim cap, timing chip, and t-shirt.
10. Get help putting on your body numbers
11. Take your bike and gear to the transition area to set up for the race, it is first come first serve on rack space, so come early if you want first choice
12. Get set up and ready, transition area closes at 7:45am

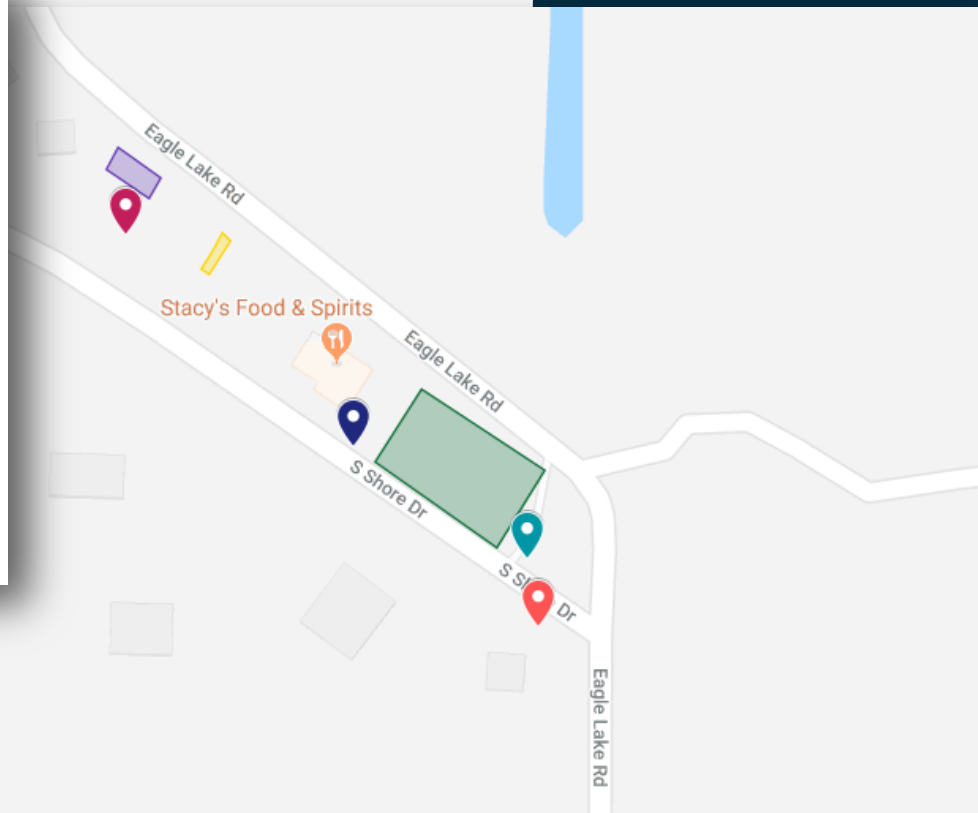
VENUE



Stacy's Food and Spirits
23018 S Shore Dr, Edwardsburg, MI

Key

-  Registration Tent
-  Finish Line
-  Restrooms
-  Swim Start
-  Bike Drop Off
-  Kids Bike Drop Off
-  Shuttle Stop
-  Transition Area



PACKET PICK UP

Packet pick up will be at the new venue, Stacy's Food and Spirits 23018 S Shore Dr, Edwardsburg, MI. Parking during packet pickup will be at the venue.

Packet Pickup Hours:

- Friday, July 21 from 4-6pm
- Saturday, July 22 from 6-7:30am

Each person must pick up their own packet and show a photo ID, annual USAT members must show their USAT membership card

During packet pickup you will receive a promotional bag – additionally, you will receive a white envelope with your race number and/or name on it. This has all of your race essentials in it (bib, bike and helmet number, body marking number).

Timing chips will also be picked up at a separate station during check-in. Lost or unreturned timing chips may result in a fee charged to you.

