



#YWCAWomensTri



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WOMEN'S
TRIATHLON

RACE GUIDE

Lake Nokomis, Mpls. — Sunday, Aug. 13, 2023

SPRINT: 500 YD. SWIM • 15.5 MI. BIKE • 5K (3.1 MI.) RUN
SUPERSPRINT: 200 YD. SWIM • 7 MI. BIKE • 1.6K (1 MI.) RUN
AQUABIKE: 500 YD. SWIM • 15.5 MI. BIKE



2023 EVENT PARTNERS AND FRIENDS:
THANK YOU!

Welcome to the 2023 YWCA Minneapolis Women’s Triathlon, a celebration of the strength in all women! Knowing the course and the information in this guide will help you stay safe and maximizing your fun while you enjoy the challenge of our triathlon. In addition to this guide, information and course maps can be found at the race website: ywcamppls.org/womenstri

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RUN LEG AND MEDAL SPONSOR:



MEDICAL SPONSOR:



SPONSORS:



FREEZER BREEZERS

PACKET PICKUP

#YWCAWomensTri

Date and Time: Saturday, August 12, 10:00 am - 4:00 pm

Location: 5001 Lake Nokomis Parkway
Minneapolis, MN 55417

Packet Pickup Rules:

- 1) Race day (August 13 from 6:00 - 7:00 am) packet pickup should be pre ordered through RunSignUp. If you do not pre order, it will cause you delays as a racer. If you did not choose this option prior to August 12, you may have to wait longer and will also be charged \$20 on the day of. If you arrive later than 7:00 am, you risk not receiving your race number and chip.
- 2) You must pick up your own packet.
- 3) You are not allowed to pick up someone else's packet
- 4) Minors (age 17 and under) must be accompanied by an adult and sign a waiver.
- 5) Relays must have their designated captain pick up the team packet.

To streamline participant experience, most bibs will be assigned at packet pick up on August 12. We will assign numbers upon check-in. If you have friends in your age group, there is a high likelihood you may be able to rack your bikes together if you check in together. Buddy Groups will be pre-assigned in order to race together.

What You'll Get:

- 1) A clear plastic bag (use this bag for bag check on race day)
- 2) A number for bag check
- 3) Race shirt
- 4) Swim cap
- 5) Race bib, numbers, tattoos
- 6) Race envelope with instructions

Friends and Family wristbands will be included in your packet providing your fans access to a special viewing area to cross the finish line with you. Your group must all enter together with the main wristband wearer: i.e. parents with kids. Individuals without a wristband will not be admitted into the zone.



YWCA Minneapolis Booth

Stop by for spectator information, YWCA Women's Triathlon merchandise and information about our programs.

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2023 EVENT PARTNERS AND FRIENDS:
THANK YOU!

RACE VENUE DIRECTIONS

Main Venue:

Lake Nokomis Main Beach
 4955 Lake Nokomis Parkway West
 Minneapolis, MN 55417

Road Closures:

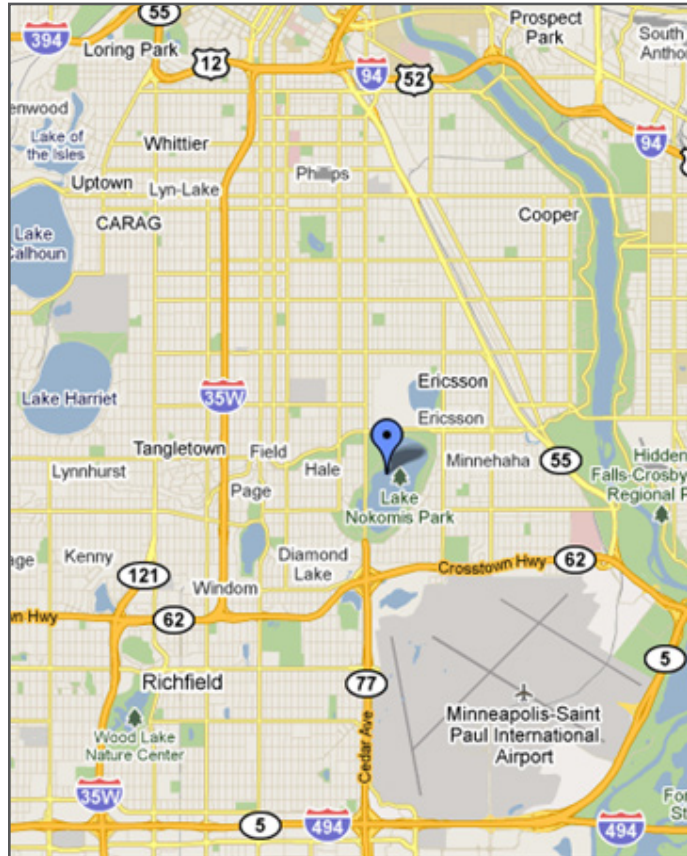
4:00 am - 1:00 pm
 West Lake Nokomis Parkway,
 immediately adjacent to the main
 venue, closed to all traffic from the
 boat ramp to 22nd Ave. S.

