

IMPORTANT FOR GMAIL USERS

If you have a Gmail account, please add my email address to your contacts and mark my email as safe. Gmail does not always like my mass emails, and I don't want you to miss important race updates.

I have also posted this Athlete Guide on the **One Last Tri race page on our website**. Any additional updates will be posted there as well.

GOOD DAY, TRIATHLETES!

Thank you for racing with us this coming weekend!

Looking ahead, the weather is looking like we might have a cool day. I will continue to keep an eye on the forecast, but **rain or shine, this race will go off**.

Ramsey County Parks and Rec tested the water over the weekend and reported no Ecoli and we are cleared to swim.

This guide contains all the information you need to be prepared to race this Sunday.

I am not attaching bike course maps because Gmail generally doesn't like MMR emails—and it really doesn't like attachments. **Course maps are available on the race page on our website**. Please review them before race day so you are familiar with the courses.

The courses will be heavily marked with **chalking (weather permitting), cones and signage**. Police will also be on course at major intersections and at the turn around at **Liberty School**. If you are paying attention, you should not get lost.

If you have not already done so do this now:

1. Take Care of Your USA Triathlon Membership

Because the One Last Tri **Sprint and Olympic Triathlon 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.



Sprint

https://member.usatriathlon.org/rtav/358734/login?distance_type=sprint&mode=web&race_type=Triathlon

Olympic

https://member.usatriathlon.org/rtav/358734/login?distance_type=olympic&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 mor

ALL ATHLETES MUST BE IN TRANSITION BY 8:00 AM.

This includes ALL team members.

You must pick up your packet **before entering transition to rack your bike**.

A SPECIAL NOTE ABOUT OUR FIRST-TIME TRIATHLETES

As of this morning, **75 athletes will be joining us as first-time triathletes**.

PLEASE, PLEASE, PLEASE be kind to our newbies! Remember how nervous you were when you started. Encourage them, help them feel welcome and let's make sure they want to keep coming back.

No one loves a big triathlon family more than me!

KEEP YOUR RUN BIB

After you finish racing, **hang on to your run bib**. You will need it to get back into transition and collect your gear. Your bike and run bib numbers will be verified as you leave transition for security purposes.

These numbers will NOT be the same—and that is OK. Don't panic!

WATER TEMPERATURE

I will take a water temperature reading on Friday and include it in the **final pre-race email** to all athletes.

Wetsuits are not required, and they are legal.

PACKET PICKUP

Day: Sunday – Race Day – September 20

Time: 6:30–7:30 AM

Location: White Bear Lake County Beach (aka Ramsey County Beach)

5050 Lake Avenue

White Bear Lake, MN 55110

We will be set up in the **beach house in front of the lake**. After picking up your packet, continue toward the lake. When you exit the building, make a left. The entrance to transition (**SWIM IN**) will be straight ahead.

You will need your cell phone. Use your cell phone to pull up your USAT email acknowledging your registration with USAT. We will check the email before handing you your packet. This is a USAT sanctioned race. Every athlete must be registered with USAT.

Your packet will contain:

- Swim cap
- Timing chip
- Bibs
- Race shirt, if you ordered one.

All team members must be present to pick up their packet.

NO RACE-DAY SWITCHING DISTANCES!

At this time, chips have been issued. If you would like to switch to a shorter distance, please contact me at judi@mmraces.com.

The last day to make the switch is Wednesday, September 16.

SCHEDULE OF EVENTS

6:30 AM – Park and parking lots open

6:30 AM – Transition area opens; race-day registration and packet pickup begin

7:00 AM – NOW Bikes on site for minor adjustments and to air tires

7:00 AM – DJ begins to make general announcements

7:45 AM – Race-day registration and packet pickup closes

8:00 AM – Transition closes and final course updates are given. Updates will take place **inside transition** to give you the maximum amount of time to get settled.

8:30 AM – **Olympic Course START**

8:50 AM (or so) – **Sprint Course START**. Washington County Sheriffs have requested this time frame to ensure the safety of cyclists at Liberty School.

10:30 AM – Barbecue begins

11:00 AM – Bike course closes

11:15 AM (approximately) – Awards ceremony and barbecue (when 80% of the field is in)

TRANSITION

Transition is open to athletes only.

There will be **no body marking**.

Trash cans will be located throughout transition. Please deposit all trash in the cans provided.

LEAVING TRANSITION AFTER THE RACE

When you are ready to leave for the day, **you must exit through the SWIM IN gate**. A staff member will verify your bib against your bike number, so **do not discard your bibs or green wristband**.

