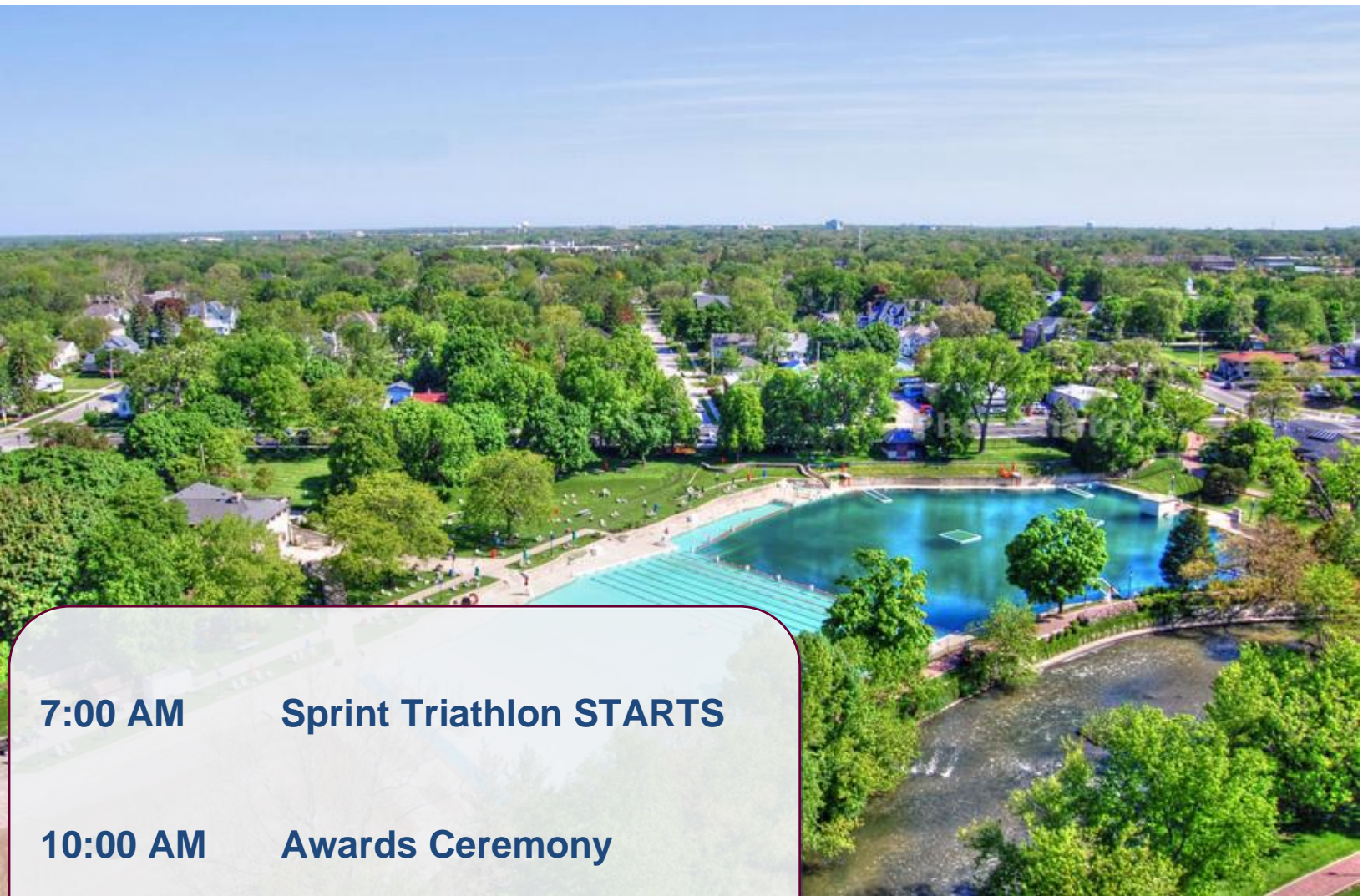


Experience Triathlon

NAPERVILLE SPRINT TRIATHLON

TRIATHLON • DUATHLON • KIDS TRI



7:00 AM Sprint Triathlon STARTS

10:00 AM Awards Ceremony

WELCOME

On behalf of 10xEM, the City of Naperville, and Experience Triathlon we would like to thank each athlete for joining us for the 15th annual Naperville Sprint Triathlon.