4:00-7:30 am

From the intersection of Cedar
 Avenue and West Lake Nokomis
 Parkway to the boat ramp,
only drop-off allowed.
 No stopping or parking.

7:00 am - 1:00 pm

All roads that are part of the
 bike course closed to traffic other
 than police-controlled intersections
 on intersecting routes.



RUN LEG AND MEDAL SPONSOR:



MEDICAL SPONSOR:



SPONSORS:



FREEZER BREEZERS

PARKING AND RACER DROP-OFF

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See previous page for road closures.

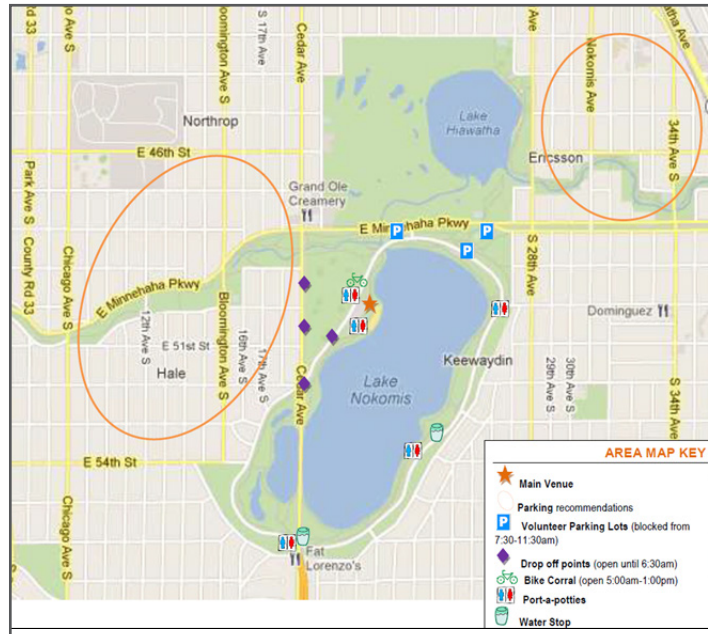
Only designated volunteers and race management will be allowed within the road closure areas and in the adjacent parking lots (noted by the P symbols on the map).

The road immediately adjacent to Lake Nokomis will **not** be available for parking.

The areas marked with orange circles on the map are the best possibilities for parking.

No parking allowed on any roads that are part of the bike course. View a map of the bike course on page 15 of this guide or visit our website at ywcamples.org/womenstri

If you park on the course route, you will not be able to leave until triathletes have completed the bike course. We encourage spectators, volunteers and racers to bike or bus to the course. There is a free bike corral (noted by the green bike symbol on the map) for volunteers and spectators.



Spectator Transportation

Bike: Biking is the best way to get close to the Main Venue. Our bike corral area is open from 5:45 am - 1:00 pm.

Metro Transit: Plan your trip at MetroTransit.org using the Metro Transit App, or call Metro Transit at 612-373-3333.

Parking: As mentioned above, parking will be very limited. Spectators should plan on walking .5 to 1.5 miles to get from their parking spot to the Main Venue.

