

CHICAGOLAND TRADITION SINCE 1983

# AMERICA'S RACE

LEON'S ★ TRIATHLON

## TRIATHLON ATHLETE GUIDE

COMMEMORATING **250** YEARS

AMERICA'S RACE  
JUNE 7, 2026

FROM THE SHORES OF LAKE MICHIGAN TO THE FINISH LINE

LEON'S  
HEROES

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★ **WELCOME** ★

# A MESSAGE FROM OUR RACE FOUNDER LEON WOLEK

**I would like to humbly welcome you to the  
2026 Leon's Triathlon.**

Inspired by my father's words—'You have a moral obligation, in the journey of your life, to do what you can, when you can.'—this event was created as a tribute to his legacy. Leon's Obstacle Race, 'America's Race' Triathlon, and Leon's Heroes are more than competitions; they are opportunities for us to honor those who have sacrificed for our freedom and to stand together in support of our military and first responders.

Driven by the spirit of service and compassion, we strive to ensure that no hero or individual is forgotten. As you join us on this extraordinary journey, you are not only challenging yourself but also paying tribute to those who have served. Together, we celebrate the resilience and unity that define our nation, turning every stride into a powerful act of remembrance and gratitude.

Thank you and good luck on race day.

*Leon Wolek*

*Founder, Leon's Triathlon*



**2026**  
**AMERICA'S RACE**  
SERIES

# LEON'S HEROES

**JUNE 7**

**LEON'S TRIATHLON**  
WOLF LAKE | HAMMOND, IN

**USA TRIATHLON**  
NATIONAL CHAMPIONSHIPS  
2025 MILITARY & FIRST RESPONDERS

**DARE2TRI**  
PARATRIATHLON CLUB  
INJURED MILITARY CAMP  
JUNE 5 - 6

**NAVY SPLASH/DASH**  
SWIM | RUN JUNE 6



**CANINE EVENT**  
SEPT 13

**SEPT 13**



**OBSTACLE COURSE RACE**  
INDIANA DUNES  
NATIONAL PARK

**INDIANA DUNES  
ROOFTOP RECEPTION**  
SEPT 10

AMERICA'S  
**NAVY**  
FORGED BY THE SEA

Commemorating

**250**

of America



CHICAGOLAND TRADITION SINCE 1983 - NATIONALLY BROADCAST

VOLUNTEER OR REGISTER TO RACE [LEONSTRIATHLON.COM](http://LEONSTRIATHLON.COM)

Along  
the  
**SOUTH SHORE**  
.COM

# ★ 2026 RACE ★

CHICAGOLAND TRADITION SINCE 1983

## AMERICA'S RACE LEON'S TRIATHLON

Join us on **June 7th, 2026** in a race that has been honoring veterans since 1983!



### OLYMPIC

Swim 1.5 KM, Bike 23.21 Miles, Run 10K

★  
**\$250**

**RELAY: \$310**



### SPRINT

Swim 500 Meter, Bike 11.6 Miles, Run 5K

★  
**\$235**

**RELAY: \$285**



### PARA

Swim 750 Meter, Bike 11.6 Miles, Run 5k

★  
**\$175**

**PARA DEVELOPMENT**

★  
If you're ready to start planning your 2026 season, take advantage of our **early signup pricing**—designed to **reward** your dedication and passion for triathlon!



Interested in racing with a team?

Contact us at (219) 263-8345 or [leonstriathlon@aol.com](mailto:leonstriathlon@aol.com) for more information on pricing



CHICAGOLAND TRADITION SINCE 1983

# AMERICA'S RACE

LEON'S TRIATHLON



# LEON'S TRIATHLON

## WEEKEND SCHEDULE



### SATURDAY, JUNE 6TH



#### 9:00 AM — SPLASH & DASH SERIES

- Junior Enlisted (Ages 7–10)  
100m plunge + 1K run
- Chiefs (Ages 11–15)  
200m plunge + 2K run



#### 10:00 AM — ADMIRALS WARM-UP RUN

5K community run



#### 11:00 AM — WARM-UP SWIM CLINIC



### SUNDAY, JUNE 7TH



#### 7:30 AM — OPENING CEREMONIES

Featuring the Navy Band and unveiling of the flag



#### 8:00 AM — OLYMPIC, SPRINT, AND PARA

Waves begin



#### ALL-DAY ACTIVITIES INCLUDE:

- Team Log Carry
- Pull-Up / Push-Up Contest
- Jerry Can Relay
- Warrior Fitness Challenge
- Neptune's Trident Toss



