

IF YOU HAVE A GMAIL ACCOUNT, YOU MUST ADD THE FOLLOWING EMAIL TO YOUR CONTACT LIST IN ORDER TO RECEIVE INFORMATION DIRECTLY ABOUT THE RACE. JUDI@MMRACES.COM

GMAIL IS BLOCKING EMAILS.

Good evening, Triathletes!

Good evening 70.3 athletes. It is important that you review the information I am providing. You are responsible to know the rules of the race and to be familiar with the course. Please do not blame volunteers, police officers or staff if you make an error in navigating courses or in how you participate in the race. You need to know where you are going and what you are doing. It is your responsibility to be fully informed – do not be the athlete who blindly follows others who may be leading you wrong and then try to blame your gaff on a volunteer, staff, police office or the race director. I promise you have all the information you need right here to be successful!

If you have an entourage with plans to video tape you on any portion of the race, you must have contacted the race director for approval. We have had issues with this in the past with influencers who don't seem to care about their fellow athletes' racing experience. Athletes being video taped will be immediately disqualified – results will not be posted and pictures will be deleted.

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 feeling sick, please, please, please stay home. There will be other races!

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>

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.

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

There will not be any body marking. You are certainly welcome to do this on your own, however, we will be relying on your chip, bike bib and run bib to track you. Please note that **your bike bib** number will not exactly match your chip number (we will only be looking at the last digits of the bike number.) Run bibs will match your timing chip. Please take a moment to look at your chip and memorize the number...ou will need this information as you enter the water. Please wear your run bib in front when you are coming into the finish chute so we can catch you for backup timing.

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

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.

Race food for athletes has been included in the price of your registration. We will be serving hamburger, turkey burger, brats, chicken hot dogs, vegie 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

6:40am | PACKET PICKUP CLOSES

6:40am | Final race announcements (in transition)

6:40am | 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.

We will be set up in the lower parking lot, on the way down to transition.

Parking is available in two lots: the first upper lot and a second lot further south.

You must either have a yearly county park pass from one of the area parks or purchase a day pass to avoid being towed or ticketed.

Packets will contain the following items: your chip to be worn on the left ankle, your bike and run bibs, a silicone swim cap which must be worn in the swim, your finisher shirt (if you ordered one) and finisher medal, Hammer Fizz, Hammer gel and nutrition information provided by Hammer.

Your packet will be handed to you by a volunteer or staff member. Please do not reach for your packet until it is handed to you.

Place your park pass in the dash window to avoid being towed or ticketed. Make sure you stop at a kiosk to purchase a ticket and affix it to your windshield prior to heading to transition.

Teams

At packet pick up, please identify yourself as a team so we are not trying to find you in the individual packets.

All team members must be present at packet pick up. You will all be asked to sign a waiver as not all of you will have signed during the registration process online.

Members of the team are welcome to hang out in transition as they await their turn to race.

You will share a single chip which you will rotate between your members throughout the entire race. The chip must be transferred 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 are facing. The chip must be placed on the left ankle. If the chip is not on the left ankle, it will not be read by the mat. (Meaning if you were thinking your runner would wear it on his or her arm...think again. Bad idea, we won't capture the run time.) Left ankle, left ankle, left ankle...just saying. 😊

Make sure all of you gather under the finish gantry for a team picture after you are done racing.

TRANSITION:

Locations are not preassigned but only 5 bikes per rack section for spacing. Bikes should be racked on both sides of the rack, alternating every other bike.

Athletes only allowed in transition.

Enter through the run out opening on the west side of transition.

Bike support will be provided by NOW Sports. This is not an opportunity for a free tune-up. Please make sure your bike is in excellent condition. They are there to air tires and make small adjustments. They will also sag the course, but you should have everything you need to change a tire as it could be some time before they get to you.

On the north side of transition, you will find the swim in. You will use this entrance when you finish your swim and are coming back in to get your bike. Once we have finished with pre-race announcements (at roughly 6:55am), we will all move to the beach for the swim start.

All bikes should alternate sides, every other bike, 5 bikes to a rack section, placing your bike hood or saddle on the bar.

TEAMS – You will be in a separate area in the southeast corner of the transition area as you are entering. This is to allow you additional space for your teammates.

SWIM:

Athletes will assemble on the beach for a self-seeded time trial start between 6:55 and 7:00. Please plan to stretch yourselves out in a long line along the beach.

Athletes can assemble on the beach where they are most comfortable. Those who are faster swimmers should plan to be at the front of the line.

Athletes will enter the water 3-5 seconds apart. You will need to know your chip number (NOT YOUR BIKE BIB NUMBER) and tell it to me. I will be releasing you into the water. Once I call off your number

you will cross the mat and start your swim. Please take a moment before you reach me to look at your chip and note the number.

