

Happy Labor Day, Triathletes!

KNOW THE RULES. KNOW THE COURSE.

This should go without saying, but it is important enough to repeat: **you are responsible for knowing the rules of the race and being familiar with the course.** Course and rule familiarity should be part of your race preparation, just like your training.

Please do not rely on the athlete in front of you to know where they are going—they may be wrong. Volunteers, police officers and race staff are there to help keep the event safe and running smoothly, but ultimately **you are responsible for knowing the course and following race rules.** If you miss a turn, follow another athlete off course or make an error during the race, please do not place the blame on a volunteer, officer, staff member or the race director.

We have provided you with the information you need to have a successful race. **Read it, review the course maps and know the rules before you arrive on race morning. The course will be marked with signs, cones and chalked arrows. Please pay attention.**

FILMING & VIDEOGRAPHY DURING THE RACE

If you have a friend, family member, videographer or other person planning to follow you or record you during any portion of the race, **you must receive prior approval from the Race Director.**

This policy exists to protect the safety and race experience of **all** athletes. We have had problems in the past with unauthorized filming interfering with other participants and the operation of the race. Whether the filming is for personal use, social media or influencer content, the same rule applies.

Athletes participating in unauthorized race-day filming are subject to immediate disqualification. Their results will not be posted, and MMR race photos of the athlete will be removed.

IF YOU HAVEN'T DONE SO ALREADY....3 THINGS YOU NEED TO DO BEFORE RACE DAY:

1. Take Care of Your USA Triathlon Membership

Because **Square Lake 70.3 is a USA Triathlon sanctioned event**, every participant is required to have a current USA Triathlon membership.

If you are not already an annual USAT member, you will need to purchase a **Bronze (one-day) membership** for the event. A portion of the membership fee provides participant accident medical coverage while competing in the sanctioned event, and your membership also gives you access to select USA Triathlon benefits.

Please purchase your membership or verify your current USAT membership before race day using the link below.



https://member.usatriathlon.org/rtav/357779/login?distance_type=Long&mode=web&race_type=Triathlon

Taking care of this ahead of time will make race morning check-in quicker and easier for everyone.

2. Gmail Users — Make Sure You're Getting Our Emails!

We've been having an issue with Gmail rejecting some of our **Athlete Guides and other important race communications**.

If you use Gmail, please **add judi@mmraces.com to your contacts and mark us as a safe sender now**. Your Athlete Guide will contain information you'll need before race day, including schedules, parking, course information, packet pickup details and any last-minute updates. **We don't want you to miss it!** Even if you don't use Gmail, it's always a good idea to add us to your contacts so our race emails don't end up in spam or promotions.

3. Give Your Bike a Little Love

Race day is **not** the day to discover that your brakes need adjusting, your shifting isn't quite right or your tires have seen better days.

Our friends at **NOW Bikes** are offering athletes registered for **the Square Lake 70.3**:

- **10% off bike service**
- **Priority servicing for registered athletes**

Take advantage of this benefit and get your bike in **now**, rather than waiting until race week. A properly tuned bike is one less thing to worry about when you roll into transition on race morning.



[Now Bikes & Fitness | Minneapolis & St. Paul](#)

That's it! **Three things you can check off your race-day list right now.**

DON'T FORGET TO BRING:

\$7 Credit or debit card for a park pass (if you do not have an annual county park pass for Anoka or Washington counties – there is reciprocity across multiple county passes – double check if your pass is honored by this park). Kiosks to purchase day passes are available in each parking lot (both upper and lower) on the west side of the parking lots. Affix the day pass to your windshield to avoid the hefty \$150 fine.

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 are fighting an injury right now that still allows you to bike and swim but is aggravated by running let me know no later than Wednesday at noon that you would like to switch to the aqua bike option. There are no refunds available this close to the race. I have used your registration fees to set you up to race.

Packet Pick Up is on race morning only at the park.

<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>

We will be located in the lower parking lot on the southwest corner just before the descent to the transition area.

You must be present to pick up your packet. Every team member must be present to pick up team packets.

