FLATLAND CUP TRI

JULY 12, 2026
DES MOINES, IOWA

PRESENTED BY:

ABOVE+BEYOND CANCER

New Heights Counseling Resources, Inc.

THE YOUTH TRIBE

RIPROAR

GFF Elite Tri Team

CATCH DES MOINES

USA TRIATHLON

LET'S BE UNREASONABLE!

Dear Athletes, Parents and Coaches!

Sixteen years. I still can't believe I get to type that. Flatlands is back for year 16, and I've been chewing on one word all season — one I want every one of us to bring to Raccoon River Park this July.

UNREASONABLE.

A word I stole from Will Guidara's book Unreasonable Hospitality. (Athletes, you probably haven't read it — you've got better things going on. But coaches and parents, if you haven't, you should.) Guidara ran one of the best restaurants in the world, and his whole idea is simple: don't just meet expectations — blow past them. Give people more than anyone could reasonably expect (even yourself). That's the standard I want for this weekend.

So this year, I'm asking three things of all of us.

BE UNREASONABLY POSITIVE. It's likely to be hot and humid — this is Iowa in July. Something will go sideways too: a rough swim, a dropped chain, legs that aren't there yet. Find the good anyway. If every athlete, coach, and parent brings that energy, it doesn't just add up — it compounds. Align on this and we'll build a day nobody forgets.

BE UNREASONABLY GRATEFUL. Nobody gets to a start line alone. Behind you is a coach who set the alarm early, a parent who drove the miles, and volunteers who've stood in the sun all season cheering your name. Don't give them a reasonable thank-you. Give them an unreasonable one. Look them in the eye. Mean it.

And this year, wrap those arms wider. We've got athletes traveling in from Barbados, Bermuda, Canada and beyond. If you've watched the World Cup this summer — the way the whole world leans in together — you know the energy I mean. Introduce yourself to someone you don't recognize. Learn their name. Cheer for them like they're one of yours, because this weekend, they are.

BE UNREASONABLE WITH YOUR EFFORT. This is the final qualifier this year — the stakes are real. Maybe it's your first Flatlands. Maybe it's your last before you age up. Either way, leave nothing in the tank.

None of this happens without our people — the Z3 Triathlon Team, our planning committee, and the parents and volunteers who set up the barricades, buoys, and water jugs through thick and thin.

One note: Riproar's at a different location this year — TBH, I'll miss Michael Zimmerman and the energy that crew brought. But if you've got a younger, non-draft athlete, they should still race. Find them at riproarevents.com.

Okay — enough from me. Let's go be unreasonable together. Questions? craig.hanken@me.com before Thursday, July 9, 2026.

See you in Iowa!

Craig Hanken, Race Director
Flatland Cup Tri

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A FEW POINTERS

Here are a few "pro tips" for the race:

1. The swim preview is scheduled for 10:00 am, Saturday, July 11. Review the schedule for more information.
2. **It is the athlete's responsibility to know the competition and equipment rules. Find the recorded athlete meetings (two recordings) prior to race day at www.flatlandtri.com.**
3. Athletes can pick up their race packets starting at 12:00 pm at the Coneflower Shelters (located near the playground) on Saturday, July 11, 2026. All packages must be picked up by 3:00 pm.
4. Team tents (and trailers) have designated areas. So we don't have any misunderstanding this year, learn more about where and when team tents are allowed is listed on page 4.
5. If you would like to swim in the lake prior to the Flatland Cup Tri, it is only allowed WITHIN THE BUOYS. Swimming outside the buoys could result in a fine imposed by the City of West Des Moines. Perhaps you're willing to pay the fine. Please don't. As guests of the park, it's important to abide by the rules so we can be invited back in future years.
6. Keep Raccoon River Park beautiful by picking up after yourselves.
7. Give our volunteers a high-five when you see them!
8. **Important! Entering the park after 5:30 am on Sunday, July 12, will be difficult. You must follow the map contained within this document to the East entrance. Learn more about parking on page 8.**

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SCHEDULE

SATURDAY, JULY 11

10:00 AM	Swim Preview	Beach
12:00 PM	Draft-Legal Athlete Packet Pick Up Opens	Coneflower Shelters
3:00 PM	Draft-Legal Athlete Packet Pick Up Closes	Coneflower Shelters

Note: There is no bike course preview. Please ride safely.