Thank you for your patience, understanding and cooperation with this security protocol. We do this for your protection—not because we are control freaks.

Please do not try to exit through the BIKE OUT or RUN OUT chutes. Athletes may still be on the course. Give them the courtesy of the same racing experience you had and stay out of these areas once you have finished racing.

TEAMS

Team racks will be located at the **back of transition, closest to the lake**.

As you face the lake:

- **Olympic Teams – left**
- **Sprint Teams – right**

Your racks will be in the **last row next to the fencing**, allowing additional space for all team members.

All team members must be present and pick up the packet together.

TEAM CHIP EXCHANGE

Each team will use **one timing chip for the entire race.**

Team members will exchange the chip **in transition at the location where the bike is racked—not at the entrance to the bike chute.**

Each member will complete one leg of the race—or multiple legs if you are a two-person team—and then hand the chip to the teammate completing the next leg.

Every team member, including the runner, must wear the chip on the LEFT ankle. This ensures the chip is picked up by the timing mats as you cross each timing point.

SWIM COURSES

Lake levels unfortunately are low due to the continue drought so you can still expect to **walk/run through the water for a fair distance before it becomes deep enough to swim.**

If you are a first-time triathlete, I recommend **walking rather than running** into the water. This will help keep your heart rate down—and it will probably already be elevated from the adrenaline rush!

To give you more of an actual swim, we are changing the swim course to a **narrower rectangle that extends farther out into the lake.** I will go over the course again on race morning while we are in transition and again on the beach as we are looking at the lake.

COURSE LAYOUT

Both courses will be a **single out-and-back, slightly angled, narrow rectangle.**

- The first set of **large lime-green triangle buoys** marks the Sprint corners.
- The second set of **large pink triangle buoys** marks the Olympic corners.
- Smaller **yellow sighting buoys** will be located roughly halfway between the corners.

Always keep all buoys on your RIGHT.

Because this is an out-and-back course, **do not drift too far to the right** or you may run into athletes swimming in the opposite direction.

Wetsuits are not required, and they are legal.

Please wear the **swim cap provided at packet pickup**.

SWIM START

The swim will use a **self-seeded time-trial start**, with athletes entering the water approximately **1–3 seconds apart**.

Line up wherever you feel most comfortable, with faster athletes toward the front of the line.

I will give you a “go” or some other words of encouragement as I release you into the water.

IF YOU NEED HELP DURING THE SWIM

If you need to stop to catch your breath or need assistance, **call a lifeguard over to you**.

You may hang onto the lifeguard's raft or swim tube until you are ready to continue. The lifeguard will **not help move you forward**; you must resume swimming under your own volition.

And once again: **wetsuits are not required, but they are legal**.

BIKE COURSES

NOW BIKES SUPPORT

NOW Bikes will be available outside transition beginning at **6:30 AM** for minor adjustments and to air tires.

Please make sure your bike is in **excellent working condition before race morning**. This is not an opportunity to get a free tune-up.

NOW Bikes will also provide **sag support on the bike courses**.

You should carry everything you need to fix a flat, as it may take some time for NOW to reach you on the course. If you don't know how to change a flat, **stop in at NOW Bikes before race day for a lesson**. They will show you how to do it and can set you up with everything you need to carry on your bike.

OLYMPIC BIKE COURSE

The Olympic course follows the Sprint course through the turnaround at **Liberty School** and back onto Illes Avenue North before turning right onto Jody Avenue North where there will be a Washington County Sheriff.

You will complete a loop that brings you back to **Jody Avenue North and Illies Avenue North**, where you will rejoin the Sprint course for the return to the finish area.

Police officers and staff will be scattered throughout the loop area.

Garmin course map:

<https://connect.garmin.com/modern/course/306868830>

SPRINT BIKE COURSE

The Sprint course will **turn around at Liberty School** and return to the start.

BOTH BIKE COURSES

Mile markers will be marked on the roadbed **every two miles** along the bike routes.

Corners will be marked with **directional signs and cones**. Weather permitting, there will also be **additional chalk markings on the roadbed**.

BIKE COURSE RULES & REMINDERS

STAY WITHIN THE SHOULDERS OF THE ROADS

This is an open course. You must ride on the shoulder to avoid being hit by vehicles passing on the road.

Traffic may be passing you at high speeds. Some shoulders are narrow or nonexistent; in those areas, **hug the edge of the road**.

