Lakewalk Surgery Center

LAKEWALK SURGERY CENTER PRESENTS

MINNESOTA POWER ISLAND LAKE PARK

Venue Location: Minnesota Power Island Lake Recreation Area

The Root Beer Kids Race will follow the Brewhouse on Sunday, beginning at 1:30pm.

SATURDAY REGISTRATION AND PACKET PICK-UP

- Registration and packet pick-up will be at the Fitger's Complex **from 12:00 pm to 2:00 pm.** 600 East Superior Street Duluth, MN 55802 (In the Barrel Room near the Brewhouse.
- Registration and packet pick up will be at the race venue **from 4:00pm to 6:00pm,** at the Minnesota Power Island Lake Recreation Area
- Newbie triathlon clinic at 6pm at the venue!

- **ALL athletes are required to show photo ID to pick up your packet.** You MAY pick up another persons packet if you have a photo ID for that person (photocopy or photo on phone) *NO ID? NO USAT ANNUAL MEMBERSHIP CARD FOR THOSE WITH A LICENSE? NO RACE, NO EXCEPTIONS!* **If you purchased a one-day membership as part of your registration for this race, you do not need to verify your membership with us. You will still need to show an ID.**

SUNDAY - RACE DAY

PARKING for athletes and spectators
NO PARKING ON THE TAR ROADS as they are being used for the race
NO PARKING ON THE NORTH SIDE OF GRAVEL ROAD (this will be signed)

Please follow the instructions from our parking personnel as they direct you left onto Boulder Lake Road and then a right onto Boulder Lake Road (yes, same name) and into the gravel pit. Parking is within walking distance of the venue. The County has requested that we **TOW vehicles** parked along the tar Boulder Lake/Dam Road to maintain traffic safety. The gravel road MUST only have vehicles on the right as you drive in.

Transition opens at 6:30 am at the Island Lake Park. That will give you 2 hours before the first wave. **PLEASE do not arrive any earlier. Our volunteers are busy with other race preparations so we ask that you honor the times listed. If you do arrive early, we will have no choice but to put you to work until the transition opens!** We have great volunteers and if you come early you will become one!

- 6:30am - Transition area opens; NO EARLY ARRIVALS (see paragraph above). Bike racks are numbered by ranges (1-20, 21-40) You MUST rack your bike on the appropriate rack as we have 3 separate races. See how to rack later in this letter.
- 6:30 - 7:45am - Late packet pick-up at the Minnesota Power Island Lake Park Pavilion.
- 6:30 – 8:00am - Body marking and timing chip pick-up near finish line. BRING YOUR NUMBER or packet with you to minimize mix-ups (66 looks like 99)
- 8:00 am – TEAM MEETING NEAR THE BIKE IN bridge
- 8:10 am - Pre-race meeting on the bluff for both long and short courses.
- 8:30 am – Transition closes to all athletes
- 8:30 am - Long course first wave start (see below for your wave start time).
- 9:15 am - Short course swim start (see below for your wave start time).
- 10:00am - Swim course closes.
- 11:15 am -Bike course closes.

- 12:30 pm -Approximate time for awards ceremony. You must be present to receive award/prizes or we mail out awards for a $25 fee. Check your result before leaving. No early awards.

- **Starting Times:**
- Waves and age groups are based on USAT age (age at the end of this year, **not** the day of the race)

8:30am	1: GOLD	Long Course All Fast Swimmers, Men 29 and Under
8:33am	2: BLUE	Long Course Men 30 and Over and LC Relays
8:36am	3: PINK	All Long Course Women and Nonbinary
8:45am	4: GREEN	Long Course Exhibition wave^ (500m swim)
9:15am	5: GOLD	Short, All Fast Swimmers, Men 24 and Under and SC Relays
9:18am	6: BLUE	Short Course Men 25 and Over
9:21am	7: VIOLET	Short Course Women 39 and Under
9:24am	8: WHITE	Short Course Women 40 and Over and Non-Binary
9:27am	9: GREEN	Short Course "Relaxed" Swim Wave - Women*
9:30am	10: GREEN	Short Course "Relaxed" Swim Wave - Men* and Nonbinary
9:35am	11: PINK	Short Course Exhibition wave^ (200m swim)

* We have a **"Short Course Relaxed Wave"** for those who want a more relaxed start and may need a bit more time in the water. This will be two later waves of the short course**. You must still have open water swimming skills and the fitness to swim the distance (500m).** We do now offer this wave for the long course (500m swim).