Athletes only in the transition area. Spots will not be preassigned but please do not be sloppy in your set up as we are planning on 5 bikes per each section between the rack legs.

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.

Two professional photographers will be on site. These photos will be made available for **free** on our Facebook. While they will make every effort to capture all of you, we make no guarantees.

BODY MARKING, TIMING CHIPS & BIB NUMBERS

There will be **no body marking** at this race. You are welcome to mark yourself if you would like, but it is not required. We will use your **timing chip, bike bib and run bib** to identify and track you throughout the race.

A few important things to know:

- **Your run bib number WILL match your timing chip number.**
- **Your bike bib number will NOT exactly match your timing chip number.** Don't worry—we will be looking at the last digits of the bike bib number to identify you.
- **Please look at your timing chip and memorize your chip number before the race. You will need to know it when you enter the water.**
- On the run, wear your bib **on the front of your body and make sure it is clearly visible as you enter the finish chute.** This allows our timing team to record your number for backup timing.

Take a moment before the race starts to check your chip and bib numbers so you know exactly what you are wearing. It's a small detail that helps everything run smoothly!

Everyone must be in transition by 6:40am for the final course updates.

Results:

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.

Post Race Food:

Race food for athletes has been included in the price of your registration. We will be serving hamburger, chicken/apple sausages, brats, chicken hot dogs, veggie burgers, chips in sealed bags, water. Please do not serve yourself – let the volunteers/staff serve you for sanitary reasons.

Food is available for spectators at a cost of \$10. We will have food available after 10:30am.

RACE SCHEDULE:

6:00am | Park and parking lots open (parking NOT included in the registration fee - \$7 at the parking lot kiosks unless you have a county parking pass)

6:00am | Race day registration and packet pickup open

6:00am | Transition area opens

6:30am | PACKET PICKUP CLOSES

6:30am | Final race announcements (in transition)

6:30am | Transition area closes – everyone must be in transition

7:00am | Race starts

8:10am | Swim cut-off

12:30pm | Bike cut-off

3:30pm | Course closes

PACKET PICK UP

Everyone –

Race morning beginning at 6:00 a.m.

Packet pick up will be located in the **lower parking lot on the way down to transition.**

Parking: Parking is available in two lots—the first upper lot and the second lot farther south. You must have either a **yearly county park pass from one of the area parks or purchase a day pass** to avoid being ticketed or towed.

If purchasing a day pass, **stop at a kiosk, purchase your pass and affix it to your windshield BEFORE heading to transition.** If using an annual park pass, make sure it is clearly displayed in your dash window.

WHAT'S IN YOUR PACKET

Your race packet will include:

- **Timing chip** – wear it on your **left ankle**
- **Bike bib**
- **Run bib**
- **Silicone swim cap** – this **must be worn during the swim**
- **Finisher shirt** – if you ordered one
- **Hammer Gel**
- Nutrition information provided by Hammer

Please allow a volunteer or staff member to hand you your packet. Do not reach for or take a packet until it has been handed to you.

TEAMS

At packet pick up, please identify yourselves as a TEAM so we aren't trying to find you among the individual athlete packets.

All team members must be present at packet pick up. Each team member will be asked to sign a waiver, as not everyone will have signed one during the online registration process.

Team members are welcome to hang out in transition while waiting for their turn to race.

YOUR TEAM HAS ONE CHIP

Your entire team will **share one timing chip**, transferring it from one team member to the next throughout the race.

- The chip exchange **must take place in transition at the location where your team bike is racked.**
- Teams will have a **special section in the right/east corner of transition as you enter.**
- The timing chip must be worn on the **LEFT ANKLE for all three disciplines.**
- If the chip is not on the left ankle, **the timing mat will not read it.**

Thinking your runner can wear it on an arm? **Think again. Bad idea—we won't capture the run time.**

Left ankle. Left ankle. Left ankle. Just saying. 😊

And when everyone is finished racing, **gather under the finish gantry for a team photo!**

TRANSITION:

ATHLETES ONLY are allowed in transition.

All athletes must be **in transition by 6:30 a.m. for final race announcements.**

ENTERING & BIKE RACKING

Enter transition through the **RUN OUT opening on the west side** of transition.

