

**THE
GATEWAY
CHALLENGE
TRIATHLON**



ATHLETE GUIDE

**SATURDAY
SEPTEMBER 16, 2023**



PRESENTED BY



MARENGO
COMMUNITY DEVELOPMENT



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Welcome Message

Dear Gateway Challenge Athlete,

On behalf of the Gateway Challenge Committee, thank you for taking part in our second sprint triathlon! We are thrilled you chose to join us for what we hope will be a fun and challenging event.

We hope you enjoy the backdrop of our scenic Gateway Park. The park is the very reason why this triathlon is taking place, to introduce the public to this wonderful park and the scenic Iowa River corridor. We hope you'll enjoy this area so much; you'll come back and visit the area again and again.

We wish for events like this to encourage fellow Iowans, and out of state visitors, to make the most of Iowa's delightful small towns.

Again, welcome to our community. Have a safe and enjoyable challenge!

**Sincerely,
Rob Rotter
Race Director**



SCHEDULE

INFORMATION

Friday, September 15th, 2023

START	END	EVENT	LOCATION
5:00 PM	7:00 PM	Early Packet Pickup	Lizzie's Dining Car 1041 Court Avenue Marengo, IA 52301
7:00 PM		Race Briefing	

Saturday, September 16th, 2023

START	END	EVENT	LOCATION
6:30 AM	7:30 AM	Transition Open/Packet Pick up	Gateway Park 1640 Court Ave Marengo, IA 52301
7:30 AM	7:50 AM	Pre-race meeting near Freedom Rock	
7:50 AM	7:55 AM	National Anthem	For all times listed
7:55 AM	8:00 AM	Dismiss/line up near water	
8:00 AM	11:00 AM	Race Begins	
11:00 AM	12:30 PM	Award presentation	
12:30 PM		Transition Closes	

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Race Day Information

Parking for participants only, will be in the grassy area north of the park entrance on the northern end of Court Avenue. If you are unfamiliar with Marengo, Court Avenue is the street in front of the County Court House. Follow Court Avenue to the north and you will find the park. No participant vehicles may be moved during the race, since Court Avenue will be closed near the park during the race. If you are riding with people that must leave during the event, any non-closed street near the park has on-street parking available. Marengo is a small town; anywhere in town is within walking distance to the park.

Early packet pickup will be Friday September 15th from 5pm to 7pm at Lizzie's Dining Car & Caboose Bar, located at 1041 Court Ave., Marengo, IA.

The race day packet pick up will take place at Gateway Park at the Gateway building north of the Freedom Rock. Packet pickup and the transition area will be open from 6:30am until 7:30am. The packet pick-up, transition area, swim entry, and finish line are all centralized near each other. If you've found one of these areas, you've found them all. Please refer to the schedule included in this booklet for other important times.

Please refer to your race packet to find your bib and bicycle number stickers. Please fold the larger number sticker (with the Gateway Challenge logo) onto the center bar of your bicycle so it can be read from either side. Please make sure one of the smaller stickers is affixed to the front of your helmet. There are extra numbered stickers for you to use on items you bring with you into transition.

No one will be admitted into the transition area without a bib number visible. Likewise, no one will be allowed to leave the transition area with anything unless the person doing so has a corresponding bib number. We will use a black marker to apply your number on your lower leg and arm during packet pickup.

Swim warm up will be permitted from 7am to 7:30am the morning of the race. Please make sure you are checked in before getting into the water.

The timing chip used at this event is disposable. This band is included in your packet. Relay teams will have a single band which will be given to the first team member to check in. After the event, please dispose of the timing band appropriately.

If you are riding your bicycle inside the park, please wear your helmet. Helmets are required at all times during the bike portion of this event.

Make sure you have handlebar plugs. If you are missing a plug(s), please let one of our volunteers know and we will accommodate you with replacements. No bike may enter transition, or the race, without handlebar plugs.

If you arrive early, please familiarize yourself with the transition area, starting lines, bike mount/dismount areas and finish line. These are all in very close proximity to each other.

Once the race is over, please be careful not to stand within any of the key areas mentioned above and possibly interfering with athletes still racing.

