



### Chicago Racing Series (CRS) 2016 Race Reviews



Race	Presenter	Date	Entry fee	Location	Race distance	Website	Specifics
Leon's	Rita	Sunday June 5th	Through 3/20/16: Olympic \$145.00 Sprint \$120.00	Wolf Lake Park, Hammond, IN (30 miles from Chicago)	Olympic (.9mi/24.8mi/6.2mi)	<a href="http://www.leonstriathlon.com">http://www.leonstriathlon.com</a>	Extremely fast, flat course. Billed as "World's Fastest Triathlon". Bike on closed highway. Close to the city.
Toughman	Wei	Saturday June 18th	Sprint \$65, Half \$140 Until June 13	Sherwood, WI (186 miles from Chicago)	Half: 1.2 mile swim, 56 mile bike, 13.1 mile run Aqua Bike: 1.2 mile swim, 56 mile bike Sprint: ¼ mile swim, 22 mile bike, 5K run	<a href="http://www.toughmantri.com/toughman-wisconsin-high-cliff/">http://www.toughmantri.com/toughman-wisconsin-high-cliff/</a>	
Pleasant Prairie	Katy McCortney	Sunday, June 26th	Sprint \$95 through 3/31/16 International \$105 through 3/31/16	Pleasant Prairie, WI (55 miles from Chicago)	Sprint Tri (750m/20k/5k) Olympic Tri (1.5k/40k/10k) Duathlon (2.3mi/20k/5k)	<a href="http://www.pleasantprairietriathlon.com/">http://www.pleasantprairietriathlon.com/</a>	Wetsuit legal though the water is always warm. Official "newbie" race - CTC will provide training plans! 3 RAV points for volunteering.
Door County	Mark Krogulski	Saturday July 16 <sup>th</sup> SPRINT Sunday July 17 <sup>th</sup> Half Iron	Sprint: \$105, add \$5- 10/mo after 1/31 Half Iron Distance: \$280 Kids Tri: \$40	Frank Murphy Park, Egg Harbor, WI (235 miles from Chicago)	Saturday Sprint (.25mi/18mi/3.1mi) Sunday Half iron (1.2mi/56mi/13.1mi)	<a href="http://www.doorcountytriathlon.com/">http://www.doorcountytriathlon.com/</a>	Swim in Horseshoe Bay. Scenic bike, rolling hills. 200ft climb on run. Wetsuits required for Half. CTC rents cabins and holds post race bbq!
Racine 70.3	Ashley Lackovich	Sunday July 17th	\$289.03 through 6/1/16	North Beach, Racine, WI (80 miles from Chicago)	Half iron (1.2mi/56mi/13.1mi)	<a href="http://www.ironman.com/triathlon/events/ironman-70.3/racine">http://www.ironman.com/triathlon/events/ironman-70.3/racine</a>	Competitive field. Fast course (straight swim, flat bike, 2-loop run). Qualifying race for 70.3 World Championships.
Steelhead 70.3	Chris Navin	Sunday August 14 <sup>th</sup>	\$230.00	Jean Klock Park, Benton Harbor, MI (105 miles from Chicago)	Half iron (1.2mi/56mi/13.1mi)	<a href="http://www.ironman.com/triathlon/events/ironman-70.3/steelhead">http://www.ironman.com/triathlon/events/ironman-70.3/steelhead</a>	Competitive: qualifying race 70.3 World Championships. Fast course.
Chicago	Mike Schmidt	Sunday August 28th	Super Sprint \$55 through 3/17/16 Sprint \$120 through 3/17/16 International \$155 through 3/17/16	Downtown Chicago	Saturday: Super sprint (375m/10k/2.5k) and kids race Sunday: Sprint (750m/22k/5k) International (1.5k/40k/10k)	<a href="http://www.chicagotriathlon.com">http://www.chicagotriathlon.com</a>	World's largest triathlon weekend, great crowd support, bike on Lake Shore Drive, volunteer opportunities.

### **Racing and Volunteering (RAV) Requirements**

Must sign up on the club website under "racing"

Must wear some CTC garb before, during or after (tshirt, uniform, shorts, socks, hat ...)

10 points earns you an end of the year prize (2015: CTC duffle, 2014: winter headband)

15 points (including a minimum of 5 volunteering points & volunteering at least once for the club) earns you an entry in the end of the year raffle

### **Chicago Racing Series (CRS) Requirements**

Must sign up on the club website under "racing"

Must wear some CTC garb before, during or after (tshirt, uniform, shorts, socks, hat ...)

Must complete at least 2 CRS races

Each race scored as follows: [Winning time/Your time] x 1000 + bonus points (Bonus points: Overall 1st 20, 2nd 15, 3rd 12 points; Age group 1st 10, 2nd 5, 3rd 3 points)

Two best results in CRS races added together for final score

### **Common Race Rules CTC Members ALWAYS Follow (Don't be THAT triathlete)**

Never use an ipod, mp3, CD player, boom box or record player during any portion of the race. This is unsafe and rude.

Always use a CPSC approved helmet. Wear it anytime you are on your bike, even before and after the race with chin strap buckled.

Place your transition area on the side of the rack with your wheel down. Best to rack by the seat. Don't be a transition mooch!

Stay outside of the drafting zone of the person ahead of you on the bike. For USAT races: 3 bike lengths; must pass within 15 seconds.

Once you are passed, you must drop out of the draft zone before passing again.

Ride to the right (except at Chicago Tri) and pass on the left. Do not block other triathletes.

Do not abandon equipment or receive outside assistance during the race.

Do not bandit races or illegally transfer entries to other participants. You could be banned from future races.

ALWAYS thank volunteers, police and race officials. Without them you could not race.