

HAPPY LABOR DAY, TRIATHLETES!

Please take the time to **read and digest all of the information in this email**. You are responsible for knowing the race rules, understanding the course and knowing where you are going on race day.

A tremendous amount of planning goes into making this race happen, and I appreciate your cooperation in helping everything run safely and smoothly.

Do not be the athlete who blindly follows the person in front of you—they may be going the wrong way! Course familiarity should be part of your race preparation. If you miss a turn, become confused or follow another athlete off course, please do not blame a volunteer, staff member, police officer or the Race Director.

You are responsible for knowing where you are going and what you are doing.

I promise you—the information you need to be successful is contained in this email and will also be covered during the **mandatory athlete meeting**.

VETERANS — PLEASE LOOK OUT FOR OUR NEWBIES

Remember your first triathlon and how nervous you were?

We have athletes joining our tri family for the very first time. **Be patient, be encouraging and help us make them feel welcome.** We want their first triathlon experience to be one they can't wait to do again!

RACE-DAY FILMING & VIDEOGRAPHY

Following or videotaping an individual athlete throughout the course is NOT allowed without prior authorization from MMR.

This applies whether the filming is for personal use, social media, influencer content or any other purpose.

We have had problems with this in the past, and **under no circumstances will MMR allow filming activity that puts athletes in danger, interferes with the race or negatively impacts another athlete's race experience.**

If you are planning to have someone follow you on the course to videotape your race, **you must have prior approval from the Race Director.**

Unauthorized filming of an athlete throughout the course will result in **disqualification of the athlete being filmed**, and anyone improperly following athletes on the course will be **removed from the course by police**.

Our priority is the safety and race experience of **every athlete on the course**.

DON'T FORGET TO BRING:

Your credit/debit card to cover the \$7 for a daily park pass (if you do not have an annual county park pass – there is reciprocity across counties so check to see if your county park pass will work in Washington county).

Your full water bottles as there will not be water available at the race start to fill bottles.

IF YOU HAVE NOT ALREADY DONE SO, HERE ARE 3 THINGS YOU MUST DO BEFORE RACE DAY:

1. Take Care of Your USA Triathlon Membership

Because the **Square Lake Sprint is a USA Triathlon sanctioned event**, every participant is required to have a current USA Triathlon membership.

If you are not already an annual USAT member, you will need to purchase a **Bronze (one-day) membership** for the event. A portion of the membership fee provides participant accident medical coverage while competing in the sanctioned event, and your membership also gives you access to select USA Triathlon benefits.

Please purchase your membership or verify your current USAT membership before race day using the link below.

 https://member.usatriathlon.org/rtav/357792/login?distance_type=sprint&mode=web&race_type=Triathlon

Taking care of this ahead of time will make race morning check-in quicker and easier for everyone.

2. Gmail Users — Make Sure You're Getting Our Emails!

We've been having an issue with Gmail rejecting some of our **Athlete Guides and other important race communications**.

If you use Gmail, please **add judi@mmraces.com to your contacts and mark us as a safe sender now**.

Your Athlete Guide will contain information you'll need before race day, including schedules, parking, course information, packet pickup details and any last-minute updates. **We don't want you to miss it!**

Even if you don't use Gmail, it's always a good idea to add us to your contacts so our race emails don't end up in spam or promotions.

3. Give Your Bike a Little Love

Race day is **not** the day to discover that your brakes need adjusting, your shifting isn't quite right or your tires have seen better days.

Our friends at **NOW Bikes** are offering athletes registered for **the Square Lake 70.3**:

- **10% off bike service**
- **Priority servicing for registered athletes**

Take advantage of this benefit and get your bike in **now**, rather than waiting until race week. A properly tuned bike is one less thing to worry about when you roll into transition on race morning.

 [Now Bikes & Fitness | Minneapolis & St. Paul](#)

GENERAL INSTRUCTIONS APPLYING TO EVERYONE

NEED TO SWITCH TO AQUA BIKE?

If you have suffered an injury that makes running difficult, **or your training did not go as planned and you would prefer to switch to Aqua Bike**, please let me know.

- Switch by **NOON WEDNESDAY** and there is **no additional transfer fee**.
- After noon Wednesday, there will be a **\$15 charge** to switch to Aqua Bike.

UNABLE TO RACE?

