

## Lake Minnetonka Triathlon

Packet pick up is on Friday, June 17th from 3:30 to 7 p.m. at the Start Line store in Minnetonka. Their address is 12979 Ridgedale Drive, Minnetonka.

**You must bring a valid photo ID to pick up your race packet and may not pick up a packet for other racers.** If you are unable to make it to the Friday packet pick-up, there will be race day pick up available from 5:30-6:30 a.m. Again, you **must have a photo id** if you pick up on Saturday. We will close at 6:30 a.m. Please make an effort to pick up on Friday. Thank you.

### Event Schedule

5:30 - 6:45 a.m.	Body Marking
7:00 a.m.	Mandatory Pre-Race Meeting
7:30 a.m.	Race Starts
Awards:	Commence as soon as the race results are in and most athletes are finished

After the pre-race meeting, but before you begin the race, each athlete must cross over the timing mat to register their chip and increase safety. Athletes will do this by wave and the process will be reviewed during the pre-race meeting.

**Transition area** Only the racers are allowed in the transition area. You will need a bib number to enter the area. No exceptions will be made. Bikes must be placed on the bike racks and **may not be on the fencing**. A Race Marshall is available for assistance.

**Chip Timing** The chip and strap in your chip packet must be worn on the left ankle throughout the entire race. Teams will receive one chip which must be transferred to the team member at each transition. The chip **must be returned after the race** or the participant will be charged \$30.

**Swim** The water temperature is approximately 72 degrees this week. Wetsuits are recommended. Swimmers enter the water from the Excelsior beach and exit to the east of the band shell. The exit DOES have some **large rocks**—volunteers are available to assist athletes in getting out of the water. PLEASE swim all the way in to reduce the chance of injury. Swim caps provided must be worn. If the day is clear and sunny reflective goggles help cut the glare. As you exit the water and cross the timing mat, please **call out your number** to the backup timers. Buoys, boats and kayaks are there for your assistance. If you need help in the water, raise your hand and call out for help.

**Bike** The route is as follows: Depart on Lake Street, veer onto Mill Street (which becomes Powers Boulevard), turn right onto W. 78<sup>th</sup> Street, right onto Galpin Boulevard, right onto Lake Lucy Road and continue to the turn around and ride back. Please review the course ahead of time so you are clear on the turns, particularly the intersection of Lake Street and Mill Street.

Volunteers help direct, but you must know the course. Bikers must wear an ANSI or SNELL approved hard-shelled helmet. Bikers must yield right of way to vehicles and must observe MN traffic laws. There is no drafting. No biker may be closer than two bike lengths behind or three feet to either side. Bikers have 15 seconds to pass. Stay along the right side of the road unless passing. Headphones are not permitted. Athletes must wear bib numbers.

**Run** Three mile run primarily on the Three Rivers Park light rail trail, with watering stations. All runners must have their bib number displayed on their front at the finish line.

**First Aid** is available at the race. Should you require assistance, please do not hesitate to ask a volunteer to help you.

**Prizes** Be sure to check in to see if you won a registration prize. The winners list is available at packet pick-up as well as on the Lake Minnetonka Tri Facebook page.

**Results** Race results will be posted before the awards presentation. Any questions regarding results must be made a half hour before the awards. Results are final after that point. A **link** to race results is also available at [www.lakeminnetonkatriathlon.com](http://www.lakeminnetonkatriathlon.com) or [www.pickleevents.com](http://www.pickleevents.com) Awards will be presented in the Commons after most athletes have completed the event. We apologize that we are unable to wait for everyone to finish and hope you will help cheer all athletes on as they cross the finish line.

**Mike Rogers, President of 360 Financial**, is once again generously sponsoring the event and will be collecting food and financial donations to benefit the Greater Minneapolis Crisis Nursery at both packet pick up and on race day. You can also donate at:

<https://www.givemn.org/fundraiser/360-financial-june-18-2016-lake-minnetonka-triathlongreater-minneapolis-crisis-nursery571120dcc0d9f>

The Greater Minneapolis Crisis Nursery offers a safe place for children who are victims of child abuse and neglect. Mike has very generously offered to MATCH all donations up to \$1,500!

**Raffle** Raffle tickets will be sold at packet pickup on Friday and race day until 10 a.m. for \$5 for an outstanding gift basket valued at over \$600. The basket will be on display at packet pickup and at the 360 Financial booth. Many of our sponsors have donated great prizes. All proceeds will benefit the Greater Minneapolis Crisis Nursery.

**Parking** Parking is available in the municipal lots behind the retail shops of Water Street (the main street). City signs are posted to help find the lots. Many streets have meters, only take quarters, and the rate is about \$1 per hour.

**Thank you!** I've neglected to mention this in the past, but I am pleased to share that to date, the Lake Minnetonka Triathlon has donated over \$27,000 to local charities! Thank you for making this possible.

**Good Luck to you in the race!**