



We look forward to you joining us August 9 for Wednesday Wonders Sprint Triathlon!

These races were created as a grass roots event to bring the triathlon community together for a fun mid-week summer night. Participation is what keeps the event going and appreciate you posting on social media and sharing with friends and family to encourage them to sign up on [TriReg](#) before registration closes at Midnight today.

We would greatly appreciate a few more volunteers to help with the event. *If you have friends or family attending, please ask them to lend a hand.* Have them sign up on [TriReg](#) or stop by packet pickup and we'll find a great spot for them.

Here's a few notes for this coming Wednesday's race:

Getting To Wawayanda

Make sure to enter the park off Warwick Turnpike near the park office. If you just enter Wawayanda State Park or the Day Use Area, the little yellow man inside Waze & Google Maps like to play a bit of a practical joke and will occasionally send racers to the locked back gate off Barry road. Here's [Google Map](#) to Park office. Once you pass the park office, you'll continue on park road about 2 miles until you make a Left and head towards the Beach.

Schedule

5:00 PM Packet Pickup & Transition Open

5:40 PM Racer Meeting on Beach

5:45 PM Kids Triathlon Start

6:00 PM Triathlon Start

6:05 PM Duathlon Start

Packet Pickup

Come to the yellow Ready Set Go Adventures tent for packet pickup. You be getting your race bib, safety pins and swim cap. Pre-ordered merchandise will be here as well as additional items available for sale.

Adult Shadow for Kids Race

We do something pretty unique at Wednesday Wonders – we allow an adult shadow to join a Kid Triathlon for free. We believe that this encourages children to race and creates an amazing parent/child experience. If you have a child racing and would like to shadow, please sign up on [TriReg](#) as we do need waivers signed and also let's us know who you will be shadowing.

Race Bibs

Please make sure your race bib is on you for Bike and Run. It should be placed on the front of your body and easily visible. When you finish, please take a moment to make sure we've checked you in and get your finisher plaque.

Course Maps & Notes

We've added course maps to our [RideWithGPS Event](#) account. While course will be marked, you can download and use the free RideWithGPS App on your phone or download GPX files here to upload to your bike computer / watch.

Swim – You'll be swimming in majestic Wawayanda Lake. Expect water temperatures around 72 degrees. As such race should be wet suit legal though many racers won't wear one as swim is short. It's 100 meters out, 200 meters across and 100 meters back. (Kids is 75 meters out and then back).

Bike – You'll be riding on Wawayanda Road (park road) which is in good condition, but riders should expect some pot holes and gravel as well as two speed bumps in the route. Kids triathlon does one loop and adult races will do two.

For everyone's safety, there is no bike riding in transition. You'll receive a time penalty if you do but really please just don't do it. There will be "Mount Here" sign after you exit transition, though we recommend running with your bike and waiting until you're on pavement (we've had racers get flats in the short section between transition and the pavement.) There will be a "Dismount Here" sign just before transition entrance as well.

You'll be heading out on the bike towards where you drove into the parking area and making a right onto park road. Approximately 2 miles down there will be a turnaround (marked by cones & signs) which is by the old wooden toll booths just before park office. We will also have park police at this location providing traffic control. Please keep in mind that while the number of vehicles is typically very few, you will be riding on an open road.

After the turn around you'll continue straight until the turn around at the other end of the park. At mile 4 just continue straight ahead to enter second loop and head towards park office. (Except for Kids as they only do 1 loop). The second time through the turnaround at back of park you'll make a right turn stay right to follow the perimeter of parking lot to return to transition.

Podiums

Following the race, we'll have Men's & Women's and Boys's & Girl's podiums with medals.

If you have any questions, feel free to email us at info@rsgadventures.com. Please note, we will have limited access to email tomorrow during the day while we're setting up.

Thanks

Head Adventurer Dave

Ready Set Go Adventures

