An Update on Turtleman: Weather, Air Quality & Race Day

Dear Turtleman Athletes,

Over the past several days, we've received a number of questions about this weekend's forecast, the recent air quality alerts, and the expected heat. We completely understand your concerns, and we've been monitoring conditions closely right alongside you.

At this time, the Turtleman Triathlon will take place as scheduled.

The safety of our athletes, volunteers, and staff is always our highest priority. We are continuing to monitor the forecast and conditions leading into race morning and will communicate with you if anything changes.

Air Quality

According to the **Minnesota Pollution Control Agency (MPCA)**, the current air quality alert is expected to end by **11:00 a.m. Friday**. A cold front moving through the area is forecast to bring cleaner air along with slightly cooler temperatures heading into race weekend.

While forecasts can change, this is encouraging news, and we'll continue to keep a close eye on conditions.

Water Temperature

We measured the lake at **86°F at the surface in the shallow areas**. Water temperatures in the deeper portions of the swim course are expected to be in the **low 80s**.

Because of these warm water temperatures, we **strongly discourage wearing a full wetsuit**. If you prefer the added confidence or buoyancy a wetsuit provides, a **sleeveless or shorty wetsuit** will likely be a much more comfortable choice.

Making the Right Decision for You

Every athlete is different. Your health, experience, and comfort level matter.

We encourage you to make the decision that is best for you. If you have concerns about racing in warm conditions or have any medical conditions that could be affected by heat or air quality, please consult your physician and choose what is right for your health.

If you do race, we encourage you to:

- Arrive well hydrated.
- Adjust your pace to match the conditions.
- Listen to your body throughout the event.
- Never hesitate to slow down, stop, or seek medical assistance if something doesn't feel right.

Our medical team, volunteers, and staff will be on site and ready to assist throughout the event.

Why the Race Cannot Be Rescheduled

Several athletes have asked whether the race could be postponed or moved.

Unfortunately, that isn't an option. Events like Turtleman require permits that are secured more than a year in advance with the City and Ramsey County Parks. Those permits, along with police, medical, timing, vendors, and many other logistical arrangements, cannot simply be transferred to another weekend.

Refunds

We also understand that some athletes may decide not to participate, and we respect that decision. However, as stated in our registration policy, refunds are not available. At this stage, registration fees have already been used to secure permits, public safety services, timing, equipment, insurance, supplies, and the many other expenses required to produce the event.

We know this isn't the answer everyone hopes for, and we sincerely appreciate your understanding.

Thank you for placing your trust in Midwest Multisport Races. We never take that trust for granted. Our commitment is to provide a safe, well-organized, and welcoming event for every participant, and we look forward to seeing you at Turtleman this weekend.

Travel safely, take care of yourselves over the next couple of days, and we'll see you at the lake.

I also expect you'll get a few replies asking, "Will the race be shortened if it's hot?" I'd have a simple response ready:

"We continually monitor weather and course conditions throughout the event. If conditions warrant operational changes, we will communicate those to athletes as quickly as possible. At this time, the race is planned to proceed as scheduled."

Thank you for being part of the Turtleman community. We appreciate your understanding, your trust, and the enthusiasm you bring to this event every year. We can't wait to welcome you to the starting line this Saturday.