All finishers will receive a commemorative Gateway Challenge Finisher Medal. These will be handed out as you cross the finish line, along with bottled water. Awards for top finishers will be presented as soon as possible after the last participant crosses the finish line. The award presentations will take place near the Freedom rock.

During the swim portion, please keep slightly to your right as you approach the 250-meter buoy. Once you pass the buoy and turn back to shore, please stay slightly to your right again. We will release swimmers from the water's edge by age group. If you feel you are a slower swimmer, it is perfectly ok to hang back and let others begin ahead of you. Remember, your time does not begin until you personally cross the starting mat. Gateway lake reaches a swimmable depth very quickly.

It will be to your advantage to begin swimming as soon as you've enter the water as possible. There is very little walkable distance from the shoreline. There will be lifeguards and Iowa County Rescue personnel along the route. If you become tired and need to rest along side one of the boats or kayaks, please do so. If you are having difficulties you cannot overcome, make it known to the personnel in the water immediately by waving your arm. We want this to be a safe event. If you decide you cannot complete the swim, tell a volunteer. You may finish the rest of the triathlon for the fun and experience; however, you will not be eligible for awards.

When riding on the bike portion, please keep to the right unless passing. When passing, announce yourself to other riders of your intent to pass on the left. Drafting is not permitted. There will be signs along the route giving you distance updates and turns. The bike route is essentially a loop between Marengo and the Amana's. Most turns will be to the right, with the exception of two lefts as you are working your way away from the park and then one more as you return to Marengo. Please refer to the maps contained in this booklet.

The Gateway Challenge bike portion IS NOT A CLOSED COURSE. We will have electronic message boards warning traffic of bikes ahead, marked law enforcement patrol units, as well as intersection monitors in key places, but motor vehicles will still be present. Please operate with due regard for other bicyclists and motorists alike. This course is very flat and sight distance is quite good for the majority of the route, but please be conscience of possible hazards as you would any time you operate your bike on a roadway. You will cross the Iowa Interstate Railroad twice on this course; once in South Amana and once in Marengo. Iowa Interstate Railroad has graciously volunteered to hold rail traffic for this event. However, it is still best to be aware of possible rail traffic nonetheless. Be particularly careful as you cross the rail crossings as they don't always accommodate narrow bicycle tires.

The run portion will take place along Gateway Lake. You will make two laps around the lake. The end of the race will vary slightly from your first lap. Rather than returning to the starting point as you did on your first lap, you will turn south on Court Avenue and reenter the park to your left, onto the walking/running trail which will be clearly marked. This route will take you across the finish line, which will be very visible. There will be volunteers along the way ensuring you take the correct route.

We hope you have a fun and challenging experience in our triathlon. If you have any questions on race day, please speak to a volunteer at the packet pickup area. Before race day questions can be emailed to this address gatewaychallengetri@gmail.com

Good Luck and HAVE FUN!!

**Sincerely,
The Gateway Challenge Committee**



SWIM GEAR

- Race outfit or tri-suit
- Anything you wear under your race-suit
- Wetsuit
- Goggles
- Spare goggles
- Swim cap

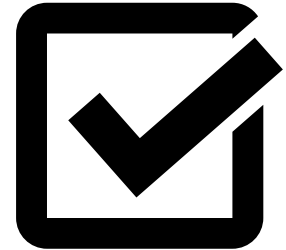
BIKE GEAR

- Bike
- Race wheels
- Spare wheels, tires or tubes
- Bike tools/puncture repair kit
- Bike pump
- Bike bottles
- Cycle shoes
- Helmet
- Sunglasses
- Bike computer
- Optional bike clothing
- Elastic bands
- Talcum powder for bike shoes
- Towel for transition area
- Socks (if needed)

RUN GEAR

- Run shoes
- Elastic laces
- Socks (if needed)
- Sunglasses
- Cap or visor
- Additional run clothes (if needed)

Pre Race Checklist



NUTRITION

- Fuel belt
- Bike bottles
- Energy gels/powders/bars etc
- Bento box (if you carry fuel on bike)
- Hydration tabs or salt capsules
- Food/drink for before and after event

OTHER

- Bag for carrying transition gear
- Race details
- Travel/accommodation details
- Race number
- Race number belt
- Pins for race number
- Toilet paper (just in case)
- Any medications you take
- Phone charger
- Skin lube
- Sports watch
- Money/bank cards
- Passport/travel documents
- Triathlon association membership card or proof of ID

Post-Race Info

We will present the overall winners and the top finishers, male and female, for each age group as soon as possible once the last athlete returns.

