Presented by Wolfman Triathlon, Inc.

20TH ANNUAL WOLFMAN TRIATHLON

Saturday, September 6th 2014   8:00 am Langlade, WI

Creating a healthier lifestyle by sharing the resources around us while giving back to our community!

Race Categories:

- 350 Starts (Tandem Teams are considered 1 start)
- Solo Racer: Kayak, Mountain Bike and Off-Road Run
- Tandem Team: Tandem competitors race as a team. **Tandem teams must paddle in the same boat**. The bike and run segments are timed individually and combined into one score. The fastest combined time wins. If one member fails to finish, the team is disqualified.

Entry Fee: $75 Solo Racer or $150 Tandem Team

Confirmation of entries: Registrant will receive an email receipt as proof of registration. It will also be posted on website once race is filled.

RACE SEGMENTS

3 mile whitewater paddle~13 mile mountain bike ride~3.5 mile rugged trail run

River Segment: Section II of the Wolf River, beginning at the Irrigation Ditch and ending at Langlade, has 3 sets of ¼ mile rocky Class II rapids mixed with quiet water. **EACH COMPETITOR MUST WEAR AN ICF OR COAST GUARD APPROVED TYPE III PERSONAL FLOTATION DEVICE AND HELMET.**

Whitewater kayaks, canoes, and inflatable (rafts or kayaks) are acceptable. Touring/Sea kayaks are allowed, but the river can be rocky and shallow. Some inexpensive recreational kayaks are **NOT** fit for this river and aluminum canoes are **NOT** allowed!! Kayaks and canoes **MUST** be outfitted with properly secured flotation to displace at least 30% of volume of the craft. If paddling an open cockpit kayak, a spray skirt is also required. See picture below for proper floatation.

If you have questions on whether your boat fits the proper specifications, please email a photo of boat with make/model information for approval. Boat inspections are now part of registration so be sure to bring it. If your boat isn’t present at registration or doesn’t meet the specified criteria, you will be disqualified!
Mountain Bike Segment: Combination of the south branch bike loop of the Chequamegon Nicolet national Forest and Bear Paw trail systems. At the end of the segment, racers will enjoy the three river crossings to the west side of the Wolf River. HELMETS ARE MANDATORY.

Off Road Run Segment: River right band of the Section III of the Wolf River between “Herb’s Landing” and the County Hwy M.

Awards/Food: Located at the Bear Paw Outdoor Adventure Resort. Food served from 1-3 PM with live music before and after awards. Awards and door prizes starting at 3 PM.

Check in/Pre-registration: Bear Paw Outdoor Adventure Resort in the POLAR DEN, Friday September 5th, 2014 5-9PM. Located on Hwy 55, 6 miles south of Hwy 64. PHOTO ID REQUIRED! Racers will only be allowed to pick up their race packet. NO EXCEPTIONS!! Race packets given out Friday night NO LATE pick up allowed.

NO REFUNDS OR TRANSFERS FOR ANY REASON, INCLUDING RACE CANCELLATION OR DISQUALIFICATION!

READ CAREFULLY BEFORE SIGNING

In consideration of the acceptance of my application for the entry in the Wolfman Triathlon Inc., I hereby waive, release, and discharge any and all claims for damages for death, person injury, or property damage which I may have, which may hereafter accrue to me, as a result of my participation in said event. This release is intended to discharge in advance the promoters, the sponsors, the land owners, the Volunteers, and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the person (s) or entities mentioned above. I further understand that serious accidents occasionally occur during off-road events: and that as a consequence thereof. Knowing the risks of off-road events: and that as a consequence thereof. I hereby agree to assume those risks, and to release and to hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have also read and understand the rules and regulations set forth by Wolfman Triathlon Inc., and understand failure to follow the rules/regulations will result in disqualification.

☐ Accept ☐ Do Not Accept

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To file a complaint of discrimination: write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.”
OVERALL LOGISTICS/RACE DAY INSTRUCTIONS OF THE WOLFMAN TRIATHLON

The Wolfman Triathlon is a point to point race. Because of the logistics involved, your cooperation will be needed to make the race successful.

NO PERSONAL LISTENING DEVICES ALLOWED E.G. IPODS, MP3 PLAYERS

STAGING AREAS: Racers may drop off equipment as early as 6:30 AM. All equipment must be clearly marked with the racer’s bib number. No parking allowed in the staging areas so when dropping off and picking up race materials and equipment please do so in quick and orderly fashion. Give yourself 1 hour to distribute your gear to each segment of the race.