RACE DAY INFORMATION

Race Schedule

- 5:45 am** Volunteer and Spectator Bike Corral OPENS
5:45-7:45 Transition Area, Timing Chip Pickup, Bag Check Opens

We strongly encourage you to arrive early (5:45 am), drop your bike at your transition spot and proceed directly to pick up your Timing Chip.

Lines become very long between 6:30-7:30 am.

- 7:45 am** Transition Area CLOSES
8:00 Pre-Race Meeting (you will NOT be able to return to the Transition Area)
8:10-9:20 Swim Starts (8:10 Fundraisers, Relay, Aquabike, 65+ Sprint Racers, 8:20 Sprint Distance Racers, 8:40 Buddy Group Sprint Distance, 8:50 Super Sprint Distance)
9:15 Post-Race Food begins
11:30 Transition Area reopens (approximate time)
Noon Awards and Raffle Prizes (after final finisher)
1:00 Transition Area closes (all personal items must be claimed by this time)

PLEASE NOTE: A weather delay could move the schedule ahead up to two hours.

Bad Weather and Water Quality

- The race will not start if severe storms or lightning are imminent. If there is lightning reported in the area by the National Weather Service (NWS), we will wait 30 minutes after the last reported strike and the race will go on. We will delay the race up to two hours before event cancellation is required (permit, police and volunteer constraints).
- Our medical team helps watch the weather for the possibility of severe weather, including thunderstorms and extreme heat, and determines how that might impact your safety.
- If we are unable to swim due to weather or water quality, the event may be changed to a duathlon (run/bike/run), or if necessary, a 5K run.
- **Water Quality Report:** Minneapolis Park beaches are tested weekly for E. coli bacteria, which can indicate a health risk. A result over 1,260 cfu, as recommended by the State of Minnesota, will close the beach.
 - Please visit bit.ly/3QjTJwE › Water Quality › Lakes for more information and the most current testing.



Spectators

Thank you for coming and supporting the triathletes! Here are a few notes:

- Parking and transportation notes on p. 5.
- Course maps on p. 13-15. Course notes on p. 10-12.
- Swim spectating is available from the upper beach area. Do not cross flags or fencing as you may impede racers.
- Transition Area and bike spectating are available from the upper beach area, south of the food tent and west of Nokomis Parkway. Be careful not to cross the race course at the swim in, bike in or run out areas.
- Run and finish line spectating are available along the entire finish chute. Stay behind the flags and fencing and do not cross in front of runners.
- Heed volunteer and race management directions at all times. Their priority is the safety, fairness and enjoyment of all racers.
- Food provided in the food tent is for the athletes and volunteers only.
- Food for spectators is available for purchase by Gastrotruck.
- Bring a water bottle to support our low-waste Commitment. See p. 9 for more information.
- Pack well: water, snacks, sunscreen, sunglasses, camera, rain gear and perhaps a camp chair for post-race.

Timing and Timing Chips

Timing chips will be in the Main Information & Operations Tent in the grassy area north of the Transition Area. Bring your race number with you. Get your timing chip immediately after placing your personal items at your spot in the Transition Area.

The timing chip captures your times for the race. **No Chip = No Time = No Results.** The chip is on a Velcro strap that wraps around your left ankle so it is clear of your chain ring while biking. Individual racers wear the timing chip for the entire race. **For relays, the timing chip is your “baton” and is passed from one relay team member to the next at the transition spot.**

You receive six times in a triathlon: Swim, T1 (swim-to-bike transition), Bike, T2 (bike-to-run transition), Run and your Final Time. Your transition times count in your Final Time. The timing mats you cross during the race read the chip and record your time. Your time begins when you leave the timing mat at the swim start.

Timing chips track racers throughout the race. **If you lose your timing chip or find one, please turn it in to race management immediately.**

The chips are collected at the finish line. **Do not take the chip home or you will be charged.**

Race Tattoos

Race tattoos will be included in your packet. You must wear these tattoos on race day with your other numbers. Instructions on placement will be in your packet.



