

## Lake Minnetonka Triathlon

**Packet pick up** is on Friday, June 15th from 3:30 p.m. to 7 p.m. at the Gear West Bike & Triathlon store, located at 1786 W. Wayzata Blvd • Long Lake, MN 55356.

**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, you may pick up on race day from 5:30-6:30 a.m. Again, you **must have a photo ID** if you pick up on **Saturday**. Packet pick up will close at 6:30 a.m.

### 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 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 about 70 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. Reflective goggles help cut glare from the sun. 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 observe MN traffic laws. There is no drafting. Bikers may not 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 will be 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 will also be 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.

**Help us Make a Difference!** You are invited to join us in supporting multiple charitable organizations. **Can Do Canines** is dedicated to enhancing the quality of life for people with disabilities by creating mutually beneficial partnerships with specially trained dogs. **Mike Rogers, President of 360 Financial**, will be collecting financial donations to benefit Can Do Canines at packet pick up and on race day.

**\$5 Raffle tickets** will be sold at packet pickup on Friday and race day until 10 a.m. for a fabulous gift basket that includes a 2019 race entry and is valued at over \$600. The basket will be on display at packet pickup and race day at the 360 Financial booth. Many of our sponsors have donated great prizes. All proceeds will benefit **Can Do Canines**.

**How many M & M's? \$2 guesses** will be sold and the proceeds benefit **Community for the Commons**, dedicated to the long term enhancement and improvement of Excelsior's Commons for the enjoyment of residents, guests (athletes!) and the surrounding community. The winner receives a free entry to the 2019 race.

**Parking** Free Parking is available in the public lots behind the retail shops of Water Street (the main street). City signs are posted to help find the lots. There is also a lot accessed from George Street (by Wells Fargo) that is behind the library (not the library lot). Lake Street is metered using the smart parking app 'Whoosh'. Parking payments are enforced with wireless devices and there is no need to place the receipt on the vehicle's dashboard. This parking is expensive, so we encourage you to use the free lots, or residential streets not posted for payment.

**Thank you!** Thank you for your ongoing participation and support and for helping us make a difference in so many ways!

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