^ **Exhibition Waves**: For those wanting the tri experience, but not the long swim we have exhibition waves with shortened swims. These waves are not eligible for awards

PLEASE NOTE THAT THERE ARE 400+ ATHLETES SWIMMING AND OUR SAFETY CREW NEED TO WATCH ALL OF THEM. If a lifeguard or kayaker feels you are unable to finish the swim, they will pull you from the water and bring you to safety. The safety crew and rescue squad are the final authority on this decision. If you are pulled from the water your chip will be pulled but you are welcome to finish your bike and run.

TIMING

- We use chip timing. Results will be emailed and posted after the race. (https://pickleevents.com)
- You will receive your timing chip after you are body marked race morning near the finish line/gazebo. Make sure to bring your race bib with you to body marking.
- Secure the Velcro strap tightly on your LEFT ankle for the entire race.
- YOU MUST RETURN YOUR CHIP AT THE FINISH LINE.
- Your number needs to be worn on the **front** of your body only during the run portion of the event (you can wear it on the bike but MUST wear it on the run)
- We use USAT ages, meaning you are listed as the age you will be at the end of the current year.

NOBODY IS ALLOWED IN THE TRANSITION AREA after 8:30am

- At the finish there will be water, fruit, bagels, granola bars, peanut butter and jelly sandwiches, etc, courtesy of Super One Foods. If you need more food during the race get it from the finish line area prior to your race start. **This food is for athletes only,** so please help police this so that there is plenty left for those that come in towards the end.

OTHER RULES and INFORMATION

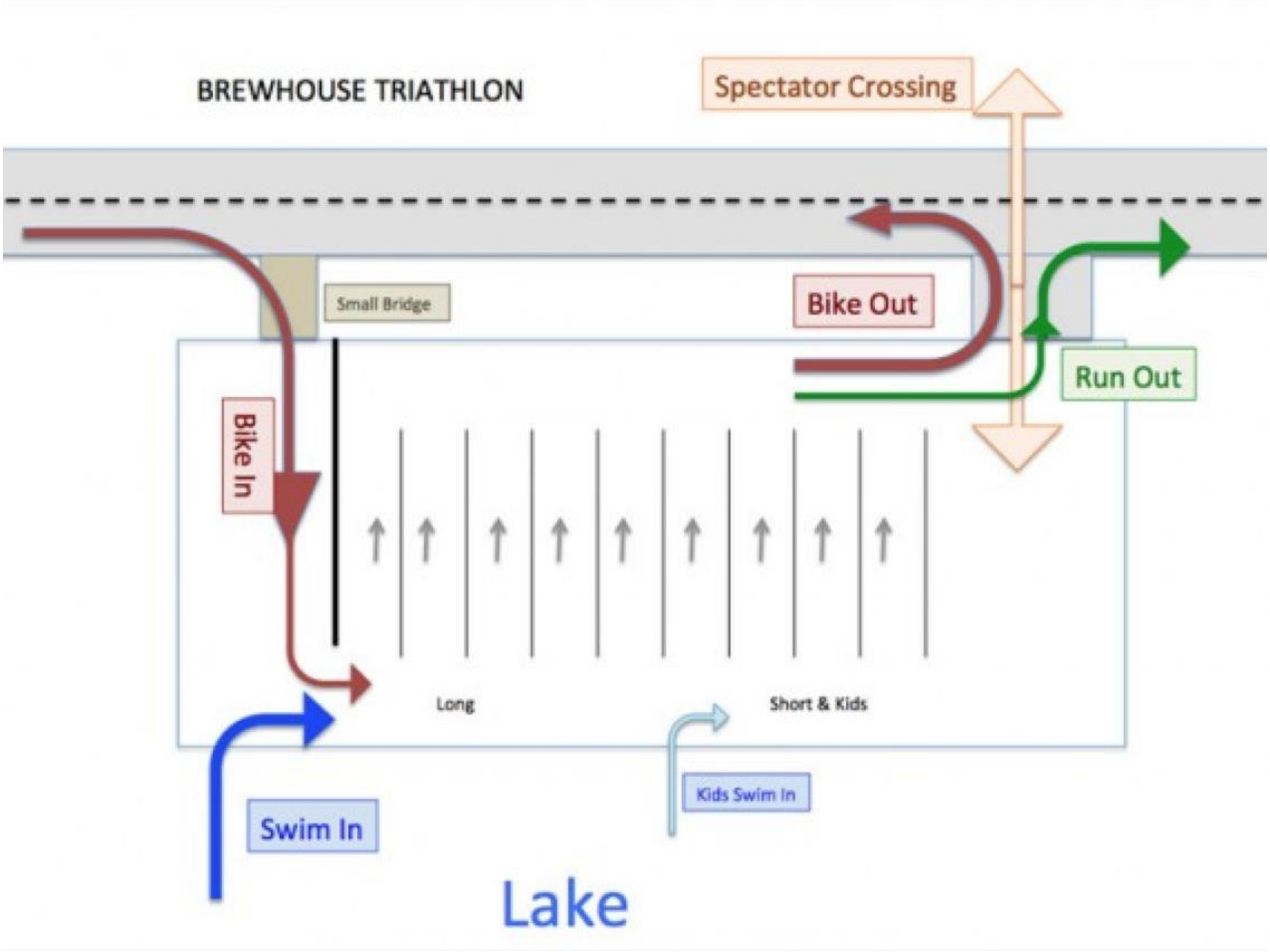
- Course marshals and the head official have the ultimate and final authority to remove a participant from the race
- No participant shall wear headphones or any sound producing device during the race (results in disqualification).
- Awards ceremony will start at approximately 12:30 pm
- AWARDS WILL NOT BE MAILED. IF YOU WON AN AWARD YOU MUST ATTEND THE AWARDS CEREMONY or have someone pick it up for you.
  Results will be posted by Pickle Events or MTEC
- There are no refunds, but you can defer up to 3 weeks before the event. You CAN change distances/waves for free up to the day before the event.
- ***Athletes with ID can pick up their own packets and may pick up for others with a photocopy or photo of the athletes ID. Regarding relays, all relay members MUST present ID for their individual packet.***
- ***If an athlete does not bring a photo ID to packet pickup they have two options:***
  - *Go home to get it. OR Have someone send a photo of your ID.*
- ***If an athlete does not bring their USAT membership card to packet pickup they have three options:***
- *Go home to get it.* OR *Log into USAT and have the membership verified.* OR *Purchase a one-day membership*
- ***Athletes that need to purchase a one-day license must sign the USAT waiver if they did not do so during the event registration on-line process. Annual members do not have to sign a waiver at packet pickup because they already signed it when they applied to become an annual member.***