The course is a two-loop half mile in the shape of a square. Large pink triangular buoys will mark the farthest corners at which you will turn. Bright green triangular buoys will mark the closer corners. Smaller round bright green or yellow buoys will be spaced in between to act as siting guidance. You do not need to return to the beach for to start your second loop. You will go in on the east end of the beach and exit on the west end closest to transition. Keep the buoys on your left at all times. Again, you will not be running across the beach to enter for the second loop.

Teams can enter the water along with the individuals.

Wetsuits are not required but are legal.

The swim cap provided is required.

BIKE:

I would recommend a light chain ring as you will be climbing a hill immediately out of transition.

ABSOLUTELY NO LITTERING ON THE COURSE. A COUPLE OF YEARS AGO I SPENT 16 HOURS WALKING THE BIKE COURSE PICKING UP SPENT GELS AND WATER BOTTLES BECAUSE OF COMPLAINTS FROM THOSE LIVING ON THE COURSE. Last year everyone did a great job of hanging on to their trash. We are at risk of losing this course if we have littering complaints. 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.

Upon leaving transition you will be staying to the left of the cones up the hill (cones on the right). Upon your return, you will use the same side of the road 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.

2 Loops – THEY ARE NOT THE SAME.

Here is the Garmin link for the bike course:

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

Only ride the lollipop past Nason Hill on your first loop. You will ride directly past the park on the second loop, skipping the ride to the cul-de-sac. You will bike out on the right side of the road leading out of the park.

Some clarification to the map: in Marine On St Croix after you have gone through the tunnel and have turned to go into downtown Marine onto Broadway from Ostrum Trail, **you will be making a left on Oak Street** rather than going down the hill on Broadway to Highway 95. A police officer will be at this location controlling traffic. Then a **left off of Oak Street onto 5th Street. Take 5th Street to Elm where**

you will make a right onto Elm. There are two speed bumps on 5th that will be marked with cones. There will be police officers in squads at the tunnel, at the turn onto Broadway, at the turn onto Oak and at the **right turn off of Elm onto 95** and at the bottom of the hill on 95 at Broadway. The course will be heavily marked between Oak Street and your turn onto 95. Remember that there are speed bumps in this area so slow down so that you do not launch your bottles. **You must stay within the cones as you turn onto Highway 95 for your safety.** There is a wide shoulder to ride on but you can't be taking this turn at 25 miles per hour and expect to be successful! You will be able to gain quite a bit of speed descending once you are on Highway 95. Police will be controlling traffic, and you will have the right of way at 95 and Broadway but you need to be paying attention in case you need to brake suddenly. (Revised map is attached for your review.)

LOOP 1:

In the first loop as you near the park, you will pass by Square Lake Trail (which leads to the park entrance) and ride straight ahead onto Paul Avenue. Ride through the intersection of Nason Hill and Paul and turn around in the cul-de-sac dead end and return to Square Lake Trail, where you will turn right and go past the park entrance and your second bottle exchange to begin your second loop.

LOOP 2 – this loop is shorter than loop 1

As you near the Square Lake Trail finishing your second loop, turn left onto Square Lake Trail and return to transition through the park entrance. You will **NOT** be going past Square Lake Trail as you did on the first loop. The roadbed will be heavily marked with a reminder and we will have staff and police at this intersection directing you.

Remember to watch for runners entering and exiting the park on the shoulders of the road you will be riding on. Bikes ride in and out of the park using the same side of the road so as to avoid the runners who will be using the other side of the road. Bikes should stay on the right side of the road upon return to the park. Cones will be placed down the entire center of the road leading in and out of the park. You will cross a timing mat on your way back into transition. This is the same side of the road you will use on your way out of the park on your bike.

Bottle exchanges – you will NOT have to stop for water. Discard your empty bottle (you will NOT get this bottle back) in the drop zone about 20 feet before you reach the exchange by tossing it to the side of the road (volunteers or staff will pick up what you discard). SLOW down and reach out to the volunteer who will hand you a replacement bottle. This is straight water in a sport top bottle. Put the bottle in your cage and then flip it open – easily opened with just one hand. If you ride through the bottle exchanges too quickly you will likely miss the handoff and potentially take out another rider who is reaching for a bottle. So pay attention and for goodness sake, slow the heck down!

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

NOW Bikes will be sagging the course as bike support on the course. Because it may take some time for them to get to you, make sure you have everything you need to change your tire should you flat.

NO EARBUDS OR ELECTRONICS (OTHER THAN YOUR WATCH) OF ANY KIND ON THE BIKE, FINE ON THE RUN. NOW will be watching for any type of breach of the rules concerning electronics on the bike course

and will report those who are not following the rules. If you choose to ignore the rule, you will be disqualified.

Shirts are required on the bike course! Think layers if you are concerned about being cold. Shirts include tri tops and tanks as well as t-shirts.

A police escort will be provided for the lead cyclist.

Additional police officers will be located at critical crossings and at the tunnel as well as heavily covering Marine on St Croix.