If you are no longer able to race, **we will miss you!**

Unfortunately, there are **no refunds at this point**. Your registration fees have already been used to prepare for you to race. Thank you for understanding.

PARKING

Parking passes may be purchased at the **kiosks located on the west side of each parking lot**.

Credit or debit cards only.

PACKET PICK UP — RACE MORNING ONLY

Packet Pick Up will take place **race morning at Square Lake Park.**

Square Lake Park:

<https://www.google.com/maps/place/Square+Lake+Park/@45.1548082,-92.7955209,17z/data=!3m1!4b1!4m5!3m4!1s0x52b2c77e2b80b659:0x42789aab5890a96d!8m2!3d45.1548082!4d-92.7934214>

Directions to 15450 Square Lake Trail N, Stillwater, MN 55082:

<https://www.google.com/maps/dir/?api=1&destination=15450%20Square%20Lake%20Trail%20N,%20Stillwater,%20MN%2055082,%20USA>

You must be present to pick up your packet.

For teams, **EVERY team member must be present** to pick up the team packet.

TRANSITION

Transition spots are **first come, first served**. There are no preassigned locations.

When racking your bike:

- Rack bikes on **alternating sides of the rack**.
- Alternate every other bike.
- **Maximum of 5 bikes per rack section.**

Everyone must be in transition at their assigned location by 7:45 a.m. for final race updates.

IF YOU DROP OUT DURING THE RACE

If you need to drop out **for any reason or at any point during the event**, you **MUST** find a **staff member or the Race Director** and let us know that you are dropping.

You must also turn in your timing chip.

Please do not simply leave the course and go home. We need to know you are safe and accounted for.

PROFESSIONAL RACE PHOTOS — FREE!

A professional photographer will be on site taking race photos **at no cost to you.**

While he will make every effort to capture everyone, **we cannot guarantee that every athlete will be photographed.**

Photos will be posted on **Facebook** once they are available. Please be patient—it generally takes **a couple of weeks** for us to receive the photos from the photographer and then get them posted.

Once posted, the photos are **FREE for you to download and share.**

NO BODY MARKING

There will be **no body marking** at this race. You are certainly welcome to mark yourself if you would like, but it is not required.

We will rely on your **bike bib and run bib to identify and track you.**

RESULTS

Results will be posted later in the day at:

<https://www.frontrunnerusa.com/our-events/results>

Randy will also print updated results on site approximately every 30 minutes.

RACE SCHEDULE:

6:30am | Park and parking lots open (parking NOT included in the registration fee - \$7 credit card fee at the kiosk unless you have a county parking pass)

6:30am | Packet Pick Up

6:30am | Transition area opens

7:30am | Packet Pick Up closes

7:30am | Transition area closes

7:45am | Everyone needs to be in their designated transition area

8:00am | Race starts

10:30am | Bike course closes

11:45 am | Course closes

10:15-10:30am | Awards Ceremony (this is a rough estimate as to the time, we need 80% of the field in before doing awards)

PACKET PICK UP

EVERYONE

Race morning beginning at 6:30 a.m.

Packet Pick Up will be located in the **second parking lot, in the southwest corner leading down to the boat launch and transition area.**

USAT MEMBERSHIP VERIFICATION — REQUIRED

Square Lake Sprint is a USA Triathlon-sanctioned race. We will be verifying your USAT membership at Packet Pick Up.

Please be prepared to provide your **current USAT membership information** when you check in. If you purchased a USAT day membership for this race, we will verify that as well.

USAT verification is part of the check-in process and must be completed before we can give you your race packet.

PARKING

Parking is available in two lots:

- The **first/upper lot**
- The **second lot farther south**, where Packet Pick Up will be located

You must have either a **yearly county park pass or purchase a day pass** to avoid being ticketed or towed.

Day passes are **\$7** and may be purchased at the kiosks located on the **west side of each parking lot. Credit or debit card only.**

Place your park pass in your dash window so it is clearly visible and you don't get ticketed or towed.

WHAT'S IN YOUR PACKET

Your race packet will contain:

- **Timing chip** – must be worn on your **LEFT ankle**
- **Bike bib**
- **Run bib**
- **Silicone swim cap**
- **Wristband** with both your bike number and chip number
- **Race shirt** – if you ordered one
- **Finisher medal**

Your packet will be **handed to you by a staff member**. Please do not reach for or take your packet until it has been handed to you.

