

Good evening, Triathletes.

Having completed setting up the courses (as far as I can given the high chance of rain tonight I have not chalked the roads. I will be doing that at 3am tomorrow – hopefully the roads are dry enough to take the chalk.

I do have corner signs and cones down. I have attached pictures so you can see how corners are being marked with signs and cones. The first 3 show the turn off of Hwy 95 onto Square Lake Trail. It is not possible to put a sign at this corner because of the guard rail. So watch for the big brown sign for the park and then look for the guard rail and then the cones leading you through the corner.

The 4th picture is at the top of the hill leading down into the tunnel. This tunnel is no joke, narrow and twisting. So SLOW DOWN!

The final picture is at the school where you will be making a right. See the sign with the cone followed by the signs leading you around the corner. This will be typical of the corners.

Let me hit some other highlights for you:

Make sure you fill your water bottles before leaving for the race. We will NOT have water available before the race starts. Use bottles you don't care about. You will not be getting them back after switching them out at the bottle exchanges.

Registration/Packet Pick Up:

Opens at 6am 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. There is another kiosk in the second lot. Do not park in the coned off area in the second lot in front of the kiosk. These spaces are reserved for staff, volunteers and lifeguards – lets make sure the lifeguards are able to park!

You must pick up your packet prior to entering transition. Registration/packet pickup is your first stop after the kiosk. USAT representative Liz will be present to verify USAT membership numbers. If you are an annual member bring your card. Everyone needs to bring ID.

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

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 and will be located all the way over to the left as you are facing the tables. Packets are in alphabetical order right to left.

Transition:

Transition is located by the boat launch at the bottom of the hill. You will enter through the bike chute which is located on the northwest corner of transition – by the porta potty closest to the lake.

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:

We will be setting the course in the morning.

Two loops.

Keep buoys on your left at all times.

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 swim 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 half way between to allow for sighting.

You do not get out of the water for the second loop. Round the triangular buoy closest to the shore to begin your second loop.

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.

Wetsuits are legal but not required.

Take it easy on the swim caps we are providing. They are silicone and seem like they would tolerate some abuse, but in fact they do tear if yanked on aggressively.

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 58.6 miles...I am sorry. But it is the only way to get you back safely.

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 can drop gear at the bottle exchanges. We will move that gear to finish area around 1:30 in the afternoon.

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

Consider putting your bike in an easy 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 embarrassed athletes.

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 many of the corners, but it is your responsibility to know the course – so review the map I have attached and/or use the link I provided in the athlete guide to download the course to your watch. I will also have staff and volunteers on a couple of corners. If there is no human at the corner, there will be a series of cones marking the way. Just follow the cones. I have also placed route arrows on the ground, but they may be frayed from traffic. (See attached photos as examples.)

The lead cyclist will have a police escort.

BOTTLE EXCHANGE ETIQUETTE – SLOW DOWN for heaven's sake. Our poor volunteers and staff do not want their arms ripped off trying to give you a bottle. Drop your empty bottle 20 – 25 feet before you get to the person handing out the water. Then slow down enough to be able to grab the water. Be aware that other athletes may be in the area – do not plow into them or cut them off trying to get to the water first. It is not polite, and more importantly, dangerous.

Porta potties will be located at the bottle exchanges. Again, watch out for fellow athletes before pulling over.

Bottle exchanges every 13.5 miles or so.

Mile markers every 2 miles unless they have been stolen...happens way more than it should. Because some signs were stolen already, I have marked the road with the mile mark (shh...don't tell anyone).

TUNNEL – This is the most dangerous part of your ride. It curves and is narrow. Slow down. The road has been marked to slow down and there is a large sign warning you. Pay attention. There will also be an officer at the tunnel to warn traffic. Cones will mark the middle of the road. Make sure you stay to the left of these cones to avoid oncoming traffic.

Police officers will be everywhere in Marine on St. Croix. The turn off of Broadway onto Oak is difficult to mark but there will be an officer there and we will have cones cutting off the shoulder. Make a left off of Broadway.

Lollipop – you will only ride the lollipop once. It will mark your nearing the end of your first loop. You will continue on Square Lake Trail N. which will turn into Paul Ave. N. Ride all the way to the cul-de-sac where you will spin around and come back, make a right back on to Square Lake Trail N to pass by the park entrance where there will be another bottle exchange.

Second loop, skip the above and make a left onto Square Lake Trail N to enter the park.

I will have a staff person yelling out “First Loop Straight Ahead” and the road bed will be chalked – weather permitting. But you will need to pay attention. Watch your mileage...know that you are close when you are hitting 24 miles.

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.

Out of transition, you will 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.

Water stops every 1.5 miles will have water, Hammer electrolyte mix, Hammer gels, coke, oranges, bananas and a smiling volunteer or staff person. Port potties are located at the first, third, fourth and final water stops.

Run against traffic at all times.

When you get to the second water stop you will cross over Square Lake Trail. There is an officer there to control traffic. Wait to cross the road until you get to the officer. Do NOT cross well before the officer.

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:

	Male	Female
19 and Under	5	2
20-24	11	3
25-29	24	11
30-34	16	9
35-39	13	9
40-44	6	3
45-49	5	4
50-54	10	2
55-59	5	2

60-64	7	1
65-69	0	0
70-74	1	1

That’s it for now. I have to work on the sprint but I will see all of you bright and early in the morning. Sleep well.