

IF YOU HAVE A GMAIL ACCOUNT, PLEASE ADD MY EMAIL ADDRESS TO YOUR CONTACT LIST AND MARK MY EMAIL AS SAFE. GMAIL DOES NOT LIKE MY MASS EMAILS. I HAVE ALSO PLACED THE GUIDE ON OUR WEBSITE RACE PAGE. ADDITIONAL UPDATES WILL BE THERE AS WELL.

Good day, triathletes:

Thank you for racing with us this coming weekend. Looking ahead, at least right now, it looks like we are going to have great weather – partly cloudy with light winds and an high of 77. I will keep an eye on the weather. Rain or shine this race will go off.

This email 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 but really doesn't like attachments. The course maps are available on the race page on our website. Please review so that you are familiar with the courses. The courses will be heavily marked with chalking, cones and signage. Police will also be on course at major intersections and the turn into the Liberty School parking lot where you will turn around. If you are paying attention, you should not get lost.

ALL ATHLETES MUST BE IN TRANSITION BY 8:00 AM (THIS INCLUDES ALL TEAM MEMBERS).

You will need to pick up your packet prior to entering transition to rack your bike.

As of this morning, we have 59 athletes joining us as first-time triathletes. PLEASE, PLEASE, PLEASE, be kind to our newbies. Remember how nervous you were when you started and let's encourage them, so they keep coming back. No one loves a big triathlon family more than me!

Remember to hang on to your run bib after you are done racing. You will need the run bib to get back into transition and collect all your gear. Bibs (bike and run) will be verified on your way out for security purposes.

You will have a green wristband in your packet. The wristband will have 2 numbers on it. One is your chip number (the smaller number of the two), the other is your bike number. They will not be the same and it is ok – so don't panic. Keep the wristband on. You will need it to leave transition. Staff will verify your bib numbers against your wristband for security purposes.

WATER TEMPERATURE:

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

Wetsuits are not required, and they are legal.

PACKET PICKUP

Day: Sunday – Race Day – September 14

Time – 6:30 am to 7:30 am

Location: 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. Pick up your packet and keep going toward the lake. Make a left when you get out of the building. The entrance to transition (Swim In) will be straight ahead of you.

Your packet will contain your swim cap, chip, bibs, a race shirt if you ordered one, your finisher medal and the green wristband. The wristband is flimsy and tends to stick to the Velcro on the chip and/or inside of your packet. So, take care as you rifle through your packet, so you don't lose it.

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 are interested in switching to a shorter distance, please reach out to me at judi@mmraces.com. The last day to make the switch is Wednesday, September 10.

Schedule of Events

- 6:30 am - Park and parking lots open
- 7:00 am – NOW BIKES on site for minor adjustments and to air tires.
- 6:30 am - Transition area opens, race-day registration and packet pick-up begins
- 7:00 am - Race announcements begin
- 7:45 am - Race-day registration and packet pick-up closes
- 8:00 am - Transition area closes and final course updates. **Updates will take place in transition to allow you the maximum amount of time to get settled.**
- 8:30 am - START OF OLYMPIC COURSE
- 8:50 am (or so) START OF SPRINT- **WASHINGTON COUNTY SHERIFFS HAVE REQUESTED THIS TIME FRAME TO ENSURE THE SAFETY OF CYCLISTS AT THE LIBERTY SCHOOL**
- 10:30 - Barbecue
- 11:00 – Bike Course Closes
- 11:15 am (approximately) - Awards Ceremony and barbecue

TRANSITION:

Transition is open to athletes only.

There will not be body marking.

Trash cans are in various spots in transition. Deposit your trash in the cans provided.

When leaving for the day, you must exit the swim in gate. There, a staff person there to verify your bib against your bike number so don't discard your bibs or wristband. Thanks for being patient and understanding and cooperating with this protocol with regard to security. We do this for your protection – not because we are control freaks.

Please do not try to escape using the bike 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 are done racing.

Teams

Team racks will be located at the back of the transition area closest to the lake. Olympic Team is on the left as you face the lake, Sprint on the right. Your racks are the last row next to the fencing to allow more space for all members. All team members need to pick up the packet together.

Team members will exchange a single chip in transition at the location where the bike was racked – not at the entrance to the bike chute... Each member of the team will complete a leg of the race (or multiple legs if a 2-person team) and then hand the chip off to the member doing the next leg. All team members must wear the chip on their left ankle (even the runner) to ensure that the chip is picked up by the mat when you cross through the timing points.

SWIM COURSES:

Lake levels have come up over the course of the summer however, you can expect to walk/run through the water for a fair distance before it will be deep enough to swim. If you are a newbie, I recommend walking instead of running to help keep your heartrate low (it will already be high from the adrenaline rush you will have.) To give you more of an actual swim, we are going to be changing the swim so that it will be a narrower rectangle going further out into the lake. I will go over this again on race morning while we are in transition and on the beach as we are looking at the lake.