TEAMS

- ***ALL MEMBERS MUST REGISTER (Captain creates team, additional members select "Adding to Team"***
- ***All relay members MUST present ID for their individual packet, or provide a photo ID to the member picking up the packets.***
- You do NOT need to pick up your packets together
- 8:00am Sunday – TEAM MEETING NEAR THE BIKE IN – small bridge side of transition
- The swimmer starts the race in the designated team wave.
- Upon completion of their leg swimmers have to cross the timing mat for swim in, run to the designated team bike transition area (near the BIKE IN or BIKE OUT), and PLACE THE TIMING CHIP ON THE BIKER. The biker then crosses the timing mat and starts biking.
- When the biker comes in, the runner removes the chip, puts it on their ankle and then runs through the transition. This takes place near the BIKE IN
- The runner then runs through the transition area towards the run out.
- The swimmer and biker need to be body marked including numbers (for officials) and an "R" on their calf.
- Only the runner will need to wear the race number bib (on the front). Runner needs to get body marked with an R on their calf
- Relay teams can keep their bikes in the relay team bike area near the BIKE IN or BIKE OUT.
- The Swim Cap will be in the swimmers packet and the bib will be in the runners packet.

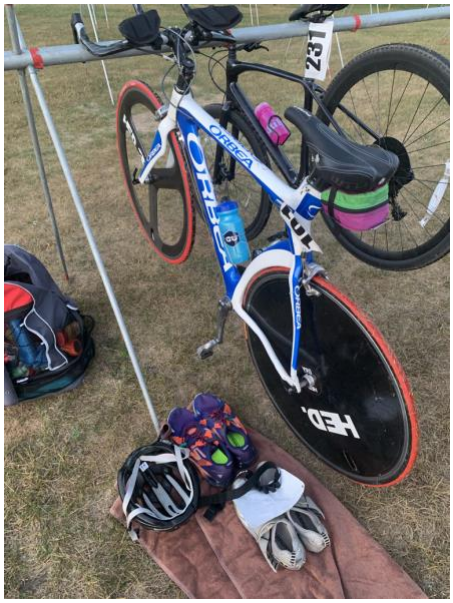
Course maps and information is listed below. Have a great race!