Bike rack locations are **not preassigned.** Please follow these racking guidelines:

- **5 bikes maximum per rack section** to allow adequate spacing.
- Bikes should be racked on **both sides of the rack, alternating every other bike.**
- Rack your bike by placing either the **bike hood or saddle on the bar.**
- **NO RIDING BIKES IN TRANSITION.**

KNOW YOUR TRANSITION ENTRANCES & EXITS

SWIM IN – North side, by the beach.

Makes sense, right? 😊 After pre-race announcements are finished at approximately **6:55 a.m., we will all move to the beach for the swim start, exiting transition through SWIM IN.**

BIKE OUT – West side.

Located adjacent to the boat launch parking lot, **to the left of RUN OUT.**

RUN OUT – West side.

Located **to the right of BIKE OUT**. This is also the entrance you will use race morning when coming into transition to rack your bike.

BIKE SUPPORT – NOW SPORTS

Bike support will be provided by **NOW Sports**, but please remember: **this is not an opportunity for a free tune-up**. Your bike should arrive at the race in excellent working condition.

NOW Sports will be available to **air tires and make small adjustments**. They will also provide SAG support on the bike course.

However, **you are responsible for carrying everything you need to change a flat tire**. Depending on where SAG support is when you need assistance, it could be some time before they reach you. Come prepared to handle a flat on your own.

TEAMS

Teams will have a **separate area in the southeast corner of transition as you enter**. This provides additional space for your teammates while they are waiting for their portion of the race.

REMINDER: NO RIDING BIKES IN TRANSITION.

SWIM START & COURSE

Athletes will assemble on the beach between **6:55 and 7:00 a.m.** for a **self-seeded time trial start**. Please spread yourselves out in a long line along the beach and position yourself wherever you are most comfortable. **Faster swimmers should seed themselves toward the front of the line.**

START PROCEDURE

Athletes will enter the water **one at a time, approximately 3–5 seconds apart**. Teams may enter the water along with the individual athletes.

You MUST know your timing chip number—not your bike bib number—when you reach the start. I will be releasing each of you into the water and will ask for your chip number. Once I call your number, you will cross the timing mat and begin your swim.

Before you reach me, **look at your chip and make note of the number**. Your chip number will also be on your wristband and will be a number from **1–150**. The other number on your wristband is your bike bib number—**ignore that number for the swim start**.

THE COURSE

The swim is a **two-loop, half-mile course in the shape of a square.**

- **Large pink triangular buoys** mark the farthest corners where you will turn.
- **Bright green triangular buoys** mark the closer corners.
- Smaller **round bright green or yellow buoys** will be positioned between the corners for guidance.
- **Keep ALL buoys on your LEFT throughout the swim.**
- You will enter the water at the **east end of the beach** and exit at the **west end, closest to transition.**

IMPORTANT: You do NOT return to the beach between loops. After completing your first loop, continue directly into your second loop in the water. There is **no running across the beach to begin Loop 2.**

WETSUITS & SWIM CAPS

Wetsuits are legal but are not required.

The **silicone swim cap** provided in your race packet **MUST** be worn during the swim.

BIKE

BEFORE YOU RIDE — THREE THINGS YOU NEED TO KNOW

1. NO MUSIC, EARBUDS, HEADPHONES OR AUDIO DEVICES OF ANY KIND ON THE BIKE.

This includes earbuds, headphones, headsets, bone-conduction headphones and any other personal audio device. **Your watch is fine. Music is NOT.** If you choose to ignore this rule, **you will be disqualified.**

2. ABSOLUTELY NO LITTERING ON THE COURSE.

We are at risk of losing this course if we receive complaints about athlete trash.

3. I recommend a light chainring.

You will be climbing a hill **immediately out of transition.**

ABSOLUTELY NO LITTERING

A couple of years ago, I spent **16 hours walking the bike course picking up spent gels and water bottles** because of complaints from people living along the course. Last year, everyone did a great job of hanging onto their trash.

We are at risk of losing this course if we have littering complaints.