TEAMS

Please identify yourselves as a TEAM when you arrive at Packet Pick Up so our volunteers aren't searching for your packet among the individual athlete packets.

ALL team members must be present at Packet Pick Up.

YOUR TEAM SHARES ONE TIMING CHIP

Your team will receive **one timing chip**, which you will transfer from one team member to the next between each leg of the triathlon.

- The chip exchange must take place **in transition at the location where your team bike is racked.**
- **Every team member must wear the chip on the LEFT ANKLE** during their portion of the race.
- Wearing the chip anywhere other than the left ankle may prevent the timing mat from reading it, resulting in **no recorded split for that portion of your race.**

LEFT ANKLE for every team member and every leg.

Once everyone has finished racing, make sure the whole team gathers **under the finish gantry for a team photo!**

TRANSITION

NO RIDING BIKES IN TRANSITION!

ATHLETES ONLY are allowed in transition.

Please take a few minutes before the race to familiarize yourself with **all transition entry and exit points** so you know exactly where you are going once you begin racing.

BIKE RACKING

Transition spots are **not assigned and are first come, first served.**

When racking your bike:

- **5 bikes maximum per rack section**
- Rack bikes on **both sides of the rack**
- Alternate every other bike from one side to the other
- Place either your **bike hood or saddle on the rack bar**

Please maintain the spacing so everyone has adequate room for their equipment.

ENTERING TRANSITION RACE MORNING

Enter transition through the **RUN OUT opening on the west side** of transition.

BIKE SUPPORT — NOW BIKES

NOW Bikes will provide bike support just outside transition and on the bike course.

This does **NOT** mean you can arrive on race morning and get a quick tune-up. Your bike should be in **excellent working condition before you arrive at the race**.

NOW will be available to:

- Air tires
- Make minor adjustments
- Provide bike support on the course

Make sure you carry everything you need to change a flat tire yourself. It may take some time for NOW to reach you if you have a problem on the course.

KNOW YOUR TRANSITION ENTRY & EXIT POINTS

SWIM IN — NORTH SIDE

SWIM IN is located on the north side of transition, closest to the beach. Makes sense, right?



You will use this opening to **leave transition and head to the beach for the swim start**.

At 7:55 a.m., everyone except team members completing the bike and run legs will be asked to vacate transition and move to the beach.

Team members waiting to complete the **bike or run portions** of the race are welcome to remain in transition until it is their turn to race.

BIKE IN/OUT — WEST SIDE

BIKE IN/OUT is located on the west side of transition, adjacent to the parking lot and close to the beach.

You must RUN/WALK your bike to this exit and mount your bike OUTSIDE transition at the mount line.

When returning from the bike course, **dismount at the dismount line outside transition and walk/run your bike back to your rack.**

RUN OUT — WEST SIDE

RUN OUT is located on the west side of transition, to the right of BIKE OUT and on the same side as the finish gantry.

PAY ATTENTION WHEN LEAVING FOR THE RUN.

To reach RUN OUT, **you will cross the bike chute**, and cyclists may be coming down the hill toward you at speed as they return from the bike course.

Staff will be there to help you cross safely, but:

BIKES HAVE THE RIGHT OF WAY.

Do not assume a cyclist can stop for you. **Look, listen and follow the directions of staff before crossing the bike chute.**

TEAMS

Teams will have a **separate area in the southeast corner of transition as you enter.**

This provides additional space for teammates who are waiting for their turn to race.

Bike and run team members may remain in transition while waiting for their portion of the race.

ONE MORE TIME — NO RIDING IN TRANSITION

ABSOLUTELY NO RIDING BIKES IN TRANSITION.

Walk or run your bike to **BIKE OUT**, cross the mount line and **then** get on your bike.

When returning, get **off your bike at the dismount line BEFORE entering transition** and walk/run your bike back to your rack.

Mount outside. Dismount outside. No riding inside transition.

SWIM

SELF-SEEDED TIME TRIAL START

Athletes will assemble on the beach in a **long line at 7:55 a.m.** for a self-seeded time trial start.

- **Faster swimmers should seed themselves toward the front.**
- Otherwise, place yourself in line wherever you feel most comfortable.
- Team swimmers may line up with the individual athletes wherever they feel most comfortable.