THE TRANSITION ZONE



(Paved parking lot at the Island Lake Picnic Area)

- NO RIDING YOUR BIKE IN THE TRANSITION AREA.
- Anytime you are on or pushing your bike **you must have your helmet on** (even from parking).
- Your bike needs to be placed in your designated bike rack (by bib # number range, 1-20, 21-40, etc), See the images on the next page.
- When setting up your bike, **your transition equipment has to go on the side of the rack with the tire touching the ground. If you hang your bike by the handlebars you put your stuff near your back tire, or if you hang your bike by your seat you need to place your transition area near your front tire.**
- After the swim you will get your bike and **walk or jog** your bike to County Road 4/Rice Lake Road, mount bike, cross over to the opposite shoulder and go left.
- When you come in from the bike, you will dismount bike on the road and **walk your bike over the foot bridge to the transition area.**
- NO BIKE RIDING ON THE FOOT BRIDGE OR IN THE TRANSITION AREA.
- Once you have your running shoes on you will run out of the transition area and go right on County Road 4/Rice Lake Road. Follow the arrows.
- Relay bikers will transfer the chip to the runner after crossing the small bridge
- **– No Electric Bikes (Only with removable batteries that are removed)**



Rear wheel touching ground.

Hung by seat, front wheel down

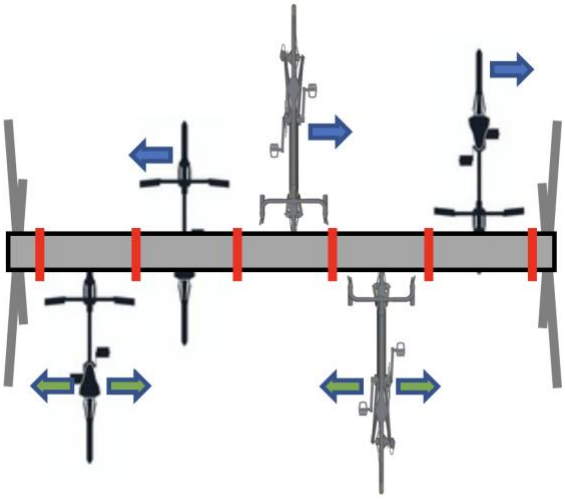
•Rack your bike anywhere on the rack with your number. All 20 spots on the rack are assigned, so all spaces will be used.

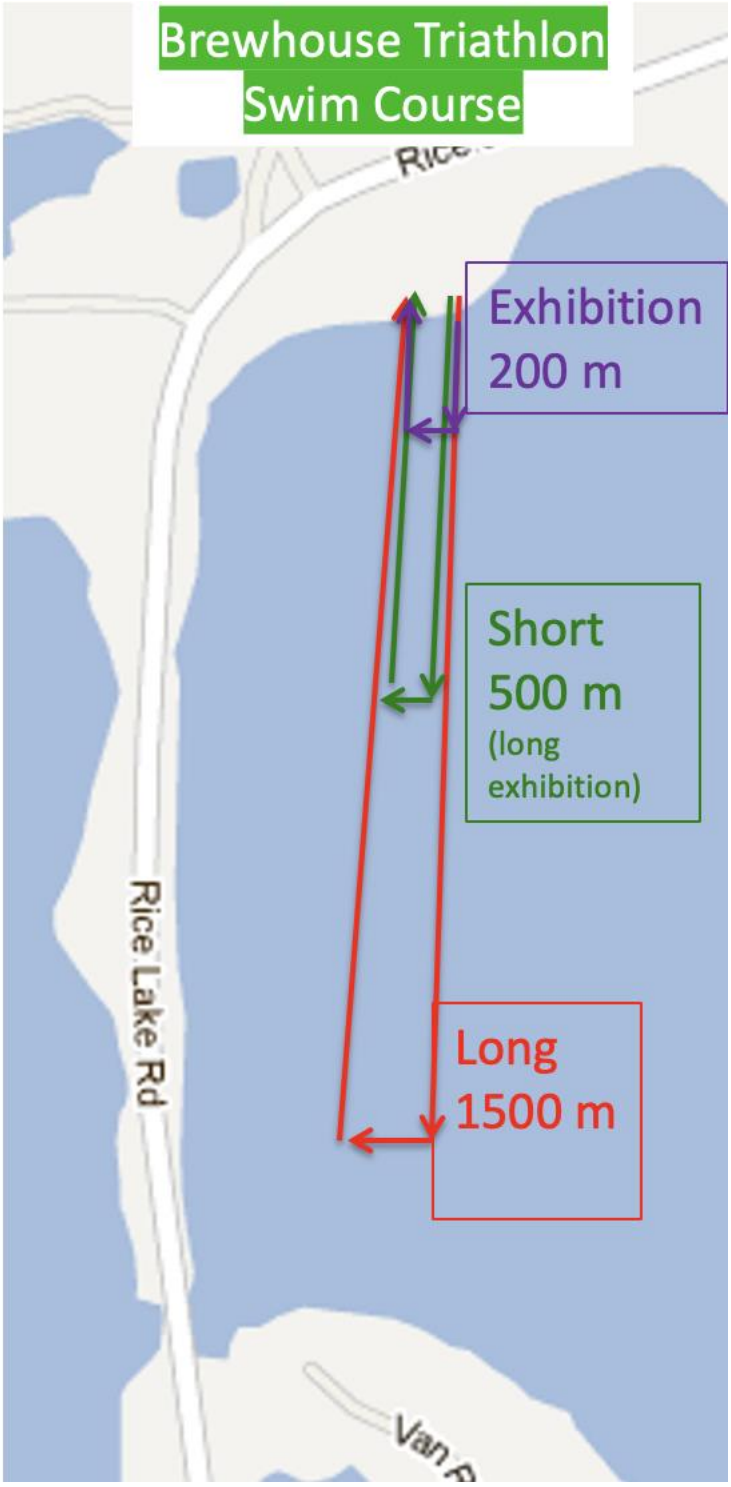
•You will rack your bike by the handlebars, or hang it by the seat. You need to place your equipment on the side of the rack that has your wheel on the ground, taking up no more than one additional space next to your bike.

