Good evening.

This will be the final email for One Last Tri. I am just going to hit some highlights and updates since the courses are now set.

Use your bathroom before you head out. On Site Sanitation was unable to give us our full order of toilets (ARGH!). There are 5 units in transition and the bathrooms in the beach house will be open. Lines will be long! So plan accordingly so that you do not miss the start of the race.

**FILL YOUR WATER BOTTLES AT HOME. NO WATER AVAILABLE BEFORE THE RACE.**

DO NOT LITTER ANYWHERE ON THE COURSE. PEOPLE LIVE IN THIS AREA AND THEY GET REALLY NASTY WITH ME WHEN ATHLETES LEAVE THEIR TRASH BEHIND. THIS SEEMS LIKE COMMONG SENSE AND THE RIGHT THING TO DO NO MATTER WHAT. DO WHAT'S RIGHT, NOT WHAT'S EASY OR COMFORTABLE FOR YOU.

We will not be doing body marking. In the interest of keeping everyone safe from a possible transfer of germs you don't even know you have; our staff and volunteers will not be getting that close to you.

**Parking**

**NO PARKING IN THE BOAT LAUNCH – YOU WILL BE TOWED.** We expect the boat launch to be busy tomorrow given the warm weather.

Parking is available for athletes in the lot adjacent to the race start. We are expecting a large crowd. We love spectators and know they play an important part of your experience. But please ask them to park at Memorial Beach and walk a block to the race site to save parking for athletes. It will be much easier for them to come and go if they are not parked at the race site.

Spectators need to understand we will be holding back traffic in and out of the parking lot for the safety of our athletes. They should not be cranky when we do so. Have them get coffee before they come to the race to take the edge off. 😊 Our staff and volunteers do not deserve to be yelled at as they are protecting all of you.

No parking in the coned off areas. These areas are for the bike in/out, paramedics, NOW Bikes, staff, volunteers and vendors and the race finish.

**Packet Pick Up**

**You will need your cell phone to pull up your registration with USAT.** The receipt you received by email is what you will need. While standing in line pull this up so you can show

it to us. We will need verify your registration prior to giving you your packet. If you had issues getting registered, stop by the USAT table before coming to the packet lines.

We may ask you to pull up your Midwest Events receipt on your cell phone if for some reason we do not find you on our roster. Square had some issues that we were not aware of regarding the processing of registrations – your receipt will help us confirm your registration. I promise we will get you into the race so no worries.

**Run Bibs/chips and Bike Bibs**

Your run bib will match the chip number you will be wearing on your left ankle. The number on your bike WILL NOT match your chip number. Don't panic. Staff will be matching these numbers against your equipment and we know the sequence – you don't have to.

**TEAMS –**

Hang on to your run bib after you finish racing and make sure that bib gets to the cyclist on your team as they will need both the run bib and the bike bib to leave transition. This is a security measure. We want to make sure everyone leaves with their correct bike. Staff know the numbers won't match, but they know the sequence.

**TRANSITION**

You will need to pick up your packet in advance of entering transition. Once you have your packet you will enter using the Swim In chute on the back of the beach house.

Olympic athletes will rack on the right as you enter through Swim In, Sprinters you are farther into transition – your racking area is much larger.

TEAMS will rack on the Olympic side just as you enter the swim In gates.

RESERVED RACKS – MAROON AND GOLD

We have taped in maroon and gold two full racks of the sprint in roughly the center of the sprint side. These racks are reserved for the University of MN Tri Team. Please do not rack here unless you are on the team. We want team mates to be together – some of them are just coming on the team – this will be a great way for them to support each other as they begin their tri seasons together.

TEAM RACKS -

Both distances will rack together on the racks closest to the beach. The racks have been marked as reserved for Teams.

NO RIDING BIKES IN TRANSITION. MOUNT/DISMOUNT OUTSIDE WHERE DIRECTED.

**NOW BIKES** will be on hand starting at 6:30 am to help with airing tires and very light tweaks to your bike. They will be located just outside transition. Make sure you let them know how much you appreciate their support. They will also be sagging the courses. It may take some time for them to get to you. Make sure you have the supplies you need to fix your flat…at least you can get started while you wait…even if you haven't a clue as to what you are doing.

**SWIM**

Thanks to the lack of rain this summer, the lake level is low. Expect to walk or run for some distance before it gets deep enough to swim. Newbies – make it a walk…your heart rates don't need to be any higher than they already will be.

Olympic athletes will go in the water at 8:30.

Sprint athletes will go in once the majority of Olympic athletes have cleared the second farthest corner of the Olympic course.

You must wear one of the swim caps provided. Be careful putting these on – they can rip easily.

Buoys will be on your right at all times. You must round every buoy on your respective course.

The sprint course is inside the Olympic course.

Water temperature:  68 degrees

**BIKE COURSE**

**NO ELECTRONICS OUTSIDE OF YOUR WATCHES ON THE BIKE. ABSOLUTELY NO MUSIC ON THE BIKE IS ALLOWED.**

You can bring your cell phone on your bike, but it must be turned off – it is there for emergency purposes only!