SHUTTLE TO START AREA: Shuttle service will be provided for racers to the start area. Starting at 7:15 AM a shuttle will run from the FINISH to the START with the last run at 9:45 AM. It is OK to have someone who is with you shuttle you back to the start.

STARTING TIMES: Start times will be given to racers when they check-in on Friday night. The race will have starts at 30-second intervals. A start list will be posted on Saturday at the start please double check start time as it may change slightly from check-in. Give yourself plenty of time to get to the start as if you miss your start time you will be disqualified!

BIBS/TIMING CHIPS: All racers will have bibs with a timing chip imbedded within. At the kayak/bike exchange you will have to have your PDF (Personal flotation device) off before going under the timing arch to record transition. Volunteers will be on hand to direct racers through timing arch at each exchange. All racers must go through each timing arch in order to have your time recorded!

SPECTATOR AREAS: Spectators may view the paddling segment of the course at Buettner’s Motel (river side lawn area) located at the Hwy 64/55 intersection. Spectators are not allowed to view the race from the Hwy 64 bridge. Spectators please approach the course with caution, be prepared to yield to racers and race volunteers.

SAFETY/FIRST-AID: Aid stations are located at the 2 transition areas and at the finish line. We have WORBA (Wisconsin Off-Road Biking Association) volunteering on the bike and run trail to assist those in need. Also, at this time of the year bee and hornets are most active and aggressive. If you are allergic to bee stings you should absolutely carry an Epi-pen throughout the race.

CUT OFF TIME: As a courtesy to the many volunteers, racers failing to make the BOAT/BIKE exchange by 12 Noon or the BIKE/RUN exchange by 1:30 PM will be disqualified.

FINISH LINE AREA: Parking available along CTY HWY M. No parking will be allowed for racers or spectators at the DNR parking lot: VOLUNTEERS/TIMING COMPANY ONLY AT FINISH PARKING AREA!!!

AWARDS /PICNIC: Located at the Bear Paw Outdoor Adventure Resort located 4 miles South on HWY 55. Food will start around 1:00 PM awards around 3:00 PM.

WRISTBANDS FOR FOOD: Included in your registration and are needed to be on wrist for meal. You will be allowed to go through line 1 time until all racers/volunteers are fed. If there is food after all
racers/volunteers have been through will open for seconds. Wristbands for family, friends etc. can be purchased at registration Friday night.

**VOLUNTEERS:** Please, whenever you have a chance during the race, thank the volunteers at these aid stations and at other points along the course. Without the help of these volunteers the race cannot take place. As courtesy to volunteers please pick up your gear/equipment shortly after you finish. They are not required to stay until all equipment is picked up.

**BOAT GEAR/START AREA:** Drive 2 miles North of Langlade on Hwy 55 to the DNR landing (Irrigation Ditch) and leave your canoe or kayak and related paddling gear in the staging area near the start. The staging area for the race start is located at the state owned gravel parking lot, approximately 2 miles north of Langlade on the west side of Hwy 55. You can park your vehicle on the West side along the ditch line of Hwy 55. The start location is at the dock on river left, across from the clock downstream from the put-in, which is located at the bottom of a wood chip trail leading from the parking lot to the river.

- Whitewater kayaks, canoes, and inflatable (rafts or kayaks) are acceptable. Touring/Sea kayaks are allowed, but the river can be rocky and shallow. Some inexpensive recreational kayaks are **NOT** fit for this river and aluminum canoes are **NOT** allowed!! Kayaks and canoes **MUST** be outfitted with properly secured flotation to displace at least 30% of volume of the craft. If paddling an open cockpit kayak, a spray skirt is also required. See picture below for proper flotation. Each competitor must wear an ICF or Coast Guard approved type III personal flotation device which is properly fitted and secured, e.g. no horse-collar life jackets. Helmets are required throughout the river portion of the event. **No exceptions will be made!**

- Please click on the following link for examples of proper flotation as well as ordering any needed floatation. [http://www.harmonygear.com/subcategory/221677/Flotation](http://www.harmonygear.com/subcategory/221677/Flotation)

- If you have questions on whether your boat fits the proper specifications, please email a photo of boat with make/model information for approval. Boat inspections are now part of registration so be sure to bring it. If your boat isn’t present at registration or doesn’t meet the specified criteria, you will be disqualified!