SUNDAY, JULY 12

5:00 AM	Park Opens	
5:15 AM	Draft-Legal Junior Female Transition Opens	Draft -Legal Transition
5:30 AM	Grand Avenue/Park Main Entrance Closes	
5:45 AM	Draft-Legal Junior Female Swim Warm Up	Beach
6:15 AM	Draft-Legal Junior Female Transition Closes/ Wheel Pit Closes	Draft-Legal Transition
6:20 AM	Draft-Legal Junior Female Athlete Call Up	Beach
6:30 AM	Draft-Legal Junior Female Race Start	Beach
6:45 AM	Draft-Legal Junior Male Transition Opens	Draft-Legal Transition
7:15 AM	Draft-Legal Junior Male Swim Warm Up	Beach
7:45 AM	Draft-Legal Junior Male Transition Closes/ Wheel Pit Closes	Draft-Legal Transition
7:50 AM	Draft-Legal Junior Male Athlete Call Up	Beach
8:00 AM	Draft-Legal Junior Male Race Start	Beach
8:45 AM	Draft-Legal Youth Female Transition Opens	Draft-Legal Transition
9:15 AM	Draft-Legal Youth Female Swim Warm Up	Beach
9:45 AM	Draft-Legal Youth Female Transition Closes/ Wheel Pit Closes	Draft-Legal Transition
9:45 AM	Draft-Legal Youth Male Transition Opens	Draft-Legal Transition
9:50 AM	Draft-Legal Youth Female Athlete Call Up	Beach
10:00 AM	Draft Legal Youth Female Race Start	Beach
10:15 AM	Draft Legal Youth Male Swim Warm Up	Beach
10:15 AM	Draft Legal Youth Male Transition Closes/ Wheel Pit Closes	Draft Legal Transition
10:20 AM	Draft Legal Youth Male Athlete Call Up	Beach
11:00 AM	Draft Legal Youth Male Race Start	Beach
12:30 PM	Awards Ceremony	Finish Line

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TEAM TENTS:

Please review the maps for the locations approved for team tents. Tents may be put up no earlier than 8:00 am, Saturday, July 11, 2026.

Tents must be staked to the ground. Tents must also be lowered for the night.

Please do not leave valuables at the team tents. While we do have site security, we cannot be responsible for lost or damaged equipment.

If inclement weather is expected overnight, race announcements will request teams fully lower or remove the tent tops for safety.

Note: Please keep tents a minimum of eight feet off paths and roadways.

DON'T FORGET THE RIPROAR NON-DRAFT RACE!

Have an athlete who'd like to compete in a non-draft triathlon? You're in luck! Visit www.riproarevents.com to register **ASAP! Don't forget, it's at a different race site this year.**

ATHLETE MEETING

The pre-race athlete meeting recordings are available at www.flatlandtri.com.

SWIM COURSE PREVIEW:

The swim course preview will be hosted at the beach start and will allow athletes to swim to the first buoys on the course at their own pace.

BIKE PREVIEW

There is no bike course preview scheduled this year. Please be respectful of busy streets in and around the park. Ride at your own risk.

PACKET PICKUP

Packet pickup will be Saturday, July 11, from 12:00-3:00 pm at the Coneflower Shelters, located near the playground.

- Athletes should pick up their race packet in person.
- Race packets include race number tattoos, helmet and bike stickers and a timing chip. Swim caps will be given at the swim start on race morning.
- Note: Athlete numbers are randomly assigned.

RACE DAY PARKING (REALLY IMPORTANT!)

- Parking will be located in the grass area north of the Transition/Finish Line. Space is limited so please follow the parking attendant's instructions. Once parked, cars will not be allowed to leave the park.
- **IMPORTANT! Anyone arriving to the park AFTER 5:30 am for Sunday's events must use the East park entrance located off South 11th Street. Please review the map on page 8 for directions.**

TRANSITION (PRE RACE)

- Athletes should come to Transition at their assigned time with their equipment, their tattoos, and bike/helmet stickers in place.
- Officials will be on hand to review athlete equipment as they enter Transition.
- Coaches and parents are not allowed in Transition.

