



* * * IMPORTANT RACE INFO * * *

PLEASE READ COMPLETELY

Dear Liberty Triathlon Participant:

Thank you for signing up for the 6th Annual Liberty Triathlon. We're very excited that you've chosen us as one of your multisport competitions for the 2010 season. We've been working hard and are looking forward to a great event, good weather, and you reaching the finish line having achieved your goals after a well-run race.

We want to make you aware of a few important things before you arrive at the course on race morning. Please take a minute to review the following information.

Directions via MapQuest

[Directions & Map](#)

Event Parking

Parking is located in the lower lot of the Baker Park Reserve. Upon entering the park, take a right past the security guardhouse and use the parking area at the bottom of the hill (straight ahead and to the right). Additional overflow parking will be available if needed in the campground area. The transition area will be located at the south end of the park.

Schedule of Events

- | | |
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| <ul style="list-style-type: none"> • 5:30am – Baker Park and Transition area open and body marking begins • 7:15am – Mandatory Pre-race meeting (held at the lakefront) • 7:25am – All athletes must be out of the transition area • 7:30am – Half Iron Race Starts <ul style="list-style-type: none"> ○ Wave 1: 7:30am – All Competitive - Clyds, Athena, Teams ○ Wave 2: 7:33am – M 25 - 39 ○ Wave 3: 7:36am – F 25 – 44 ○ Wave 4: 7:39am – M 40 – 54 ○ Wave 5: 7:42am – M&F- 24 &under; F- 45&over; M - 50&over • ~8:00am – Olympic Race Starts <ul style="list-style-type: none"> ○ Wave 1: 8:00am – All Competitive - Clyds, Athena, Teams ○ Wave 2: 8:03am – M 40 and over ○ Wave 3: 8:06am – F – All ○ Wave 4: 8:09am – M 39 and under • 10:00am – Anticipated first Olympic Finisher • 10:30am – BBQ and Refreshments available at Driftwood Shelter • 11:30pm – Anticipated first Half Iron Finisher • ~11:15pm – Olympic Awards Ceremony • ~2:15pm – Long course Awards Ceremony | <p><u>SWIM CAP COLOR</u></p> <p>Red (M & F),
Purple
Lt Blue
Royal Blue
White</p>
<p>Purple (M & F),
White
Lt Blue
Royal blue</p> |
|---|--|

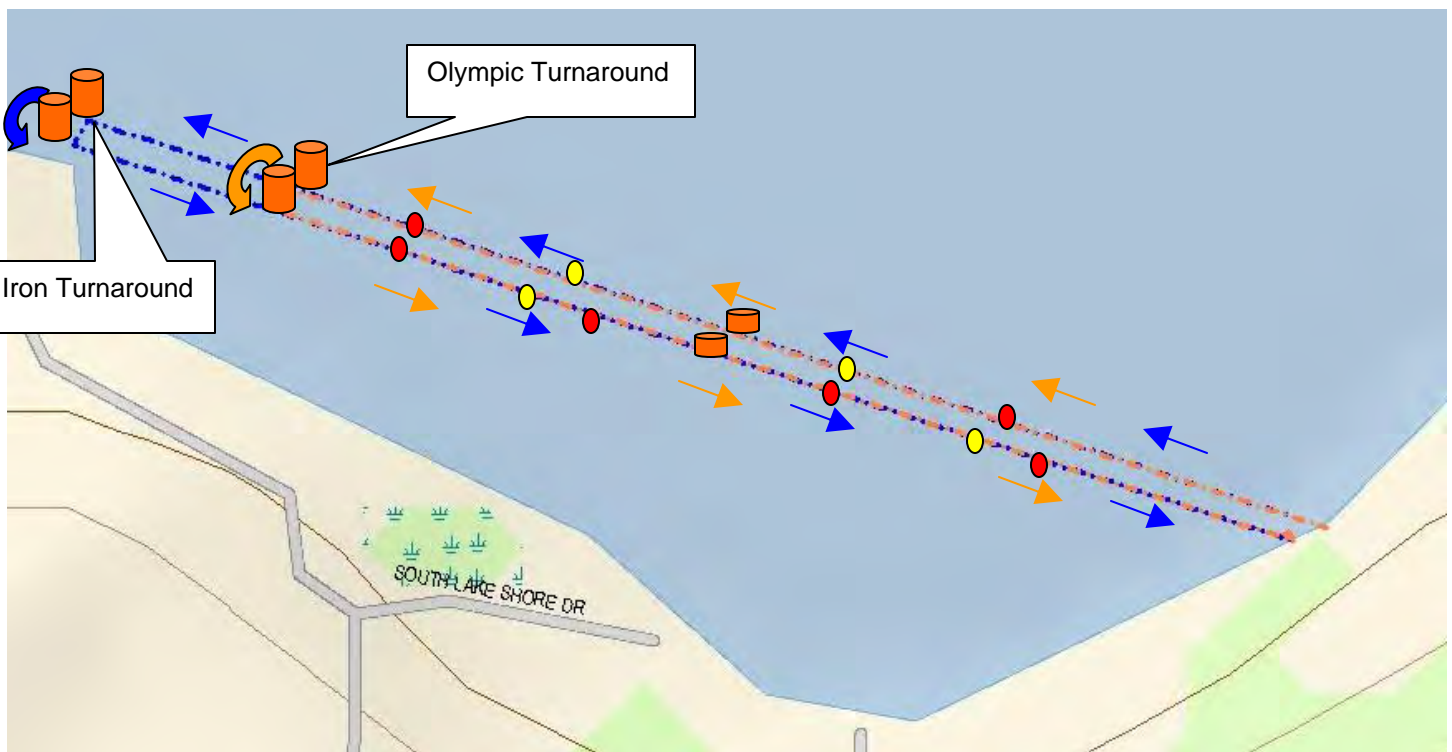
NOTE: If you can't stay through the awards ceremony you may pick your awards up once results are posted and official. Unclaimed awards will not be mailed.

