

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 CO-SANCTIONING

JARE2TRI
TRIATHLON CLUB
JUNE 5-6

NAVY SPLASH/DASH
SWIM | RUN | BIKES



CAMINE EVENT

SEPT 13

OBSTACLE COURSE RACE
INDIANA DUNES
NATIONAL PARK

**INDIANA DUNES
ROOFTOP RECEPTION**

NAVY
FORGED BY THE SEA

250
of Spirit



LEON'S TRIATHLON | NATIONAL CO-SANCTIONING

VOLUNTEER OR REGISTER TO RACE LEONSTRIATHLON.COM

**Along
the
SOUTH
SHORE**

★ 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
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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★ 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 (also known as Wolf + Community, Indiana)

STARTING STATION: SWIM TRIATHLON

- | | |
|-------------------------|-------------------------|
| • Swim 100 meters | • Swim 50 meters |
| • Swim 200 meters (200) | • Swim 100 meters (100) |
| • Swim 400 meters (400) | • Swim 200 meters (200) |

VENUE LAYOUT



Parking: Please park in the designated parking areas located around the perimeter of Wolf Lake. Please do not park in the streets and do not block any of the streets. Community parking is available for the triathlon.

Wolf Lake Community Center: Please arrive at the Wolf Lake Community Center at least 30 minutes before the start of the triathlon.

- Wolf Lake Community Center: Please arrive at the Wolf Lake Community Center at least 30 minutes before the start of the triathlon.
- Wolf Lake Golf Course: Please arrive at the Wolf Lake Golf Course at least 30 minutes before the start of the triathlon.

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★ 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.



TUESDAY, JUNE 3

FRIDAY, JUNE 5

8:00 AM - 1:00 PM

General Rel. Day

11:00 AM - 1:00 PM



SATURDAY, JUNE 6

8:00 AM - 1:00 PM

General Rel. Day

11:00 AM - 1:00 PM



SATURDAY, JUNE 6

8:00 AM - 1:00 PM

Rel. Day

11:00 AM - 1:00 PM



SATURDAY, JUNE 6

1:00 PM - 3:00 PM

Rel. Day - 2nd Day

Rel. Day

11:00 AM - 1:00 PM



SUNDAY, JUNE 3

8:00 AM - 1:00 PM

Rel. Day

11:00 AM - 1:00 PM



SUNDAY, JUNE 7

8:00 AM - 1:00 PM

Rel. Day - 3rd Day

Rel. Day



SUNDAY, JUNE 7

1:00 PM - 3:00 PM

Rel. Day - 4th Day

Rel. Day - 5th Day



SUNDAY, JUNE 7

1:00 PM - 3:00 PM

Rel. Day - 6th Day



SUNDAY, JUNE 7

1:00 PM - 3:00 PM

Rel. Day - 7th Day

Rel. Day - 8th Day

★ **LEON'S DISTRICT**
IS AN AMAZING TEAM.

YOU MAKE A DIFFERENCE



CONNECT WITH OUR COMMUNITY

SUPPORT ATHLETES OF ALL AGES

PLAY & GET YOUR HANDS DIRTY

JOIN US. MAKE AN IMPACT. **LEON'S DISTRICT** ★

★ 250 RACE SWAG ★

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



LUK 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, BCDK,
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 TRIATHLON SINCE 1981

AMERICA'S RACE

LEON'S TRIATHLON

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
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**



CHICAGO
TRIATHLON

**TRIPLE
CHALLENGE
INFO**



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.





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*