# ★ EVENT SCHEDULE ★

## ★ RACE SCHEDULE

- **Youth Race:** Saturday, June 6 at 9:00 AM, non-timed event
- **Olympic & Sprint Distances:** Sunday, June 7, first wave starting at 8:00 AM

## ★ PACKET PICKUP

- **Olympic & Sprint Distances:** Saturday, June 6 from 10:00 AM to 2:00 PM
- **Youth Race Only:** Saturday, June 6 at 8:00 AM

*Please bring a valid photo ID and your USAT membership card, if applicable.*

## ★ SATURDAY, JUNE 6TH

- 8:00a | Canine triathlon event, pending canine registration
- 8:00a | Packet pick-up for youth triathlon ONLY
- 9:00a | Youth Triathlon RACE START
- 10:00a | NEW non-timed 5k walk/run, register on-line
- 10:00a | Packet pick-up begins for Olympic and Sprint race
- 11:00a–noon | Optional prerace course talk
- Noon–2:00p | Open water swim – all participants
- 1:15–2:15p | Dare2Tri / ParaTri 101 – prerace talk
- 2:15–3:15p | Dare2Tri open water swim (ONLY DARE2TRI PARTICIPANTS)
- 2:00p | Packet pick-up closes for Olympic and Sprint race

# ★ EVENT SCHEDULE ★

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- **Olympic & Sprint Distances:** Saturday, June 6 from 10:00 AM to 2:00 PM
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*Please bring a valid photo ID and your USAT membership card, if applicable.*

## ★ SUNDAY, JUNE 7TH

6:00–7:30a	Packet pick-up (if prearranged)
6:00a	Transition opens / Body Marking
6:15a	Military procession from Hammond hotel to Wolf Lake
7:00a	Open Ceremony begins
7:00a	Parking lot by venue closes / road closures (public)
7:30a	Transition closes
7:45a	Open Ceremony ends
8:00a	RACE START – National Championship Olympic
8:05a	RACE START – Olympic Males
8:10a	RACE START – Olympic Females/ All Oly Relays
8:30a	RACE START – Paratriathlon
8:45a	RACE START – National Championship Sprint
8:50a	RACE START – Sprint Males
9:10a	RACE START – Sprint Females/ All Sprint Relays
11:30a	Bike course clear, roads can reopen, parking lot by venue opens
11:30a	Awards ceremony

\*\*\* RACE START waves subject to change \*\*\*

# AMERICA'S RACE

— LEON'S TRIATHLON —

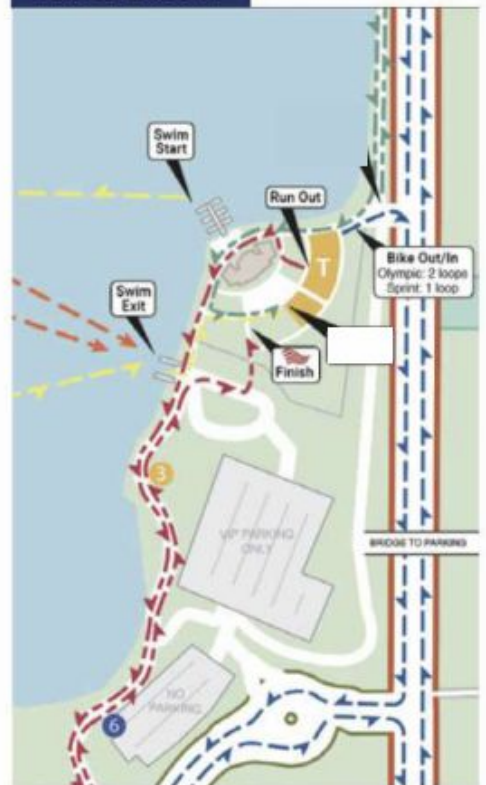
**SUN. JUNE 7, 2026 | 8AM START**

Wolf Lake Memorial Park - Hammond, Indiana

**OLYMPIC TRIATHLON    SPRINT TRIATHLON**

- |                              |                             |
|------------------------------|-----------------------------|
| ● Swim: 1500 meters          | ● Swim: 500 meters          |
| ● Bike: 23.2 miles (2 loops) | ● Bike: 11.6 miles (1 loop) |
| ● Run: 6.2 miles (10k)       | ● Run: 3.1 miles (5k)       |
| Total: 30.3 miles            | Total: 15.0 miles           |

**VENUE LAYOUT**



**Parking:** Athlete parking is available in the large lot at the south end of Wolf Lake (enter on Calumet). These cars will not be allowed to exit until 11:00 a.m. Overflow parking is available at Calumet College 2400 New York Ave.