Friends and Family Finish

A special feature of YWCA Women’s Triathlon is our “Friends and Family Finish” area. Celebrate crossing the finish line with your biggest fans. To arrange for this:

- A Friends and Family admission wristband is required to access Staging Area (about 100 yd. before the finish line) and Race Course on race day.
- A wristband is included in your packet. Designate a leader for your group to wear the wristband. The group must enter together to be admitted i.e. parents with children.
- Stay to the right of the course when nearing the Friends and Family Staging Area. Continue to stay to the right to allow for other racers to finish unimpeded.
- After crossing the finish line, stay to the right for timing chip removal.
- Post-finish line is an “athlete only” recovery area. **—This allows for a clear view for our medics and volunteers to see all finishers. If you wish to stay with your fans, you may exit the post-finish recovery area with them after your chip is removed.**
- Spectators without an admission wristband will not be allowed in the Staging Area. This is for racer safety and enjoyment.

Bag Check

Before you start the swim, you may bring a small bag. YWCA racer bags will be provided at Packet Pickup; this or a small, transparent bag is preferred for your bag check. Opaque or large bags will not be accepted. You will also receive a sticker with your number at Packet Pickup. Please attach it to your bag.

Rules

We follow USA Triathlon rules to follow a fair and standardized format for our race. Many broken rules come with a penalty such as 2:00 minutes up to full disqualification. For a summary of the most violated rules and a list of the complete rules, visit the USAT website.

Athlete Post-Race Food

Women's Tri participants enjoy delicious post-race food from Gastrotruck. Please remember our low-waste efforts by taking only what you will eat and help us compost. Our racers are always welcome back to the food tent more than once.

Nursing Tent

Welcome, breastfeeding moms! YWCA is sponsoring a tent for pumping and feeding in comfort. The walled tent will be hosted by a volunteer prior to the race and available to you during and after. No refrigeration or power is available, please bring your coolers and batteries.



Awards Ceremony

All finishers receive a commemorative race medal. Collect the medals each year.

After cheering in our final finisher, our awards ceremony will begin. Prizes and awards are given for the overall top three, top three age group, relays and family team winners.

Medical Support

Allina Health Orthopedic is the Official Medical Team of the YWCA Women's Triathlon. They will have a medical tent at the finish line and roaming support on the beach, bike and run courses.

If you need some simple items like bandages or basic first aid supplies, there will be a self-help table in the medical tent.

Results and Athlete Tracking

You can keep track of your athletes in real time this year by downloading the MTEC app on your phone or mobile device! Follow your favorite athletes and get race results straight to your phone.



Safe Biking

Our triathlon bike course is closed to vehicles, however the majority of the route will include two-way bike traffic. Help us keep the course moving smoothly by following these biking rules:

- Ride to the right.
- Ride single-file when possible. Do not ride parallel or in large groups.
- Always pass on the left.
- Before passing, announce "on your left" or ring a bike bell.
- When stopping for a rest or an emergency, pull completely off the road.



Low-Waste Commitment

Events can produce a lot of waste — on average, 2.5 pounds per visitor! Recycling and composting can greatly reduce trash volume and divert hundreds of pounds of waste from the landfill. Since our **Green Initiative** started in 2010, we have diverted more trash each year. Everything we bring is compostable or recyclable. We challenge you to do the same.

How can you help? Follow these easy steps:

- Dispose of trash at a designated waste station. Please do not use the waste containers provided by the parks.
- Think before you toss. Can it be reused? Recycled? Composted?
- Check the signage. Make sure you know which bin is the right one, or ask. Each station will be monitored by a knowledgeable low-waste volunteer.
- If you see a waste station that looks like it's quickly becoming full, please find another.
- Reuse. If you are bringing your own refreshments, make sure all items are compostable, recyclable or reusable. Bring a reusable coffee mug and water bottle.
- Take it with you. Many of you have recycling and trash pickup at home. We'd love for you to take back with you what you bring!
- Items that contributed to most of our trash in past years were: diapers, dog poop bags, coffee cups and race nutrition (gels, bars, blocks) packages.

COURSE NOTES

Course maps and descriptions can be found on p. 13-15.

Learn and know the courses. There will be volunteers at all the turns; however, it is the participant's responsibility to know the proper course.

Swim Course Notes

Race numbers and wave assignments will be in your packet at pick up.