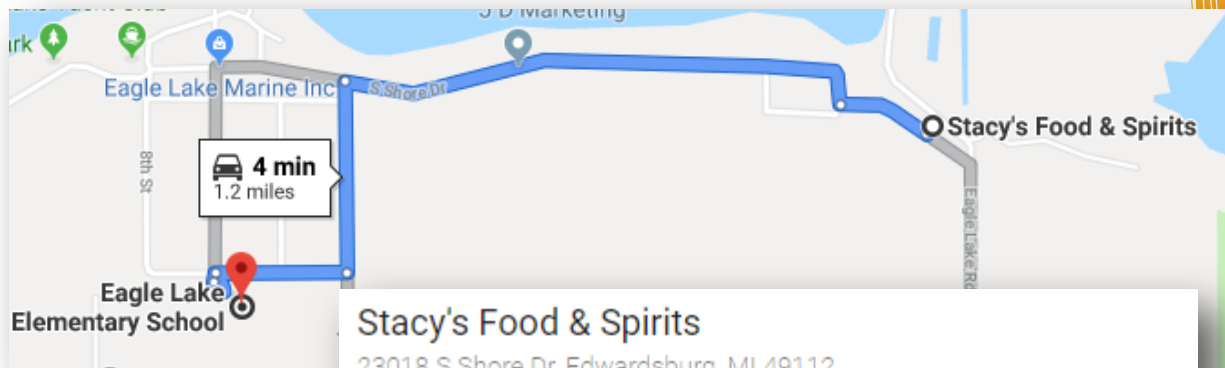


PARKING

There is **no** parking at the venue for race morning. **DO NOT** park on the neighborhood streets during the event. Parking will be at Eagle Lake Elementary School 23889 Ave C, Edwardsburg, MI. A shuttle will be available starting at 5:30am to bring you from the parking area to the venue.

Spectators will also be able to use the shuttle. The shuttle is only a courtesy, you are welcome to ride or walk from parking to the venue.

Directions from Bike Drop Off to parking:



Stacy's Food & Spirits
23018 S Shore Dr, Edwardsburg, MI 49112

1. Head northwest on S Shore Dr toward East St
0.1 mi
2. Turn right onto East St/S Shore Dr
Continue to follow S Shore Dr
0.6 mi
3. Turn left onto Brady Rd
0.2 mi
4. Turn right onto Ave C
0.2 mi
5. Turn left at 6th St
59 ft
6. Turn left
Destination will be on the left
108 ft

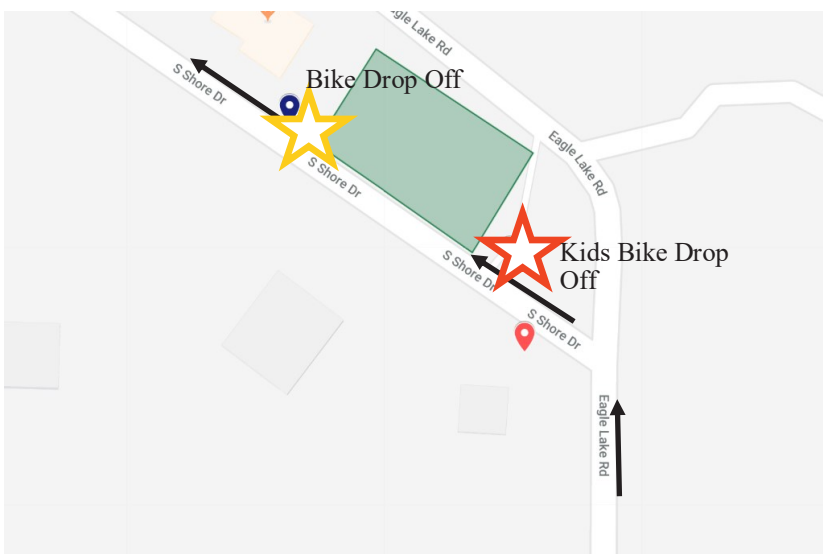
Eagle Lake Elementary School
23889 Ave C, Edwardsburg, MI 49112

BIKE DROP OFF

Bike drop off will be 5:30am to 7:15am. There will be a bike rack available near the street to drop off your bike. Bikes can be dropped off in front of Stacy's on South Shore until 7:15 am.

This is a bike drop only, you will need to park and take the shuttle back before taking your bike to transition area.

There will be no bikes on the shuttle, please leave yourself enough time in the morning to get through bike drop off and take the shuttle back from the parking area.