Do not swing out wide when making right turns. **Left turns will be monitored by police officers.**

NO EARBUDS OR PERSONAL AUDIO DEVICES

No earbuds of any kind are allowed on the bike course.

Headphones, headsets, Walkmans, iPods, bone-conduction headphones, MP3 players or any other type of personal audio device may not be carried or worn at any time during the bike portion of the race.

This is a **safety issue and the condition of MMR's race insurance**. Violation of this rule will result in **disqualification**.

Bike support will be on the course and will be watching for violations in addition to assisting athletes with bike issues.

You may carry a phone; however, **it must remain turned off unless you have an emergency.**

And just to be clear: **wanting music while you ride is NOT an emergency.**

STAY TO THE RIGHT

Always stay on the **right side of the lane of travel unless you are passing.**

Riding on the left side of the lane when you are not 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.

Keep approximately **three bike lengths** between you and the rider ahead unless you are passing.

Once you enter the passing zone—within three bike lengths—you must complete your pass within **15 seconds**. Before passing, make sure you will be able to maintain your lead on the cyclist you are passing.

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

PASSING RULES

Pass only on the LEFT.

Warn the cyclist ahead 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 and allow that athlete to assume the forward position.

BIKES

Legal: Tri bikes, road bikes, fat-tire bikes and all-terrain bikes.

NOT LEGAL: Electric bikes and recumbent bikes.

HELMETS ARE REQUIRED

You must wear a helmet any time you are riding your bike—even when you first arrive at the race and when you are leaving with your gear.

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 without a helmet.

Make sure your helmet is included in your gear pile when you are packing your race equipment.

Again, you must wear your helmet **every time you are on your bike**, including when riding into transition with your gear or riding away after the race. This is a condition of our race insurance.

SHIRTS ARE REQUIRED ON THE BIKE

You must wear a shirt while riding. Sports bras do not qualify as shirts.

Ladies, you will need to wear a shirt over your sports bra.

The shirt requirement is for your protection. It makes you easier for motorists to see, and if you go down, it can help reduce the amount of road rash you experience.

RUN COURSES

RUN BIBS

Your run bib must be worn on the FRONT during the run.

Keep this in mind if you think you may overheat and want to remove your shirt but have your bib pinned to it.

This is where a **race belt** is the perfect piece of gear. It doesn't put holes in your clothing, and you can easily pull your bib around to the front as you near the finish.

NOW Bikes has race belts available for approximately **\$10–\$13**, and you can use one for all your races.

COURSE LAYOUT

Both distances feature an **out-and-back course along White Bear Lake**.

The Sprint and Olympic athletes will share the same course, with different turnaround points:

- **Sprint:** Turn around at the water stop located on Highway 61.
- **Olympic:** Continue past the VFW and Kowalski's and turn around at the second water stop at **Bellaire Beach**.

Both courses remain on the **run path for the entire distance**. The run path was completed all the way past Bellaire Beach earlier this summer and is a real treat to run on.

At no time will you be running on an open road.

Mile markers will be posted in chalk on the path bed **every mile**. (weather permitting). The course will be chalked, and directional signs will be placed at corners. (we will not be marking miles with signs because at Manitou Tri – same course – every single sign was stolen.)

WATER STOPS

Each water stop will have:

- Water
- Hammer HEED electrolytes

PLEASE DON'T LITTER

Please do not throw cups or spent gel packets along the course. **People live along our race route and do not appreciate finding race garbage in their yards.**

A trash can will be available at the Olympic turnaround for your spent gel packets.

Please do not leave spent gels for our volunteers and staff to pick up. They should not be the ones getting sticky.

FINISH

We will be hosting a **post-race barbecue at the finish line**.

The menu will include:

- Turkey hot dogs
- Bratwurst
- Turkey burgers
- Hamburgers
- Veggie burgers
- Gluten-free buns
- Chips
- Water

Spectators are welcome! Spectators who would like to join us for the barbecue may purchase a meal for \$10.

SPONSORS

We are incredibly grateful for our generous sponsors. They add a great deal of value to your race experience by providing services and products that you should take full advantage of—both on race day and afterward as the opportunity arises.

All of our sponsors offer high-quality services and products designed to help keep you healthy and racing at your best.

NOW BIKES

<https://www.nowbikes-fitness.com/>

NOW Bikes will provide **bike support in transition and out on the course.**

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 their shops are chock-full of great gear that I am pretty sure none of us can live without.

