

Happy Labor Day, Triathletes!

Please read and digest this information – you are responsible for knowing what you are doing and where you are going on race day. It has taken a lot of planning to make this happen, so I appreciate your cooperation! Do not be the athlete who blindly follows another athlete who may just be steering you wrong. It is not a volunteer, staff, police officer or race directors' fault if you get lost or are confused. I promise everything you need to know to be successful is contained in this email and in the information I will provide at the mandatory athlete meeting. Veterans, please be kind to our newbies. Remember how nervous you were at your first tri? Let's make them feel welcome to our tri family.

Video taping of individual athletes throughout the course is not allowed! Influencers, if you are planning to do so, know that you will be disqualified, and the police will remove you from the course. We have had issues with this in the past – under no circumstances will MMR tolerate putting athletes in danger and or negatively impacting the athlete experience of anyone on 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.

GENERAL INSTRUCTIONS APPLYING TO EVERYONE:

If you have suffered an injury which makes it difficult to run, please let me know if you would like to switch to the aqua bike by noon on Wednesday. If the training did not go as well as planned and you would like to switch to the aqua bike If you do so by noon on Wednesday, there is no additional transfer fee. After noon on Wednesday, there will be a \$15 charge to switch.

If you are no longer able to race we will miss you. There are no refunds at this point as your fees have been used to set you up to race. Thank you for your understanding.

Parking passes can be purchased at the kiosks located on the west side of each parking lot – credit or debit only.

Packet Pick Up is on race morning only at the race site:

<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>

<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.

Every team member must be present to pick up team packets.

Spots in transition are on a first come basis. Bikes should be racked on alternate sides of the race, every other bike, 5 bikes to each section.

If you need to drop out of the race for any reason or at any time during the event, you must find a staff member or the race director to let them know you are dropping and give them your chip.

A professional photographer will be on site to take pictures at no cost to you. While he will make every effort to capture all of you, we make no guarantees. Pictures will be posted on Facebook once they are available (takes a couple weeks for us to get these back from the photographer and then get them on FB). These are free for you to download and share but please be patient.

There will not be any body marking. You are certainly welcome to do this on your own, however, we will be relying on your bike bib and run bib to track you.

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

Results will be posted later in the day at <https://www.frontrunnerusa.com/our-events/results>. Randy will be printing out results roughly every 30 minutes or so on site as well.

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.

We will be set up in the second parking lot on the southwest corner leading down to the boat launch and transition area.

Parking is available in two lots: the first upper lot, and a second lot further south where packet pick up will be held.

You must either have a yearly county park pass or purchase a day pass to avoid being towed or ticketed. Parking passes can be purchased (\$7 credit or debit only) at the kiosks located on the west side of each parking lot.

Packets will contain the following items: your chip to be worn on the left ankle, your bike and run bibs, a silicone swim cap, a wristband with your bike and chip number, your shirt (if you ordered one) and your finisher medal.

Your packet will be handed to you by a staff member. Please do not reach for your packet until it is handed to you.

Place your park pass in the dash window to avoid being towed or ticketed.

Teams

Please identify yourself as a team so that volunteers are not trying to find your packet in with the individual packets.

All team members must be present at packet pick up.

You will share a single chip which you will rotate between your members between each leg of the triathlon. Exchange of the chip should take place in transition where your bike is racked. All members must affix the chip to their left ankle. Any other location will result in a non-registration of the timing of that split.

Remember to gather under the finish gantry as a team for a team photo once you are done racing.

TRANSITION:

NO RIDING BIKES IN TRANSITION!!!!

Athletes only allowed in transition.

Take note of the locations of all entry/exit points in transition.

No assigned spots on the racks. Bikes should be racked every other bike on alternate sides of the rack, 5 bikes to a rack section.

Enter through the run out opening on the west side of transition.

NOW Bikes will be providing bike support just outside of transition and on the bike course. This does NOT mean that you can show up and get a quick tune up. Your bike should be in excellent working condition prior to coming to the race. They will be available to air tires and do minor adjustments.

Please make sure you have everything you need to change a flat tire on course as it might be some time before NOW gets to you.

SWIM IN – Located on the north side of transition, you will find the swim in (closest to the beach...makes sense right?). You will leave transition to head to the beach using this entrance.

Everyone (except team members doing the bike and run) will be asked to vacate the transition area to the beach at 7:55. Team members for the bike and run legs are welcome to remain in transition until their turn to race.

