Good day Duathletes!

The information contained below is the most up to date and accurate regarding the race this Sunday.  It will not necessarily match what is on the website and it is a lot more detailed so please take a moment to familiarize yourself with this information. You are responsible to know the content of this email.

**The start location of the race has been changed to the NORTH PAVILION. This is roughly a half mile deeper into the park – on the way to the boat landing. It does add a mile total to the bike route. The only other change to the published bike route is laid out below.**

**The run route is now two equal 2.5-mile runs – because of construction on the trail, this will be an out and back run. Your turn around is the water stop.**

You are responsible for knowing the course so please study the attached course map. PLEASE NOTE THAT THE BIKE ROUTE HAS BEEN CHANGED SLIGHTLY FROM WHAT WAS PUBLISHED ON OUR WEBSITE. See below.

NO SWITCHING RACE TYPES ON RACE DAY.  ALL RACE TYPE CHANGES MUST BE MADE BY TUESDAY, 5PM.  THANK YOU FOR YOUR UNDERSTANDING.

**MAKE SURE YOU BRING $7 CASH TO PAY FOR A DAILY PARK PASS. THE ENTRY KIOSK ALSO ACCEPTS CREDIT AND DEBIT CARDS. The kiosk is located right by the guard house as you pass through the gate.**

All athletes should place their chip on their left ankle. If the chip is not on the left ankle the timing mats will not pick up your time!

Don’t wait until the last minute to use the restrooms located in the parking lot adjacent to transition.  This is a small race, but lines can still get very slow as we get closer to the race start.  There are portable restrooms located in several locations along the run route as well.

**FOOD DRIVE ON RACE MORNING: Please…be generous -**

Can you help with a nonperishable donation to the Twin Cities Academy to make sure the kids have food over the weekend when they are home? Food insecurity is a horrible reality for all too many kids. Can you help ease the stress for these families by bringing a donation.

Twin Cities Academy is an urban, college preparatory, public charter school located on the East Side of Saint Paul, serving students in grades 6-12. The school’s mission emphasizes academics, justice, and leadership. We believe that all students can learn and should have the opportunity to attend a post-secondary institution.  They offer two food shelf options: food and personal items available to TCA families, and an outdoor food pantry that's available to their neighbors.  They also grow vegetables in the school garden, and that produce is available too.  They are in need of :  cereal, easy to prepare boxed meals, canned meat/tuna, soup, personal hygiene items such as shampoo, soap, deodorant and paper products.

Bring your nonperishable items to the packet pick up. We will have a box available to put your donations in for delivery. We had a great turnout of items last year. Let's make it happen again this year! Thanks everyone for your generous support of our local community. Word on the street is that the need is up significantly year over year thanks to inflation.

**BIKE COURSE CHANGE**

**There will NOT be volunteers or staff on the bike course so please note the following changes to the published map.**

All cyclists will stay on Stillwater Blvd. N into downtown Lake Elmo then make a right on Lake Elmo Avenue North. There will be an officer in a patrol car at the intersection of Stillwater Blvd. N and Lake Elmo Ave. N.

Additional officers with squads will be positioned at the race entrance and at 10th Street North and Inwood Avenue North.

Every effort will be made to chalk the roads with directional arrows as well as route arrows on the road surface. Signs with “whirlies” will also be located at all corners. Additional signs will indicate mile marks every two miles. You need to familiarize yourself with the map taking into account the above change.

**ABSOLUTELY NO EAR BUDS ON THE BIKE, NOT EVEN HANGING AROUND YOUR NECK. YOU WILL BE AUTOMATICALLY DQ’D AND YOUR RESULTS WILL NOT BE POSTED. This includes open ear bone conduction headphones. Electronics on the bike are limited to shifters, run watches and garmin type bike computers.**

**PACKET PICK UP –**

**Sunday, October 13 – Race Day – from 7:30 a.m. to 8:30 a.m.**

1515 Keats Avenue North

Lake Elmo MN  55042

Shirts will be available for athletes who registered at least two weeks ago.  Late registrants can expect to receive their shirts several weeks after the race.  Shirts will be mailed to you at the address you provided when registering. Late registration sizing is not guaranteed but based upon availability. Every effort will be made to provide you with the requested size or a reasonable substitute. Those of you registering prior to two weeks will have your race shirts in your packets.

