



**Experience
Triathlon**

LAKE ZURICH TRI*

ATHLETE GUIDE

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 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 2026 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 11, 2026

TIME	EVENT	LOCATION
9:30 AM - 10:15 AM	Preview Swim	Paulus Park
10:00 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 12, 2026

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	
5:45 AM – 6:25 AM	Swim Warm Up	
6:10 AM	Transition closes and should be clear of all individual athletes and relay swimmers	
6:45 AM	Olympic Distance Race Starts	
6:50 AM	Duathlon Distance Race Starts-At Run Out	
7:00 AM	Sprint Distance Race Starts	
9:45 AM	Awards Ceremony	
10:00 AM	Bike Course Cut Off	
11:00 AM	Run Course Cut Off	



SWIM PREVIEW/RACE CLINIC

Swim Preview | Saturday 9:30–10:15am | Paulus Park

Get in the water before race day! Coach Joe LoPresto will lead a swim preview giving athletes a chance to see the beach start and swim a few hundred yards within the no-wake buoys. Lifeguards will be on site.

Note: the actual race course and buoys are not part of this preview.

Limited to the first 200 registrants. [Sign up here.](#)

Race Clinic | Saturday 11am–12:30pm | Paulus Park

Coach Joe will share race tips and course insight for the Lake Zurich Triathlon. Highly recommended for all athletes!

See all of the services offered by Coach Joe [HERE](#)



PACKET PICK UP

Bibs are assigned sequentially at pickup. Bring your QR code from the Saturday morning email. Having your QR code ready speeds up the process.

NEW: Packet Pickup for Others USAT now allows you to pick up for other athletes (limit 3). All participant waivers must be signed before picking up for someone else.

Minors: Athletes under 18 must have a parent present to sign waivers. Parents may pick up without the child.

Race Morning Pickup: There is a \$30 fee to pick up on race morning. Only available to athletes who pre-paid. Email info@race10x.com if you still need to prepay. Pickup is 5:30–6:00am SHARP at the Pavilion near the south end of Transition area. **If you haven't prepaid, you'll need to pay on site.**

Before you leave Packet Pickup, verify your packet: Your bib, bike frame number, timing chip, helmet number, and wristband should all match. Please note, you will have extra stickers.



RACE DAY ESSENTIALS

SWIM: Water temp is taken race morning. Lake Zurich is shallow, so temps can exceed 80F in hot weather. Bring your wetsuit and practice both with and without it. Swim caps are required. Review [USAT wetsuit rules here](#).

The beach is private and not accessible outside of race day, but you're welcome to walk down and view the lake during packet pickup.

Warm up is 5:45-6:25am. All swimmers must be out of the water by 6:25am. Race announcements and the national anthem will follow from 6:25-6:40am.

Both distances use a rolling, self-seeded start. Line up behind the volunteer signs showing your estimated swim time.

- **Olympic (6:45am):** single 1500 meter counterclockwise loop
- **Sprint (7:00am):** single 750 meter counterclockwise loop

Lifeguards in kayaks and motorboats will monitor the course. If you are pulled from the water, you cannot continue per USAT rules and must turn in your timing chip.



BIKE:

- Sprint: 1 loop / Olympic: 2 loops
- Your bike number must be on your bike at check-in. Handlebars must have bar-end plugs (no exposed metal).
- Once your bike is checked in, it stays in transition until the bike leg. No warmups.
- Helmet required for the entire bike portion.
- Your bike number will be matched to your wristband when you exit transition after the race. Only registered athletes with a wristband may enter transition.

The course is patrolled by law enforcement and volunteers. Stay alert regardless, and obey all SLOW DOWN signs on course.

Not allowed in transition: balloons, oversized bags or tubs, glass, bike trainers, or anything that encroaches on neighboring athletes' space.

Headphones and all audible devices are PROHIBITED on the entire racecourse. Hydration backpacks are permitted.

RUN:

Aid stations are located every 1.5 miles along the 5K course with water, Gatorade, and portable restrooms.

Review [USA Triathlon's Most Commonly Violated Rules](#) before race day.



RELAY TEAMS

Packet Pickup: Team captains may pick up all packets with a photo ID and USAT card (annual members only). Otherwise, each athlete picks up their own. Your team does not need to be together at pickup.

Your bib numbers will be emailed to you ahead of race day – they are not assigned at pickup.

Race Day: Bikers and runners must be inside transition near the relay bike rack before transition closes at 6:10am.

Chip exchange order:

1. Swimmer enters transition and transfers timing chip ankle to ankle to the biker
2. Biker completes the bike leg, racks the bike, and transfers chip to the runner
3. Runner completes the 5K and crosses the finish line

Note: Relay timing chips are slightly different from individual racer chips due to the exchange process.

Relay runners should collect medals for all team members in the finish line chute.



TIMING

MyLaps Disposable Timing Chip Information: You must wear your timing chip correctly or you may not receive an official finish time. We use a disposable MyLaps Tri Tag chip and there is no need to return it after the race.

See the diagram below for proper placement instructions.



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!



PARKING

PARKING:

Paulus Park lot is very limited and will be inaccessible until after 10:30am as it is part of the course. Plan to park in the large lot directly across the street and walk over.

RACE PHOTOS

FREE RACE PHOTOS:

FinisherPix is the official photographer of the Lake Zurich Triathlon, courtesy of Experience Triathlon. Your photos will be available at [Race Photos | Lake Zurich Triathlon](#) after the race.

For your best shots: keep your bib facing front, look out for photographers on course, and look up and smile at the finish line!

[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

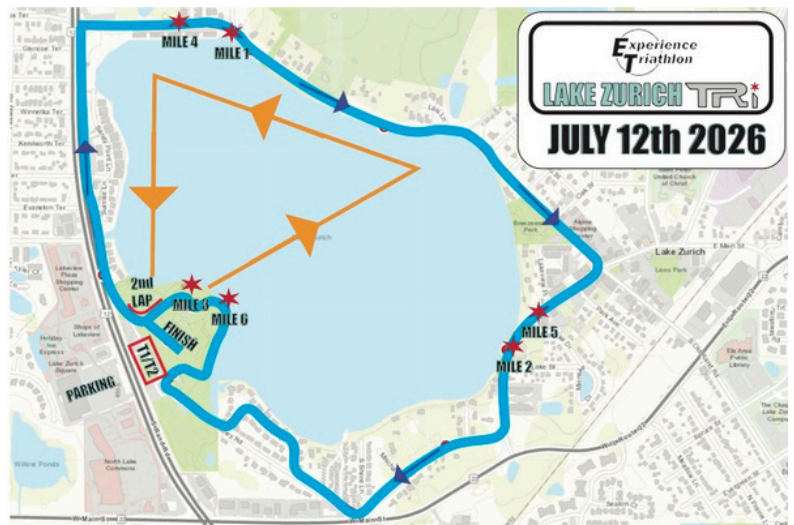
COURSE MAPS

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

OLYMPIC DISTANCE COURSE:

1500m swim / 40K 2-loop bike course / 10K 2-loop run

All three legs start and finish at Paulus Park. The bike and run courses wind through the surrounding neighborhoods and communities along the lake.



SPRINT DISTANCE COURSE

750m swim / 20K 1-loop bike course / 5K 1-loop run

All three legs start and finish at Paulus Park. The bike and run courses wind through the surrounding neighborhoods and communities along the lake.



VENUE MAP

