

Good evening, athletes.

The courses are set, and transition is waiting for you. This race will go off tomorrow rain or shine. If there is lightning, we will delay the race up to 1.5 hours to allow for no lightning in the area for a period of 30 minutes.

I have been battling Gmail for days now. If you have a Gmail account, please take a moment now to add my email address to your contacts and mark it as safe. I am batching this email in small batches in the hopes that you will get it. Future emails will not be batched. I am also including this information on our website race page. Here is that link:

[Turtleman Tri | Sprint & Olympic Triathlon | Midwest Multisport Races](#)

I have made every effort to set you up for success. The rest is up to you. Know where you are going (it is ultimately your responsibility and should be part of your training,) and what you are doing – so read this:

#### **GENERAL REMINDERS:**

**Fill your water bottles before leaving home. No water available pre-race.**

Packet Pickup – opens at 6:30am. TEAMS – all must be present and please identify yourself as a team – your packets are separate from the individuals.

If you owe money for a shirt (you know who you are, please bring cash or checks made payable to MMRaces).

**NO PARKING IN THE PARK.** Free parking across from the park at the school. If that lot is full, park in the church parking lot just off Hodgson Connection. You can also park in the large church parking lot on Hodgson Road, just south of Hodgson Connection.

**NO GEAR DROP OFF IN THE PARK.** Make sure you are wearing your helmet if you are riding your bike into the park. This is a condition of my permits and insurance. If you ride in without a helmet, **you will be DQ'd and will not be able to race.** Sorry, but I want my business to continue, and I can't do that if I have violated the terms of my permits and insurance.

**Wristbands** – will be in your packet and are marked with your chip number. Make sure you put the wristband on. You will need to know your number as you enter the water. The chip number will NOT match your bike bib. It's ok. We know the number sequence so you don't have to...just look at your wristband for the only number you need to know. The wristband will be matched against your bike number as you leave transition. So hang on to both.

No riding in transition. Mount/dismount lines are outside the transition areas and will be staffed.

You must have a secured helmet when leaving transition.

No earbuds/music of any kind on your bike.

No bare upper bodies. You must wear a shirt, tank or tri top. Just a sport bra is not enough.

Make sure your bike is in the small chain ring. You will thank me...note the climb immediately out of transition...good news, it's the most difficult climb of the bike course but only good news if you are in a small ring.

Final race announcements and the national anthem will take place in transition at 7:45am.

### **SWIM COURSE:**

You are welcome to warm up prior to the race start, BUT you must be out of the water and back in transition by 7:45 at the latest.

Out and back course.

Keep buoys on the right at all times.

Don't stray far from the buoys to stay out of the weeds and to avoid hitting another athlete.

If you need to stop, flag down a lifeguard. Hang out until you feel comfortable moving on. You must move forward of your own accord, but you can hang on as long as you like (ok, not until tomorrow...)

### **BIKE COURSE UPDATES:**

The course could be wet, please be careful on corners – wet means slippery. Cars leave oil slicks...

**Dip in the road on ASH at mile 20.** You could launch your hydration, so be careful. The dip is well marked. Unfortunately, this is also the area on the course with little to no shoulder. Take care.

Given the storm expected tonight, I will not be able to chalk anywhere. I marked the bike course with signs and orange cones at every turn and straightaway. All but two corners have police officers. The two corners without officers are right turns (the first turning off Lexington; the second is on Ash just after mile 20 (and the dip in the road). There will NOT be volunteers on these corners so pay attention to the signage. Take a moment to review the maps I sent out earlier or visit the race page above to pull up the maps.

Here is the Garmin link for the Olympic Course. The sprint course is the same, but just one loop.

<https://connect.garmin.com/modern/course/380964558>

Olympic Course – 2 loops - DO NOT ride all the way back to transition before starting the second loop. The second loop starts at the park entrance.

Sprint Course – 1 loop

**Roundabout around mile 7 and 19. Two police cars will be at this roundabout. You will be traveling straight through the roundabout. DO NOT turn right onto Hodgson!**

### **RUN COURSES:**

A previous triathlon has left permanent markings on the paths (a big NO NO). Please ignore all markings on the path. They do not apply to you. The run courses have been marked with signs and cones for the straightaways and turns.

### **SPRINT:**

**Run Out is on the south side of the sprint transition, by the pavilion.**

Out and back – stay on Hodgson Road (same road you biked on) to Tanglewood (first turn on the bike.

Run out on the path and sidewalk to the water stop.

The water stop is your turn around. Run back against traffic on the road using the shoulder.

At Hodgson, get back on the path to complete the run.

### **OLYMPIC:**

**Run out is to the left of Bike Out/In, then straight ahead running on the grass along the entrance to the park.**

Left at the park entrance to get on the path.

Ignore the markings on the road and follow the signs.

When you reach the third water stop, start running on the road, against traffic using the shoulder. You will be joining the sprint athletes at this point.

### **SPECTATORS:**

Not allowed in transition.

Best places to watch:

Beach

Park Entrance to watch cyclists ride by.

Finish Line

Please make sure your entourage brings water for their hydration. The hydration we provide at the finish is for athletes. Please be respectful of athletes finishing later to ensure they have water at the finish.

Spectators can purchase barbecue (which will include a bottle of water) for \$10.

**AGE GROUPS UPDATED:**

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

Individual Olympic Aqua Bike	Male	73
Individual Olympic Aqua Bike	Male	38

Sprint	Male	Female
13 and Under	0	2
14-18	4	0
19-24	16	10
25-29	10	13
30-34	18	11
35-39	12	23
40-44	12	10
45-49	3	7
50-54	6	1
55-59	6	4

60-64	6	2
65-69	6	1
70-74	4	1
75-79	1	1
80-84	1	0

Individual Sprint Aqua Bike	Male	62	Individual Sprint	Other	23
Individual Sprint Aqua Bike	Female	77	Individual Sprint	Other	26
Individual Sprint Aqua Bike	Female	43	Individual Sprint	Other	21
Individual Sprint Aqua Bike	Female	36	Individual Sprint	Prefer Not to Say	34
Individual Sprint Aqua Bike	Female	47	Individual Sprint		58
Individual Sprint Aqua Bike	Male`	69	Individual Sprint		18

**Results will be available online within a couple hours of the race finish at**  
[www.frontunnerusa.com](http://www.frontunnerusa.com)

Have a great night, everyone. See you in the morning.