USAT rules limit the time to finish at three hours.

Medal presentations will take place near the Freedom Rock.

We ask the 1st, 2nd and 3rd place finishers to please stand on the winners stand for photos.

These photos will be posted online as soon as possible.

Transition will close at 12:30pm.



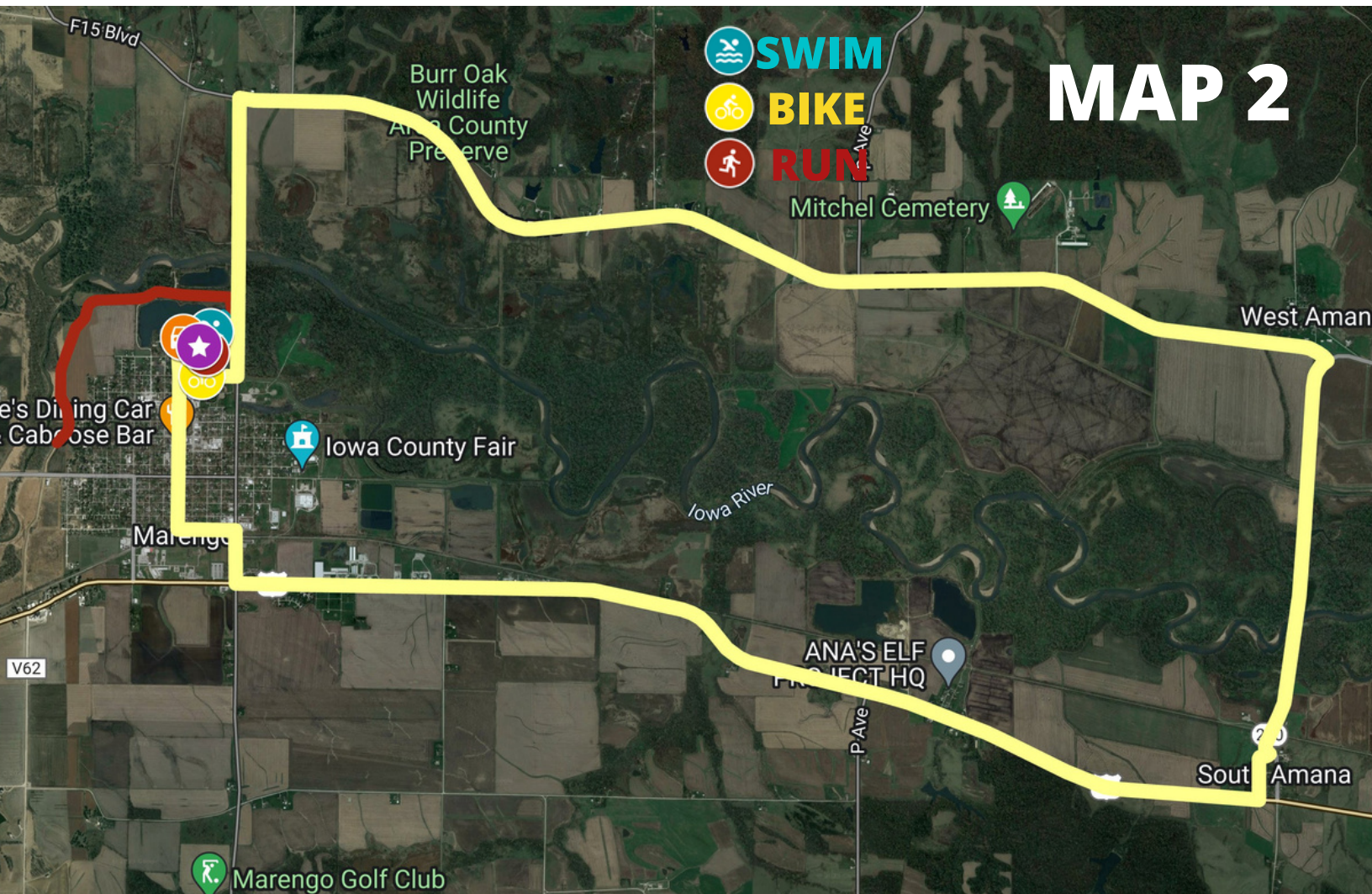
Swim Course

The swim will consist of a 250 meter swim to a buoy, looping around the buoy, and returning to shore at Gateway Park Lake for a total of 500 meters. The lake gets deep close to the shoreline. It is in your best interest to begin swimming almost immediately as you enter the water. Swimmers will be started according to age group, with the youngest swimmers going first. Your time will begin when you cross the timing mat.



Bike Course

At roughly 16 miles, the bike portion will leave transition pushing your bike to the mounting/dismounting zone on Court Avenue. From there, the route is as follows: Southbound on Court Ave, turn left onto North St., Then turn left onto Eastern Ave heading north out of Marengo. Turn right onto F15 Trail. Turn right onto Highway 220 at West Amana. Turn right immediately after the railroad tracks in South Amana and continue to Highway 6. Turn right onto Highway 6 heading west back to Marengo. Turn right onto Eastern Ave in Marengo. Just after the railroad tracks, turn left onto Miller St., then turn right onto Court Ave and continue northbound back to the mount/dismount zone at Gateway park. Dismount and run/walk your bike back to transition.



Run Course

The run will take place almost entirely on the Gateway Park Trail. The 5k run portion will take place entirely on the Gateway Park Trail. The route begins near transition and extends west and southwest on the trail to a turnaround and water station, then returns to the transition area finish line.



COMMONLY VIOLATED RULES & PENALTIES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; time penalty in transition area only.

3. Unauthorized Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Illegal Pass--cyclists must pass on the left, not on the right.