HAMMER NUTRITION

<https://www.hammernutrition.com>

If you have historically had difficulty consuming race nutrition products because they upset your stomach, this is the perfect opportunity to give **Hammer Nutrition** products a try.

In my experience, Hammer is much easier to digest than many of the 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 will be served on course.

NORTH STAR MEDICAL

<https://northstarmedicalmn.com/>

North Star Medical offers a unique chiropractic service focused on **pain management and non-surgical treatments.**

Stop by and chat with them about what hurts while you're getting a **trigger-point massage in the finish area.**

They love a sweaty body, so don't be shy!

AGE GROUPS

SPRINT AQUA BIKE

Current individual Sprint Aqua Bike registrations include:

Gender Age

Female 50

Male 63

SPRINT INDIVIDUAL

	Male	Female
14 and Under	1	4
15-19	8	4
20-24	10	6
25-29	7	10
30-34	10	9
35-39	10	8
40-44	13	14
45-49	4	1
50-54	1	4
55-59	4	2
60-64	1	1
65-69	0	1
70-74		1
75-79		0
80-84		0

OLYMPIC AQUA BIKE

Current individual Olympic Aqua Bike registrations include:

Gender

Female

Male

Male

Male

Male

Age

39

79

42

75

63

OLYMPIC INDIVIDUAL

	Male	Female
19 and under	3	0
20-24	5	4
25-29	4	8
30-34	9	1
35-39	7	2
40-44	7	2
45-49	3	2
50-54	3	2
55-59	1	0

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

RACE RESULTS

Race results will be available **on site** and updated approximately every **15 minutes**.

Official race results will be posted online later in the afternoon at:

<https://www.frontrunnerusa.com/our-events/results>

RACE LOCATION

One Last Tri will be held at Ramsey County Beach, also known as White Bear Beach.

Address:

5050 Lake Avenue

White Bear Lake, MN 55110

The beach is approximately **25 minutes from both downtown Minneapolis and downtown St. Paul.**

DIRECTIONS

Google Maps directions:

<http://maps.google.com/maps?q=5050+Lake+Ave,+White+Bear+Lake,+MN>

PARKING

ABSOLUTELY NO PARKING IN THE BOAT LAUNCH — YOU WILL BE TOWED!

Parking within the park is **free and available on a first-come, first-served basis**.

There are approximately **250 parking spaces** within the park.

Once those lots are full, athletes and spectators will need to park on nearby residential streets.

The closest street parking will be around **West Park**, including areas along **9th and 10th**.

Carpooling is strongly encouraged.

DO THIS THE NIGHT BEFORE

FILL YOUR WATER BOTTLES

Water for filling bottles will NOT be available before the race starts.

Fill your bottles the night before and bring them with you ready to go.

LAY OUT ALL OF YOUR GEAR

Lay everything out the night before so you are less likely to forget something important—like your **helmet or running shoes**.

Yes, that happened last weekend at Square Lake.

We cannot provide you with a helmet due to liability reasons, and **you cannot race without one**.

SPECTATORS

Spectators are absolutely welcome, but there are a few important things they need to know.

GETTING IN AND OUT OF THE PARK

Once athletes begin coming in and out of the park on their bikes, spectators **should not expect to be able to enter or leave the parking lot without delays**.

After approximately **8:00 AM**, your entourage should expect that they may need to wait before entering or leaving the park.

Please tell them ahead of time so they aren't so grumpy about it.

Athletes on bikes will have priority—for what should be obvious reasons.

SPECTATOR PARKING

The park has plenty of parking for athletes, but spectator parking will be more limited.

Spectators arriving later may be turned away from the park lot once it is full.

If that happens, additional parking is available near **West Park along the city streets**. This is actually a great option for spectators.

It is only about a **one-block walk along the trail through the woods** to return to the start/finish area, and it is much easier to get in and out of once the race has started.

BEST PLACES TO WATCH

Swim:

On the beach for the swim start and swim exit.

Bike:

There isn't a great way to spectate along the bike course. The best option is from the parking lot, where you can watch athletes head out on the bike and return.

Run:

Along the path by the lake and at the finish area.

POST-RACE BARBECUE

Spectators may purchase food at the post-race barbecue for **\$10 cash**.

QUESTIONS?

If you have questions, please do not hesitate to contact me at judi@mmraces.com.

I will be out of the office for part of **Friday** and all of **Saturday** while setting the courses and transition.

If you need to reach me, please do so on **Thursday**. After that, it may take me some time to get back to you.

Let's have a safe and fun race day! I look forward to seeing all of you on Sunday.