All bikes should be racked on either side of the rack, every other bike, placing your bike hood or saddle on the bar.

BIKE IN/OUT – West side of transition adjacent to the parking lot, close to the beach. Run your bike to this exit to mount outside of transition

RUN OUT – West side of transition to the right of bike out. When leaving on your run, make sure you are paying attention to bikes coming down the hill. You will be cross over the bike chute to get to the run out (which is on the same side as the finish gantry.) Staff will be there to help with crossing – bikes will have the right of way as they will be speeding down the hill toward you.

TEAMS – You will be in a separate area in the southeast corner of the transition area as you are entering. This is to allow you additional space for your teammates.

Absolutely no riding of bikes in transition. Walk your bikes to the bike out and get on/off your bike at the mount dismount line outside of transition.

SWIM:

Athletes will assemble on the beach in a long line at 7:55am. This is a self-seeded time trial start. Faster swimmers should plan to be at the head of the line. Please feel free to place yourself in line wherever you feel most comfortable.

Athletes will enter the water 3-5 seconds apart.

Tell me your chip number as you approach me on the beach. The chip number will be on the wristband and will be the smaller of the two numbers. The bike number will not match your chip number – do not use this your bike number – please take a look at your chip and match it against your wrist band and use that number for the swim out. Once I call off your chip number you should cross the mat and head into the water for your swim.

The course is a single half mile square loop. Large pink triangle buoys will mark the farthest corners at which you will turn around to head back to shore. Large green triangle buoys will mark the closest corners. Additional round buoys will be placed between the triangles for sighting guidance. You will go in on the east end of the beach and exit on the west end closest to transition. Always keep the buoys on your left.

Team swimmers may join the individuals in the line up wherever they feel most comfortable.

Wetsuits are not required but are legal.

The swim cap provided is required.

If you need to pause to catch your breath, you can do so by holding on to any of the craft in the water. They will not move you forward but you can rest. Just raise your hand for a lifeguard if you get in trouble.

BIKE:

No riding of bikes in transition. Mount and dismount outside of transition where designated.

I would recommend your smallest chain ring as you will be climbing a hill immediately out of transition.

DO NOT LITTER YOUR USED GEL PACKS ON THE BIKE COURSE. TUCK THE PACKAGING UNDER THE GRIP OF YOUR SHORTS. Yes, it is sticky but you can always wash off in the lake later. You are probably going to be a hot sticky sweaty mess anyway, so suck it up.

Upon leaving transition you will be staying to the left of the cones up the hill (cones on the right). Upon your return, you will use the same side of the road to the right of the cones (the cones will be on your left). Head back into transition through the same bike entrance/exit you used on your way out.

You will bike out on the left side of the road and turn right at the park entrance and return on the same side - runners will be sharing the road with you behind cones on the right side of the road. Please stay within the coned areas on your bike. They will be running inside the coned area (the coned area is basically creating a shoulder on which to run). Be aware of the traffic around you.

Remember you will be coming downhill into the finish area. Do NOT wait until the last minute to brake.

NOW Bikes will be sagging the course. Make sure you have everything you need to change your tire should you flat as it could be a long time before you see them.

Bike Course Rules and Reminders

STAY WITHIN THE SHOULDERS OF THE ROADS. This is an open course. You must ride the shoulders to avoid being hit by cars passing on the road.

No earbuds of any kind are allowed on the bike. Telephones, headphones, headsets, Walkman's, iPods, bones, mp3 players, and other types of personal audio devices are not to be carried or worn at any time during the bike portion of the race. This is a safety issue and a condition of the insurance MMR carries. You need to be aware of cyclists coming up on you and of traffic passing you. If we learn that you have put earbuds on once you have left transition, you will be disqualified. (I cannot put these races on without insurance. Please do not selfishly defy this rule and risk shutting down MMR permanently.) Keep in mind that bike support will be on the course and will be watching for this as well as helping anyone with bike issues. Violations will result in immediate disqualification.

You can carry a cellphone for emergency purposes; HOWEVER, it must be turned off while riding.

Shirts are required – tanks and tri tops are acceptable; sports bras are not.

Please do not get angry with the staff at the Mount line if they send you back into transition to drop your telephone or earbuds or to tell you to put on a shirt. You should know better.

Always stay on the right side of the lane of travel unless passing; riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass is not permitted.