We have had a ridiculous amount of theft of course signs this summer so we are marking miles on the roadbed.

Helmets are required.

Shirts are required. Sports bras are NOT shirts ladies…where a tank or t-shirt. Tri tops are fine.

The courses are in excellent condition except for the potholes as you enter the park. I have marked the potholes with white paint. As you turn back into the park, stay right on the right hand lane to avoid the holes.

A human in the form of a staff person or volunteer or police officer will be stationed at every single corner. If you find yourself turning without a human present at the intersection you are about to add a lot of unnecessary miles onto your course. Don't do it! I promise you; I set the course up correctly with mile markers every two miles (marked on the roadbed in white) and corners marked with signs, arrows on the roadbed and cones in addition to the humans. You will make me laugh out loud if you tell me I set the course wrong and that is why you got lost. (No joke, it happened last year…)

Spindles have been installed on 96 just outside the park. You will need to ride behind the spindles in the shoulder. There is plenty of room for single bikes.

Highway 96 is a NO PASSING ZONE. You will have plenty of other opportunities to blow away your opponents on the rest of the course.

No drafting. You have 15 seconds to pass the bike ahead of you. Then maintain at least 3 bike lengths. Let the athlete know you are coming by announcing - "On your left" works remarkably well- don't whisper it. If they know you are coming, they are required to let you pass. Don't get mad at them if they don't back off because they had no idea you were there.

Mile markers every 2 miles on the roadbed in white.

## BIKE COURSE CHANGE AFFECTING ALL ATHLETES

All athletes will turn around in Withrow (roughly mile 7) at the intersection of Illis and Keller at Liberty School. There is no longer a parking lot to turn around in. We will have 2 officers and a staff person at this intersection. All athletes will turn off of Illis onto Keller, ride to the end of the cones and turn around on the road to return to Illis and make a right. Police will be at the entrance to the turn as well as at the actual turn around controlling traffic. YOU WILL HAVE TO SLOW DOWN TO MAKE THIS TURN!

Olympians – once you leave the school, you will be making the first right onto Jody Ave. to traverse the loop before returning to this intersection to make another right back onto the course shared by the sprint. A volunteer will be at this intersection. Sprinters you will stay on Illis to return to the park. Tent signs will mark this area with directions for both the Sprint and Olympic. Pay attention!

**Run Course –**

**Every single sign on this course was stolen at Manitou Tri.** So our only reasonable option is to mark the course with cones and chalking. I have not been able to chalk the course yet today because of the constant drizzle. I will be doing so at 3am when I hope the trail is dry. If the trail is wet, I will not be able to mark miles. But corners will be marked with cones. Just follow the cones.

Music/ear buds are fine on the run.

The only staff on the run course will be at the water stops.

RUN BIBS NEEDTO BE WORN IN FRONT ON THE RUN!

At no time are you running on open roads. Both distances stay on the run path.

Do not litter on the course. Do not leave your spent gel by a cone. You are already a hot mess of sweat; you might as well be sticky too. Me and my car do not want to be a sticky mess cleaning up after you.

**Sprint Turn Around** – water stop

Olympic – keep running through the first water stop. Your turnaround is just beyond Bellaire Beach and is the second water stop. The second water stop will have Hammer gels available for you. Please leave your spent gels at the water stop in the trash bag we will have on hand.

We will have water and Heed electrolytes at each of the water stops.

**Finish Line:**

If you have raced this race before, you will notice a small change in the finish line. The run out has moved to the far south corner. You will finish straight ahead so you can come in as hot as you want. Cones will be placed in the center of the path dividing those going out from those coming in.

We will have water at the finish. Please understand this is for ATHLETES. Athletes, please do not grab extra bottles for your entourage. They can purchase water in the food line. Please think of the athletes coming after you…they just might be thirsty. We do not want to run out.

**Aqua Finish**:

Once you have completed your bike, rack your bike in transition and run out using the Run Out chute and head immediately to the finish line. You must cross the run out mat and the finish line in order for your time to be recorded.

**Spectators**

**Please do not park in the parking lot – leave those spots for athletes.** There is a ton of parking by West Park which is only 1 block from the transition area – a short walk along the lake on the path the athletes will be running.

We encourage spectators to join you at the barbecue post-race. For just $10 cash they can partake in a plethora of choices: hamburgers, bratwurst, chicken sausages, chicken hotdogs, black bean burgers, chips and water.

Best places to watch:

Beach.

Parking lot for bike in and out.

Finish line – along the path behind the Caution tape.

Barbecue finish area so you can hear all about their day.

**Age Groups**

Here are the updated age group breakdowns. Registration is still open, and we have reason to believe these numbers could change significantly by the time the race starts. We will do awards once 85% of the field is in. We will start with the sprint.

That's it for me tonight. See you in the morning. Sleep well.