Athletes will enter the water **one at a time, approximately 3–5 seconds apart.**

KNOW YOUR CHIP NUMBER!

Before you get to the front of the line, look at your timing chip and know your CHIP NUMBER.

DO NOT give me your bike bib number at the swim start.

Take a moment before lining up to look at the number on your timing chip on your left ankle.
That is the number you need for the swim start.

As you approach me on the beach, **tell me your chip number.** Once I call off your number, cross the timing mat and head into the water to begin your swim.

THE SWIM COURSE

The swim is a **single half-mile loop in the shape of a square.**

- **Large pink triangular buoys** mark the farthest corners where you will turn to head back toward shore.
- **Large green triangular buoys** mark the closer corners.
- Additional **round buoys** will be positioned between the triangular buoys to help with sighting.
- **Always keep ALL buoys on your LEFT.**
- Enter the water at the **east end of the beach.**
- Exit at the **west end of the beach, closest to transition.**

WETSUITS & SWIM CAPS

Wetsuits are legal but are NOT required.

The swim cap provided in your race packet **IS required** and must be worn during the swim.

NEED A BREAK DURING THE SWIM? YOU CAN TAKE ONE.

If you need to pause and catch your breath, **you may hold onto any of the safety craft in the water and rest.**

The safety craft **cannot move you forward**, but you are absolutely allowed to hold on while you catch your breath and then continue your swim.

If you get into trouble or need assistance, **raise your hand to signal a lifeguard.**

Our safety team is out there to help you. Don't hesitate to signal them if you need them.

BIKE

BEFORE YOU RIDE — KNOW THESE RULES

1. NO RIDING BIKES IN TRANSITION

Mount and dismount **OUTSIDE** transition at the designated mount/dismount line.

2. NO MUSIC, EARBUDS, HEADPHONES OR PERSONAL AUDIO DEVICES ON THE BIKE

None. This is a safety rule and a condition of MMR's insurance. Violations will result in immediate disqualification.

3. THIS IS AN OPEN COURSE

Stay within the shoulders of the roads and be aware of vehicle traffic around you at all times.

4. SHIRTS ARE REQUIRED ON THE BIKE

Tri tops, tanks and shirts are acceptable. **A sports bra alone is not.**

5. START IN A LIGHT GEAR

I recommend your smallest chainring because you will be climbing a hill immediately out of transition.

PLEASE DO NOT LITTER!

DO NOT LITTER YOUR USED GEL PACKS ON THE BIKE COURSE.

Tuck the empty packaging under the grip of your shorts. Yes, it is sticky, but you can always wash off in the lake later.

You're probably going to be a hot, sticky, sweaty mess anyway, so suck it up. 😊

Please help us keep the course clean and respect the residents who live along it.

LEAVING & RETURNING TO TRANSITION

LEAVING TRANSITION

- Walk/run your bike out of transition.
- Mount **outside transition at the designated mount line.**
- You will immediately begin climbing a hill, so **start in a light gear.**
- Stay **to the LEFT of the cones going up the hill.** The cones will be on your right.
- You will bike out on the **left side of the road** and turn **RIGHT at the park entrance.**
- **Stay within the coned bike area.**

RETURNING TO TRANSITION

You will return on the **same side of the road** you used going out.

- Stay **to the RIGHT of the cones** as you return down the hill. The cones will be on your left.
- Runners will be sharing the roadway with you **behind the cones on the right side of the road.**
- The coned area essentially creates a shoulder for the runners.
- **Stay within your designated coned bike area and be aware of runners and traffic around you.**
- Return to transition through the **same BIKE IN/OUT entrance** you used when leaving.

YOU WILL BE COMING DOWNHILL INTO THE FINISH AREA

DO NOT WAIT UNTIL THE LAST MINUTE TO BRAKE.

Control your speed as you descend toward transition and be prepared to stop at the dismount line.

Dismount OUTSIDE transition and walk/run your bike back to your rack.

BIKE SUPPORT — NOW BIKES

NOW Bikes will be SAGging the bike course.

However, make sure you carry **everything you need to change a flat tire yourself**. Depending upon where NOW is when you have a problem, it could be a while before they reach you.

Bike support will also be watching for violations of the bike-course safety rules, including the use of earbuds, headphones, music and other personal audio devices.