**Road Closures:** To ensure the safety of all participants, the following streets will be closed from 7:00 a.m. to 12:00 p.m.

- **Calumet Ave:** All lanes closed from 115th St. to 138th St.
- **Sheffield Ave:** All lanes closed from Calumet Ave. to Gostlin St.
- **129th St:** All lanes closed from the Wolf Lake Park Trailhead to the Lost Marsh Golf Club west entrance (east entry remains open).



**Bike Course Continues**  
Cyclists continue south an additional 1.75 miles until the turnaround at Gostlin St.

**Bike Course Continues**  
Cyclists continue south an additional 0.75 miles until the turnaround at 138th St.



# RACE INFORMATION



## ★ PARKING

Parking is available at the race venue; however, vehicles will not be permitted to exit until the course reopens at **11:30 AM**. If you anticipate needing to leave earlier, please plan to park at **Calumet College (2400 New York Avenue, Hammond)** and walk to the venue.



## ★ WETSUIT POLICY

- **Temperature Cutoffs:** Wetsuits are required for temperatures below 60°F (15°C), optional for 60–65°F (15–18°C), and prohibited for temperatures above 78°F (26°C).
- **Thickness Limit:** The maximum thickness allowed for wetsuits is 5mm, with specific requirements for the material and coverage.
- **Safety and Performance:** These rules are in place to protect athletes from hypothermia and ensure a safe swim segment, which is crucial for performance.
- **Compliance:** Athletes must adhere to these rules to remain compliant and eligible to compete in USA Triathlon events.



## ★ BIKE AND RUN COURSE HIGHLIGHTS

It is the responsibility of each participant to know the course. Deviating from the race course will result in a disqualification. Additionally, all participants must obey traffic laws while on the cycling course unless directed by a race official. Leon's triathlon is a closed bike course, however, there could be traffic due to unforeseen circumstances.



**Sprint distance bike course** – 1 lap on the bike



**Olympic distance bike course** – 2 laps on the bike



**Sprint distance and Olympic distance run course** is an out and back course. Please pay attention to the turnaround sign for the sprint distance.



For course details and additional race information, please visit:

<https://leonstriathlon.com/race-details/>



Additional information regarding water temperature will be sent on race week.

**\*\*\* RACE START waves subject to change \*\*\***

# VOLUNTEERS NEEDED!

BE PART OF SOMETHING BIGGER.  
★ SUPPORT. INSPIRE. MAKE AN IMPACT. ★



**TUESDAY, JUNE 2 –  
FRIDAY, JUNE 5**

**9:00 AM – 4:00 PM**  
Course Set Up



**SATURDAY, JUNE 6**

**8:00 AM – 4:00 PM**  
Course Set Up



**SATURDAY, JUNE 6**

**8:00 AM – 10:00 AM**  
Assist with  
youth triathlon



**SATURDAY, JUNE 6**

**TWO SHIFTS:**  
**10:00 AM – 2:00 PM**  
Assist with  
packet pick-up



**SUNDAY, JUNE 7**

**6:00 AM – 7:30 AM**  
Assist with  
packet pick-up



**SUNDAY, JUNE 7**

**5:30 AM – 7:30 AM**  
Body marking and  
transition



**SUNDAY, JUNE 7**

**7:30 AM – 10:00 AM**  
Swim course providing  
directions, lining up wave



**SUNDAY, JUNE 7**

**7:30 AM – 12:00 PM**  
Bike course assistance



**SUNDAY, JUNE 7**

**7:30 AM – 12:00 PM**  
Help race director  
where needed



★ **BEHIND EVERY GREAT RACE  
IS AN AMAZING TEAM.**

***YOU MAKE IT HAPPEN!***



CONNECT WITH OUR COMMUNITY



SUPPORT ATHLETES OF ALL AGES



PLAY A KEY ROLE IN RACE DAY SUCCESS

**JOIN US. MAKE AN IMPACT. THANK YOU! ★**

# ★ 250 RACE SWAG ★

With an extra special year upon us, we're proud to celebrate America's **250<sup>th</sup> Anniversary** with a limited-edition Leon's Triathlon collector's cup and commemorative race bucket! 🇺🇸



**LUKOIL**

Bring your cup to any Lukoil location on the 4th of July for a complimentary beverage!

## WHY A BUCKET?

If you've been around triathlon long enough like we have, you remember when the race bucket was an essential piece of gear. Carry your equipment to transition... flip it over... **SIT ON THE BUCKET** while changing your shoes and getting race ready.

