



2011 SheROX Detroit Triathlon – July 17th, 2011

Start time: 8:00 AM

Location:

**Belle Isle Park
Shadownook Street
Detroit, MI, 48207**

***Directions:** Taking 75 or 96 into Downtown Detroit head near the water front to Jefferson Ave. just 1.5 east outside the Downtown area. Take the bridge to the island. You will have to drive almost all the way around the island (one way traffic) to get the transition/registration area on the North side of the island.

Distances: .4K (.25 mile) swim, 20K (12.4 mile) bike, 5K (3.1 mile) run

Saturday, July 16, 2011 - Expo and Packet Pickup

**10:00 a.m. - 4:00 p.m.
Near transition area and finish line
Riverbank Drive near the beach
Detroit, MI 48207**

Sunday, July 17, 2011 - Race Day

**6:00 a.m. Transition area opens
8:00 a.m. Race begins
9:30 - noon Post-race celebration, finish area**

Refund and Deferral Policy

There are no refunds and no transfers of applications. We do allow entries to be deferred into 2012. Requests for deferrals must be made by completing a deferral form by midnight EDT the night before the 2011 race date. You do not need a doctor's note to defer; you can defer for any reason. You will not receive a refund for your 2011 entry fee, and you will be required to pay the full fee for 2012, but a slot will be reserved for you for the 2011 race. Instructions for entering the 2012 race will be sent to you around the time that 2012 registration opens. For more information, please visit our website.



SheROX TRIATHLON SERIES DETROIT


.25 Mile Swim - 12.4 Mile Bike - 3.1 Mile Run


DETROIT

DETROIT RIVER

DETROIT YACHT CLUB

MacArthur Bridge

 **SWIM COURSE**
1/4 Mile

 **RUN COURSE**
3.1 Miles

 **BIKE COURSE**
12.4 Miles - 2 LOOPS

RUN AID STATION

BELLE ISLE

FINISH LINE

TRANSITION

Riverbank Dr

Central Ave.

Central Ave.

Woodside Dr.

Central Ave.

Insel Julie Ave.

Loiter Way

The Strand

Lakeside Dr.



CANADA

SheROX TRIATHLON SERIES
Detroit MI, 7/17/11

WAVE ASSIGNMENTS

WAVE	COLOR	DIV	SCHED. START	NET (min)
1	SILVER	ELITE	8:00	
2	PURPLE	SURVIVOR	8:02	:02
3	ORANGE	RELAY & BUDDY	8:04	:04
4	GREEN	AGE GROUPS 39 & UNDER	8:06	:06
5	PINK	AGE GROUPS 40 & OVER	8:08	:08

KNOW YOUR WAVE START TIME.
WAVE START TIMES ARE SUBJECT TO CHANGE.
WAVES MAY BE MERGED

COURSE TALK & STAGE SCHEDULE

10:30 AM **COURSE TALK** **DAVE KAPPAS**

12:00 PM **COURSE TALK** **DAVE KAPPAS**

1:30 PM **COURSE TALK** **DAVE KAPPAS**

3:00 PM **COURSE TALK** **DAVE KAPPAS**

