

We've been closely monitoring both the heat and air quality all week. Our staff and volunteers have made additional preparations to help athletes stay as safe and comfortable as possible. Please review the information below so you arrive prepared for tomorrow morning. Thankfully, we have an all clear from the MNPCA on air quality. Unfortunately, the heat is still a factor.

Before You Leave Home

- Fill your water bottles before leaving home.
- Stay hydrated throughout the morning.

Parking is available in the school directly across from the park. That lot will fill to capacity. Additional parking is available on the same side of Hodgson Road as the school a couple blocks further south (toward Hwy 96). If you are going to ride your bike in, **you MUST be wearing a helmet.**

There is no athlete drop off area. But having said this, if you have a driver, it is possible to pull over on Hodgson on the same side of the road as the park to drop off an athlete and their gear while you have your driver locate a parking spot. (Don't tell anyone I told you this was ok.)

Packet Pickup (Begins at 6:30 AM) – located in the upper parking lot just inside the park.

- If you are already registered:
 - Last names at the **beginning of the alphabet** will be at the of the packet pickup tables.
 - Last names at the **end of the alphabet** will be at the **far left**.
 - Teams will be all the way over to the left.
- If you have an outstanding balance, please bring **cash or a check payable to MMRaces**. Give payment to the staff member before receiving your packet.
- Your packet includes:
 - Race bib
 - Bike number (**does not match your bib number**)
 - Timing chip (wear on your **left ankle**)
 - Swim cap
- **Relay Teams**
 - All team members must be present to pick up the packet.
 - Each member must sign a waiver.
 - Packets include finisher medals for the swimmer and cyclist. The runner will receive their medal at the finish line.

- **Individual athletes** receive their finisher medal as they cross the finish line.

Transition Area

- Pick up your packet **before** entering transition.
- **Athletes only** inside transition. This is a secure area.
- You must have your race bib to remove your bike when leaving transition.
- **No riding your bike in transition.**
- Racks hold **7 bikes** with bikes alternating sides.
- Relay team racks are marked and located closest to the beach for both Sprint and Olympic transitions.
- Sprint will enter on the left at the bottom of the hill.
- Olympic entrance is on the right.

Swim

- **Heat Advisory:** Water temperatures are expected to be in the mid-80s. Full wetsuits are highly discouraged. Sleeveless or shorty wetsuits are recommended if you choose to wear one.
- Self-seeded time trial start with athletes entering every **5 seconds**.
- If you are less confident in the water, please seed yourself toward the back.
- **Olympic Start:** 8:00 AM
- **Sprint Start:** Begins after most Olympic athletes clear the second turn buoy (approximately **8:25 AM**).
- The swim course is an angled rectangle.
- **Sprint turn buoys:** Lime Green
- **Olympic turn buoys:** Hot Pink
- **Small round yellow buoys:** Sighting buoys
- Keep **all buoys on your right** throughout the swim.

Bike Course

- Shift into your **small chainring** when you rack your bike. There is an immediate hill.
- The course is marked with cones, directional signs, and chalk.
- Mile markers are posted every **2 miles** (signs or pavement markings).
- Police are stationed at all but **two intersections**. They are there to control traffic—not direct athletes. **Know your course.**
- Two officers will be at the roundabout. **Ride straight through.**
- Two officers will also be at the final left turn onto Hodgson Road.
- Olympic athletes do NOT return to transition before starting their second loop.

Run Course

Sprint

- Run Out is located by the pavilion on the southeast corner of Sprint Transition, and you will run out adjacent to the finish chute.
- Turn **right** onto Hodgson Road.
- At Tanglewood, continue **on the path**.
- Turn around at the water stop.
- Return on the **shoulder of Tanglewood running against traffic. Do not use the path** on the return.

Olympic

- Run Out is on the grass adjacent to Bike In/Bike Out. Stay behind the cones.
- Turn **left** at the park entrance and follow the path around the lake.
- Once you reach Tanglewood, move down onto the shoulder when you reach the first intersection – it is marked with chalk. Run on the shoulder against traffic.

Run Course Aid Stations

- **Water stations are fully stocked to help you stay cool.**
- Each water stop will offer:
 - Water
 - Hammer HEED electrolyte drink
 - Ice
 - Cooling towels that you may take with you and drape over your head or neck
- Feel free to place ice in your hat, jersey, or sports bra to help keep your core temperature down.
- **Please take advantage of these cooling resources throughout the run.**

On the course

- Walk an aid station if you need to. A few extra seconds can make a big difference.
- If you begin feeling dizzy, chilled, confused, or stop sweating, slow down immediately and notify the nearest volunteer or medical staff.
- At the finish line you'll find:
 - Water
 - Gatorade

Current Age Group Breakdowns

SPRINT	Male	Female
19 and Under	6	5
20-24	9	19
25-29	11	26

30-34	15	9
35-39	18	14
40-44	10	15
45-49	7	6
50-54	3	5
55-59	6	6
60-64	12	2
65-69	7	2
70-74	3	0
75-79	3	0
80-84	1	0
85-90	1	0

OLYMPIC	Male	Female
19 and Under	4	0
20-24	10	5
25-29	10	6
30-34	6	4
35-39	5	5
40-44	10	1
45-49	5	2
50-54	5	1
55-59	2	3
60-64	2	0
65-69	2	0
70-74	0	0
75-79	0	0
80-84	0	0

No additional Aqua Bike

1 additional 3 person sprint team.

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- **Race Morning Reminders** with 4-5 bullets:
 - Helmets must be buckled before touching your bike.
 - No headphones on the bike or run.

- Know your race number – this is the number on your running bib – not your bike bib.
- Aqua Bikers do not forget you need to cross the finish line to record your time. Once you rack the bike, head up to the finish line using your respective Run out openings. Entrance to the finish chute is on Hodgson.
- Thank the volunteers and the staff—they have sweated their tails off for you (literally).
- Most importantly...have fun!