LIBERTY COURSE MAPS & INFO

MAPS AND DIRECTIONS ARE PROVIDED IN THIS RACE PACKET. SIGNAGE AND VOLUNTEERS WILL BE ON THE COURSE FOR YOUR SAFETY, ENFORCING RACE RULES, AND OFFERING DIRECTIONAL ASSISTANCE. THEY ARE NOT RESPONSIBLE FOR ANY MISDIRECTION.

YOU ARE RESPONSIBLE FOR KNOWING THE COURSE

Swim Course



Both the 1.5k (Olympic) and 1.2mi (Half Iron) swims leave from the South Beach in a counterclockwise direction keeping all buoys to your left. Swim exit is to the left side of the beach from where you started and will be marked by an arch for better visibility. Participants will ascend a flight of stairs (watch your step, slippery when wet!!) and head towards the transition area. The Olympic course will be marked with yellow, red, and orange buoys. Turn around at the first set of large orange turn buoys. The Half Iron course will go around all buoys continuing on past the first set of large orange buoys to a second set of large orange turn buoys. See above map.

← = Half Iron ← = Olympic

We will have plenty of on-water assistance for you. Lifeguards in kayaks/canoes as well as motorized boat support (staffed by CPR/First Aid personnel), Hennepin County Sheriff's patrol and dive team will be available for safety assistance. If you are in need of help remove your swim cap and wave it in the air. You are permitted to rest on buoys, boats, etc. in the water; however, you may not use them to advance you along the course. If you utilize anything other than your own power to move yourself forward and/or are pulled from the water you may not re-enter and continue.

SWIM WAVES:

Please be aware of your swim wave and start at the appropriate time. Swim waves are separated by event (Half Iron & Olympic) as well as by cap color. See page one for swim wave breakouts.

*****THE BIKE CUT OFF TIME IS 12:30 PM*****

YOU ARE RESPONSIBLE FOR KNOWING THE COURSE

Course is well marked with **Yellow Triathlon Signs** and all corners and intersections are also manned by volunteers and/or law enforcement personnel. Mile markers will be placed every 3 miles. All volunteers and law enforcement are there for your safety and to help offer encouragement and support along the way. Any verbal abuse will not be tolerated and is grounds for USAT penalty and/or disqualification. There are restrooms on the bike course at Lion's Park (mile 14/38) and the rest area by Holy Name Lake (at Co Rd 24 and Hunter).

OLYMPIC DISTANCE BIKE COURSE

Exit the transition area to the north to begin bike course. **Helmets are to be worn at all times while on the bike and must be on with chinstrap fastened before you take your bike off the rack.** You will take a bike path up to the park entrance. **Please use caution on this section as it is narrow** (only a block long) with a very tight left turn at the top of the hill. Take a right out of the park onto County Road 19. Merge/turn right onto Perkinsville Rd. Right turn onto Budd St. Left turn onto Pagenkopf. Right turn onto County Road 90. Right turn onto County Rd 11. Right turn onto County Rd 19. Left turn onto Hamel Road. Right turn onto Hunter. Left turn onto Medina Road. Right turn onto Holy Name Road. Right turn onto County Road 24. Left turn onto Hunter Road. Right turn onto County Road 6. Right turn onto Homstead Trail/JCT 201. Left turn onto County Road 24. Left turn onto Country Road 19. Right turn into park. Again use **CAUTION** as the path is narrow. Once off the bike path **keep left** on your way up to the transition area.