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SWIM

- Athletes should arrive at the swim start at their assigned swim warm up time. Swim caps will be given prior to each race.
- Athletes will quickly select a spot on the start line once their names have been announced via the PA system. Before the race begins, the announcer will say "Athletes, you are now in the hands of the starter."
- After a brief pause, the announcer will say, "On Your Marks!" and the Lead Official will sound an air horn to start the race.
- The swim course is a beach-start, 750M or 375M one lap, clockwise swim. Course specifics will be covered in the recorded athlete briefing.

TRANSITION (T1)

- Athletes' spaces will be marked in Transition with a placard with their name and bib number prominently displayed. Every athlete will have a gear basket with the last two digits of their race number on it. All gear must be placed according to the rules. (Note: Review maps for location and traffic flow.)

BIKE

- Approved bike equipment and course specifics will be covered in the recorded athlete briefing. The bike course is a counterclockwise 5K loop within and outside Raccoon River Park on paved roads closed to traffic. Juniors will complete a four-lap 20K course. Youth athletes will complete a two-lap 10K course. The lap-out rule will be in effect.

TRANSITION (T2)

- Athletes must return their bikes and gear to their marked position according to the official rules. (Note: Review maps for location and traffic flow.)

RUN

- Course specifics will be covered in the recorded athlete briefings. The run course is on paved roads within the park. Junior athletes will complete a two-lap 5K course. Youth will complete a one-lap 2.5K course. There are two aid stations on course with water.

FINISH

- Parents and coaches are not allowed in the Finish area, except in emergencies.

RESULTS:

- Results for each event will be posted at www.flatlandtri.com/results.