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

No drafting. This is not a draft legal race. Keep three bike distances between you and other riders unless passing. Pass within 15 seconds of entering the passing zone (within 3 bike lengths) and make sure that you can hold your lead on the bike you are passing. Once passed, you must immediately exit the draft zone before attempting to pass.

Passing rules: Pass only on the left. Warn the cyclist you are passing by announcing “passing on your left”. Pass within 15 seconds and maintain your speed. For those being passed, you must not race the athlete passing you. Back off your speed to allow the athlete to assume the forward position.

Tri bikes are legal as are road bikes, fat tire bikes and all terrain. NOT LEGAL: electric bikes and recumbent bikes.

Helmets are required at all times you are riding (even when you are first arriving). Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used. They must be secured under the chin. You will not be allowed to race if you do not have a helmet. So, make sure you include the helmet in your gear pile as you are packing up your race equipment.

Shirts are required when riding.

AQUA BIKE –

You will rack your bike with the regular individual athletes (no special section).

Line up with the individual athletes for the swim, wherever you feel most comfortable. Slower athletes should line up toward the end of the line.

When you return from your bike loop, rack your bike back in transition. You must run out of transition (use the run-out chute) and through the finish line in order for us to track your final race time. Make sure you are watching for bikes and runners coming in and out because you will be crossing the bike chute to reach the finish chute.

Shirts are required on the bike course! Think layers if you are concerned about being cold.

Police officers will be located at both ends of Norell to warn drivers of bikes on the course. This is an open course so ride on the shoulder at all times.

RUN:

Be careful leaving transition. Bikes may be coming down the hill to return to transition. Unfortunately, you will be crossing in their path as you reenter the park and head to the finish so be aware, they may be coming in hot.

You will be running out 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 you will be running in). When you get to the park entrance you will be taking a left which means you will be crossing the bike lane. Pay attention to any bikes coming and going at the park entrance.

On your return, you will be in that same lane, crossing over the bike lane at the park entrance then running on the left side of the road (as you are facing the park entrance) behind the cones. This will take you directly into the finish chute and out of the way of bikes that may be using the other lane.

Bottom line...pay attention to what is happening around you!

Stay on the shoulders at all times running against traffic after you leave the park.

A water stop will be located at the run turn around. Small 4-ounce cups of water and/or Hammer Heed electrolytes will be provided. Waste should be dropped within 15 feet of the water stop.

Used gel packs should be deposited into the garbage cans provided so that volunteers do not have to be exposed to your saliva.

Please do not drop your used gel packs anywhere on the course. Please be respectful of those who live in the area and our volunteers.

Earbuds are fine on the run.

FINISH:

You will need to remove your chip once you cross the finish line and drop it into the receptacle provided.

Bottled water will be available at the finish.

The post-race barbecue will be held alongside the transition area, under the trees by the beach. We will be serving hamburgers, turkey burgers, chicken hot dogs, bratwurst and veggie burgers; gluten free buns (upon request) chips and bottled water will also be available.

The awards ceremony will take place in the barbecue area around 10:30 or when 80% of the field has crossed the finish line.

Please take care in leaving the park, realizing that athletes on bikes and running may still be coming and going.

AGE GROUPS

Sprint	Male	Female
19 and Under	3	0
20-24	5	4
25-29	1	8
30-34	11	10
35-39	12	4
40-44	5	10
45-49	6	3
50-54	8	9
55-59	0	5
60-64	6	2
65-69	1	1
70-74		
75-79	1	

Aqua Bike:

Female - Ages: 42, 52, 56, 63, 64

Male - Ages: 62, 64, 66, 69, 74, 77

2 -2 Person Teams

9-3 Person Teams

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

SPECTATORS:

Completing a triathlon is an amazing accomplishment. One that I am sure you may want to share with your loved ones. Your entourage is welcome to join us. If they would like to partake in the barbecue, they can do so for \$10 cash.

Best viewing for spectators will be at the swim in and out and outside the park entrance for the bike in/out and of course at the finish line. We do not recommend spectators drive around on the bike course looking for you. Get there early, find a parking spot and settle in for the duration of the race.

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.

North Star Medical - <https://northstarmedicalmn.com/>

This unique chiropractic service focuses on pain management and non-surgical treatments. They provide a unique array of comprehensive services to ensure that no matter your condition you can get the care you need. They understand everyone faces different challenges when dealing with their pain and work with each individual to develop a **personal treatment plan** for their needs.

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 \(frontrunnerusa.com\)](#). 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.