A toilet will be located at both bottle exchanges.

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 within the tunnel that is sharp enough to push you into oncoming traffic if you take it too fast.

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. Telephones, 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. You need to be aware of cyclists coming up on you and of traffic passing you. If we learn that you have put earbuds on once you have left transition, you will be disqualified. (I cannot put these races on without insurance. Please do not selfishly defy this rule and risk shutting down MMR permanently.) 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. 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. Do not yell at staff and/or volunteers at Mount who tell you to go back to transition to drop your earbuds or to put on a shirt. They are enforcing the rules you should already know about and be following.

Always stay to 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 required at all times 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. If you ride up to transition without your helmet on you will be disqualified and you will not receive your packet.

Shirts are required when riding. Tanks and tri tops qualify as shirts. Sports bras do not.

AQUA BIKE –

You will rack your bike with the regular individual athletes (no special section).

Line up with the individual athletes for the swim, wherever you feel most comfortable. Slower athletes should line up toward the end of the line.

When you return from your second bike loop, rack your bike back in transition. You must run out of transition (use the run-out chute) and through the finish line in order for us to track your final race time. Make sure you are watching for bikes and runners coming in and out because you will be crossing the bike chute to reach the finish chute.

RUN:

Be careful leaving transition. Bikes may already be coming down the hill to return to transition. Unfortunately, you will be crossing in their path when you leave transition to begin your run at the bottom of the hill and when you get to the park entrance to begin your run on the road so be aware, they may be coming in hot. You will be running on the right side of the road (cones will be on your left as you leave the park) on your way out and on the same side of the road upon your return (cones will be on your right upon your return). Once you leave the park you will run AGAINST traffic the entire time on the run course.

Stay on the shoulders at all times running against traffic. As you leave and enter the park, stay on the shoulder of the road leading out of the park and watch for bikes entering the park. Bikes will return on your left as you leave the park. Bikes will be on your right as you reenter the park.

Water stops will be located roughly every 1.5 to 2 miles. The following products will be available at each stop: small 4 ounce glasses of water; Hammer Heed electrolytes in 4 ounce glasses; Coke; Hammer gels in a variety of flavors; hand sanitizer; orange wedges and half bananas. Volunteers will be staffing the aid stations to assist you. Please drop your used cups within 15 to 20 feet of the water stops.

Toilets are located at the park entrance, water stops number 1/5, 3 and 4.

Used gel packs should be deposited into the garbage cans provided so that volunteers do not have to be exposed to your saliva.

Please do not drop your used gel packs anywhere on the course. Please be respectful of those who live in the area and our volunteers and staff.

Before making your selection of gels, oranges or bananas use the hand sanitizer provided on the table.

Discard any waste in the garbage cans provided at each water stop. Again, you must discard your refuse within 20 feet of the aid station. Discarding trash outside these zones will result in disqualification.

Earbuds are fine on the run.

FINISH:

You will need to remove your chip once you cross the finish line and drop it into the receptacle provided.

Bottled water and Gatorade will be available at the finish.

The barbecue area will be by transition on the grass in the shade adjacent to the beach. We will be serving hamburgers, turkey burgers, chicken hot dogs, brats, vegie burgers, chips and water. These items are available to athletes at no additional charge. Spectators can purchase for \$10 cash.

The awards ceremony will take place in the barbecue area at 1:30.

Please take care in leaving the park for the day, realizing that athletes on bikes and running may still be coming and going.

AGE GROUPS:

70.3	Female	Male
19 and Under	1	1
20-24	4	6
25-29	3	11
30-34	3	15
35-39	2	15
40-44	4	10
45-49	3	6
50-54	2	7
55-59	0	2
60-64	0	2
65-69	1	0
70-74	1	1
75-79	0	2

Registration will remain open through the race start, numbers subject to change.

Aqua Bike – Women – ages:22, 28, 64 – Overall female award.

Aqua Bike – Men – ages: 28, 30, 36, 47, 48, 60, 73 – First and second place male award.

Teams – 5 3 person teams – 4 mixed and 1 all male. Mixed teams, first and second place award.

2 2 person teams – 1 mixed, 1 male

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 \(frontrunnerusa.com\)](#). 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. One that I am sure you want to share with your loved ones. Please feel free to bring an entourage.

Best viewing for spectators will be at the swim in and out and outside the park entrance for the bike out and the second loop. And finally, at the finish line.

Spectators, please do not stand on the road leading down to the transition – you will be in the way of athletes. Do not use the roadbed to walk up and down from the park entrance – again, you will be in the way of our athletes. Always be aware of the course athletes will be using and respectfully stay off the course.

Best place to view the bike portion of the race is on the road just outside of the park entrance as athletes will pass by you on their way for the second loop. Please refrain from driving the bike course as it puts athletes in danger on this open course.

If your cheering section gets hungry, they can purchase food starting at 10:30 in the barbecue area for \$10. 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 - 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 – 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.