Both courses will be a single out and back slightly angled narrow rectangle. For the swim course, the first set of large lime green triangle buoys are for the sprint corners, the second set of large pink triangle buoys are for the Olympic corners. There will be smaller yellow sighting buoys roughly halfway between the corners. Always keep all buoys on your right. Because this is an out and back, do not drift too far to the right or you will run into athletes swimming in the opposite direction.

Wetsuits are not required, and they are legal.

Please wear the swim cap we will provide you with at packet pick up.

The swim is a self-seeded time trial start with athletes going into the water 1-3 seconds apart. You should line up wherever you feel comfortable with faster athletes lining up at the front of the line.

As you approach the mat to get into the water, I will ask you for your chip number. Once you have told me the number (just look at your left ankle) I will call it back to you and you need to head into the water. Consider my calling it back to you the equivalent of “GO”.

If you need to stop to catch your breath or need assistance, call a lifeguard over to you. You can hang onto the raft or swim tube until you are ready to proceed. The lifeguard will not help you move forward; you must do so on your own volition.

Once again, wetsuits are not required but are legal.

BIKE COURSES:

NOW Bikes will be available outside transition for minor tweaks and airing of tires beginning at 6:30 a.m. Please make sure your bike is in excellent condition as this is not an opportunity for you to get a free tune-up.

NOW will also be sagging the courses. You should have everything you need to fix a flat as it might be some time before NOW can get to you. If you do not know how to change a flat, stop in at NOW for a lesson before the race. They will show you how to do it and will set you up with everything you need to have on your bike.

Olympic - The Olympic course follows the sprint course to the turnaround at Liberty School but then veers off at Isleton Ave. N. (where there will be a Washington County Sheriff). You will be making a loop that will come back to Isleton and 122nd/Co.7 to get back on the sprint course to return to the finish area. Police officers and staff will be scattered throughout the loop area.

Here is the Garmin link for the course. <https://connect.garmin.com/modern/course/306868830>

The **Sprint** will turn around in Liberty School parking lot to return to the start.

Mile markers are every two miles on the bike routes. Corners will be marked with directional signs and cones. Weather permitting, additional chalking will be on the roadbed.

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. No headphones, headsets, Walkman's, iPods, bones, mp3 players, 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. Violation of this rule will result in disqualification. 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. You can take a phone with you; however it must be turned off unless you are in an emergency. (Wanting music while you ride is NOT an emergency.)

Always stay on 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 three bike distances between you and other riders unless passing. Pass within 15 seconds of entering the passing zone (within 3 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 you are riding (even when you are first arriving). 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.

Shirts are required when riding. Sports bras do not qualify as shirts. Ladies, you need to wear a shirt over your sports bra. The shirt requirement is for your protection. It makes it easier for cars to see you and if you go down it reduces the road rash you may experience.

You must always wear a helmet you are on your bike – even when you are riding in with your gear or leaving. Again, this is a condition of our race insurance.

These are open courses so traffic will be passing by you at high speeds. You will be riding on the shoulder of the roads (some shoulders are narrow or non-existent – in those cases, hug the edge of the road). Do not swing out far when making your right turns. Left turns will be monitored by officers.

RUN COURSES:

Run bibs need to be worn in front on the run. Keep this in mind if you think you are going to overheat wearing your shirt but have your bib pinned to your shirt. This is where a race belt is the perfect piece of gear. No holes in your clothes and you can pull the bib in front as you near the finish. NOW bikes has race belts for \$10-\$13 – you can use it for all your races.

Both lengths feature and out and back course along White Bear Lake.

Both distances will share the same course with the exception that the sprint will turn around at the water stop located on Highway 61. The Olympic will continue past the VFW and Kowalski's and turn around at the second water stop which will be located at Bellaire Beach. Both courses will stay on the run path the entire time. (The run path was completed all the way past Bellaire Beach earlier this summer and is a real treat to run on.)

Mile markers will be posted at each mile. The course will be chalked, and signs will be located at corners. Both courses run on the running path the entire time. At no time will you be running on an open road.

Water and Hammer Heed electrolytes will be available at each water stop. The Olympic turn around water stop will also have a variety of Hammer gels available for athletes. Please do not litter cups and spent gels on the course. People live along the course and do not appreciate garbage in their yards. We

will have a trash can available at the Olympic turnaround so you can deposit your spent gels there. Do not leave your spent gels for the 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. We will be serving turkey hot dogs, bratwurst, turkey burgers, hamburgers or vegie burgers. We will have gluten free buns. Chips and water will also be available.

Spectators are welcome and can purchase meals for \$10.