Keep your trash with you. Tuck your spent gel into the leg of your tri shorts. Yes, it is sticky, but you will be just fine. You are going to stink and be sticky at the end of the day no matter what.



The only place you should intentionally discard anything is in the **designated bottle-exchange drop zones**, where volunteers and staff will pick it up.

LEAVING & RETURNING TO TRANSITION

When leaving transition on your bike, **stay to the left of the cones as you climb the hill**. The cones will be on your right.

When returning, use the **same side of the road**, riding to the **right of the cones**. The cones will be on your left.

Head back into transition through the **same bike chute you used on your way out**.

Bikes will ride in and out of the park using the same side of the road so you are separated from runners, who will be using the other side.

Watch for runners entering and exiting the park on the shoulders of the road.

Cones will be placed down the entire center of the road leading into and out of the park.

You will cross a **timing mat** on your way back into transition.

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

TWO LOOPS — THEY ARE NOT THE SAME

Garmin bike course:

<https://connect.garmin.com/modern/course/304598497>

Only ride the lollipop past Nason Hill on your FIRST LOOP.

On your second loop, you will ride directly toward the park, **skipping the ride to the cul-de-sac**.

You will bike out on the **right side of the road** leading out of the park and you will return **using this same side of the road** back to transition.

LOOP 1

As you near the park at the end of your first loop, you will **pass Square Lake Trail**, which leads to the park entrance, and continue straight ahead onto **Paul Avenue**.

Ride through the intersection of **Nason Hill and Paul**, continue to the dead-end cul-de-sac and turn around.

Return to **Square Lake Trail**, turn right and ride past the park entrance and your **second bottle exchange** to begin Loop 2.

Do NOT turn into the park after Loop 1. You still have another loop to complete.

LOOP 2 — THIS LOOP IS SHORTER THAN LOOP 1

You're welcome. 😊

As you approach Square Lake Trail at the end of your second loop, **turn LEFT onto Square Lake Trail and return to transition through the park entrance**.

You will **NOT** ride past Square Lake Trail as you did during Loop 1.

The roadbed will be **heavily marked with a reminder**, and we will have **staff and police at this intersection directing you**.

MARINE ON ST. CROIX — IMPORTANT COURSE CLARIFICATION

Please pay close attention to this section and review the **map attached**.

After you have gone through the tunnel and turned from **Ostrum Trail onto Broadway** to enter downtown Marine on St. Croix:

- Make a **LEFT onto Oak Street**

- A police officer will be controlling traffic at this location.
- Turn **LEFT from Oak Street onto 5th Street**.
- Follow **5th Street to Elm**.
- Turn **RIGHT onto Elm**.
- Follow Elm to **Highway 95**.

There are **two speed bumps on 5th Street**, and they will be marked with cones.

SLOW DOWN over the speed bumps. Besides the safety issue, you do not want to launch your water bottles.

Police officers/squads will be positioned at:

- The tunnel
- The turn onto Broadway
- The turn onto Oak
- The right turn from Elm onto Highway 95
- Highway 95 at the bottom of the hill at Broadway

The course will be **heavily marked between Oak Street and your turn onto Highway 95**.

When turning onto Highway 95, **YOU MUST STAY WITHIN THE CONES FOR YOUR SAFETY**.

There is a wide shoulders to ride on, but you cannot take turns at **high speeds** and expect to be successful. Slow down before making the turns.

Once you are safely on Highway 95, you will be able to gain quite a bit of speed on the descent.

Police will be controlling traffic, and you will have the **right of way at Highway 95 and Broadway**, but you still need to pay attention and be prepared to brake suddenly if necessary.

This is an open course. Never assume a vehicle sees you simply because police are controlling an intersection.

THE TUNNEL — SLOW DOWN

SLOW DOWN ENTERING THE TUNNEL. THIS IS NO JOKE.

The tunnel is narrow and curvy, the roads are open to traffic, and there is a curve inside the tunnel sharp enough to push you into **oncoming traffic** if you enter it too fast.

Control your speed, stay in your lane and be prepared for traffic.

BOTTLE EXCHANGES

You will **NOT** have to stop for water.