- We ask that racers line up with 10-15 boats in the water, waiting for their start time, with the
next 20 boats waiting in order on the trail leading to the launch site.

• Safety boaters are in place at various points on the river but ultimately each racer is responsible for their own safety. If, however you see another racer in trouble on the river and that racer requests help please assist to the best of you ability.

• The takeout and boat-bike transition area is located on river right, downstream from the Hwy 64 bridge. Volunteers will direct racers onto the landing after which the racer(s) must exit the boat and drag/carry it across a line painted in the grass before completing the paddling leg of the race. At that point volunteers will move the boat to a storage area in the grass near the landing.

BIKE GEAR/EXCHANGE: The bike staging area is located in the grassy area along the path between the take-out for the river portion of the race and the parking lot at the DNR Ranger Station at Langlade. Place your mountain bike and any other shoes, clothing etc. you will need for the off-road bike segment at the DNR landing in Langlade (Hwy 64 & 55).

• **Helmets are mandatory** throughout the bike portion of the race. The course will exit the ranger station parking lot, turn east on Hwy 64, cross Hwy 55 and enter the National Forest road and trail system approximately 2 miles east of Langlade. The course is marked with signs, colored flagging tape and yellow caution tape. The course is not continuously marked but each intersection and turns are marked as clearly as forest road traffic will allow. Simply follow the color flagging tape and pay attention to the yellow caution tape. While volunteers will be located at intersections with paved roads and at key points along trails, and hazards have been marked with signs and multiple strips of caution and flagging tape, it is still up to each racer to ride in control and respect other racers on the course.

• When over taking, please be respectful in informing the racer ahead of your intentions, and please pass only in areas where it is safe to do so. If you are being overtaken, please choose a spot where adequate space and a safe surface will allow you to pull over or ride along the trail for a short distance, allowing overtaking rider(s) to pass.

• Mileage markers have been placed at key points along the course. They are not exact but are there to aid you in pacing yourself and being aware of your progress.

• The bike course will cross 3 channels of the Wolf River. At each crossing the entry into the continuing portion of the course is marked with flagging tape. Be cautious when crossing theses channels. The riverbed is covered with rocks, which are slippery and may role underfoot.

• The bike leg is completed when rider passes through a flagged and taped chute at the entry to the transition area in “Herb’s Field” just off Cty Hwy M. Enter the chute under control and prepare to stop at the end of the chute. A volunteer will take your bike to the nearby storage area----THANK THEM.

• Above all, be cautious and pay attention while riding. We ask that while riding the single-track portions of the course each racer, “read the trail ahead”, in order to avoid sudden braking situations which place the rider at risk and damage the trail surface.

• If you see another racer whose safety is compromised please help to the best of your ability or report to a volunteer.
RUNNING GEAR/EXCHANGE: Drive 5 miles South of Langlade on Hwy 55 to CTY Road M and take a Right, go approximately 3 miles to Herb’s Landing (North side of road). Place your personal gear in designated area. Past racers have used balloons, colored bags, etc. to make spotting gear easier and making the transition smoother.

- The running trail exits the northeast corner of the field, beyond the bike-run transition. The early portion of the run follows a gravel road and is flagged similar to the manner in which the bike trail is marked. The trail begins at Herbs and will narrow down to rugged single track, following the river while passing through portions of the Gardner Dam Boy Scout Camp before proceeding to the finish at the state-owned parking lot just off Hwy M, near the Wolf River.
- The trail surface is very rugged in many areas. Be careful and respectful of others.
- While it is necessary to concentrate on the trail surface to avoid stumbling it is also necessary to be aware of your surroundings. While most of the trail is readily discernible, be aware of the flagged route and follow it.
- The race is completed when you enter the finish chute. Do not sprint all the way through the finish chute. A volunteer will remove the ID portion of your race bib at the end of the finish chute.
- If at any point of the race, you find yourself unable to complete the race please notify a race volunteer or official and provide your name and number to them to help keep track of all race participants.

**PLEASE PICK UP ALL GEAR A.S.A.P VOLUNTEERS WILL STAY AROUND UNTIL 2:30PM! VOLUNTEERS AND WOLFMAN TRIATHLON INC. ARE NOT RESPONSIBLE FOR LOSS OR STOLEN ITEMS!**

**Lost/Found items can be claimed at the Bear Paw Outdoor Adventure Resort. We will not mail out any items left you will need to make arrangements to have picked up.**

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