

Welcome Cedar River Triathletes

Pre-Race Instructions

The Cedar River Triathlon starts promptly on May 14, 2023, 8 am

The Swim Course goes counter clockwise for ¼ mile. Wetsuits are highly advised. We will have 3 life guards in the water with kayaks if you are having issues raise your hand. There will be two buoys on the course. There will be two waves separated by 1 minute. First 50 then second 50 (see your bib number/chip bracelet).

The bike starts at the transition area. Do not ride bike on grass. You will be disqualified – City Requirements. No littering on the course. All bike handles are required to be properly plugged. We will inspect. We will have plugs in the triathlon staging area as well as bike pumps and tools. If you get a flat, please move your bike to a safe area. There is one steep downhill at the intersection of Green and Cedar River Trail at mile 2. Please use caution. There is no drafting allowed in this event. The trails are open to the public so please use caution. There will be three water stops and bike repair/aid stations on the Bike and two stations on the run.

The bike goes out through the parking lot until the ¼ mile property road then on to trail which in ¼ mile connects to the Green River Trail. The first 2 miles are limestone. The last 3 miles are asphalt. There are a few bridges to cross over. Turn around at mile 5 - water-stop and bike repair kit. We will have flaggers at the property road to get you across safely and at mile 4 where there is rural road crossing.