•Rack your bikes **between** the **red tape.**

•Make sure to re-rack your bike in the same place and same side when you come back to the transition area.

•Sample layout: Arrows show appropriate "side" for equipment (green shows either side). Note that 5 bikes will need to fit on every rack. Transition volunteers may ask people, to minimize their areas if they take up too much room. Lead volunteers may have to move improperly racked bikes to make room for others





THE SWIM COURSE - Clockwise

- Wet suits are allowed (if within the USAT range). Water typically 65-75°F
- You MUST the wear the swim cap (provided)
- Make sure timing chip is on the ***left*** ankle.
- Keep buoys on your RIGHT at all times.
- Swimming is in a clockwise direction.
- Exhibition will go out to the first buoy, go RIGHT to the next buoy, turn RIGHT and go back toward the beach.
- Short Course will go out to the second set of Buoys
- Long course must swim around **all the buoys.**
- You are allowed to get assistance during the swim without being pulled from the race. Thus taking a break on a kayak is allowed. Do not ask them to drag you around the course though.
- Should you be unable to finish the swim, TRY to swim towards the safety boats or signal a boat or a kayak to help.
- No fins are allowed.
- Swim buoys are allowed in the relaxed wave or the exhibition waves
- Snorkels ARE allowed! Who knew?!?
- Swim course closes at 10:00am
- If you are brought to shore you are still allowed to finish the race, but will be entered into the non-competitive division, with your chip removed.

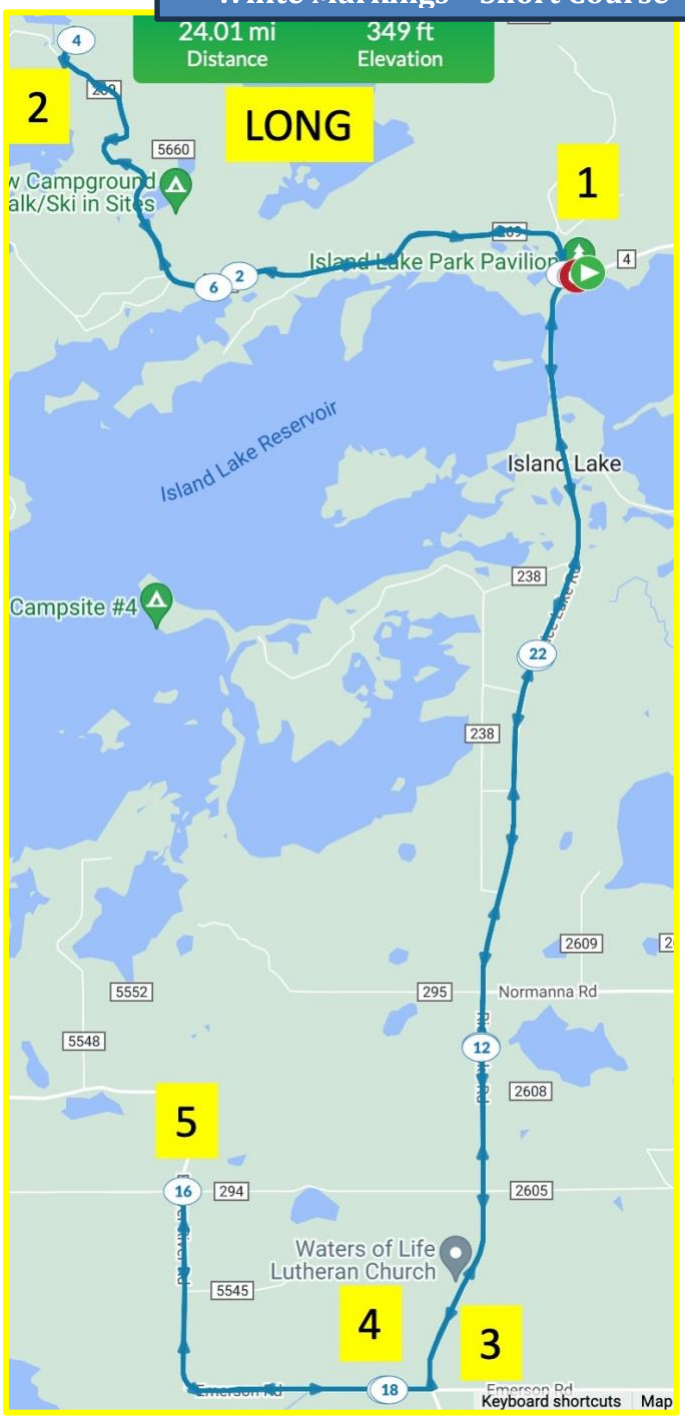
NOTE: Since we will be having 3 race distances please listen carefully to the directions at the starting line.