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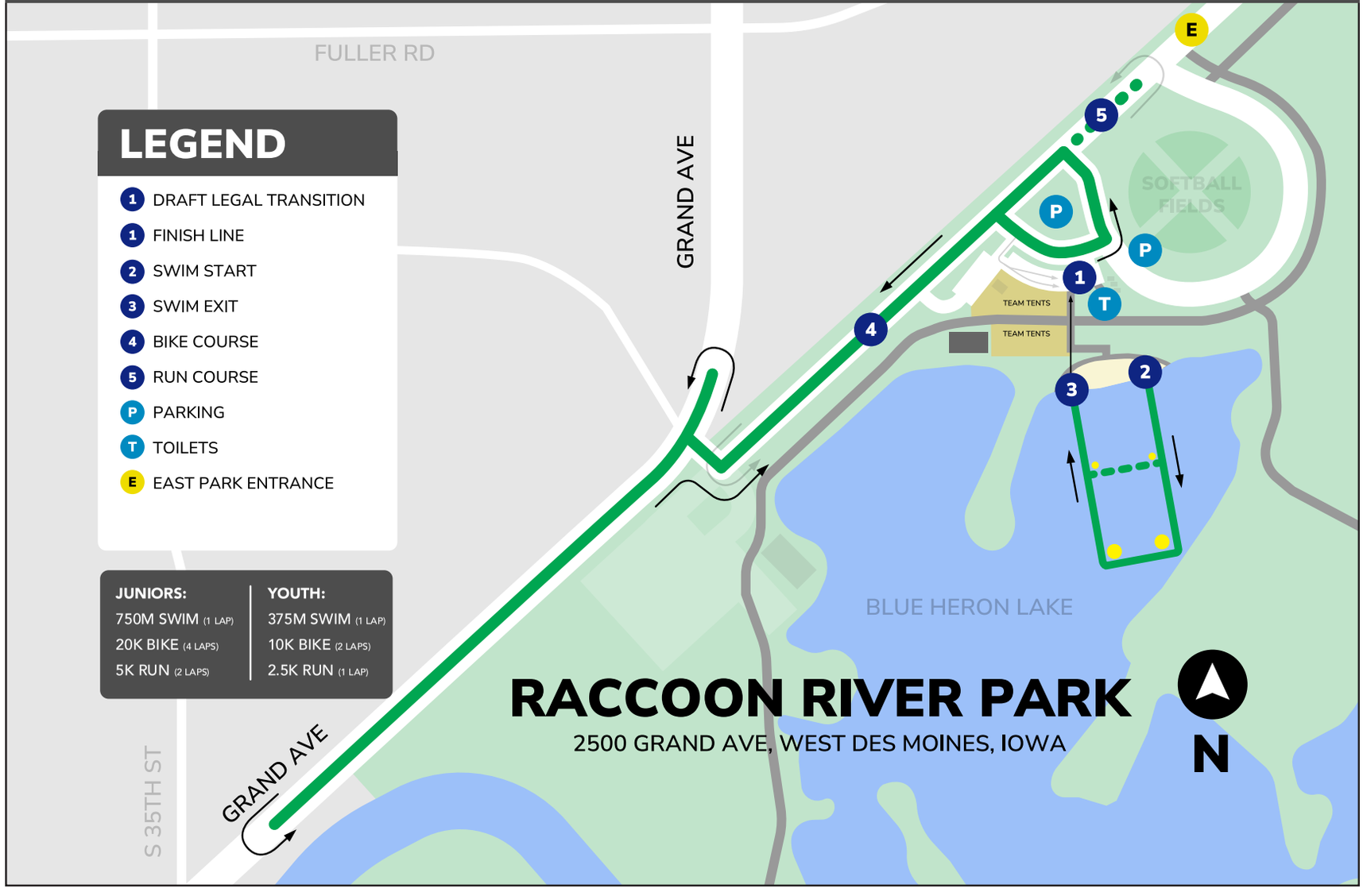