Blocking--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion, time penalty or disqualification

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones and Telephones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Telephones may be carried, but must be stored out of sight, and in the "off" position. A participant may only use the phone when dismounted, off course, and not making forward progress.

Penalty: Time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT** transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time.

No garbage, clothing, etc. shall be thrown on the course.

Penalty: Time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minutes	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

EVENT & PARKING INFO

Physical Address of Race:

1640 Court Ave
Marengo, IA 52301

Participant Parking:

Parking for participants only, will be in the grassy area north of the park entrance on the northern end of Court Avenue. If you are unfamiliar with Marengo, Court Avenue is the street in front of the County Court House. Follow Court Avenue to the north and you will find the park. No participant vehicles may be moved during the race, since Court Avenue will be closed near the park during the race. If you are riding with people that must leave during the event, any non-closed street near the park has on-street parking available.

Spectator Parking:

Any non-closed street near the park has on-street parking available. Marengo is a small town; anywhere in town is within walking distance to the park.





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599 Eastern Ave.

Marengo, IA 52301

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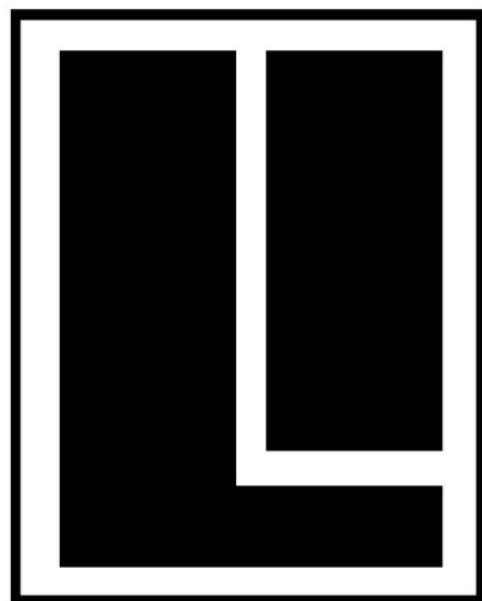
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The Ladies Room Beauty Parlor
hair-tanning-mani-pedi

Julie Ryan
Stylist-Owner

319-741-6420
1195 Court Ave. Marengo, IA 52301
Ladiesroombeauty@hotmail.com



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GOOD LUCK TRIATHLETES!