For bike and run course there are two colors on the road

Yellow Markings – Long Course

White Markings – Short Course

THE BIKE COURSE Closes at 11:15am



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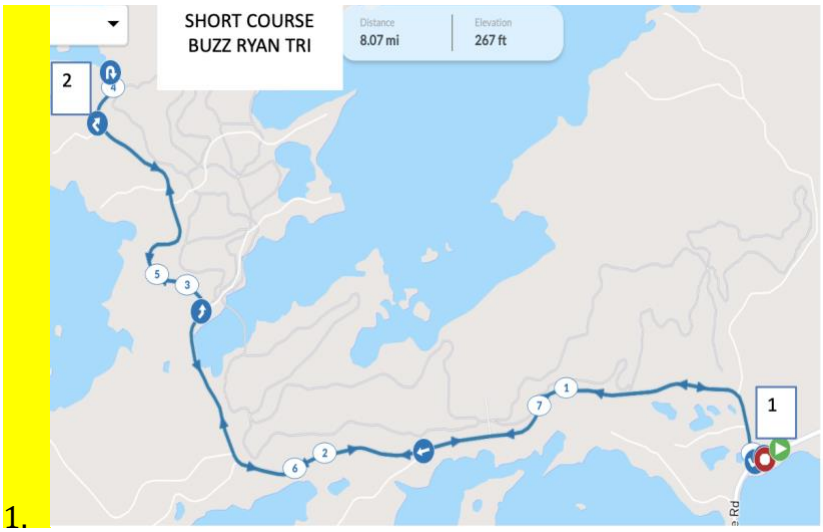
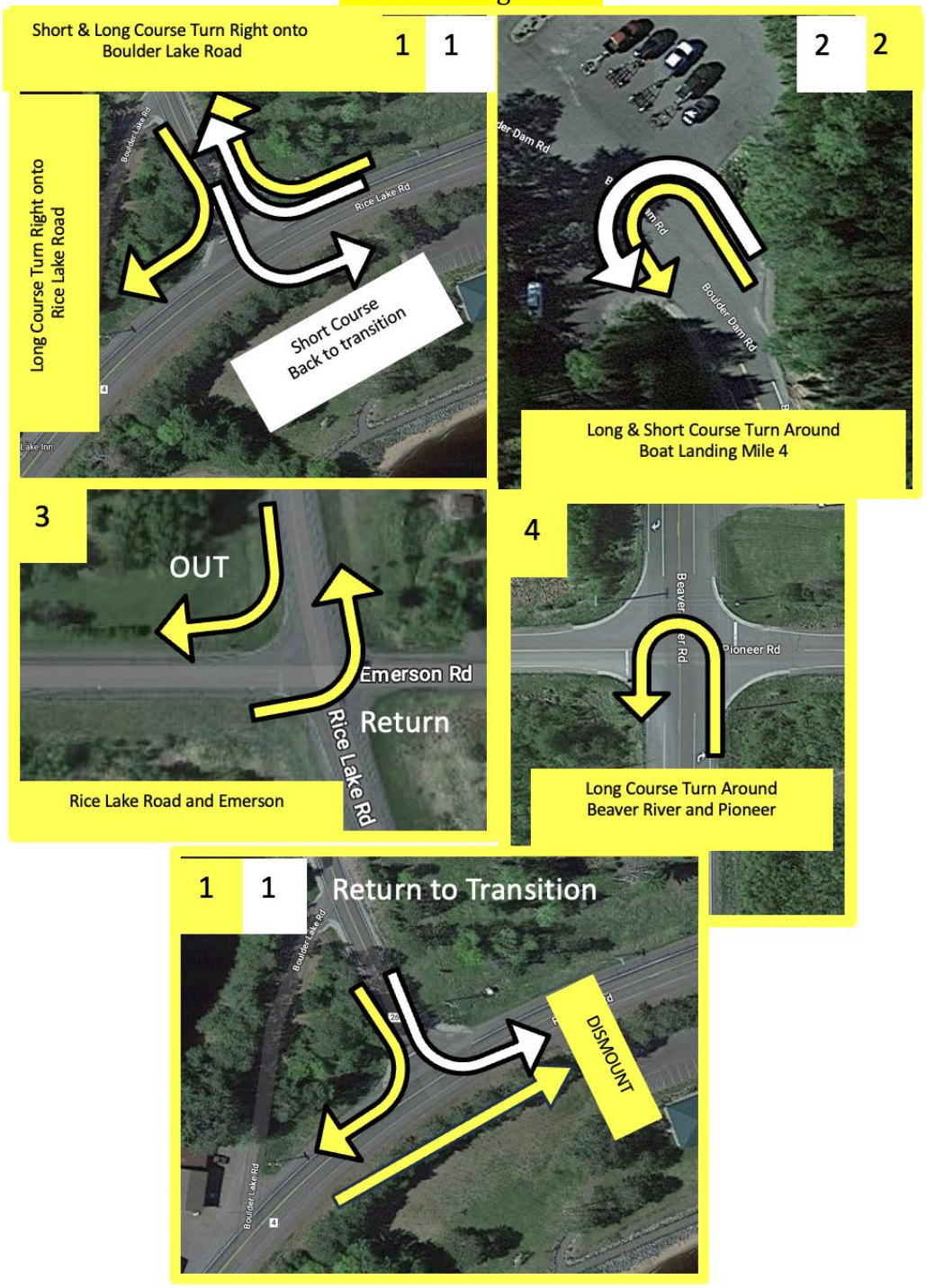


