

Good afternoon. Thank you for registering for the first offering of Stroke and Stride. The numbers for this first event are quite low, so we are making an adjustment to the long course (1600 yard swim). See below. I have attached maps of the swim and run courses and the site layout. The run course is unchanged.

## **LOCATION**

**Parking is free and located adjacent to the beach by transition.**

Turtle Lake Park, Shoreview  
4979 Hodgson Road

<https://www.google.com/maps/dir/?api=1&destination=4979%20Hodgson%20Rd%2C%20Shoreview%2C%20MN%2055126%2C%20USA>

## **PACKET PICK UP AND ONSITE REGISTRATION**

Your packet will include your chip. No bibs for this event. The chip should be secured to your left ankle.

4:00 PM On site registration opens for those who have yet to register.

5:30 PM Packet Pick Up

6:00 PM Swim Start

## **TRANSITION AREA**

Transition is a secure area that will be monitored by staff to ensure the safety of your belongings. Changing areas are available in the beach house by the parking lot.

## **WHAT TO BRING**

Wear whatever you were planning to race in.

Goggles

Bright colored swim cap - swim caps are required. We will have bright colored swim caps available for purchase if you do not have one - \$5 cash.

Running shoes and socks.

Visor or running hat.

Wetsuits are fine. The water temperature is now 74.8 degrees.

## **COURSE UPDATE**

### **Swim Course Rules -**

- Keep buoys on your right at all times.
- Lime green buoys will be located 150-yards out from shore - use these as siting buoys on your way out and back.
- Bright pink buoys will mark the farthest corners (300 yards out) where you will turn either to go across or to turn back to shore.

- You must wear a brightly colored swim cap (hot pink, yellow, lime green). Blue swim caps are not acceptable. This is for your safety so that lifeguards can see you clearly in the water.
- Self-seeded time trial start. Put yourself in line where you feel most comfortable. Faster swimmers should plan to be in front. 3 second break between athletes.
- Short and long course swimmers will line up together.
- If you need to rest or take a break, flag one of the lifeguards by raising your hand out of the water. You are welcome to hang on to a water tube or their craft until you get your bearings. We will wait for you so don't panic or feel rushed.

**With the small numbers, the 1600 yard course will be 2 loops of the 800 yard course. You do not have to come back to the beach to start your second loop. Turn right at the lime green buoys closest to the beach to head back out for your second loop.**

### **Run Course Rules -**

Ear buds are allowed on the run.

This is an out and back run. The water stop marks the turn around.

Water in small disposable cups will be provided.

You will be running on paved trail and sidewalks the entire time.

### **Finish Area -**

The finish line is adjacent to the transition area and will be marked with a gantry.

Bottles of cold water will be available at the finish.

### **Race Results -**

Results will include your swim time, transition time, run time and finish time.

Athletes will be ranked in the results by their finish times.

Results will be published later in the evening at [Fronrunner Events USA | Race timing](#). I will also send out the direct link for the results once I have it from Randy. But you will be able to access them within an hour of the finish (8:30pm or so) using the link I have provided. Use the Race Results tab on the home page to pull up the event.

### **Newbies -**

If you are new to the sport of triathlon and have questions, come a little early or stay a little later. I am available to answer questions - in particular, I can walk you through setting up your transition area for a tri - I will have an example set up that I can talk you through. There is no such thing as a dumb question except the one that isn't asked.

If you have questions regarding this event, please do not hesitate to shoot me an email. I will be setting up courses and making final arrangements tomorrow during the day so my answer may be delayed a bit, but I will get back to you. See you soon!