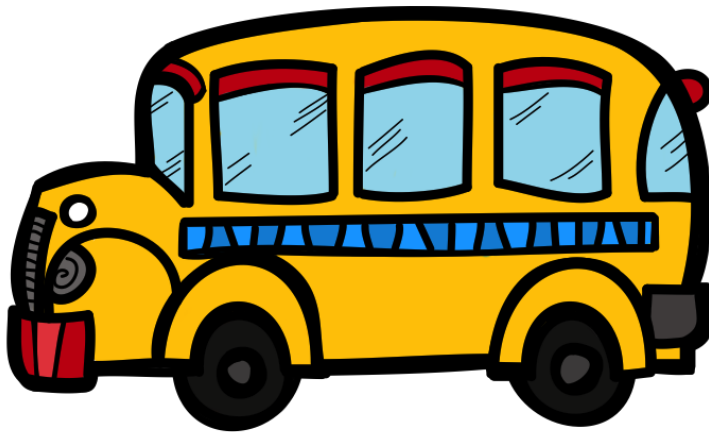


After 7:15am, kids bike drop will continue but you must enter from US 12 onto Eagle Lake Rd to drop off the bike. Keep in mind that if you arrive after 8am, the race will be in progress and racers will be on the road. Follow the directions of the volunteers and be patient to ensure the safety of the other participants.

SHUTTLE

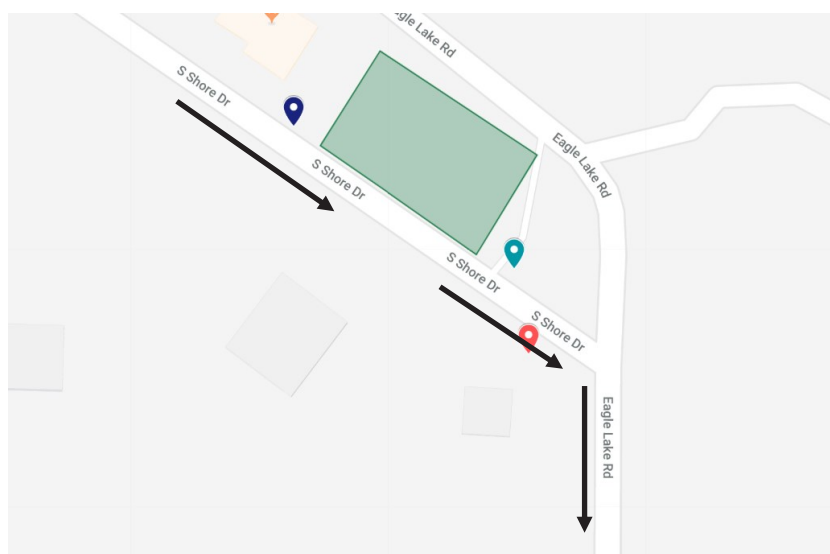
The shuttle will run from 5:30 am to bring participants and spectators from the parking area to the venue. There will be a shuttle approximately every 15 minutes, please leave yourself enough time in the morning to do bike drop and get a shuttle ride back to the venue.

NO bikes on the shuttle! Please leave yourself enough time to get through bike drop off and take the shuttle back to the venue.



BIKE PICK UP

Bike pick up will begin **AFTER** the conclusion of the kids triathlon. Please bring your bike out to the racks at the street before taking the shuttle back to the parking area. This will help expedite bike pickup. Bike pick up will begin immediately after the kids race has concluded. Please enter bike drop from South Shore and exit using Eagle Lake Rd.



SPRINT PRE-RACE LETTER FROM THE RACE DIRECTOR

Race day and the day before can sometimes be a blur, so here are a few reminders to help keep you on track and make sure your experience is enjoyable!