Buzz Ryan Short Course: https://routes.rungoapp.com/route/4GtBOCDwp4
Brewhouse Long Course: https://routes.rungoapp.com/route/3uJEGUCQ6A

All turns marked on road – Yellow – Long Course White – Short Course



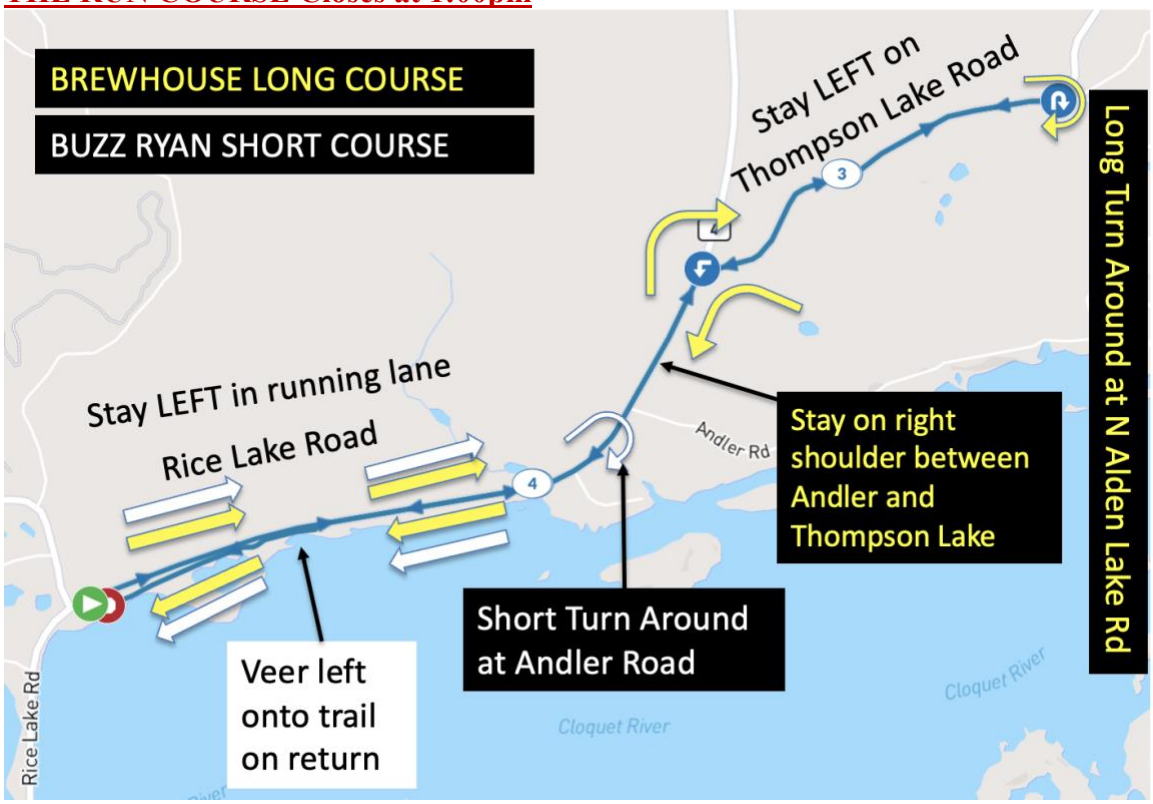
1. Long and **Short** course turns right on Boulder Lake Road
2. Long and **Short** course turns around at boat landing
1. Long turns right, South on Rice lake Road, and **Short** course turns Left to return to transition
    2. Long Course turns right on Boulder Lake Road. **Short** course stays straight. When LONG course returns to Rice Lake Road they turn right
    3. Long Course turns right on Emerson Road
    4. Long course turns around at Beaver River Road and Pioneer