The event we have planned for you sets up to be a fun day of fitness and music as the summer season kicks into high gear! Thanks in advance to our Volunteers, Sponsors, First Responders and Support Staff that will be working extra hard to make the 2023 Experience Triathlon Naperville Sprint Triathlon a special 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



SPONSORS

Experience Triathlon



COLDWELL BANKER
REAL ESTATE GROUP

630-269-1793



IMPACT
PHYSICAL THERAPY



sweetgreen



RACE WEEKEND SCHEDULE

FRIDAY, AUGUST 4, 2023		
TIME	EVENT	LOCATION
11:00 AM – 6:00 PM	Packet Pickup	Naperville Running Co. 34 W. Jefferson
3:00 PM - 4:30 PM	Race Clinic Training Sessions by Experience Triathlon – Coach Joe LoPresto. Click here for more info.	Centennial Park 500 West Jackson
SATURDAY, AUGUST 5, 2023		
10:30 AM – 5:00 PM	Packet Pickup	Naperville Running Co. 34 W. Jefferson
2:30 PM – 4:00 PM	Race Clinic Training Sessions by Experience Triathlon – Coach Joe LoPresto. Click here for more info.	Centennial Park 500 West Jackson
SUNDAY, AUGUST 6, 2023		
5:00 AM	Transition Opens for Bike Check in	Centennial Park 500 West Jackson
5:30 AM – 6:30 AM	Packet Pickup -Must have photo ID- * Pre-Paid \$30 fee, no pickup without payment	
6:00 AM – 6:45 AM	Swim Warm Up	
6:45 AM	Transition closes and should be clear of all individual athletes and relay swimmers	
7:00 AM	Race Starts	
10:00 AM	Awards Ceremony – top 3 in each age group division	
11:00 AM	Bikes must be checked out of transition	

RACE CLINICS

On Friday and Saturday, Coach Joe LoPresto of Experience Triathlon will be holding Race Clinic Training Sessions at Centennial Park. This is a great way to get race tips and insight on the Naperville Sprint Triathlon. [Click here for more information.](#)

This is the place to ask questions! First time triathletes are strongly encouraged to attend.

See all the services offered by [Coach Joe here: http://experiencetriathlon.com/](http://experiencetriathlon.com/)

ATHLETE CHECK IN & PACKET PICKUP

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 Friday morning August 5th. Having your QR code will expedite the packet pick process.

****NEW THIS YEAR: 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.**

USAT ANNUAL MEMBERS: If you are an annual USA Triathlon member, you are required to present a valid (non-expired) USAT card or proof of number and expiration date at Athlete Check-in. Proof can be in the form of USAT card, a printed temporary card or a copy that can be viewed on a smart phone.

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 6:30am SHARP!!! Please report to the 10x10 tent for Race Packet Pick-Up just outside of the south end of the Transition area at Centennial Beach Park.**

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 Naperville Running Company. If there is an issue with any of these, you should return to packet pickup to get it corrected asap.



Numbered Wristband



Bike Frame Number
(fold in half over top tube or seat post)



Helmet Sticker

Run Course Bib



A FEW THINGS YOU SHOULD KNOW

The estimated water temperature on race day will be 80-82 degrees. For more information, or updated water temperatures, visit <http://centennialbeach.org/> Water temps are updated weekly at the top of the website.

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.

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. You will get body marked on race morning outside of the transition area.

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
- Bike trainers

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

***We will not be doing body marking this year.**

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 6:45 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 completes the run at the finish line. Relay runners should collect medals for all relay members on their team in the finish line chute.

TIMING

MULTI SPORTS TAG

User 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!



RACE MORNING PARKING

Limited parking is available at Centennial Park race morning but please be advised any cars parked in Centennial Park will not be able to leave that parking area until after 10:30 a.m. Other athlete parking is available in the residential areas around Centennial

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.

Park and in the nearby Naperville shopping district. Please obey all traffic and parking signs.

RESULTS

Race results will be posted at <http://napervilletri.events/race-results/>

PHOTOS

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at the **Naperville Sprint Triathlon**. Your personal race photos will be

available at www.finisherpix.com. 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 account and tag us in your race day photos with #NapervilleSprintTri!



[@NapervilleSprintTriathlon](#)



[@NapervilleSprintTri](#)

COURSE MAP

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



Experience Triathlon
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 TRIATHLON · DUATHLON · KIDS TRI

August 6 2023
DUATHLON

START	★
RUN 1 Mile	●
BIKE 22K	○ LAP 1 ○ LAP 2
RUN 5K	●





NAPERVILLE SPRINT TRIATHLON

TRIATHLON · DUATHLON · KIDS TRI

August 6, 2023 AQUABIKE

SWIM AREA



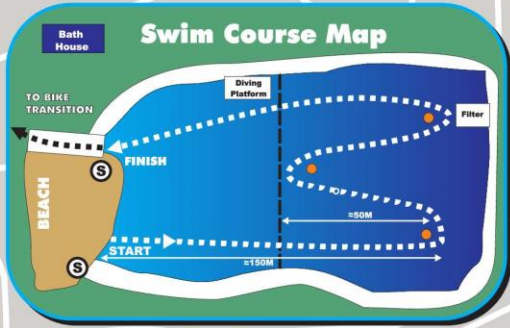
BIKE MILE MARKER



LAP 1



LAP 2





NAPERVILLE SPRINT TRIATHLON

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August 6, 2023 KIDS TRIATHLON

SWIM	150 METERS
BIKE	11K ●
RUN	5K ●