 **WE ARE UNABLE TO MAKE ANY SIZE SUBSTITUTIONS AS WE ORDERED THE SHIRT SIZE YOU REQUESTED AT THE TIME YOUR REGISTERED.**

Packets will contain your finisher medal (and shirt if ordered in time), chip to be placed on your left ankle, running bib and bike number.

**RACE DAY DETAILS**

The park does not open until 6:30 a.m. – there is literally a gate across the entrance.  This is not a large race so there is no need to arrive prior to 7:15. You will all have a great spot in transition and arriving at that time will give our staff time to set up to make your arrival pleasant and well organized.

If you do not have an annual County Park pass, you will need to stop at the gate upon entering and purchase a day pass ($7). Officers patrol the park checking for park passes – the fine is a hefty $250. So, take a moment to ensure you do not end up with a ticket. Staff will be making sure you have a pass when you pick up your materials. Unfortunately, we will not have any park passes available at packet pickup so you will need to drive back down to the park entrance to purchase a ticket from the kiosk or after 8 am by entering the park offices if you forgot to do so on your way in.

**Race Day Schedule of Events**

**Race Schedule**

7:30am | Registration and packet pick-up opens (parking NOT included in the registration fee - $7 at the gate unless you have a county parking pass)

7:30am | Transition area opens

7:30am | NOW Bikes available for bike support

8:55am | Transition area closes

8:55am | Final race announcements (transition area)

9:00am | Reverse du start

9:05am | Short course start

10:30am | Barbecue

11:00am | Awards

12:00pm | Racecourse closes

\*For the security of all athlete gear, only athletes identified by their bibs will be allowed in the transition area. The bike number should be affixed to the bike prior to entering and match the athlete’s bib prior to leaving transition for the day. Athlete bibs need to be worn in front. We apologize for any inconvenience this may cause but hope that you will appreciate that we care as much about your gear as you do.

 Please be sure to fill your water bottles prior to arriving at the race. There will not be any water available prior to the start of the race.

**Transition**

The regular transition is separate from the reverse. Please make sure you rack in the correct transition area – this will impact your timing if you are in the wrong transition area. Staff will be available to guide you to the correct area.

Bikes can be racked either from the saddle or from the horns. There will be a lot of space in transition for your gear but please be respectful of fellow athletes.

You will return to your transition location after each leg of the race. So, make sure you remember where you are racked so that you do not accidentally rack in another athlete’s spot.

Bike out is located on the south end of each of the transition areas. Run IN/Out is located on the north end of both transition areas.

**Run Course**

**Ear buds are fine on the run but plan to leave them in transition before you get on your bike.**

Please do not litter water cups or used gel packs on the run course. We would like to be allowed to race in the park again. We need to leave the park in the same condition as when we arrived.

Water and Hammer Heed will be provided at the water stop.

**Regular Course Run**

The run/race starts on the road to the south of transition. Because of path construction, this will be an out and back run. As you run out of the transition parking lot, you will be making a left and then a right to get onto the path (crossing the road). A water stop is located roughly 1.25 miles into the run. The water stop is your turn around. Hammer Heed electrolytes and water will be provided. As you return to the race start area, you will be making a left to cross the road and then a right to get to the parking lot housing transition. You will run through the parking lot to the right of transition to reenter transition on the north end.

The second loop is the same as the first. Upon your return to the finish area, make a left off the path onto the road, back through the parking lot and finish under the gantry on the north end of transition, directly in front of the pavilion.

Athletes will finish under the Finish Gantry located north of and adjacent to transition area.

**Reverse Due Special Instructions**

**Please make sure you rack in the Reverse Du transition area.**

Athletes racing the reverse du will start the race directly outside of transition on their bikes.

The reverse du will be manually timed by staff located at each entrance to the reverse transition area.

After completing your first loop of the bike course, you will rack your bike and run out the north end of the transition area (run in/out). Make a right out of the north end of transition and run through the parking lot adjacent to the regular du transition area- east of the reverse du transition area. (You will be passing in front of the finish gantry on your way out and back in.)

