
Welcome to Race Week – Tamarac Triathlon Fremont!


We're thrilled to have you join us for the Tamarac Tri! Below is everything you need to know to make the race day smooth, safe, and successful.

Race Day Schedule – Saturday, August 16, 2025

Time	Activity
6:30 am	Transition Area Opens (athletes only)
7:00–8:15 am	Athlete Check-In
8:30 am	Transition Area Closes
8:35 am	Welcome Announcements
8:40 am	Pre-Race Instructions
9:00 am	Corral 1 Start
9:15 am	Corral 2 Start

Note: We currently have 73 participants. We will run **2 corrals** instead of 3. If you were previously assigned to Corral 3, you've been moved to **Corral 2**.

Location & Check-In Details

- **Check-In:** Fremont Lake Parking Lot (behind Lakeside Swirl Ice Cream)
 1028 Cottage Grove St, Fremont, MI
 - **Transition Zone Access:** Opens at 6:30 am for athletes only. Closes at 8:30 am sharp.
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Parking Information

Parking is limited!

We'll have assistants on-site to guide you to available spots around the lake area. [A](#)

Registration Info

- **Registration Closes:** Thursday, August 14, 2025
- **Included for Participants:**
 - Event shirt (for those that registered by August 1)
 - Cooling towel (finisher prize)
 - Snacks & refreshments



Athlete Check-In Process

Upon arrival:

- Get your **race number** written on your arm and **age** marked on your calf
 - Receive your **event packet** at registration
 - Pick up your **timing chip ankle bracelet**
 - Once checked in, you may enter the **transition zone**
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Race Results

- Results will be posted at the registration tables and online
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Weather & Cancellation Policy

In case of inclement weather, emergency, or natural disaster, Tamarac Tri reserves the right to delay or cancel the event. **No refunds** will be issued in the event of cancellation.



Race Day Checklist

Transition Zone

- Gear bag
- Water bottle
- Large towel (ground)
- Small towel (drying off)

Swim

- Swimsuit or tri-suit
- Swim goggles
- Swim cap (optional)

Bike

- Bike
- **Helmet (REQUIRED)**
- Water bottle
- Sunglasses
- Bike shorts/jersey
- Socks
- Bike shoes

- Bike pump
- Energy bars/gels
- Spare tire

Run

- Running shorts/shirt
- **Running shoes (REQUIRED)**
- Socks
- Hat/sweatband
- Energy bars/gels
- Water bottle & carrier

General

- Heart rate monitor
- Watch



General Race Rules

- **Respect other athletes**, volunteers and safety crews.
- **Open road course**, please remember that you will be with live traffic during both the bike and run.
- **Swim:**
 - **Be courteous** of other athletes. We have four safety boats in the water and kayakers with kickboards if a swimmer is in need.
- **Bike:**
 - **No drafting** on the bike.
 - **Pass on the left** and ride on the right-hand side of the lane, unless on Town and Country Path, please listen to race volunteers and signage.
 - **A helmet must be worn** and securely fastened any time you're handling your bike.
 - **No headphones or earbuds** allowed during the bike portion of the race.
- **Run:**
 - **Run** on the left side of the road, facing towards traffic, unless on Town and Country Path, please listen to race volunteers and signage.



Transition Area Rules

- Only athletes are allowed in the transition zone.
- Keep your gear organized and within your designated space.
- Rack your bike before the race starts and after the bike leg.
- Do not block or interfere with other athletes' space.
- Please be aware of mount and dismount sites for the bike. You will not be able to ride your bike until the coned area at the start of the bike, helmet must be snapped at this point. You will need to dismount your bike before the coned area when coming into the transition zone.
- Remove your helmet before starting the run.

Timing & Chip Use


- Athletes must wear a **timing chip**, on the ankle.
- Make sure it's securely fastened and worn throughout the race.

Safety & Conduct

- Follow all the instructions from race officials and volunteers.
- If you need assistance, signal to a volunteer or safety personnel.
- In case of emergency or inclement weather, the race may be delayed or canceled (with no refund)
 - Weather or race alerts are available through text messaging. Athletes must opt into receiving text messages, information will be available at check-in.

Bike Course Assistance

If you experience issues on the bike course and need help:

- **Volunteer support is available for pick-up only** (you and your bike).
- **No repair services** will be provided by volunteers.
- Volunteers are **not liable for any damage** that may occur during transport.
- If you need assistance, please call:  **616-634-5200**.

We recommend carrying basic repair tools and a spare tire to handle minor mechanical issues independently.

We can't wait to see you at the starting line. Let's make it an unforgettable race day!

