



**WOODSON YMCA TRIATHLON AND DUATHLON
ADVENTURE SERIES
MINI-CHALLENGE
JULY 17-26**



Thank you for supporting the Woodson YMCA through this event. Help us spread the word about this event as the Woodson YMCA relies on this funding for its scholarship programs vital to the community.

This event packet includes all details such as the course markings, description, start/finish/transition area address(es) and the exact course including the course description and links to maps, GPS files, and bike cue sheet. Additional files are located at: <https://www.ironbull.org/route-mini-challenge> with password: FUN!

Enjoy the course.

Rules

- General
 - Please uphold good sportsmanship and road/trail etiquette. If you need to pass someone, alert them, and give each other plenty of space. Earbuds are discouraged.
 - Dress for the weather and leave a plan with a friend so they know where you are and when to expect you back.
 - The event is self-supported.
 - Secure all personal items in transition areas. Lock up your gear, leave your gear in your vehicle, or have family watch your gear while they cheer you on, fish from shore, or have a picnic!
- Biking discipline
 - Riders must follow the rules of the road.
 - Riders must wear a fastened helmet when riding.
- Water discipline
 - Water discipline is optional.
 - Paddlers must have a coast guard approved PFD on board.
 - Any non-motorized boat / SUP and paddles are allowed.
 - For those completing the pool swim, you may connect to the bike course from the Woodson YMCA by biking three blocks to the west then continuing south on the Rivers Edge Trail all the way to Oak Island Park.

Note: This is NOT an official race and you do so at your own risk. Be safe, make good choices, follow all applicable directives regarding public lands and CDC recommendations, and make sure you have gear suitable for your local environment.

Course – mini-challenge

- This course was designed to encourage new duathlon / triathlon participants.
- Participants may complete the course in any order, anytime July 17-26, 2020
- Start / Finish / transition areas: Start, finish, and all transitions may be done near the Oak Island Park boat landing (bathrooms, water, and overflow parking all located on the southeast side of the park) (500 River Dr, Wausau, WI 54403)
- Water discipline (optional) – pool swim or flatwater paddle
 - Swim (optional): Complete a 200 yard pool swim on-your-own. Woodson YMCA members may reserve a pool time to complete this portion of the event.
 - Flatwater paddle (optional) - Circumnavigate Isle of the Ferns Park
 - Distance: 1.0 to 1.2 miles (you choose!)
 - Course description:
 - The course will start and end at Oak Island Park at the boat landing. Paddlers start paddling downstream along the east shore of Isle of the Ferns Park, passing under the footbridge to the Isle of the Ferns park. After reaching the south tip, paddlers continue along the shoreline with the island river right. On the north side of island, paddlers may choose to continue following the island's shoreline or circumnavigate around (or even explore) the small islands north of the Isle of the Ferns Park (the GPS track and map show the shorter route – note this route is subject to water levels with swift current if high water and potential low spots if low water). Paddlers then head back downstream with the Isle of the Ferns Park river right until returning to the Oak Island boat landing where the adventure began.
 - Markings: Five red buoys are placed along the shoreline of the park as indicated on the map. All the buoys will be on your right except the spot where you may pick 1.0 or 1.2 mile route.
 - Map: <https://www.ironbull.org/route-mini-challenge> with password: FUN!
 - GPX file: <https://www.ironbull.org/route-mini-challenge> with password: FUN!
- Road bike:
 - Distance: 3.4 miles
 - Course description:

Riders utilize the downtown bike lanes and paths along the Wisconsin River in downtown Wausau for a loop. Most surfaces are paved, with a ½ mile segment on gravel.

The course will start and end at Oak Island Park at the boat landing. Riders head south along the shoreline on the paved bicycle and pedestrian path in Oak Island Park. Riders follow the paved path past the shelter and skateboard park

to River Drive. Riders turn right on River Drive to Thomas Street and take a second right.

