

**Experience
Triathlon**

LAKE ZURICH TRI*



6:45 AM Races START

9:45 AM Awards Ceremony

WELCOME

On behalf of 10xEM, the Village of Lake Zurich, and Experience Triathlon, we would like to thank each athlete for joining us for the Grand Reopening of the Lake Zurich Triathlon.

The event we have planned for you is guaranteed to be an exciting day of fitness and competition for all participants! Thanks in advance to our Volunteers, Sponsors, First Responders and Support Staff that will be working extra hard to make the 2025 Experience Triathlon Lake Zurich Triathlon a memorable day for you!

Please read the following information carefully to ensure the best race event experience for yourself and your family!

Sincerely,

Your Event Team
10xEM



RACE WEEKEND SCHEDULE

SATURDAY JULY 12, 2025

TIME	EVENT	LOCATION
9:30 AM - 10:15 AM	Preview Swim	Paulus Park
10:30 AM - 5:00 PM	Packet Pickup at park pavilion, reference venue map (last page) for location	Paulus Park
11:00 AM - 12:30 PM	Race Clinic Training Sessions by Experience Triathlon – Coach Joe LoPresto.	Paulus Park 200 S Rand Rd., Lake Zurich IL 60047

SUNDAY, JULY 13, 2025

5:00 AM	Transition Opens for Bike Check in	Paulus Park 200 S Rand Rd., Lake Zurich IL 60047
5:30 AM – 6:00 AM	Packet Pickup * Pre-Paid \$30 fee, no pickup without payment	
5:30 AM – 5:50 AM	Swim Warm Up	
6:25 AM	Transition closes and should be clear of all individual athletes and relay swimmers	
6:45 AM	Olympic Distance Race Starts	
6:55 AM	Sprint Distance Race Starts	
9:45 AM	Awards Ceremony	
10:15 AM	Bike Course Cut Off	
11:30	Run Course Cut Off	

SWIM PREVIEW/RACE CLINIC

On Saturday, from 9:30am-10:15am, Coach Joe LoPresto of Experience Triathlon will be holding a Swim Preview at Paulus Park. This event gives athletes the opportunity to see the beach start area and get in the water, swimming up to a few hundred yards. Athletes will be able to swim within the 'no wake' buoys. Lifeguards will be stationed in kayaks along the designated swimming area. Note: Athletes will not be able to swim the actual race course and buoys during this event. **Athletes must sign up [HERE](#).**

Also on Saturday, from 11am-12:30pm, Coach Joe will be holding a Race Clinic Training Session at Paulus Park. This is a great way to gain race tips and insight on the Lake Zurich Triathlon. **Athletes are strongly encouraged to attend these training courses!**

See all the services offered by Coach Joe here: <http://experiencetriathlon.com/>

ATHLETE CHECK IN AND PACKET PICK UP

We will be using Direct Bib Assignment for all participants except relay teams. Numbers will be assigned sequentially at packet pickup. You will need your final instruction email that will contain your unique QR code. An email with the QR code will be sent out Saturday morning July 12th. Having your QR code will expedite the packet pick process.

****NEW: USAT is now allowing athletes to pick up packets for other athletes. You may pick up a packet for someone else or have someone pick up your packet for you. There is a limit of 3 bibs picked up for others. All participant waivers must be signed in order to pick up for someone else.**

MINORS: Minor athletes (athletes under 18 years of age on race day) **MUST** be accompanied by a parent to packet pickup for race waivers to be signed. Parents can pick up a minor child's packet without the child present.

Race Day packet pick up is \$30.00*

***Race Packet Pick Up on race morning is limited to ONLY athletes that have paid the Late Packet Pick Up Fee of \$30.00! Packet Pick-Up is from 5:30am to 6:00am SHARP!!! Please report to the Pavilion for Race Packet Pick-Up just outside of the south end of the Transition area at Paulus Park (see venue map at end of guide). If you haven't prepaid, you will be required to pay on site.**

Check the packet to make sure your bib number, bike frame number, timing chip, helmet number, and wristband number all match the number on the label of your packet **before leaving** the Packet Pick Up. There will be printed instructions on the race packet but please see the diagram below for what you need to use. Please note that we have more stickers on the sheet than you need.



RACE BIB



**Helmet
Sticker**



Bike Frame #

A FEW THINGS YOU SHOULD KNOW

Water Temperature will be taken the morning of the race. Lake Zurich is a shallow lake, so water temperatures can be above 80F if the weeks leading up to the event are HOT. We recommend that athletes have a wetsuit for all open water races and bring it on the morning of the race. We also recommend that athletes practice with and without the wetsuit to be prepared for the race morning water temps. Athletes must wear swim caps in the water.

[HERE](#) is a nice summary of the USAT rules on the XTERRA Wetsuit website.

The beach area is a private/paid beach and is not accessible for general swimming other than on race day. During packet pick-up, you are able to walk down to the beach area and view the lake overall if you would like.

Swim warm up will be from 5:30-5:50 am Sunday morning. Please do not swim far out as all swimmers must be out of the water no later than 6:25 am. Please adhere to this rule as failure to do so may impact the start of the event. Race announcements and the national anthem will take place between 6:25 am and 6:35 am.

The Olympic distance will begin at 6:45 am. It will be a rolling start sending off a few swimmers every few seconds. Participants will self-seed themselves. Volunteers will be on the beach holding up signs with estimated swim times. Please line up behind your estimated swim time. The Olympic swim is a single counterclockwise loop which will have intermittent buoys and then large orange buoys signifying the two left turns. The Sprint distance will have similar rolling start and self-seeding that will begin by 6:55 am. The Sprint swim is also a single counterclockwise loop that will follow the lime green buoys.