Approximately **20 feet before the bottle exchange**, there will be a designated drop zone.

Discard your empty bottle by tossing it to the side of the road **within that drop zone**. Volunteers or staff will pick it up.

You will NOT get your discarded bottle back.

As you approach the exchange:

- **SLOW DOWN.**
- Reach out to the volunteer handing you a replacement bottle.
- The replacement contains **straight water in a sport-top bottle**.
- Put the bottle into your cage first.
- Then flip the top open. It can easily be opened with one hand.

If you ride through the bottle exchange too quickly, you will likely miss the handoff and could potentially take out another cyclist who is also reaching for a bottle.

Pay attention and, for goodness' sake, slow the heck down!

A toilet will be located at the bottle exchanges.

BIKE SUPPORT

NOW Bikes will be sagging the course and providing bike support.

Because it may take some time for them to reach you, **you must carry everything you need to change your own flat tire.**

Do not depend upon SAG support to immediately reach you if you flat.

NOW will also be watching for violations of bike-course rules, including **earbuds, headphones, music and other electronics**, and will report violations to race officials.

A police escort will be provided for the lead cyclist.

Additional police officers will be stationed at **critical crossings, the tunnel and throughout Marine on St. Croix.**

NO MUSIC OR AUDIO ON THE BIKE

THIS MEANS NO EARBUDS. NO HEADPHONES. NO BONE-CONDUCTION HEADPHONES. NO MUSIC.

This is important enough to say twice.

There is absolutely NO music or personal audio permitted during the bike portion of this race.

Headphones, headsets, earbuds, AirPods, bone-conduction headphones, MP3 players and other personal audio devices are **not to be carried or worn during the bike portion of the race.**

Your watch is fine. Music through your watch into earbuds or headphones is NOT fine.

This is a **safety rule and a condition of the insurance MMR carries.** You must be able to hear cyclists approaching from behind, athletes calling out passes, race personnel and vehicle traffic.

If we learn that you put earbuds or another audio device on after leaving transition, **you will be disqualified.**

NOW Bikes will be on the course and will be watching for violations as well as assisting athletes with bike issues.

The only exception to this rule would be for a **medical reason and would require proof of medical need.**

Violations will result in immediate disqualification.

Please do not argue with or yell at staff or volunteers who tell you to return to transition to remove your earbuds or put on a shirt. They are enforcing rules you are responsible for knowing and following.

I cannot put these races on without insurance. Please do not choose to ignore a safety rule that could jeopardize our ability to continue putting on these events.

CELL PHONES

You **may carry your cell phone**, but it must be **turned off and used only in the event of an emergency**.

ON THE RUN

Earbuds and music are **fine on the run**. They are **NOT permitted on the bike**.

BIKE COURSE RULES & REMINDERS

STAY WITHIN THE SHOULDERS OF THE ROADS

THIS IS AN OPEN COURSE.

You must ride within the shoulders of the roads to avoid being hit by vehicles passing on the roadway.

Remain alert to traffic at all times.

ALWAYS STAY TO THE RIGHT

Ride on the **right side of the lane of travel** unless you are **actively passing another cyclist**.

Riding on the left side without passing and interfering with cyclists attempting to pass is not permitted.

NO RIDING SIDE BY SIDE

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

NO DRAFTING

This is **NOT a draft-legal race**.

Maintain approximately **three bike lengths** between yourself and the cyclist in front of you unless you are passing.

Once you enter the passing zone—within three bike lengths—you have **15 seconds to complete your pass.**

Before initiating a pass, make sure you are capable of maintaining your lead over the cyclist you are passing.

Once you have been passed, you must **immediately exit the draft zone before attempting to pass that cyclist back.**

PASSING RULES

Pass only on the LEFT.

Warn the cyclist you are passing by announcing:

“Passing on your left!”

Complete your pass within **15 seconds** and maintain your speed.

If you are being passed, **do not race the athlete who is passing you.** Back off your speed enough to allow that cyclist to assume the forward position.