We have a pre-race announcements video available here:

- Packet Pickup is at Stacy's Food and Spirits 23018 S Shore Dr, Edwardsburg, MI 49112
- Packet pickup, Friday, July 21 from 4:00pm-6:00pm - don't forget about the clinic Q&A from 4:00-6:00pm!
- The clinic will give new Triathletes and first-time Triathletes important information but it will also go over the courses and give important speed and safety tips.
- You must show a photo ID and annual USAT members must show their membership card at packet pick up. USAT is allowing a one-time exception to their rule about each person picking up their own packets. If you have someone else picking up your packet, you must bring your photo ID and USAT membership card with you to bike check-in on Saturday morning
- Race-Day packet pickup will begin Saturday morning at 6:00 am and end PROMPTLY at 7:30 am. Leave yourself plenty of time, the morning goes quickly!
- During packet pickup you will receive a promotional bag – additionally, you will receive a white envelope with your race number and/or name on it. This has all of your race essentials in it (bib, bike, and helmet number, and body marking number)
- Timing chips will be available during packet pickup and must be returned at the finish line
- Remember only registered participants are allowed into the transition area
- Headphones and mp3 players are not allowed on the course
- Be sure to have ALL of your transition gear set up and ready to go by 7:45 when the transition area is closed. There will be no re-entry if you are running late.
- The mandatory pre-race meeting begins at 7:50 am at the white registration tent
- The swim kicks off at 8:00 am sharp!
- You may wear shoes down to the swim start and put your shoes back on before running up to transition.
- The course is well marked with road arrows and signs but you are still responsible for knowing the course.
- Important course note for Sprint participants: You will be doing three laps around the North Shore, Davis Lake St, Thatcher circle before returning on Eagle Lake Rd. It is YOUR responsibility to ensure you complete ALL THREE laps.
- Race day parking is at Eagle Lake Elementary School 23889 Ave C, Edwardsburg, MI, there absolutely NO parking on neighborhood streets.
- Bike drop-off is at Stacy's - 23018 S Shore Dr, Edwardsburg, MI from 5:30 am to 7:15 am. If you will be doing bike drop after 8 am (KIDS EVENTS ONLY), please keep in mind that the adult races will be in progress and follow the instructions of the volunteers to ensure the safety of all athletes.
- Shuttle service is available from 5:30 am
- Bike Pickup will begin AFTER the conclusion of the kid's race

If you have any questions please contact us at info@eaglelaketri.com

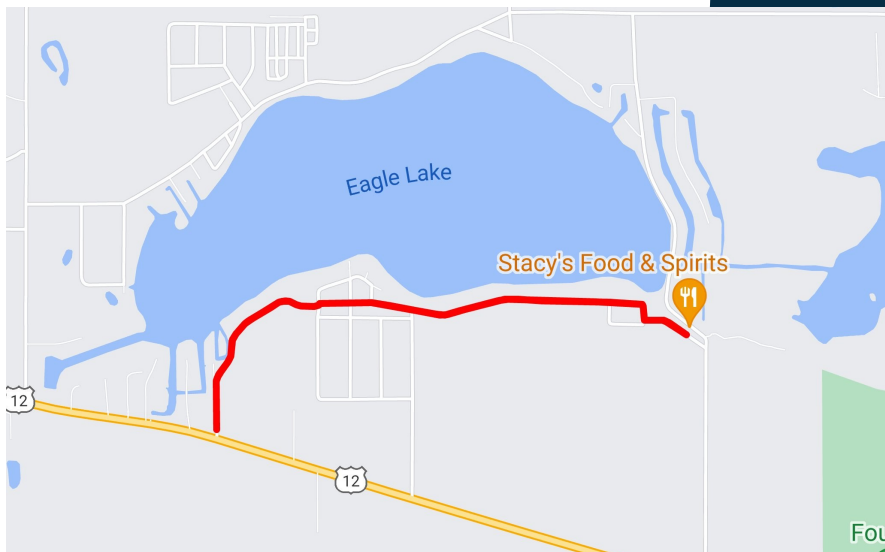
Results will available here after the race: <https://runsignup.com/Race/Results/41963>

COMBINED SPRINT

Bike



Run



KIDS PRE-RACE LETTER FROM THE RACE DIRECTOR

Welcome parents and participants in the Kid's Triathlon. I wanted to go over a few things with everyone so that you will all know what to expect on race morning.

Pre-Race

If possible do packet pickup on Friday night. Then, drive or ride the bike course with your athlete so that they know exactly where they will be biking and turning. Review the maps on the website.

Race Morning

Feed your athlete a light breakfast and let them have a very small snack in the time between arrival and 9:15. Race day could be warm so keep them hydrated pre-race. Small, frequent sips of water or a sports drink is a good idea.

