

Good evening 70.3 Athletes.

This will be the final update regarding course conditions and age groups prior to my seeing you in the morning.

Transition – everyone must be in transition by 6:35. I will be taking a bit more time to go over announcements since we have had some challenges with Gmail. Race announcements will take place in transition starting at 6:35.

WATER TEMP: 73 degrees

You are welcome to do a warm up swim. Please be back in transition by 6:35. Once I release you to the beach, you need to be in line and ready to go by 7am.

With the air temperature anticipated to be in the 60's at the race start, the water is going to feel very warm. Wetsuits are not required but they are legal if you would like to wear them. I can tell you I swam in the lake on Wednesday morning without a wetsuit. It was great. I might have more body fat than most of you so maybe I am more insulated, but I think you will find the swim enjoyable.

2 loops of the course – you are not getting out of the water for the second loop.

BIKE COURSE:

Remember you are going to be wet getting on your bike and as great as the water felt, the cold air on your body won't feel nearly as awesome until you get warmed up. I would highly recommend arm warmers and running gloves. And for those who get really chilled, I would consider a light jacket. If you need to drop any of these items once you are warmed up, you must do so at the bottle exchanges.

Bottle Exchanges – Please make sure you are dropping your spent bottles in the marked drop zones – orange cones will mark the beginning and end of the zones. Toilets are located at the exchanges. If you need to stop make sure you are pulling well off the road and are aware of others around you so you don't take them out.

There is really only one section of the roadbed that is rough – after the first bottle exchange between mile 15 and 16. Shoulders are quite pocked. Holes have been circled with orange, but once you cross over Manning (police officer at this first intersection past the bottle exchange,) I would recommend staying out of the shoulder and riding to the left of the white line.

Reminder – electronic mileage tracking devices such as smart watches and Garmin style bike computers are the only electronics allowed on the bike. Absolutely no music is allowed – you need to be paying attention to cyclists and traffic around you, not jamming

out on your favorite play list – you can do that later when you are drinking your beer, cocktail or wine celebrating your successful race day.

The bike course will measure long (58.7 miles) so don't freak out that your watch is reading long. Washington County and May Township would not give us a permit to turn you around in the middle of a road that would allow for a 56 mile bike ride.

The course has been marked with chalked corners, many of the corners have tape and all corners have signs. Police officers will be controlling traffic on busy intersections and heavily in Marine on St. Croix. The first left turn on the bike course will have an officer controlling traffic. The next two turns will be staffed by my staff. After that you will need to pay attention to the signage on the roadbed and in the ditches.

Mile markers – every 2 miles.

TUNNEL – The chalking for the tunnel is no longer really dark warning you to slow down. If you remember one thing from our mandatory meeting tomorrow it should be to slow down going into the tunnel. There will be an officer at the tunnel, and we will have cones down the center to slow you and cars down. It is not safe to bomb the tunnel. I promise right after you leave the tunnel you will be able to have some fun on the really gentle rollers that come right after...it is one of my favorite parts of the course and super fun to ride.

The volunteer who was going to be at Hwy 95 and Square Lake Trail (this is the ascent back to the park) tested positive for Covid tonight. I do not have time or the staffing to replace her. This intersection is just before you leave the highway to return to the park and has an actual turn lane. There is a Huge BROWN sign that says Square Lake Park just before the turn lane. I have put streamers on the sign to catch your attention. In addition, I have taped the corner. The sign telling you to turn will be ahead of you across the road because there is a guardrail at this turn does not allow for us to put the sign just ahead of the turn as I normally would do.

RUN COURSE:

The bananas are not ripening like I would like. If they look decent in the morning, we will be serving them. Orange wedges will be available at all water stops.

Water stops are every 1.5 miles or so. Toilets are located at all but 1 water stop.

Run AGAINST TRAFFIC at all times once you leave the park.

Please do not discard your spent gels anywhere other than the water stops. I do NOT enjoy picking up sticky spent gels when I am picking up signs and getting your mess all over my steering wheel after I have put in a 17 hour day and am getting ready for a race the next day.

Have some heart and give me a break. I am not as young as I used to be and my patience is waning...

AGE GROUPS:

70.3	Female	Male
19 and Under	1	1
20-24	4	7
25-29	3	11
30-34	3	16
35-39	4	16
40-44	5	10
45-49	3	7
50-54	2	10
55-59	0	2
60-64	0	2
65-69	1	0
70-74	1	1
75-79	0	2

That's it for the night. I will see all of you in the morning. Get a great night's sleep.