NO MUSIC OR AUDIO ON THE BIKE

NO EARBUDS. NO HEADPHONES. NO BONE-CONDUCTION HEADPHONES. NO MUSIC.

This is important enough to say more than once.

Absolutely NO music or personal audio devices are allowed during the bike portion of the race.

Telephones being used for audio, headphones, headsets, earbuds, AirPods, bone-conduction devices, MP3 players and other personal audio devices **are not to be carried or worn for audio use during the bike portion of the race.**

This is a **safety issue and a condition of the insurance MMR carries.**

You need to be able to hear:

- Cyclists approaching from behind
- Another cyclist calling out a pass
- Police, race staff and course personnel
- Vehicle traffic around you

If we learn that you put earbuds or another audio device on after leaving transition, you will be immediately disqualified.

I cannot put these races on without insurance. Please do not knowingly defy this rule and risk our ability to continue putting on races.

NOW Bikes will be on the course and will be watching for violations as well as assisting athletes with bike problems.

CELL PHONES

You may carry a cellphone **for emergency purposes only.**

It must be turned OFF while you are riding.

AND PLEASE DON'T ARGUE WITH STAFF

Please do not get angry with staff at the mount line if they send you back into transition to remove earbuds, drop off a phone or put on a shirt.

They are enforcing race rules designed to keep everyone safe.

BIKE COURSE RULES & REMINDERS

OPEN COURSE — STAY ON THE SHOULDER

STAY WITHIN THE SHOULDERS OF THE ROADS.

This is an **OPEN COURSE. Vehicle traffic will be present.**

Ride on the shoulder at all times and remain alert to vehicles around you.

Police officers will be stationed at **both ends of Norell** to warn drivers that cyclists are on the course.

Police presence does NOT make this a closed course. Stay on the shoulder and remain aware of traffic.

STAY RIGHT

Always stay on the RIGHT side of your lane of travel unless you are actively passing another cyclist.

Riding on the left side of the lane when you are not passing can interfere with cyclists attempting to pass you and is not permitted.

NO RIDING SIDE BY SIDE

Riding side by side is considered drafting and is not permitted.

NO DRAFTING

This is **NOT** a draft-legal race.

- Maintain approximately **3 bike lengths** between you and the cyclist ahead.
- Once you enter the passing zone—within 3 bike lengths—you have **15 seconds to complete the pass**.
- Make sure you can maintain your lead before initiating the pass.
- Once you have been passed, you must **immediately exit the draft zone** before attempting to pass that athlete again.

PASSING

Pass on the **LEFT** only.

When passing:

- Announce **“Passing on your left!”**
- Complete the pass within **15 seconds**.
- Maintain your speed once you move ahead.

If you are being passed:

- **Do not race the athlete who is passing you.**
- Back off your speed enough to allow the passing cyclist to assume the forward position.

WHAT BIKES ARE ALLOWED?

LEGAL

- Tri bikes
- Road bikes
- Fat-tire bikes
- All-terrain bikes

NOT LEGAL

- Electric bikes
 - Recumbent bikes
-

HELMETS ARE REQUIRED

Helmets are required ANY TIME you are riding your bike—including when you first arrive at the race.

Only helmets approved by the **U.S. Consumer Product Safety Commission (CPSC)** may be used.

Your helmet must be **properly secured under your chin.**

No helmet = no race.

When you're packing your race gear, make sure your helmet makes it into the pile!

SHIRTS ARE REQUIRED ON THE BIKE

You must wear a shirt/top while riding.

Acceptable:

- Tri tops
- Tank tops
- T-shirts or other athletic tops

A sports bra alone does NOT meet the shirt requirement.

If you are concerned about being cold, **think layers.**

AQUA BIKE ATHLETES

You will rack your bike with the **regular individual athletes. There is no separate Aqua Bike section.**

For the swim, line up with the individual athletes wherever you feel most comfortable. Slower swimmers should position themselves toward the end of the line.

When you return from your bike loop:

1. Dismount outside transition.
2. Return your bike to your rack.
3. Leave transition using the **RUN OUT chute**.
4. **Run through the finish line** so we can capture your final race time.

WATCH THE BIKE CHUTE!

To reach the finish chute, **you will cross the bike chute**.

Make sure you are watching for **bikes and runners coming in and out** before you cross.

Staff will be there to assist, but you are responsible for paying attention to the traffic around you.

FINAL BIKE REMINDERS

NO riding in transition.

