

Good evening.

This will be the final email for One Last Tri. I am just going to hit some highlights and updates since the courses are now set.

DO NOT LITTER ANYWHERE ON THE COURSE. PEOPLE LIVE IN THIS AREA AND THEY GET REALLY NASTY WITH ME WHEN ATHLETES LEAVE THEIR TRASH BEHIND. THIS SEEMS LIKE COMMON SENSE AND THE RIGHT THING TO DO NO MATTER WHAT. DO WHAT'S RIGHT, NOT WHAT'S EASY OR COMFORTABLE FOR YOU.

We will not be doing body marking. In the interest of keeping everyone safe from a possible transfer of germs you don't even know you have; our staff and volunteers will not be getting that close to you.

### **Parking**

**NO PARKING IN THE BOAT LAUNCH – YOU WILL BE TOWED.** We expect the boat launch to be busy tomorrow given the warm weather.

Parking is available for athletes in the lot adjacent to the race start. We are expecting a large crowd. We love spectators and know they play an important part of your experience. But please ask them to park at Memorial Beach and walk a block to the race site to save parking for athletes. It will be much easier for them to come and go if they are not parked at the race site.

Spectators need to understand we will be holding back traffic in and out of the parking lot for the safety of our athletes. They should not be cranky when we do so. Have them get coffee before they come to the race to take the edge off. ☺ Our staff and volunteers do not deserve to be yelled at as they are protecting all of you.

No parking in the coned off areas. These areas are for the bike in/out, paramedics, NOW Bikes, staff, volunteers and vendors and the race finish.

### **Packet Pick UP**

We may ask you to pull up your receipt on your cell phone if for some reason we do not find you on our roster. Square had some issues that we were not aware of regarding the processing of registrations – your receipt will help us confirm your registration. I promise we will get you into the race so no worries.

### **Run Bibs/chips and Bike Bibs and Wristbands**

Your run bib will match the chip number you will be wearing on your left ankle. Don't panic. You will be receive a green wristband in your packet. (Be careful pulling your stuff out of the

packet because the wristband likes to stick to other stuff in there. It might drop out and be lost. The wristband will have both your chip and bike number on it. You will need this when you leave for the day. Staff will be matching these numbers against your equipment.

### **TEAMS – the wristband is for the biker.**

Hang on to your run bib after you finish racing as you will need both your run bib and your bike bib to leave transition. This is a security measure. We want to make sure everyone leaves with their correct bike. Staff know the numbers won't match, but they know the sequence.

### **TRANSITION**

You will need to pick up your packet in advance of entering transition. Once you have your packet you will enter using the Swim In chute on the back of the beach house.

Olympic athletes will rack on the right as you enter through Swim In, Sprinters you are farther into transition – your racking area is much larger.

### **RESERVED RACKS – MAROON AND GOLD**

We have taped in maroon and gold two full racks of the sprint in roughly the center of the sprint side. These racks are reserved for the University of MN Tri Team. Please do not rack here unless you are on the team. We want team mates to be together – some of them are just coming on the team – this will be a great way for them to support each other as they begin their tri seasons together.

### **TEAM RACKS -**

Both distances will rack together on the racks closest to the beach. The racks have been marked as reserved for Teams.

### **NO RIDING BIKES IN TRANSITION. MOUNT/DISMOUNT OUTSIDE WHERE DIRECTED.**

**NOW BIKES** will be on hand starting at 6:30 am to help with airing tires and very light tweaks to your bike. They will be located just outside transition. Make sure you let them know how much you appreciate their support. They will also be sagging the courses. It may take some time for them to get to you. Make sure you have the supplies you need to fix your flat...at least you can get started while you wait...even if you haven't a clue as to what you are doing.

### **SWIM**

Remember you will need to know your CHIP NUMBER which is prominently displayed on your chip which should be on your left ankle. You will self-seed wherever you feel comfortable. Faster swimmers should plan to be up front.

Olympic athletes will go in the water at 8:30.

Sprint athletes will go in once the majority of Olympic athletes have cleared the second farthest corner of the Olympic course.

You must wear one of the swim caps provided. Be careful putting these on – they can rip easily.

Buoys will be on your right at all times. You must round every buoy on your respective course.

The sprint course is inside the Olympic course.