After crossing the Wisconsin River, riders turn on the first right (Emter St) until it ends along the Wisconsin River after one block. Riders continue on the paved bike/pedestrian path following the west shoreline of the Wisconsin River. Riders take the left fork on the path at the parking lot and then left on Sherman Street. After crossing the train tracks, riders turn right onto S 1st Avenue. Upon reaching the stoplight on Stewart Ave, riders turn right and continue across the Slough Bridge. Immediately after crossing the bridge at 2.1 miles into the ride, riders turn left onto an unnamed paved driveway at the Woodson Park sign. After arriving at a parking lot, riders snake around on the bike/pedestrian path north past the gazebo to a footbridge in Big Bull Falls Park to cross into Barker-Stewart Island Park. The trail turns to gravel and follows railroad tracks a short distance. After crossing the railroad tracks, riders turn left to exit Barker-Stewart Island. Riders cross over the Wisconsin River a final time as they turn right onto River's Edge Trail. Riders continue along the east shore of the Wisconsin River, crossing under Scott Street then crossing Stewart Ave. Immediately after crossing Stewart Ave riders continue straight then turn right to cross over the railroad tracks. Riders pass the world-class Wausau Whitewater course on the paved path, continuing along the Wisconsin River all the way back to Oak Island boat landing.

- Markings: Orange ribbons are placed every 200-400 meters on the left side of the road/trail (with a few ribbons on the right where there was nothing to hang the ribbon on the right side)
- Map: <https://ridewithgps.com/routes/33302098>
- GPX file: <https://www.ironbull.org/route-mini-challenge> with password: FUN!
- Cue sheet: <https://www.ironbull.org/route-mini-challenge> with password: FUN!

- Trail run: Circumnavigate Isle of the Ferns Park on foot
 - Distance: 0.7 mile
 - Course description:

The run will start and end at Oak Island Park at the boat landing. Runners will cross the footbridge to Isle of the Ferns Park. Immediately after crossing the footbridge, runners will continue straight on the gravel through an open area. Runners turn left at the bridge to head to the west side of the island and continue along the west and south shoreline of the island, crossing two more footbridges. Runners continue north along the east shoreline of the island back to the main footbridge. Runners are finished immediately after crossing the footbridge when they return to the boat landing.
 - Markings: Orange ribbons are placed every 100-200 meters on the left side of the trail with white arrow signs marking turns/intersections
 - Map: <https://ridewithgps.com/routes/33378328>
 - GPX file: <https://www.ironbull.org/route-mini-challenge> with password: FUN!

Prizes and official finishers

- Pick up your event t-shirt (if signed up by 8/2) and finisher medal or cowbell anytime between 3 pm and 7 pm Friday Aug 21 and 9 am to 12 pm Saturday Aug 22 at the Woodson YMCA.
- Each challenge must be completed between designated dates and results submitted within 24 hours after the last day of the challenge at <https://www.ironbull.org/results-submission-tri>
- One prize will be drawn randomly from all official finishers for each challenge and will be announced at the conclusion of that event.
- To be an official finisher, registered participants must submit a result (you may omit your time if desired), AND submit at least one picture participating in the event which may be posted on social media. You may post the picture yourself on social media, send to IRONBULL via Facebook messenger, or email pictures to executivedirector@ironbull.org. Participants are responsible to track their own time.
- Participants are encouraged to do the course multiple times. Participants may submit one entry for every route completion to increase your chance at a prize (as described above)!
- You are encouraged to post on social media. To be eligible to win our prize for best social media post please post both in our event and on your personal profile (Facebook and/or Instagram) using [#IronbullYTriChallenge](#). The winner will have a single post that gets the most reactions and/or comments during the time frame of the event. Be sure to make your post public so we can find and see it!
 - You may use our digital social media frame. Directions to add frame: Hover over your profile picture when viewing your profile, click on update that should appear over your profile picture, click add frame, search IRONBULL and choose the frame you like best!
- The fastest non-relay triathlon time (cumulative so include all transition times) will receive a prize.
 - Male - long course
 - Female - long course
 - Family (multi-generation team that participates all disciplines together) - mini and sprint courses
- Results including fastest times will be periodically updated on our website and [Facebook page](#).
- For the fastest times, winners must be verified by submitting their route within 24 hours of notification. Examples may include Strava, FitBit, Garmin or another tracking app data or you may submit selfie pictures along the route. For fastest times, time from start to finish including any stops or transitions must be included.
- One prize per registrant.