You don't truly understand the joy of the triathlon bucket until you've experienced it yourself. 😊



★  
**A LITTLE OLD-SCHOOL RACE TRADITION  
RETURNING FOR A VERY SPECIAL YEAR  
AT AMERICA'S RACE.**

# ★ WELCOME ★ GREAT LAKES NAVAL STATION



- ★ We are continually humbled by the support, partnership, and community that have carried Leon's Triathlon through more than 40 years of tradition.
- ★ This year, we are honored once again to welcome our partners from Naval Station Great Lakes, who will be joining us throughout race weekend with activities and events on both Saturday and Sunday.

## SUNDAY



### 7:30 AM OPENING CEREMONIES

*With the Navy Band and the unveiling of the flag*



## ALL DAY – SATURDAY AND SUNDAY



**TEAM LOG  
CARRY**



**PULL-UP/  
PUSH UP  
CONTEST**



**JERRY  
CAN RELAY**



**WARRIOR FITNESS  
CHALLENGE –  
SLAM BALL, BCOK,  
AND BATTLE ROPE  
EVENTS**



**NEPTUNE'S  
TRIDENT TOSS**

*Events from the NTAG Great Lakes Navy skills during our all-day celebration!*



**THANK YOU GREAT LAKES NAVAL STATION  
FOR YOUR SERVICE AND PARTNERSHIP!**



# A SPECIAL YEAR FOR AMERICA'S MOST PATRIOTIC RACE

As the United States commemorates its 250th anniversary in 2026, the milestone is more than just a passage of time, it's a celebration of endurance, courage, and unity that have defined the nation since its founding.

Leon's Triathlon is uniquely positioned to honor this historic moment. Known as "America's Race," Leon's reflects a deep respect for the nation's journey and those who have shaped it, from service members and first responders to everyday heroes.

The patriotic traditions woven throughout Leon's Triathlon serve as a living tribute to the history and values that make this country remarkable. **Racing at Leon's in 2026 isn't simply an athletic achievement, it becomes a way to embrace and reflect on the sacrifices, triumphs, and dreams that have propelled the U.S. for 250 years.** Every athlete on the course joins a powerful expression of national pride, running and riding alongside the legacy of freedom, perseverance, and community that defines the American story.

In this milestone year, competing at Leon's holds powerful meaning. The event's long standing dedication to honoring the nation's military and first responders echoes the very heart of America's resilient past and passionate future, making this anniversary not just a marker of history, but a chance to be part of something truly meaningful.



# ★ NEW PARTNERSHIP ALERT ★

WISCONSIN



**TRIATHLON**  
PLEASANT  
PRAIRIE

**CHICAGO** ★  
TRIATHLON

CHICAGOLAND TRADITION SINCE 1983

**AMERICA'S RACE**  
LEON'S TRIATHLON

ILLINOIS



**JUNE 7TH, 2026**

Kick off the season with America's Race, featuring the Military and First Responders National Championships



**JUNE 28, 2026**

Next, discover the beauty of Prairie Springs Park as you compete in Wisconsin's State Championship race



**LATE AUGUST 2026**

Wrap up the season in downtown Chicago at one of the largest triathlons in the United States

# ★ A LOCAL RACE SERIES ★

## PACK UP THE CAR AND DRIVE!



**LEON'S TRIATHLON**  
**30 MINUTES**  
FROM DOWNTOWN CHICAGO



**PLEASANT PRAIRIE TRIATHLON**  
**50 MINUTES**  
FROM DOWNTOWN CHICAGO

### ★ BENEFITS OF A LOCAL RACE: ★



**SKIP THE COST AND HASSLE OF  
DESTINATION BIKE RENTALS!**



**PACK UP THE FAMILY —  
AND BRING EVERYONE'S BIKES TOO!**



**SUPPORT A LONG-STANDING  
LOCAL RACE AND COMMUNITY TRADITION!**



# FOR THOSE LOOKING FOR THE ULTIMATE SUMMER CHALLENGE

 **5 MEDALS**

 **122+ MILES**

Conquered over five races; America's Race, Pleasant Prairie, and culminating in an epic finale—three back-to-back events at the Chicago Triathlon: Super Sprint, Sprint, and Olympic distances.



**CHICAGO**   
T R I A T H L O N

**TRIPLE  
CHALLENGE  
INFO**





**UrbanTriGear**  
SWIM • BIKE • RUN

## LONG-TIME PARTNERSHIP SHOUTOUT

As far back as we can remember, Leon's Triathlon has been lucky to have **Urban Tri Gear** join us in our love for racing.

We're excited to continue our partnership this year and recommend stopping by their store for all your pre-race needs—or visiting their booth on race day for anything you might need at the last minute.

*804 E Ogden Ave,  
Westmont, IL 60559*