- The **Sprint** swim is a triangular-shaped, counter-clockwise course. You will swim approximately 150 yds. out, 200 yds. across and 150 yds. back to the beach (the large corner buoys stay to your left).
- The **SuperSprint** swim is the same shape and direction. SuperSprinters will go approximately 25 yds. out, 150 yds. across and 25 yds. back to the beach.
- Fencing and flags will mark an area of the beach for athletes only. Ask your fans to stay behind the fencing and flag so we may stage the swim waves without interference.
- You must wear the swim cap supplied in your race packet.
- There are many lifeguards on the course as well as numerous "Noodle Swimmers." You may rest on a noodle or hold on to a boat, kayak or buoy as long as you do not make forward progress.

WETSUITS:

— USA Triathlon's wetsuit rule states: "Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wetsuits in water temperatures equal to or greater than 84 degrees Fahrenheit."

- There will be a table near the swim exit for special needs items such as, glasses, insulin pumps and hearing aids. Space is limited and these items are generally medically necessary.
- All racers will receive a "wave number" to give them an approximate start time for the first group of 2-4 in their wave. The wave schedule will not run ahead of schedule but may run behind. The announcer on the beach will be announcing whether the starts are on time or running behind.
- The swim start is on the south side of the beach. Racers should organize by standing next to the volunteer holding the sign with their wave number. After entering the starting chute, volunteers will assist racers to form groups of 2-4. The starter will call each group of 2-4 to stand on the mat and will start them every five seconds. Their swim start will be the time they leave the timing mat. SuperSprint participants will start one racer every five seconds (buddies may start together).
- At the swim exit (on north side of beach), all racers should make sure to run across the timing mat for timing and safety check purposes.

- The official water temperature is determined on race morning, though we will post a preliminary reading on our YWCA Women's Triathlon Facebook page.
- Race Day temperatures have been between 73-84 degrees. It has been "wetsuit legal" (78 degrees or less and all participants could wear wetsuits) all but one year.

Bike Course Notes

- You must wear a **CPSC-approved helmet** and have it clipped any time you are on your bike. This includes when you are riding to the race site before the race or when warming up.
- Be sure that you have **bar end plugs** (they plug the holes at the end of your handlebars). They are required and tape is not sufficient. Officials will be inspecting bikes. If you don't have these, officials will remove your bike from the transition area. No bar end plugs is a safety hazard due to possible impalement.
- Much of this year's course has two-way bike traffic. Stay to the right and do not cross the center of the road when passing.
- This course is mostly, but not completely, closed to traffic (bus routes, bridges and two residential blocks). These areas will be coned and police controlled. Always stay inside the coned lanes and to the right.
- Race vehicles may be on the course (sag wagons, officials on motorcycles, police/emergency, etc.).
- Side streets will be barricaded and police will be at key intersections.
- Police direct traffic; volunteers direct racers.
- There are no water stations on the bike course. Carry a bike-style water bottle in a water bottle cage on your bike.
- Bathrooms are available at Minnehaha Park and on West River Parkway between E. 36th Street and E. 34th Street.
- There will be three sag wagons on the course. Sags are support bikes with corresponding support vehicles to assist with basic mechanical issues or to transport a rider and her bike if she is unable to finish.

- If you need help, tell the closest volunteer. They will have bike sag, race management and emergency numbers.
- If severe weather approaches, find the nearest shelter.
- The **SuperSprint** (7-mile) has a turnaround on Minnehaha Parkway just before Minnehaha Park at the roundabout.

Run Course Notes

- Wear your race number on the run, visible from the front.
See examples of the bibs below.
- There are three water stations on the Sprint/Aquabike run course and one water station on the SuperSprint course as racers leave transition for the run. Water stations will have water and sports drinks. You can find them:
 - Just after the "Run Out" of the Transition Area
 - At Mile 1 and 1.3
 - At Mile 2
- Port-a-potties are at the "Run Out," near Mile 1 and Mile 2.3 (open to the public near East 50th Beach).
- The **SuperSprint** run (1-mile) loops clockwise around the fields on the west side of the park and shares the same triumphant finish line as the Sprint.
- Be aware of pedestrians using the paths. Volunteers will try to control for pedestrian traffic on the path, but it may not be possible in all situations.
- Remove your chip at the finish line and give it to the volunteers or put it in the chip collection box.