LEGAL & ILLEGAL BIKES

LEGAL:

- Tri bikes
- Road bikes
- Fat-tire bikes
- All-terrain bikes

NOT LEGAL:

- Electric bikes
 - Recumbent bikes
-

HELMETS ARE REQUIRED

Helmets are required any time you are riding your bike—even when you first arrive at the race.

Only helmets approved by the **U.S. Consumer Product Safety Commission (CPSC)** may be used.

Your helmet must be properly secured under your chin.

You will not be allowed to race if you do not have a helmet.

Put your helmet in your gear pile when you are packing your race equipment so it does not get left at home.

If you ride up to transition or packet pickup without your helmet on, you will be disqualified and you will not receive your packet.

SHIRTS ARE REQUIRED

Shirts are required on the bike course.

Tri tops, tanks and T-shirts all qualify as shirts.

Sports bras alone do not.

If you are concerned about being cold, think in terms of **layers**.

AQUA BIKE

Aqua Bike athletes will rack their bikes with the **regular individual athletes**. There is no special Aqua Bike section.

Line up for the swim with the individual athletes wherever you feel most comfortable.

Slower swimmers should line up toward the end of the line.

When you return from your **second bike loop**:

1. Return to transition.
2. Rack your bike.
3. Leave transition through the **RUN OUT chute**.

4. Continue through the **finish line** so we can capture your final race time.

You **must cross the finish line** for us to record your complete Aqua Bike time.

Be very careful as you do this. You will be **crossing the bike chute to reach the finish chute**, so watch for both bikes and runners coming into and out of transition.

RUN

LEAVING TRANSITION — WATCH FOR BIKES

Be very careful leaving transition. Bikes may already be coming down the hill as they return from the bike course, and they may be coming in hot.

Unfortunately, the run course crosses the path of returning cyclists in **two locations**:

- As you leave transition to begin your run at the **bottom of the hill**
- At the **park entrance**, where you begin the road portion of the run

Pay attention and watch for bikes at both crossings.

As you leave the park, you will run on the **right side of the road**, with the cones on your **left**.

You will use this **same side of the road when returning to the park**, but the cones will then be on your **right**.

- **Leaving the park:** returning bikes will be on your **left**.
- **Reentering the park:** returning bikes will be on your **right**.

Stay on the shoulder of the road leading into and out of the park and **watch for cyclists entering the park**.

ONCE YOU LEAVE THE PARK — RUN AGAINST TRAFFIC

Once you leave the park, you will run **AGAINST TRAFFIC for the entire run course**.

STAY ON THE SHOULDER AT ALL TIMES AND RUN AGAINST TRAFFIC.

This is an open course. Stay alert and remain on the shoulder.

AID STATIONS

Water stops will be located approximately **every 1.5–2 miles** and will be staffed by volunteers to assist you.

Each aid station will have:

- **Water** in small 4-ounce cups
- **Hammer HEED electrolytes** in 4-ounce cups
- **Coke**
- **Hammer gels** in a variety of flavors
- **Orange wedges**
- **Half bananas**
- **Hand sanitizer**

PLEASE SANITIZE YOUR HANDS FIRST

Before selecting **gels, oranges or bananas**, please use the **hand sanitizer provided on the table**.

TRASH — KEEP IT AT THE AID STATIONS

Please do not litter anywhere on the run course.

Used cups should be dropped **within 15–20 feet of the aid station**. Garbage cans will be provided at each water stop for your other waste.

All refuse must be discarded within 20 feet of an aid station. Discarding trash outside these designated areas will result in disqualification.

USED GEL PACKS GO IN THE GARBAGE

Do not drop used gel packs on the ground anywhere on the course.

Place your used gel packets in the **garbage cans provided**. This is not only about keeping the course clean—it also prevents our volunteers from having to pick up gel packets that have been in your mouth and potentially expose themselves to your saliva.

Please be respectful of the **residents who live along the course and the volunteers and staff who are there supporting your race**.

TOILETS

Toilets will be available at:

- The **park entrance**
 - Water stops **1/5**
 - Water stop **3**
 - Water stop **4**
-

EARBUDS

Earbuds are fine on the RUN.

Remember, however: **earbuds, headphones, music and personal audio devices are NOT permitted on the bike course.**

FINISH

TIMING CHIP — PLEASE RETURN IT!