Make sure to dismount at the line prior to entering transition. Bikes **MAY NOT** be ridden in transition. Helmets must remain on and chin straps fastened until your bike is racked.

HALF IRON DISTANCE BIKE COURSE – 2 LOOPS!!

1st LOOP – Exit the transition area to the north to begin bike course. Helmets are to be worn at all times while on the bike and must be on with chinstrap fastened before you take your bike off the rack. You will take a bike path up to the park entrance. **Please use caution on this section as it is narrow** (only a block long) with a very tight left turn at the top of the hill. Take a right out of the park onto County Road 19. Merge/turn right onto Perkinsville Rd. Right turn onto Budd St. Left turn onto Pagenkopf. Right turn onto County Road 90. Right turn onto County Rd 11. Right turn onto County Rd 19. Left turn onto Hamel Road. Right turn onto Hunter. Left turn onto Medina Road. Right turn onto Holy Name Road. Right turn onto County Road 24. Left turn onto Hunter Road. Right turn onto County Road 6. Right turn onto Homstead Trail/JCT 201. Left turn onto County Road 24. Left turn onto Country Road 19.

2nd LOOP – Merge/turn right onto Perkinsville Rd. Right turn onto Budd St. Left turn onto Pagenkopf. Right turn onto County Road 90. Right turn onto County Rd 11. Right turn onto County Rd 19. Left turn onto Hamel Road. Right turn onto Hunter. Left turn onto Medina Road. Right turn onto Holy Name Road. Right turn onto County Road 24. Left turn onto Hunter Road. Right turn onto County Road 6. Right turn onto Homstead Trail/JCT 201. **Right** turn onto County Road 24. Turnaround at County Road 24 just prior to Hunter Road. Left turn onto County Road 19. Right turn into park. Again use **CAUTION** as the path is narrow. Once off the bike path **keep left** on your way up to the transition area.

Make sure to dismount at the line prior to entering transition. Bikes **MAY NOT** be ridden in transition. Helmets must remain on and chin straps fastened until your bike is racked.

Aid stations are available for the long course at approx. miles 14, 26, 39. Bottled Water and HEED in water bottles will be available. Please slow down for the bottle exchange.