SPONSORS:

We are grateful for our generous sponsors who add a great deal of value to your race experience by providing services you should take full advantage of at the race and post-race as the opportunity arises. All our sponsors offer high quality services and products designed to keep you healthy and racing at your best.

NOW BIKES- [Now Bikes | Local bike shop in Minneapolis, St. Paul, Arden Hills \(nowbikes-fitness.com\)](http://Now Bikes | Local bike shop in Minneapolis, St. Paul, Arden Hills (nowbikes-fitness.com))

NOW will be providing bike support in transition and 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 the shop is 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, 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 for the Olympic course) will be served on course.

North Star Medical - <https://northstarmedicalmn.com/>

This unique chiropractic service focuses on pain management and non-surgical treatments. Chat with them about what hurts while you are getting a trigger point massage in the finish area – they love a sweaty body so don't be shy.

Age Groups

Olympic	Female	Male
19 and Under	0	2
20 - 24	2	7

25-29	8	6
30-34	0	7
35-39	3	7
40-44	6	5
45-49	4	1
50-54	3	3
55-59	0	0
60-64	0	1
65-69	0	0
70-74	0	0

Individual Olympic Aqua Bike Male 45
 Individual Olympic Aqua Bike Male 74

3 – 3 Person Olympic Teams

Sprint	Female	Male
19 and Under	1	5
20 - 24	4	3
25-29	11	5
30-34	3	6
35-39	16	16
40-44	9	11
45-49	5	7
50-54	3	5
55-59	2	3
60-64	0	2
65-69	0	2
70-74	0	0
75-79	0	2

Individual Sprint Aqua Bike Female – Ages 55, 61,77

Individual Sprint Aqua Bike Male – Ages 58, 65, 65, 66

3-3 Person Sprint Teams

1-2Person Sprint Team

Registration will remain open through race morning. Numbers are likely to change.

Race Results:

Race results will be available on site and will be updated roughly every 15 minutes. Official race results will be available online later in the afternoon at <https://www.frontrunnerusa.com/our-events/results>

Race Location

One Last Tri is being held at Ramsey County Beach ([get directions](#)) aka White Bear Beach. The Beach is located at 5050 Lake Avenue, White Bear Lake, MN 55110. It's only about 25 minutes from both downtown Minneapolis and downtown St. Paul. Simply take 35E north to County Highway 96. Go east on 96 for about 2 miles, then go north on 61. Go about 1 mile on 61, then take a right on Lake Avenue/96 for a few hundred yards until you see the beach.

Parking on race day will be available within the park and on nearby residential streets. There are about 250 parking spaces available within the park on a first-come, first-serve basis. Once the lots are full, participants and spectators will have to park on nearby residential streets. The closest will be those along 9th, 10th, and 11th Streets near West Park. No parking signs will be posted along the streets immediately adjacent to West Park as there is a large retirement party booked into the park. Carpooling is encouraged.

Spectators should not expect to be able to come and go without delay from the parking lot once athletes are coming in and out of the park on their bikes. Please tell your entourage to expect to have to wait to leave or come in to or out of the park after 8am and to please not be so grumpy about it . Athletes on their bikes will have priority for what should be obvious reasons.

PARKING:

ABOSOLUTE NO PARKING IN THE BOAT LAUNCH – YOU WILL BE TOWED!!

Free within the parking lot adjacent to beach, first come first served. Once full, on the streets south of Highway 96 (around West Park), a very short walk to the beach.

DO THIS THE NIGHT BEFORE:

Fill your water bottles. Water for bottles will NOT be available prior to the race start.

Lay out everything so you are less likely to have forgotten something important like your helmet or running shoes – happened last weekend at Square Lake. We cannot provide a helmet for liability reasons, and you can't race without one!

SPECTATORS:

Spectators should not expect to be able to come and go without delay from the parking lot once athletes are coming in and out of the park on their bikes. Please tell your entourage to expect to have to wait to leave or come in or out of the park after 8am and to please not be so grumpy about it . Athletes on their bikes will have priority for what should be obvious reasons.

The parking lot has plenty of parking for athletes and limited parking for spectators. Spectators arriving later may be turned away if the lot is full. If that happens, there additional parking close by at West Park along the city streets – perfect for spectators. It is a short one block walk on the trail through the woods to get back to the start/finish area from West Park and much easier to get in and out of once the race has started.

Spectators will be able to purchase food at the barbecue for \$10 cash.

Best places to watch:

On the beach for swim in and out.

No great way to watch the bike. In the parking lot to see bikes go out and come back in.

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

If you have questions, please do not hesitate to contact me at judi@mmraces.com. I will be out of the office part of Friday and all of Saturday setting the courses and transition. If you need to contact me, do so on Thursday as after that, it may be some time before I can get back to you. Let's have a safe and fun race day! I look forward to seeing all of you on Sunday.