

Young Life Triathlon

General Rules

No outside assistance

No glass in transition area

No headsets allowed during the race.

Racers are the only ones allowed in the transition areas.

Swim Segment

Wet suits are permitted

Please wear the swim cap provided by the Young Life Triathlon

The swim takes place in Detroit Lake.

Resting on a kayak, canoe or sailboat is permitted as long as you do not advance yourself.

There will be waves to start off the race. Make sure you start on the correct wave.

The course will be marked with buoys.

Bike Segment

Make sure your chin strap and helmet are on correctly.

No drafting. Each bicycle has an imaginary box 2 meters wide and 7 meters long. You have 15 seconds to travel through another person's space when passing.

Race bib with number must be worn during the bike stage.

Do not ride side by side, thereby inhibiting others from passing you.

The roads are not closed; however, every intersection will be marked and have volunteers directing you. Before passing please check for approaching vehicles.

For relays, the swimmer must tap the biker before the biker can take off.

If you need to drop out of the race, there will be patrols at each street to assist you.

Run Segment

Race bib with number must be worn during the run stage.

There will be 3 water stops.

For relays, the biker must tap the runner in the transition area before the runner can begin.

The course will be marked and have volunteers at each water station