1. Arrive and check-in no later than 8:15 am on race morning. CHECK-IN for kids and Bike drop-off ENDS AT 8:30 am.
2. After parking go to packet pickup to get your race number and if you are doing the competitive race you will also pick up a timing CHIP.
3. From there you will take your bike, helmet, running shoes, and swim goggles to the transition area to rack your bike and set up your transition area. The Kid's transition area is in a roped area located inside the main transition area. There is a separate entrance for you to use during setup, please do not use the main transition area entrances for set up as there are other races taking place. For those bikes that are too short to rack or have kickstands, they can be stood or laid on the ground. They MUST return their bike to that same spot before heading out on the run.
4. At 9:15 I will do a pre-race meeting at the white registration tent with your athletes and go over the course and procedure with everyone. This is a MANDATORY meeting.
5. From there we will proceed to the swim start and stage your athletes for the start. You can wear shoes down to the swim start and put your shoes back on before running up to transition. The competitive race will go off first starting at 9:30. The Non-competitive race will follow immediately after and these racers will be sent off one at a time with enough space in between them so that they shouldn't overlap in the water.
6. Competitive racers may NOT be assisted by their parents and those parents are not allowed in the transition area during the race.
7. NON-competitive racers may receive as much assistance from a parent or race officials as necessary to complete the course safely and with good spirits. We will have adult triathletes shadowing the kids on the course but feel free to swim, bike, and run along with your NON-competitive athlete.
8. Please, parents of NON-competitive racers be aware of those racing for time and stay out of their way.

Go to the finish line after the race and we will do medals, a group picture, and the awards ceremony as soon as the last Kid's Triathlete finishes. This is where they will receive their eagle.

