



NAPERVILLE SPRINT TRIATHLON

TRIATHLON • DUATHLON • KIDS TRI

ATHLETE GUIDE

7:00 AM RACES START

10:00 AM AWARDS CEREMONY

WELCOME

On behalf of 10xEM, the Village of Naperville, and Experience Triathlon, we would like to thank each athlete for joining us for the Naperville Sprint 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 Naperville Sprint 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



SPONSORS



NAPERVILLE
RUNNING CO.



RACE WEEKEND SCHEDULE

FRIDAY, JULY 31, 2026

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.	Centennial Park 500 West Jackson

SATURDAY, AUGUST 1, 2026

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.	Centennial Park 500 West Jackson

SUNDAY, AUGUST 2, 2026

5:00 AM	Transition Opens for Bike Check in	Centennial Park 500 West Jackson
5:30 AM – 6:30 AM	Packet Pickup * Pre-Paid \$30 fee, no pickup without payment	
6:00 AM – 6:45 AM	<u>Swim</u> Warm Up	
6:45 AM	Transition closes and should be clear of all individual athletes and relay swimmers	
7:00 AM	Sprint Triathlon Race Starts	
7:02 AM	Duathlon Race Starts (approximate time)	
7:45AM/8:00AM	Kid's Triathlon Starts (approximate time)	
10:00 AM	Awards Ceremony – top 3 in each age group division	
11:00 AM	Bikes must be checked out of transition	



RACE CLINIC INFORMATION

Prepare for Race Day Clinics

Friday July 31st, 3:00–4:30pm

Saturday August 1st, 2:30–4:00pm

Get race-day ready by joining Race Director and Head Coach Joe LoPresto and Triathlon Coach Christa LoPresto for a free Race Day Clinic. This informative session will cover everything you need to know for a successful race, including the course, race-day schedule, transition setup, what to bring, what to wear, nutrition and hydration, and tips for moving smoothly from the swim to the bike and run. No bike or workout gear is needed—just bring your questions!

Click [HERE](#) for more information and registration.

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 Friday morning email. Having your QR code ready speeds up the process.

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

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: The estimated water temperature on race day will be 80-82 degrees. For more information, or updated water temperatures, <http://centennialbeach.org/>. Water temps are updated weekly at the top right of the website. Review [USAT wetsuit rules here](#).

Warm up is 6:00-6:45am. All swimmers must be out of the water by 6:45am. Transition closes and should be clear of all individual athletes and relay swimmers at 6:45. Race announcements and the national anthem will follow.

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

Lifeguards 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:

- 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:

Race Management will have aid stations at every mile along the 5K Run Course complete with Water, Gatorade and portable restrooms. Naperville EMS will also be located at three locations along the 22K Bike Course and the 5K Run Course.

KID'S TRIATHLON:

7:45–8:00 AM: The Kids Triathlon division will begin their swim course once all adults racing in the Sprint Triathlon have cleared the swim course in the pool.

Parents will be given a transition wristband to help kids set up in transition. Parents are not allowed in transition during the race, but Experience Triathlon staff will be on hand to assist kids as needed.

DUATHLON:

Duathlon athletes will line up at or around Run Out in transition for the start. The Duathlon will start shortly after the swim portion of the Triathlon begins.

Please review [USA Triathlon's 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 6:45am.

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:

Limited parking is available at Centennial Park race morning, but please note that any cars parked there will not be able to leave until after 10:30 AM. Other athlete parking is available in the residential areas around Centennial Park and in the nearby Naperville shopping district. Please obey all posted traffic and parking signs.

RACE PHOTOS

FREE RACE PHOTOS:

FinisherPix is the official photographer of the Naperville Sprint Triathlon, courtesy of Experience Triathlon. Your photos will be available at [Naperville Sprint Triathlon Photos](#) 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 #NapervilleSprintTri

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](#).

SPRINT TRIATHLON COURSE:

A 375-meter swim at Centennial Beach, a two-loop 22K bike course through surrounding neighborhoods, and a scenic 5K run along the DuPage River, finishing back at Centennial Beach.



DUATHLON COURSE:

The course features a 1 mile loop through the park, a 2 loop 22K Bike Course and a 5K Run along the DuPage River and in the neighborhoods surrounding Centennial Beach Park.



AQUABIKE COURSE:

The course offers competitors a 375 meter swim at the fantastic confines of the Centennial Beach Pool and a 2 loop 22K Bike Course in the neighborhoods surrounding Centennial Beach Park.



KIDS TRIATHLON COURSE:

The course is a 150 meter swim, an 11K bike course (6.8 miles, 1 loop), and a 5K run.