Once you cross the finish line, **remove your timing chip and place it in the receptacle provided.**

Please don't forget—we need those chips back!

FINISH LINE HYDRATION

Bottled water and Gatorade will be available at the finish line.

POST-RACE BARBECUE

The barbecue will be set up **on the grass in the shade adjacent to the beach, near transition.**

We will be serving:

- Hamburgers
- Chicken/apple sausages
- Chicken hot dogs

- Brats
- Veggie burgers
- Chips
- Water
- **Gluten-free buns will also be available**

The barbecue is available to **athletes at no additional charge.**

Spectators may purchase a meal for \$10 CASH.

AWARDS

The awards ceremony will take place in the **barbecue area at approximately 1:30 p.m.**

LEAVING THE PARK

Please use extra care when leaving the park for the day.

The race may still be underway, with athletes **both biking and running on the roads in and around the park.** Please watch carefully for athletes coming and going as you leave.

AGE GROUPS

	Male	Female
19 and Under	5	2
20-24	7	3
25-29	21	10
30-34	14	9
35-39	13	9
40-44	6	3
45-49	5	4
50-54	10	2
55-59	4	2
60-64	6	1
65-69	0	0
70-74	1	1

3 Mixed 3 Person Relay Teams

1 Mixed 2 person Relay Team

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 \(frontrunnerusa.com\)](https://www.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). Aqua Bike awards will be for overall male and female unless the numbers increase substantially.

SPECTATORS

Completing a 70.3 is an amazing accomplishment and one you will undoubtedly want to share with family and friends. **Please feel free to bring an entourage—we love having people there to cheer you on!**

While you wait for your athlete to return to the race site, please help yourself to the free sign making materials available outside transition.

BEST PLACES TO WATCH

Spectators will have several good opportunities to see their athletes:

- **Swim start and swim exit**
- **Just outside the park entrance** for the bike course
- **Second bike loop** as athletes pass the park entrance
- **Finish line**

The **best place to watch the bike portion** is from the road just outside the park entrance. Athletes will pass this location again as they head out for their second loop.

PLEASE STAY OFF THE COURSE

Spectators, please be aware that **you are sharing this space with athletes who are actively racing.**

Do NOT stand on the road leading down to transition. You will be directly in the path of athletes.

Do NOT use the roadbed to walk between the park entrance and transition. Again, you will be in the way of athletes biking and running through this area.

Please always be aware of where athletes are racing and **respectfully remain off the course.**

PLEASE DO NOT DRIVE THE BIKE COURSE

Spectators should NOT drive the bike course to follow their athlete.

This is an **open course**, which means our cyclists are already sharing the roads with vehicle traffic. Additional spectator vehicles following athletes create unnecessary traffic and put our cyclists at greater risk.

Please choose a viewing location, cheer loudly and let your athlete come back to you!

SPECTATOR FOOD

If your cheering section gets hungry, food will be available for purchase in the **barbecue area beginning at 10:30 a.m.**

Spectator meals are \$10 CASH.

Please plan accordingly—**there are no other stores or food outlets in the area.**

THANK YOU!

Thank you all for registering to race the 70.3 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.

HAMMER NUTRITION - <https://www.hammernutrition.com>

You are getting some amazing goodies in your packets compliments of Hammer Nutrition. If you have historically had difficulty consuming race nutrition products because they upset your stomach, you now have the perfect opportunity to give Hammer products a try. 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 and gels will be served on course.

MIDWEST EVENTS – [Outdoor Fitness Events | Minnesota | Midwest Events](#)

MMR uses Midwest Events for all of its race registrations. You can find a complete listing of all of 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 – [Frontrunner Events USA | Race timing](#)

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 \(nowbikes-fitness.com\)](http://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.

I will be sending out a final race email on Friday evening once I have the courses and transition fully set up with any last minute updates. If you need to reach me before race day, please realize that on Thursday and Friday it may be quite late before I get back to you as I will be at the race site and on the courses completing final set up. The final race email will include an update as to the age groups as registration will remain open through the race start.