Lifeguards in kayaks, as well as motorboats will line the outside of the course with the buoys on the inside. If you cannot complete the swim and are pulled from the water, you cannot continue the event per USAT rules. You must turn in your timing chip and leave the course.

When you check your bike into the transition area on Sunday morning, your bike number **must** be on your bike. After the race, only you, the athlete, can remove your bike from the transition area. We will be matching your bike number to your wristband number upon exiting transition after the race. Only registered athletes with a wristband will be allowed in the transition area. Make sure your handlebars have bar-end plugs (no metal showing) before checking into the transition area race morning.

The bike is a single loop for the Sprint and double loop for the Olympic. The bike course is

well patrolled with law enforcement officials controlling traffic and shutting down lanes of traffic specifically for cyclists. There are also volunteers at many points of entrance to subdivisions to help prohibit motor vehicles from getting on the course. While we do our best to minimize the traffic, please always be alert as motorists may not always follow instructions provided by volunteers. There are a few spots that will have signs to SLOW DOWN. Please heed these signs and be aware while on course.

Once bikes are checked into the transition area on Sunday morning, they cannot be removed from the transition area until the bike portion of the race. Bike warmups are not allowed once your bike is checked into transition. All participants must wear a bike helmet during the bike portion of the race.

The following items are not allowed in the transition area race morning:

- Balloons or other items that may become entangled in the gear of another racer, oversized tubs, oversized bags or objects that will encroach into the space of neighboring athletes, glass of any kind
- Bike trainers

Headphones (and all other audible devices) are **PROHIBITED** on any portion of the racecourse. Hydration backpacks are permitted.

Race Management will have aid stations located at every 1.5 miles along the 5K Run Course complete with Water, Gatorade, Ice and portable restrooms.

It is recommended all athletes review [USA Triathlon's Most Commonly Violated Rules](#).

RELAY TEAMS

Relay Team captains can pick up their members packets with a copy of a photo ID and USAT card if an annual member. Otherwise, each member of the relay team must pick up their own race packet. Teams do not have to be together when they pick up their race packets.

***We will be emailing Relay Teams their specific numbers-we will not be dynamically assigning them at pick up. Please look for your email to come soon with your team information.**

Bikers and runners should be inside transition near their relay bike rack when transition closes at 6:25 a.m. When the swimmer enters the transition area after the swim portion of the race, he/she will proceed to the relay bike rack, transfer the timing chip to the biker (ankle to ankle),

at which time the biker will remove the bike from the rack and proceed to the bike out end of transition. Please note you will have a slightly different timing chip than the other racers due to the chip exchange process.

Upon returning to transition, the biker will rack her bike, remove the timing chip from her ankle and transfer the timing chip to the runner's ankle. The runner will then exit transition and complete the run at the finish line. Relay runners should collect medals for all relay members on their team in the finish line chute.

TIMING



How to wear the MultiSports Tag

The MultiSports Tag must be worn around the ankle. If you wear a long wetsuit, make sure you wear the tag underneath your suit!

- 1 Wrap the tag around your left or right ankle
- 2 Remove the white backing paper on the end of the tag
- 3 Carefully apply the tag around the ankle



Make sure you **apply the tag dry and correct at once**. Do **not reapply** the tag as the adhesive will weaken and you may lose the tag.

Have a good race!



TIMING CHIP

MyLaps Disposable Timing Chip Information:

It is very important that you wear your timing chip properly! Failure to follow these directions may result in no official finish time. We have upgraded all our timing operations to a disposable Tri Tag timing chip. All you must do is remember to wear it properly. Please refer to the picture to the left for proper instructions. You do not need to return your chip after the race-it is disposable.

PARKING

Parking at Paulus Park will be very limited. Those who park in Paulus lot will be unable to leave the lot until after 10:30. The best option for parking is directly across the street from the park in the large parking lot. Please plan accordingly to park and walk across the street to the race venue.

RACE RESULTS

Race results will be posted [HERE](#). If you have any questions, please contact the timing company [HERE](#).

FREE PHOTOS

Get your **FREE** personal race photos with FinisherPix! FinisherPix is the official photographer at the **Lake Zurich Triathlon** Courtesy of Experience Triathlon! Your personal race photos will be available at [Race Photos | Lake Zurich Triathlon | Lake Zurich, IL](#). Make sure your bib number is facing front at all times and don't forget to smile when you cross the finish line. Have a great race!



YOUR BEST PHOTOS!

- Ensure you have your race number facing front and visible at all times
- Look out for our FinisherPix photographers on course and SMILE 😊
- Look up when you cross the finishline and smile BIG!

ALREADY CONNECTED?

[Email](#) | [Website](#) | [Facebook](#) | WeChat: finisherpix

CONTACT

For any additional questions, please email info@race10x.com

We would love for you to follow us on our social media channels. Check out our Facebook and Instagram accounts and tag us in your race day photos with #LakeZurichTri!

COURSE MAPS

Please review the racecourses on the maps below. Maps of the racecourses can also be found under the course maps tab on the race website [here](#).



The Lake Zurich Olympic Triathlon race course offers competitors a 1500 meter swim. The event also offers a two loop Bike Course in the communities surrounding the park. Finally, athletes will run a 5K two loop course around the lake and neighborhoods surrounding the finish line at Paulus Park.



The Lake Zurich Sprint Triathlon race course offers competitors a 750 meter swim. The event also offers a one loop Bike Course in the communities surrounding the park. Finally, athletes will run a 5K loop course around the lake and neighborhoods surrounding the finish line at Paulus Park.

Venue Map