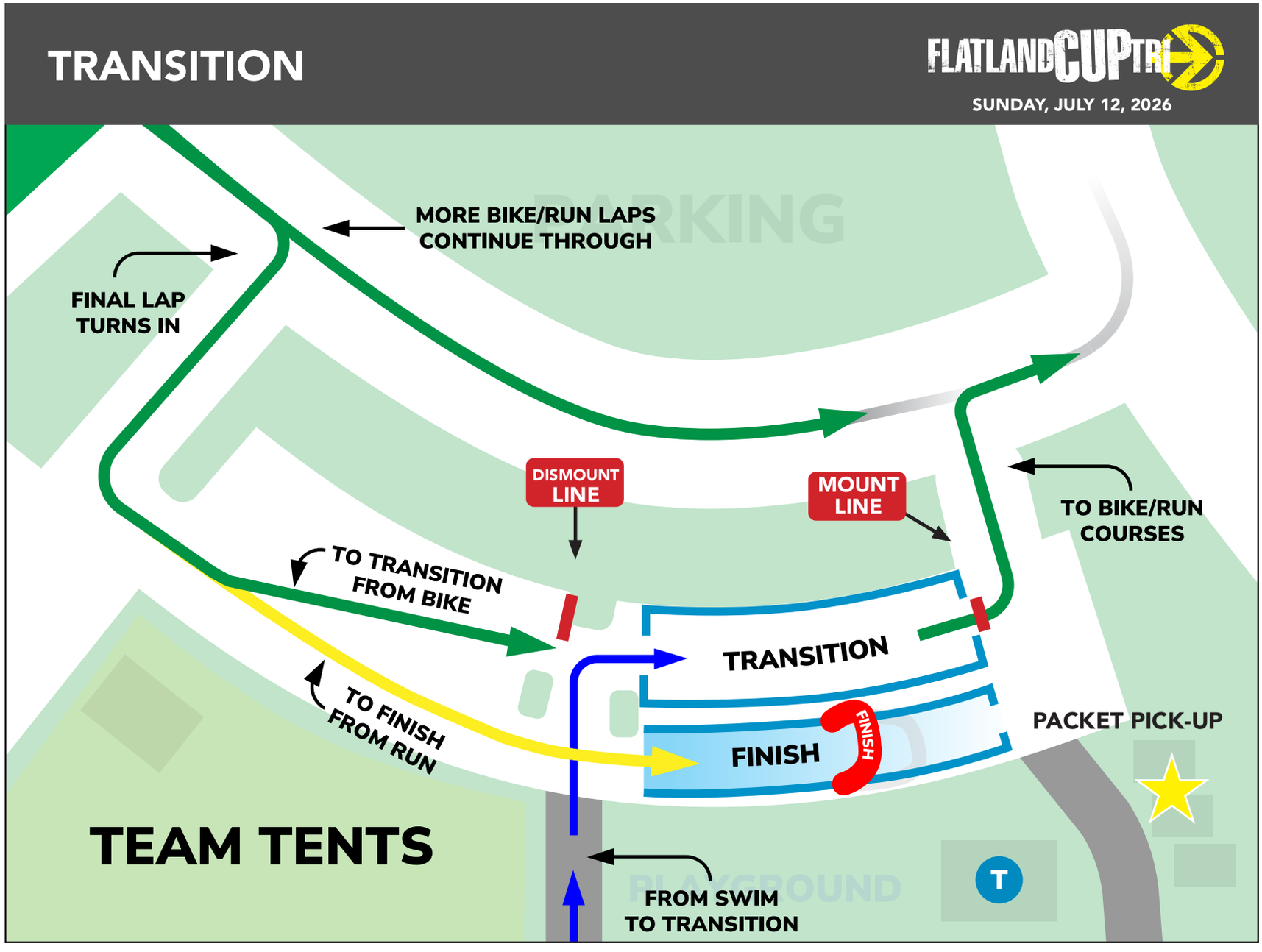
OVERALL COURSE