NO earbuds, headphones, bone-conduction devices, music or personal audio on the bike.

Stay on the shoulder—this is an OPEN course.

Stay right unless passing.

NO drafting or riding side by side.

Helmet required whenever you are riding.

Shirt required on the bike.

NO littering.

And when you come flying back down that hill toward transition:

SLOW DOWN EARLY. DO NOT WAIT UNTIL THE LAST MINUTE TO BRAKE.

RUN

LEAVING TRANSITION — WATCH FOR BIKES!

Be careful as you leave transition.

Bikes may already be coming down the hill as they return to transition, and **they may be coming in hot.**

You will be crossing the path used by cyclists, so **pay attention to what is happening around you and follow staff directions.**

LEAVING THE PARK

As you leave transition:

- Run **behind the cones on the RIGHT side of the road** as you are facing the hill.
- **Stay behind the cones.** The cones are creating the shoulder in which you will run.
- When you reach the **park entrance, turn LEFT.**
- To make that left turn, **you will cross the bike lane.**
- **PAY ATTENTION TO BIKES COMING AND GOING at the park entrance before you cross.**

ONCE YOU LEAVE THE PARK — RUN AGAINST TRAFFIC

Stay on the shoulder at all times and run **AGAINST** traffic after leaving the park.

This is an **open course**, so remain alert to vehicles, cyclists, other runners and what is happening around you.

RETURNING TO THE PARK

On your return, you will use the **same running lane.**

At the park entrance:

- You will again **cross over the bike lane.**
- **Look for cyclists before crossing.**
- Once across, run on the **LEFT side of the road as you are facing the park entrance,** staying behind the cones.
- This will take you **directly into the finish chute** and keep you out of the lane being used by returning cyclists.

Remember: bikes may be descending toward transition at speed.

BOTTOM LINE...

PAY ATTENTION TO WHAT IS HAPPENING AROUND YOU!

You are sharing portions of this area with cyclists and vehicle traffic. Stay where you are supposed to be, watch before crossing the bike lane and follow the directions of race staff.

WATER STOP

A water stop will be located at the **run turnaround**.

We will provide:

- Water in small **4-ounce cups**
- **Hammer HEED electrolyte drink** in small 4-ounce cups

Please drop used cups and other waste **within 15 feet of the water stop**.

PLEASE DON'T LITTER

Do not drop used gel packets anywhere on the run course.

Garbage cans will be provided. Please put your used gel packets in the garbage rather than on the ground.

This keeps our course clean, shows respect for the people who live along the route and, importantly, means our volunteers **do not have to pick up gel packets that have been in your mouth and are covered in saliva**.

Please take care of the residents, the course and the volunteers who are taking care of you.

EARBUDS ON THE RUN

Earbuds and music ARE allowed on the run.

Just remember the distinction:

RUN = earbuds are fine.

BIKE = NO earbuds, headphones, bone-conduction devices, music or personal audio.

FINISH LINE

You did it! 🎉

Once you cross the finish line, **please remove your timing chip and place it in the receptacle provided.**

Bottled water will be available at the finish.

POST-RACE BARBECUE

Now it's time to eat!

The post-race barbecue will be held **alongside the transition area, under the trees by the beach.**

We'll be serving:

- Hamburgers
- Turkey burgers
- Chicken hot dogs
- Bratwurst
- Veggie burgers
- Gluten-free buns **upon request**
- Chips
- Bottled water

Grab some food, find some shade and stick around to celebrate with your fellow athletes!

AWARDS

The awards ceremony will take place in the **barbecue area at approximately 10:30 a.m., or when 80% of the field has crossed the finish line.**

Come celebrate our finishers and award winners!

LEAVING THE PARK — PLEASE BE CAREFUL

Remember that **the race may still be underway when you leave.**

Athletes may still be **biking and running on the roads in and around the park**, so please take extra care as you drive out.

Watch for athletes coming and going, drive slowly and give them plenty of room.

Your race may be over, but theirs isn't yet. Please help us keep everyone safe until the final athlete is home.

AGE GROUPS

	Male	Female
19 and Under	2	1
20-24	2	5
25-29	5	9
30-34	9	7
35-39	14	6
40-44	8	9
45-49	8	6
50-54	7	4
55-59	4	2
60-64	4	3
65-69	1	1
70-74	3	0
75-79	4	0
80-84	1	0

Registration will remain open through packet pick up. Numbers are subject to change.