Water temperature: 71 degrees

## **BIKE COURSE**

**NO ELECTRONICS OUTSIDE OF YOUR WATCHES ON THE BIKE. ABSOLUTELY NO MUSIC ON THE BIKE IS ALLOWED.**

You can bring your cell phone on your bike, but it must be turned off – it is there for emergency purposes only!

Helmets are required.

Shirts are required. Sports bras are NOT shirts ladies...where a tank or t-shirt. Tri tops are fine.

The courses are in excellent condition except for the roadkill that sadly dots the entire course. I have no idea what happened last night that so many animals of so many varieties lost their lives. 😢 Heartbreaking.

A human in the form of a staff person or volunteer or police officer will be stationed at every single corner. If you find yourself turning without a human present at the intersection you are about to add a lot of unnecessary miles onto your course. Don't do it! I promise you; I set the course up correctly with mile markers every two miles and corners marked with signs and cones in addition to the humans. You will make me laugh out loud if you tell me I set the course wrong and that is why you got lost. (No joke, it happened last year...)

Spindles have been installed on 96 just outside the park. You will need to ride behind the spindles in the shoulder. There is plenty of room for single bikes.

Highway 96 is a NO PASSING ZONE. You will have plenty of other opportunities to blow away your opponents on the rest of the course.

No drafting. You have 15 seconds to pass the bike ahead of you. Then maintain at least 3 bike lengths. Let the athlete know you are coming by announcing - “On your left” works remarkably well- don't whisper it. If they know you are coming, they are required to let you pass. Don't get mad at them if they don't back off because they had no idea you were there.

Mile markers every 2 miles.

All athletes will turn around in Withrow (roughly mile 7) in the Liberty School parking lot. Use the parking lot to turn around – entering where the police officer is located, exiting west of the officer.

Olympians – once you leave the school, you will be making the first right to traverse the loop before returning to this intersection to make another right back onto the course shared by the sprint.

### **Run Course -**

Music/ear buds are fine on the run.

The only staff on the run course will be at the water stops.

**RUN BIBS NEED TO BE WORN IN FRONT ON THE RUN!**

At no time are you running on open roads. Both distances stay on the run path.

Do not litter on the course. Do not leave your spent gel by a mile marker. You are already a hot mess of sweat; you might as well be sticky too.

### **Sprint Turn Around – water stop**

Olympic – keep running through the first water stop. Your turnaround is just beyond Bellaire Beach and is the second water stop. The second water stop will have Hammer gels available for you. Please leave your spent gels at the water stop in the trash bag we will have on hand.

Given the expected steamy weather tomorrow, we will have ice, water, and Heed electrolytes at each of the water stops.

### **Finish Line:**

If you have raced this race before, you will notice a small change in the finish line. The run out has moved to the far south corner. You will finish straight ahead so you can come in as hot as you want. Cones will be placed in the center of the path dividing those going out from those coming in.

We will have water and Gatorade at the finish. Please understand this is for ATHLETES. Athletes, please do not grab extra bottles for your entourage. They can purchase water in the food line. Please think of the athletes coming after you...they just might be thirsty. We do not want to run out.

We will also have ice cold towels available at the finish line. Please deposit your used towels in the container that does not have ice water in it...sharing is caring but not in this instance.

### **Spectators**

We encourage spectators to join you at the barbecue post-race. For just \$10 cash they can partake in a plethora of choices: hamburgers, turkey burgers, bratwurst, chicken sausages, hotdogs, black bean burgers, chips and water.

Best places to watch:

Beach.

Parking lot for bike in and out.

Finish line – along the path behind the Caution tape.

Barbecue finish area so you can hear all about their day.

### **Age Groups**

Here are the updated age group breakdowns. Registration is still open, and we have reason to believe these numbers could change significantly by the time the race starts. We will do awards once 85% of the field is in. We will start with the sprint.

Sprint	Male	Female
18 and Under	4	2
19-24	20	12
25-29	7	11
30-34	9	3
35-39	20	17
40-44	13	12
45-49	8	9

50-54	3	5
55-59	4	4
60-64	0	1
65-69	3	1
70-74	3	1
75-79	4	1
80-84	0	0

Oly	Male	Female
18 and Under	1	0
19-24	8	8
25-29	3	7
30-34	6	0
35-39	7	3
40-44	7	6
45-49	2	4
50-54	3	3
55-59	0	0
60-64	2	0
65-69	0	0
70-74	0	0
75-79	0	0
80-84	0	0

No change in the team or Aqua Bike standings.

That's it for me tonight. See you in the morning. Sleep well.