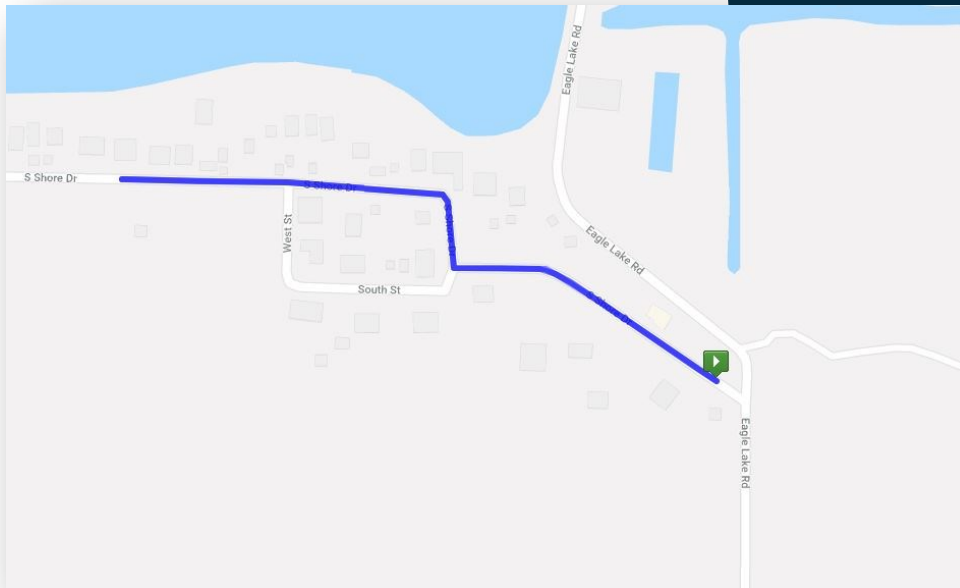
A few reminders

- Packet pickup is, Friday, July 21 from 4:00pm-6:00 pm
- Packet Pickup is at Stacy's Food and Spirits 23018 S Shore Dr, Edwardsburg, MI 49112
- Race-Day packet pickup will begin Saturday morning at 6:00 am and end PROMPTLY at 8:30.
- Bike drop off is at 23018 S Shore Dr, Edwardsburg, MI from 5:30 am to 8:30 am, if you will be doing bike drop after 8 am, please keep in mind that the adult races will be in progress and follow the instructions of the volunteers to ensure the safety of all athletes
- Shuttle service is available from 5:30 am and running approximately every 15 minutes
- During packet pickup you will receive a promotional bag – additionally, you will receive a white envelope with your race number and/or name on it. This has all of your race essentials in it (bib, bike, and helmet number, and body marking number)
- Competitive athletes will receive a timing chip at registration. This is to be worn on the ankle and must be returned at the finish line.
- Headphones and mp3 players are not allowed on the course
- Helmets are required during the bike portion of the race and must remain buckled until the bike is returned to the transition area
- Race day parking is at Eagle Lake Elementary School 23889 Ave C, Edwardsburg, MI, there absolutely NO parking on neighborhood streets.

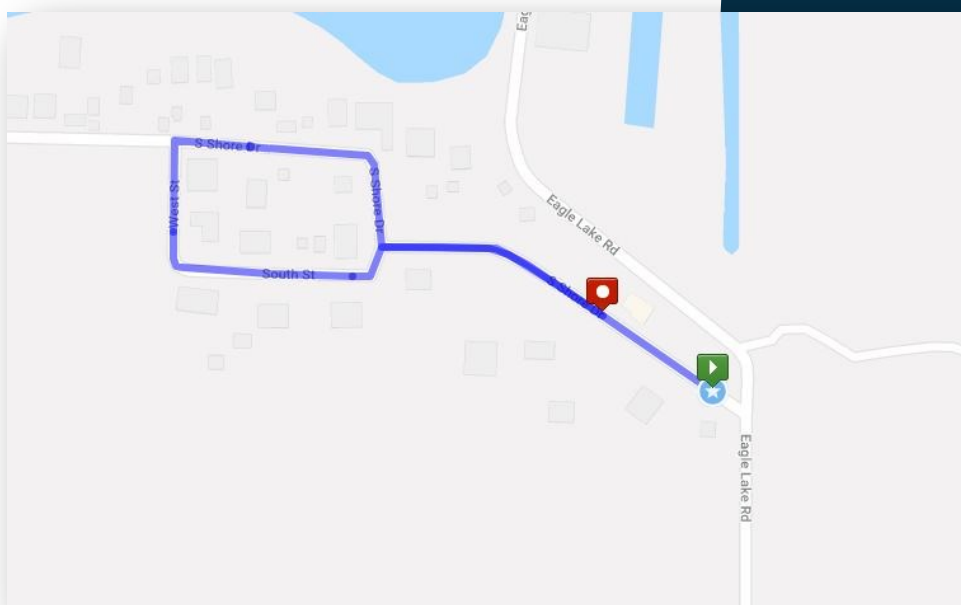
If you have any questions please contact us at info@eaglelaketri.com

KIDS TRI

Bike



Run



BENEFITTING

**CHANGE A
CHILD'S STORY.™**



Every year more than a half million abused and neglected children are in need of safe, permanent, nurturing homes. CASA volunteers can make a difference in the lives of these children by advocating for their best interests in finding that home. Did you know?

- More services are ordered for the children with a CASA because of a consistent, responsible adult presence.
- Volunteers spend significantly more time with the child than a paid Guardian Ad Litem.
- Children with a CASA volunteer spend an average of 8 months less time in foster care.
- Children with a CASA volunteer are less likely to be bounced from one foster care home to another.

A CHILD WITH A CASA VOLUNTEER IS...

- likely to receive more help while in the system.
- more likely to do better in school.
- less likely to have poor conduct in school.
- far less likely to be expelled.
- More likely to have a plan for permanency.
- less likely to spend time in long-term foster care.
- more likely to be adopted into a safe permanent home.
- half as likely to re-enter foster care.



CASA

Court Appointed Special Advocates
FOR CHILDREN

**McLoughlin
Family
Foundation**



FOSTER SWIFT
FOSTER SWIFT COLLINS & SMITH PC || ATTORNEYS



SOUTHWESTERN MICHIGAN COLLEGE

**S&P Properties
Preferred
Printing**



Daniel and Jeannine Iott Charitable Account



Stacy's
Food & Spirits



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PEARLS**
574.855.3829



Welch Packaging Group

Retired Chief Frankie Williams
Golf Outing

**SHELTON
FARMS**

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