Transition Area and Relay Team Notes

- **Only race participants, volunteers and race officials are allowed in the Transition Area at any time before, during or after the race.**
For purposes of safety and security, no spectators are allowed in the transition area.
- **Your assigned bike rack is determined by your race number.**
At the end of each bike rack will be a sign with the number range for that rack. Your spot on your assigned rack is first come, first served.
- **Please rack your bike by the nose of the saddle** to make more room on the rack. We have planned for as many as 15 participants, per 20 ft. rack section (7-8 on each side). Your equipment should be placed on the side of the rack where the bike wheel is down. Please be courteous to other racers' space. You are encouraged to use the bag check to save space.
- Helmet must be worn with strap fastened any time your bike is off the rack.
- **TIP:** Know the flow of the transition area! You will need to be able to find your transition spot from the Swim In and Bike In, and how to get out from the Bike Out and Run Out. You may use something like a small, colorful towel to mark your spot.
- You may **not ride your bike in the transition area!** You must mount after the mount line and dismount before the dismount line. These are the boundaries of the transition area.
- **Relay exchanges** will be staged at your assigned bike racks. Your team members will meet at the bike rack. The timing chip is the "baton" and must always be strapped around the active relay member's ankle you cannot carry it.
- We will have a few kiddie swim pools placed after the beach en route to the transition area to clean sand off your feet. Step in and out carefully.

- **Transition area will remain CLOSED to all finishers until the last biker has left for the run. You are encouraged to use the bag check for a change of clothes, water bottle, etc., enjoy post-race food, visit vendor booths and cheer on your fellow finishers while waiting for the transition area to re-open.**

- Security: When you leave after the race, volunteers will check to ensure **bib numbers/body tattoos match the number on your bike.**
Be prepared to show the volunteers your race number.
- **No glass containers** are allowed in the transition area.
- **No nudity** is permitted in the transition area (i.e. changing clothes).

