

This will be the final update regarding course conditions and age groups prior to my seeing you in the morning.

Transition – everyone must be in transition by 7:35. I will be taking a bit more time to go over announcements since we have had some challenges with Gmail. Race announcements will take place in transition starting at 7:35.

YOUR CHIP NUMBER WILL NOT MATCH YOUR BIKE NUMBER - DON'T FREAK OUT. YOU NEED TO MEMORIZE YOUR CHIP NUMBER AS YOU WILL NEED THE NUMBER TO TELL IT TO ME AS YOU ENTER THE WATER. ONCE I REPEAT YOUR NUMBER BACK TO YOU, YOU ARE GOING.

WATER TEMP: 73 degrees

You are welcome to do a warm up swim. Please be back in transition by 7:35. Once I release you to the beach, you need to be in line and ready to go by 8am.

With the air temperature anticipated to be in the 60's at the race start, the water is going to feel very warm. Wetsuits are not required but they are legal if you would like to wear them. Today's 70.3 triathletes loved the swim – the water was so warm against the cool air temperature it looked like they were going into a hot tub (steam rising on the water).

1 loop – keep the buoys on your left.

BIKE COURSE:

DO NOT ride your bike in transition. Run your bike out to the mount/dismount area.

Travel with traffic at all times once you leave the park.

Remember you are going to be wet getting on your bike and as great as the water felt, the cold air on your body won't feel nearly as awesome until you get warmed up. I would highly recommend arm warmers and running gloves. And for those who get really chilled, I would consider a light jacket. If you need to drop any of these items once you are warmed up, you must do so at the bottle exchanges.

The section of the road after you turn off of Manning onto 170th is very rough before you reach Norell. I would recommend you stay just left of the white line rather than trying to ride in the shoulder. Holes are marked with orange paint, but the shoulder is severely pocked - don't ride it. All the more reason not to wear headphones or be playing music. Pay attention to the road.

Reminder – electronic mileage tracking devices such as smart watches and Garmin style bike computers are the only electronics allowed on the bike. Absolutely no music is

allowed – you need to be paying attention to cyclists and traffic around you, not jamming out on your favorite play list – you can do that later when you are drinking your beer, cocktail or wine celebrating your successful race day.

The course has been marked with chalked corners, all corners have signs. Police officers will be located at both ends of Norell to warn cars of bikes on the roads since there is not much of a shoulder on this road – but bonus the ride through there is stunning. Heads up there are railroad tracks you will be crossing. The train schedule shows no trains during the race time so you should be able to travel over the tracks without stopping at the stop sign but make sure you look down the tracks just in case.

As you exit Norell, the police officer will be controlling traffic to allow you to cross Square Lake Trail, making a left to head back to the park.

Mile markers – every 2 miles.

RUN COURSE:

This is a LEFT out of the park. You will be running on the same side of the road out and back for about the first block after you leave the park. This is the only section outside the park where you are not running against traffic.

Take care leaving and entering the park as bikes and runners will be crisscrossing (bikes turning left into the park and using the right hand lane and runners making a right and using the left hand lane. A staff person and police officer will be at the park entrance to help you navigate this section.

The water stop is your turn around!

Please do not discard your spent gels anywhere other than the water stops. I do NOT enjoy picking up sticky spent gels when I am picking up signs and getting your mess all over my steering wheel after I have put in a 17 hour day Have some heart and give me a break. I am not as young as I used to be and my patience is waning...

AGE GROUPS:

Sprint	Male	Female
18 and Under	1	4
19-24	3	1
25-29	13	11
30-34	5	6
35-39	13	16
40-44	12	10

45-49	9	6
50-54	12	6
55-59	7	10
60-64	6	2
65-69	7	5
70-74	5	0
75-79	2	2
80-84	1	0

aqua bike female 55
 female 24
 female 39
 female 39
 female 63
 Male 46

5 - 3 person teams mixed

2-2 person teams 1 all male, 1 mixed

Awards for age groupers – three deep

Aqua Bike, First Female

3 Person Teams – first and second

HANG ON TO YOUR RUN NUMBER – MUST BE WORN IN FRONT ON THE RUN. YOU WILL NEED YOUR RUN BIB AND YOUR BIKE BIB TO LEAVE TRANSITION. This is a security measure to ensure no one leaves with your gear. We know the bike bib does not match the run bib...we know the combination that will get you out of the gate.

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