Once you have completed your second bike ride you will ride through the parking lot to the left of your transition area. Dismount before the turn and run your bike through the finish line. We will have a staff person telling you where to dismount. DO NOT RIDE YOUR BIKE THROUGH THE FINISH LINE! **You must cross the finish line in order to be included in the results and awards.**

**Team Special Instructions (in addition to the special instructions for Reverse and Regular)**

All team members must be present at packet pick up as additional waivers will be required. The packet will be released once all members are present.

Team members will share a single chip which must be worn by each team member on their left ankle during their leg of the race.

All team members must be present in transition for the final race announcements.

Chips must be transferred at your transition location.

The athlete completing the final leg of the race must cross the finish line with the chip on their left ankle to record the team time. Team members are welcome to cross the finish line together and are encouraged to do so, assuring that our photographer can capture your finishes.

**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. Headphones, headsets, Walkman’s, iPods, bones, mp3 players, cell phones, bone conductor headphones, 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.

**Always stay to 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 six bike distances between you and other riders unless passing. Pass within 15 seconds of entering the passing zone (within 6 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 always required when you are riding (even before the race starts and after it ends). 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.

**NOW Bikes Support on Race Day**

Thank you to our friends at NOW Bikes for their support of this race.  Bike support will be available just outside of transition for airing tires and minor adjustments.  Please make sure your equipment is in good working order prior to the race.  This is not an opportunity for a free tune up.  NOW will be sagging the course, however you should carry an extra tube and tire changing tools in case you flat.  It could be a while before NOW gets to you.

**Shirts** are required when riding. Ladies, a sports bra does not qualify as a shirt.

**THIS IS AN OPEN COURSE WITH TRAFFIC PASSING YOU AT POTENTIALLY HIGH SPEED. You must remain aware of your surroundings and stay on the shoulder at all times even when making turns. Travel with traffic at all times.**

Police officers will be located at busy intersections on the course. All turns are right turns, but this doesn’t mean you can swing out into traffic to make the turn. You must stay in the shoulder so adjust your speed accordingly to safely make the turns.

NOW BIKES will be on course sagging but make sure you have everything you need to change your tire should you flat. It might be some time before they can get to you. If your bike is not in excellent condition, get your bike into NOW for the last-minute tune up. If you tell them you are planning to race the du, they will do everything they can to get you in.

There will NOT be any volunteers on the bike course, but the course will be marked with chalking, event arrows, signs with wind whirlies. Bike mile signs will be located every two miles.

**SPECTATORS:**

Are welcome to join us to cheer you on. Best places to watch you:

At the start line.

At Run In and Bike Out.

At the finish line.

Spectators are welcome to join in the barbecue for $10 cash. Water bottles can be purchased separately for $3 cash.

**Current Age Group Breakdowns by Division**

Here is the present breakdown of age groups. Because of the smaller field, we have moved to 10-year age groups. Should the numbers swell enough to ensure competition, we will switch to 5-year age groups. Awards for overall Male and Female for Reverse and Regular. No double dipping. Age groups are three deep.

|  |  |  |
| --- | --- | --- |
| Regular DU | Male | Female |
| 19 and Under | 0 | 0 |
| 20-29 | 2 | 2 |
| 30-39 | 5 | 3 |
| 40-49 | 1 | 4 |
| 50-59 | 2 | 0 |
| 60-69 | 1 | 1 |
| 70-79 | 4 | 1 |
|  |  |  |
| Reverse Du | Male | Female |
| 19 and Under | 0 | 0 |
| 20-29 | 1 | 0 |
| 30-39 | 2 | 0 |
| 40-49 | 0 | 3 |
| 50-59 | 2 | 2 |
| 60-69 | 0 | 1 |
| 70-79 | 0 | 0 |

1 Three Person Mixed Relay Team

**Registration will remain open through race morning, so these numbers are likely to change.**

Awards consist of an award place ribbon which podium finishers will attach to their finisher medal. Must be present to win. Requests to have awards mailed post-race will be done once the athlete has paid the $7 shipping charge.

**FINISH - ALL:**

**Please have your running bib in front when you cross the finish line.**

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.

We will be hosting the final barbecue of the season, featuring hamburgers, chicken sausages, turkey hotdogs, bratwurst and chips. Bean burgers will be made to order as you request them while in line. Water will also be available at the food line. Athletes’ food is included in the registration fee. If you have an entourage, they are encouraged to join us for $10 cash.