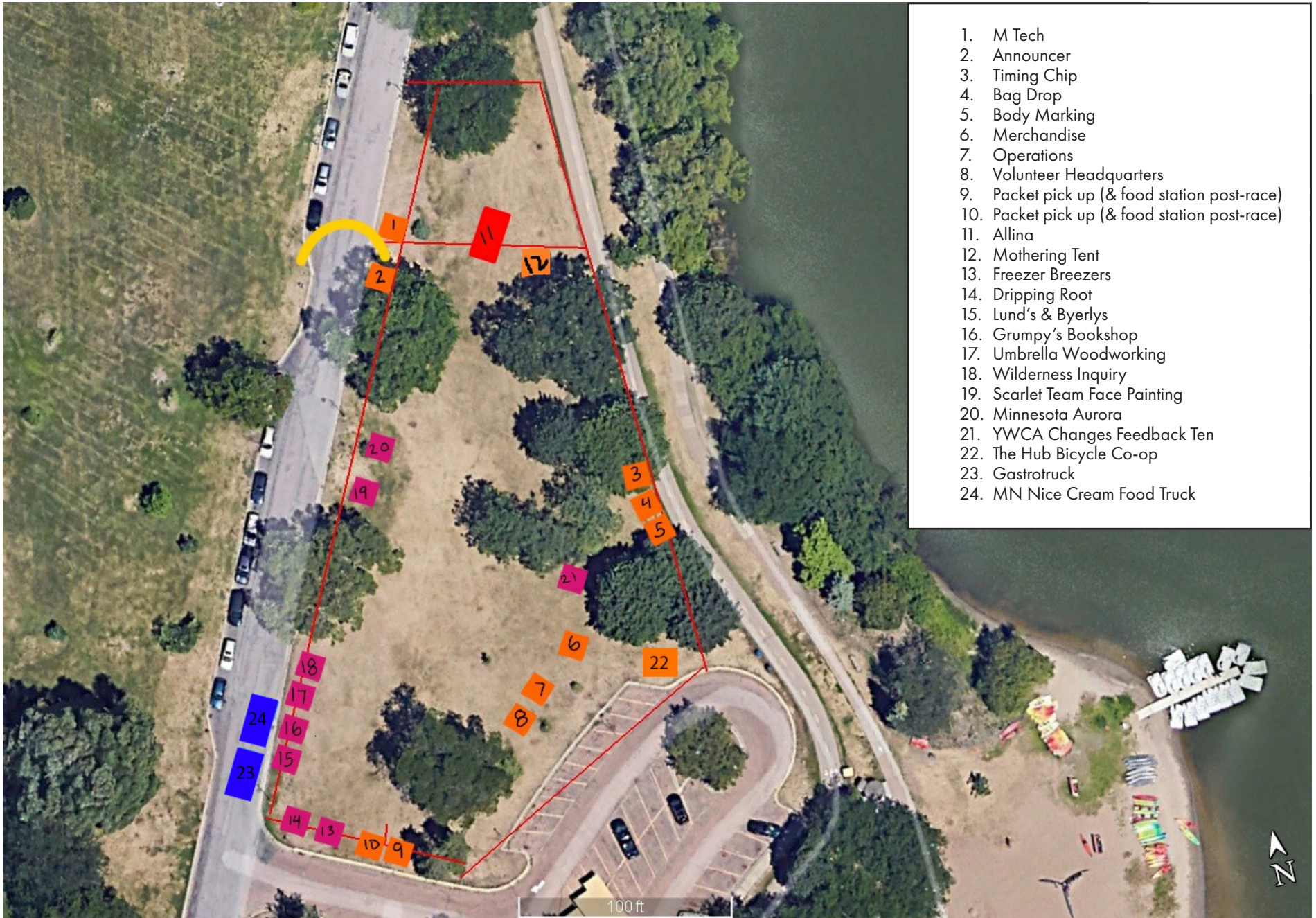
Finisher Area Notes

- Make sure you cross the last timing mat to get your final time.
- Proceed forward to receive your finisher's medal and have your timing chip removed.
- Do not take the chip home or you will be charged.
- There will be a water and small fuel station (food tent is in the post-finish area) and an athlete-only area to give you breathing room from the crowds.