1 Mixed 2 Person Team

1 Mixed 3 Person Team

SPECTATORS — BRING YOUR CHEERING SECTION!

Completing a triathlon is an amazing accomplishment—and one you may want to share with your family and friends.

Your entourage is absolutely welcome to join us!

BEST PLACES TO WATCH

The best spectator viewing areas will be:

- **Swim start and swim exit**
- **Outside the park entrance** to watch athletes leave and return on the bike
- **The finish line** — of course!

MAKE A SIGN WHILE YOU WAIT!

We'll have **FREE sign-making supplies for spectators located outside transition.**

While you're waiting for your athlete to return, make them a sign, embarrass them with something clever or simply give them a little extra encouragement when they need it most.

We'll provide the supplies—you provide the creativity!

PLEASE DO NOT FOLLOW ATHLETES ON THE BIKE COURSE

We do not recommend spectators drive around the bike course looking for or following their athlete.

Remember, this is an **open bike course**, and adding unnecessary vehicles to the roads creates additional traffic for our cyclists.

The better plan:

Get there early, find a parking spot and settle in for the duration of the race.

There are several opportunities to see and cheer for your athlete without getting into a vehicle and trying to follow them around the course.

SPECTATOR BARBECUE

Spectators are welcome to join us for the post-race barbecue!

Spectator meals are \$10 — CASH ONLY.

So bring your cheering voice, make a sign, grab a spot and help us create a great finish-line atmosphere for **all of our athletes—not just the one you came to see!**

THANK YOU!

Thank you all for registering to race the Square Lake Sprint with MMR. I appreciate the support you show the racing community and MMR with your registration.

I also want to extend a heartfelt thank you to our sponsors.

HAMMER NUTRITION – <https://www.hammernutrition.com>

In my experience, Hammer is much easier to digest than so many products on the market and has been my go-to race nutrition for the past 30 years (yes, I am that old...ugh). Hammer electrolytes will be served on course.

MIDWEST EVENTS – [Outdoor Fitness Events | Minnesota | Midwest Events](#)

MMR uses Midwest Events for all its race registrations. You can find a complete listing of all the races there.

LAKEVIEW HOSPITAL – Located in Stillwater, they are providing us with an onsite ambulance which will be located on the boat launch adjacent to transition.

FRONTRUNNER EVENTS – Owned and operated by Randy Fulton, Frontrunner will be providing our chip timing. They will also be using your bike and run bib as back up timing so please make sure your bib is in front as you cross the finish line.) Also make sure you know your chip number before you enter the water so you can call it off to me and the back up timer.

NOW BIKES- [Now Bikes | Local bike shop in Minneapolis, St. Paul, Arden Hills \(nowbikes-fitness.com\)](#)

NOW will be providing bike support in transition and on the course for Manitou. This is an exceptional bike shop with locations in Arden Hills and St. Paul. I don't trust my bikes to anyone else! Not only do they have great bikes and mechanics, but the shop is chock full of great gear that I am pretty sure none of us can live without.

RESULTS:

Results will be available at the finish line and will be updated roughly every 30 minutes or so. Official results will be available online later Saturday at [Twin Cities Area Athletic Race Day Events |](#)

[FrontRunnerFrontRunner \(frontrunnerusa.com\)](http://FrontRunnerFrontRunner (frontrunnerusa.com)). As always, if anything looks a bit wonky, please address the issue with Randy at the race or via email post-race at randy@frontrunnerusa.com.

If you killed it out there and were a podium finisher, congratulations! You will receive an award ribbon to attach to your finisher medal during the award ceremony. Overall age group winners will be removed from the age group standings (no double dipping). Age groups are three deep. You must be present to get the award. If you are unable to stay but would like the award mailed to you, you will need to cover the cost of shipping (\$7).

I will be sending out a final email on Saturday evening (likely to be quite late as I will have to tear down the 70.3 courses and reset for the sprint) with any final updates (including an update of the age groups).

If you have questions or concerns, please email me no later than Thursday. I will be out of the office and away from my email all day Friday setting up the course and transition and then at the 70.3 all day Saturday. Thank you for your understanding. I look forward to seeing all of you on race morning.

I look forward to seeing all of you on Sunday morning.