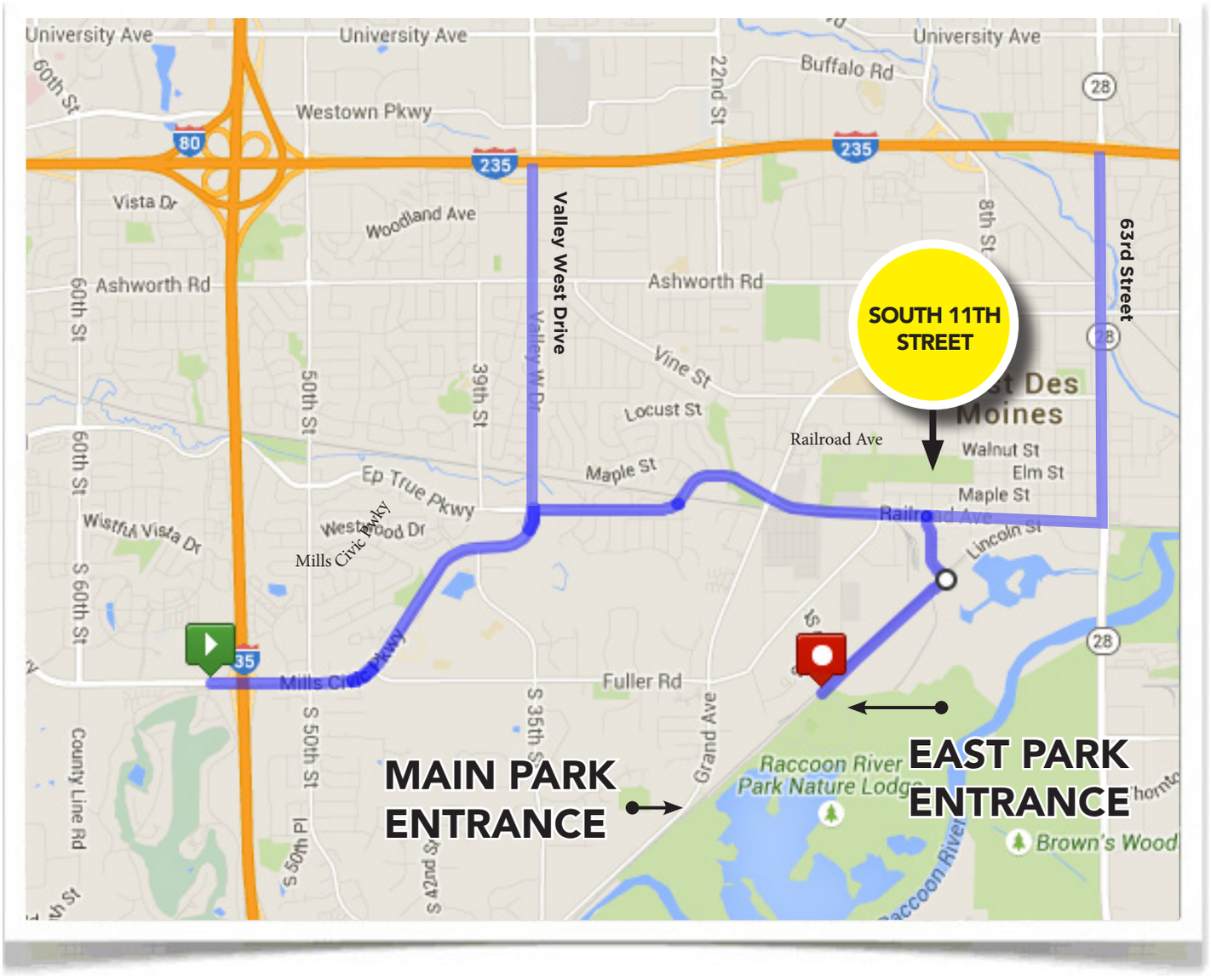
FLATLAND CUP TRI

SUNDAY, JULY 12, 2026




TRANSITION
FLATLANDCUPTRI
SUNDAY, JULY 12, 2026
MORE BIKE/RUN LAPS
CONTINUE THROUGH
FINAL LAP
TURNS IN
DISMOUNT
LINE
MOUNT
LINE
TO BIKE/RUN
COURSES
TO TRANSITION
FROM BIKE
TRANSITION
TO FINISH
FROM RUN
FINISH
FINISH
PACKET PICK-UP
TEAM TENTS
FROM SWIM
TO TRANSITION
T

GETTING TO THE PARK ON RACE MORNING!



To access park after 5:30 am you will need to use South 11th Street, which provides access to East Entrance to park.

Please allow yourself enough time to arrive to the park and park before your event.

FLATLAND CUP TRI

USA TRIATHLON JUNIOR NATIONAL SERIES

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THE LEAGUE OF DISTINGUISHED FLATLANDS CHAMPIONS

2010
Jen Howland (JEF)
Lukas Verzbikas (JEM)
Tamara Gorman (YEF) (3-PEAT)
Spencer Clark (YEM)

2011
Tanelle Berard (JEF)
Ben Kanute (JEM)
Tamara Gorman (YEF) (3-PEAT)
Sawyer Willingham (YEM)

2012
Breanna Hemming (JEF)
TJ Gleason (JEM)
Stephanie Jenks (YEF)
Austin Hindman (YEM) (3-PEAT)

2013
Tamara Gorman (JEF) (3-PEAT)
Hunter Honeycutt (JEM)
Taylor Knibb (YEF) (3-PEAT)
Austin Hindman (YEM) (3-PEAT)

2014
Taylor Knibb (JEF) (3-PEAT)
Brent Demarest (JEM)
Kira Stanley (YEF) (2-PEAT)
Evan Parres (YEM)

2015
Taylor Knibb (JEF) (3-PEAT)
Austin Hindman (JEM) (3-PEAT)
Kira Stanley (YEF) (2-PEAT)
Zach Wilson (YEM) (2-PEAT)

2016
Lauren Steinke (JEF)
Gus Newcomb (JEM)
MJ Lopez-Aguire (YEF)
Zach Wilson (YEM) (2-PEAT)

2017
Addison Smith (JEF)
Davis Bove (JEM)
Makena Gates (YEF)
Drew Shellenberger (YEM) (3-PEAT)

2018
Gillian Cridge (JEF) (3-PEAT)
Luiz Ortiz (JEM)
Lucy Westlake (YEF)
Graham Tuoy (YEM)

2019
Gillian Cridge (JEF) (3-PEAT)
Drew Shellenberger (JEM) (3-PEAT)
Clara James-Heer (YEF) (3-PEAT)
Blake Harris (YEM)

2020
Gillian Cridge (JEF) (3-PEAT)
Drew Shellenberger (JEM) (3-PEAT)
Clara James-Heer (YEF) (2-PEAT)
Jaxon Plumb (YEM)

2021
Naomi Ruff (JEF) (2-PEAT)
Luke Anthony (JEM)
Clara James-Heer (YEF) (3-PEAT)
Eli McWard (YEM)

2022
Naomi Ruff (JEF) (2-PEAT)
Keller Norland (JEM)
Charlotte Joseph (YEF)
Jacob Tarkington (YEM)

2023
Mia Wentzy (JEF)
Blake Bullard (JEM)
Louise Delgado (YEF) (2-PEAT)
Sam Binder (YEM)

2024
Jimena Renata De La Pena (JEF)
Reese Vannerson (JEM)
Louise Delgado (YEF) (2-PEAT)
Graham Hummel (YEM)

2025
Ruth Pardy (JEF)
Eli McWard (JEM) (2-PEAT)
Autumn Gilhooly (YEF)
Brice Allen (YEM)

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