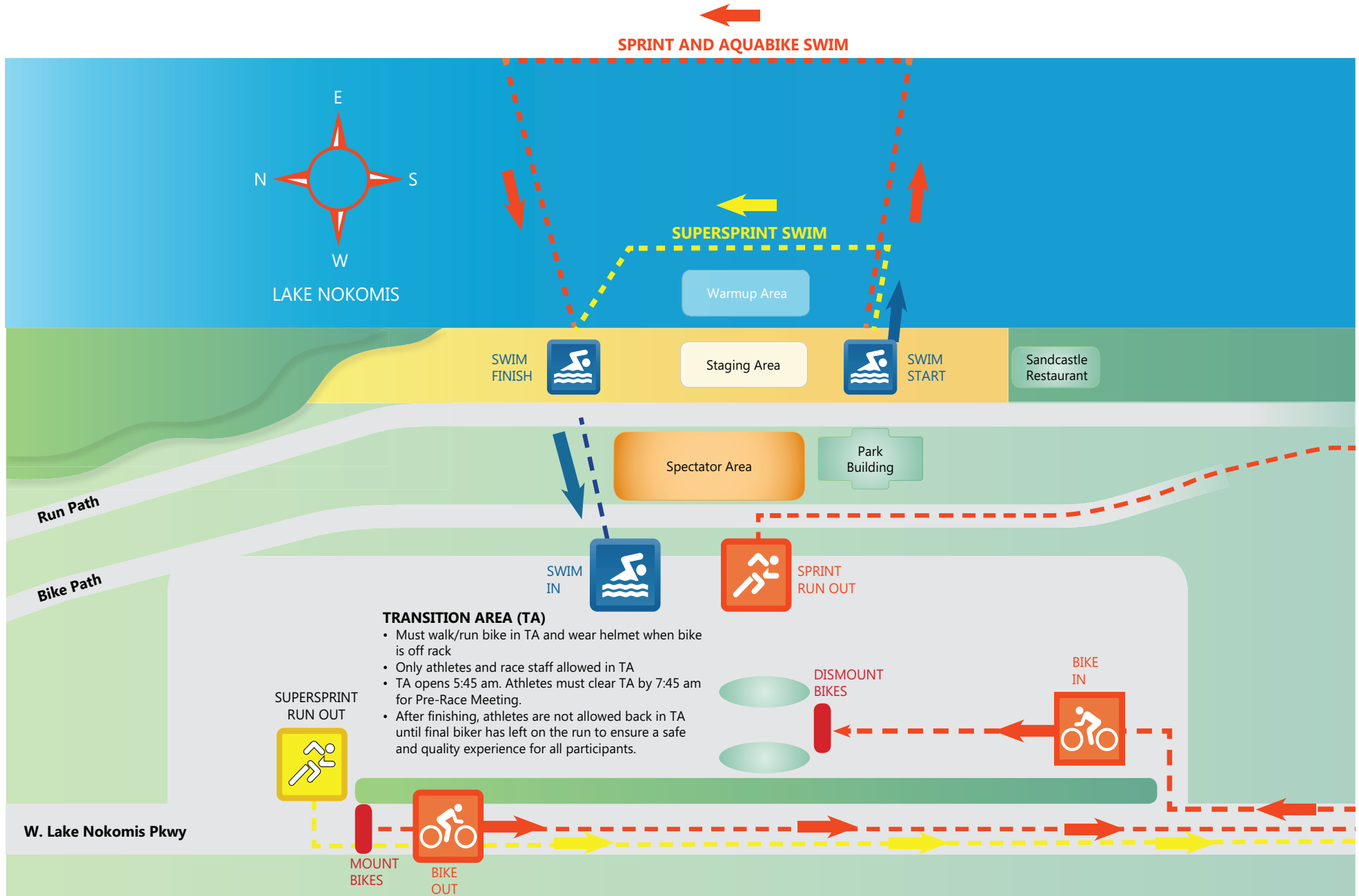
We wish you a safe and wonderful day
celebrating the strength in all women!

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YWCA MINNEAPOLIS WOMEN'S TRIATHLON SWIM COURSE AND TRANSITION AREA

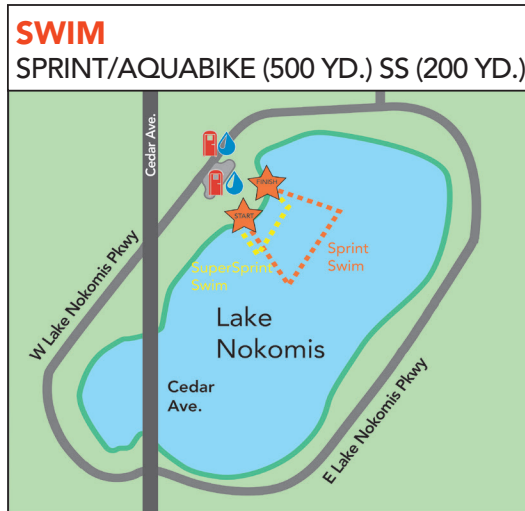


SWIM & RUN COURSE MAP

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WOMEN'S
TRIATHLON

KEY	
	Sprint Course
	SuperSprint Course
	Trail
	Street
	Water
	Restroom



RUN SPRINT (3.1 MI.)



SUPERSPRINT (1 MI.)



BIKE COURSE MAP

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WOMEN'S
TRIATHLON

BIKE SPRINT/AQUABIKE (15.5 MI.) SUPERSPRINT (7 MI.)



SS Turn

Turnaround point for SuperSprint Bike Course is at the roundabout near Minnehaha Falls Park. Merge lanes will be coned. SuperSprinters stay to the left as the turn approaches and merge back in with the regular Sprint and Aquabike bike course. After the cones end, merge to the right when clear. You may be asked to stop before merging if a faster biker is coming through.

Heed volunteers for the safety of all racers.

SuperSprint Turnaround



Sprint/Aquabike Turnaround



Bike Finish