3. Long Course turns left/North on Rice Lake Road
1. All bikes dismount on Rice Lake Road and cross pedestrian bridge

BIKE NOTES

- NO DRAFTING (riding right behind someone) and **NO SIDE BY SIDE RIDING**
- No eBikes (except if battery removed)
- **HELMETS** must be worn at all times. **HELMETS** MUST BE FASTENED WHEN YOU ARE ON YOUR BIKE and before leaving your transition area.
- No individual support vehicles or assistance by anyone is allowed. (Race vehicles allowed)
- There are no aid stations on the bike course.
- A motorcycle will be the lead vehicle for both the short and long courses.
- A truck will do the sweep. If you have a mechanical problem or just want to drop out on the bike/run, the truck can pick you up. Just wait off to the side of the road.
- Let timing team know if you drop out of the race for any reason and return your chip.
- **STAY RIGHT** when riding, pass on LEFT. Call out "on your left" when passing
- You don't need your bib number on the bike, but you can wear it.
- Participants without helmets are NOT allowed to race. NO EXCEPTIONS.
- NO DRAFTING! You must allow three bike-lengths distance between another cyclist or vehicle.
- Drafting penalty: 1st offense = 2' penalty off of finish time, 2nd offense = 4' penalty off of finish time, 3rd offense = disqualification
- Exemptions to the drafting rule are: (a) when passing a cyclist, if done within 15 seconds (b) when the cyclist is required to reduce speed for safety reasons (e.g. weather, traffic control) or to receive aid, and (c) on curves or turns of 90 degrees or more.
- The bike course has limited rough sections with cracks in the road, but is mostly smooth
- The corners have been swept and there will be volunteers on every turn. If there isn't a volunteer at an uncontrolled intersection, please do not blindly go through that intersection without looking (side roads meeting the course have stop signs)
- Be cautious of homeowners backing out of their driveways. Be very cautious when biking through the start/finish area. There are 100's of spectators and sometimes they cross the road without looking for on-coming bikers.
- Each competitor is responsible that his/her bicycle meets the minimum safety standards required. We will have Ski Hut at the race to help with any bike issues you may have. Please come prepared since the bike mechanics will be very busy.
- THERE ARE AREAS ON THE COURSE WHERE SLOWING DOWN AND TAKING EXTREME CAUTION ARE EXPECTED OF ALL COMPETITORS.

THE RUN COURSE Closes at 1:00pm



- Runners must wear the timing chip on the course at all times.
- **Bib Number must be placed on the front of the body (required for run only).**
- Both the long (5 miles) and short (2.5 miles) courses are out and back
- The short course has one aid station at mile 1.25. The long course has 2 aid stations that you will cross at approx. mile 1.25, 2, 3, and 3.75.
- There will be water and Gatorade at each aid station. There will be one aid station in the transition area as you exit the run.
- No other form of locomotion other than walking and running will be allowed on the run course without consent from race director (crawling constitutes the need for medical attention).
- No support is allowed. This is an individual event and receiving help results in disqualification.
- No participant shall wear headphones or any sound producing device during the race - the result will be disqualification.
- The run course closes at 1:00pm.

Buzz Ryan Short Course Run: https://routes.rungoapp.com/route/IwfbxaV3tN
Brewhouse Long Course Run: https://routes.rungoapp.com/route/fEbnzSWfiK

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ENDURANCE

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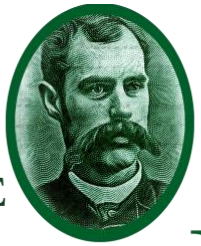
ENDION STATION INN

Fitger's Brewhouse. Duluth, Minnesota



The Oliver Inn. Duluth, Minn

KARI TOYOTA