

Good evening, Triathletes.

I apologize for the late email. Mother Nature has certainly put MMR through its paces this weekend. Between 25 to 40 mile an hour wind gusts setting up transition to today's rain/hail...well, let's just say it has not been conducive to setting courses.

Let me hit some highlights for you for tomorrow:

Make sure you fill your water bottles before leaving for the race. We will NOT have water available before the race starts.

We will have quite a few newbies joining our racing family tomorrow. Veterans, I am counting on you to make them feel welcome!

Registration/Packet Pick Up:

Opens at 6:30 am in the second parking lot (closest to the boat launch).

Make sure you stop by the kiosk in the upper lot to purchase a parking ticket and place it on your dash.

You must pick up your packet prior to entering transition. Registration/packet pickup is your first stop after the kiosk.

IF YOU PLAN TO RIDE YOUR BIKE DOWN TO PACKET PICK UP, YOU MUST BE WEARING A HELMET.

Do not park in the spots that have been coned off directly in front of registration. These are reserved for the lifeguards and staff – both are necessary for you to be successful tomorrow.

If you are part of a team, the entire team must be present to pick up the packet. Make sure you tell the staff person that you are part of a team – your packets are separate from the individual packets.

Transition:

Transition is located by the boat launch at the bottom of the hill. You will enter through the run chute which is located on the southwest corner of transition. This is the first entrance closest to the bottom of the hill.

Only athletes are allowed in transition.

Teams rack on the rack furthest back from the Run Out entrance you will use to enter before the race starts. The rack is marked "Team".

Individual athletes will rack on a first come basis, alternating bikes every other bike on either side. Please do not set up a camp. Limit your spread to the area between bikes.

No riding bikes in transition.

Please discard your trash in the bins provided.

Everyone needs to be in transition by 6:30 for final race announcements.

NOW Bikes will be located just outside of transition to help air tires and do VERY minor adjustments to your bike.

Swim:

One loop.

Always keep buoys on your left.

The course is a square (appropriate, right?). You will enter on the east side of the beach, one at a time 2-3 seconds apart. Self-seed based on your self-assessed swimming speed. Faster athletes should go in first.

All 4 corners of the square will be marked with large triangular buoys. In between will be smaller round buoys will be set halfway between to allow for sighting.

Exit the water to the west of where you went in. The Swim In chute will be the same chute you used to leave transition to go down to the swim start.

The water is going to feel very warm because the anticipated air temperature at race start will be significantly cooler. 40 degrees vs 64 degrees.

Wetsuits are legal but not required.

Swim buoys are not allowed.

If you need to take a moment to rest, flag down a lifeguard. We will not propel you forward but you can hang onto the raft or tube until you are ready to move forward.

Bike:

DO NOT RIDE YOUR BIKE IN TRANSITION!

The bike course measures 18.6 miles.

No earbuds of any kind are allowed on the bike. This is a safety issue on an open course and a condition of my insurance and permits.

You can carry your phone; however, it must be turned off. The phone is only to be used in case of emergency.

You must wear a shirt on your bike – tri tanks are fine but women, sports bras are not enough coverage and men – no bare-chested riding. I don't think this will be an issue as you are going to get cold once you are out of the water. Plan accordingly.

You must have your helmet secured prior to getting on your bike.

Consider putting your bike in a light gear. You will have a short run before hitting the hill you came down after registering, but the hill has taken out more than one athlete who was not properly prepared. Make sure you don't join that esteemed group of athletes with bruised knees and egos.

Leave the park using the left-hand lane. You will use this same lane on your way back in.

The course has been marked with corner and straight-ahead signs and a cone at each sign. Police will be on Norell Avenue to warn traffic of the bikes on the road because there is no shoulder. It is your responsibility to know the course – so review the map I sent out earlier. I will also have staff at the intersection of Square Lake Trail and Manning (your first right turn after leaving the park.) If there is no human at a corner, there will be a series of cones marking the way. Just follow the cones. Chalking has not been possible because of the rain-soaked roads.

Mile markers every 2 miles unless they have been stolen. I had 3 signs stolen today during the 70.3.

Keep in mind roads may be slick from the rain. Slow down on the corners – they may be slippery.

SLOW DOWN EARLY COMING DOWN THE HILL BACK TO TRANSITION. THERE MAY BE RUNNERS CROSSING AT THE BOTTOM OF THE HILL. Don't come charging down so fast you end up in the lake.

Run:

Earbuds are fine on the run.

This is an out and back.

Run out of the park using the right-hand lane (the left is for bikes). You will run back in using this lane to the finish line. Be careful as you leave the park as you will be making a left from the right-hand lane, crossing over the lane where bikes may be coming in.

Out of transition, you will also need to cross over where the bikes are coming in. So, make sure you are paying attention. The bikes will have the right of way. There will be a staff person

reminding you to be aware or telling you to wait if there is a bike coming down the hill too fast for you to make it across.

The water stop is the turn around.

Run against traffic at all times.

Aqua Bike:

You will follow all the above except the run.

When you get back from your bike, rack, run out the run-out chute, cross directly over to the finish line watching out for any bikes that may be descending into the area.

You must cross the finish line to have your time recorded.

Teams:

You are sharing a single chip. The chip must be exchanged in transition where you started. The chip must be worn on the left ankle for all three disciplines, or it will not record your time.

Age Group Update:

Sprint	Male	Female
19 and Under	4	0
20-24	6	5
25-29	4	8
30-34	5	10
35-39	15	5
40-44	12	11
45-49	7	3
50-54	10	9
55-59	0	5
60-64	6	2
65-69	2	3
70-74		
75-79	3	

Aqua Bike:

Female - Ages: 22, 42, 52, 56, 58, 63, 64

Male - Ages: 62, 64, 65, 65,66, 69, 74, 77

2 -2 Person Teams

11-3 Person Teams

I will go over much of this again tomorrow morning in transition. Get a great night's sleep. Make sure you are planning what you wear on your bike according to your ability to tolerate cold. Keep in mind you will be wet, and the air temperature will be around 40 to 45 degrees for much of the race. I would highly recommend gloves. See you all in the morning!