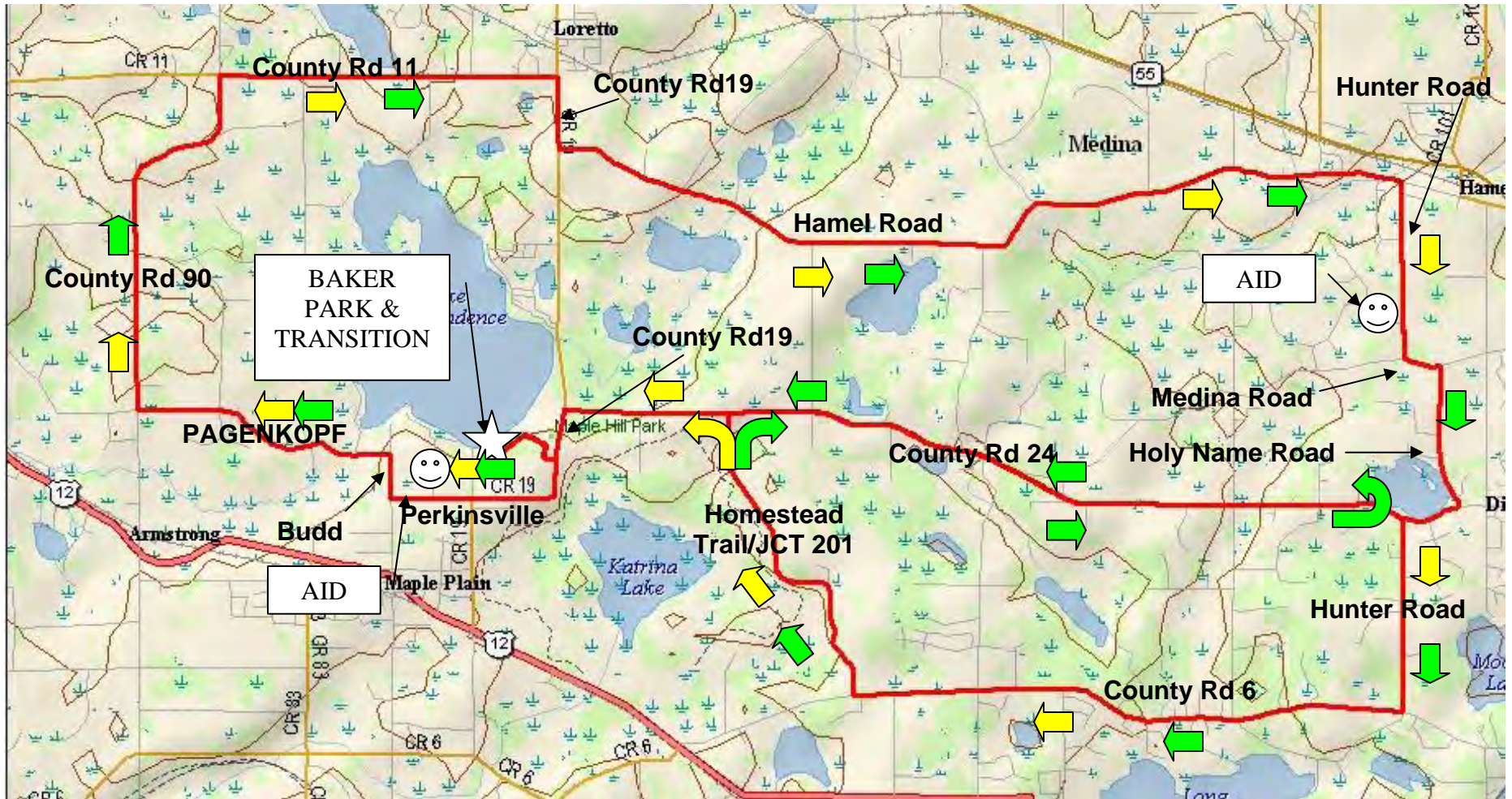
PLEASE DO NOT DISCARD BOTTLES, GEL PACKETS, OR OTHER ITEMS ON THE BIKE COURSE

If you do not make the 12:30pm bike cut off you **WILL NOT** be allowed to continue on to the run course. You will be allowed to finish the bike course; however, **police support/traffic control will not be available after 12:30pm.** You will have to obey all State of Minnesota Traffic Laws and use caution crossing intersections on your way back to the park.

A Sag wagon will be available to transport participants back to the park from the course, but will not be able to offer mechanical assistance to participants.

*****THE BIKE CUT OFF TIME IS 12:30 PM*****

YOU ARE RESPONSIBLE FOR KNOWING THE COURSE



← = Olympic and Half Iron 1st Loop

← = Half Iron 2nd Loop



RUN COURSE:

Run is an out and back for both events. Run exits transition from the end closest to the water and you will run on the path down to the lakeshore and turn left along the shore. Take a left onto the hiking trail. At the top of the hiking trail take a right onto campground trail and head counterclockwise around campground. Take a right down the hill and through the tunnel. Left at "T" out of tunnel and head in a clockwise direction around Lake Katrina until you reach the turnaround. **Volunteers will be recording race numbers at the turnaround for both events. Make sure to have your number FORWARD FACING and help them out by yelling out your race number as you approach.** Follow the path back along Lake Katrina counterclockwise. Take a right and head back up through the tunnel. Left at the top of the Tunnel hill and follow the path back through the campground. Left at the top of the hiking trail. At the bottom of the trail you will take a right and head to the finish line located along the waterfront of Lake Independence.

Restrooms are located at miles 2, 3, 5, 8, 10, 11. Run course aid stations will be available every 1-1.5 miles for both the Olympic and Half Iron races and will have water, HEED, Hammer Gels, E-Caps, and carbs.

PRE-RACE

All athletes will need to be body marked and have their timing chip prior to entering the transition area. Athlete's race number is to be written on right arm and leg. Participants Age is to be written on the back of the left calf. If the athlete is in the ½ Iron Distance/Long Course you should write an "X" on their right calf. Our body markers would greatly appreciate it if you'd apply your sunscreen after being marked so that they can more easily apply your markings. Only athletes are allowed into transition. This is for the safety of you and your equipment. NO GLASS containers are allowed in transition. Pre-race mechanical support will be provided by Gear West Bike, and will be located near the transition. You must have bar ends/plugs on your handlebars/aero bars in order to compete in a USAT sanctioned event.

POST RACE

Following the race please stop by our sponsor tents, get a free post race massage, and enjoy some grilled food from "NO NAME" (steak, chicken, and pork), chips, fresh fruit and other tasty treats at our post race food tent. Awards ceremony and prize drawings will be held at approx 11:15am – Olympic and 2:15pm. – Long. (Must be present to win prize drawings).

MEDICAL

Odom Sport Medicine will be on hand throughout the race for those in need of medical attention. If you have a medical condition or allergies we recommend that you stop by the medical tent prior to the event and give them the heads up.

If you incur an injury and or need medical assistance while out on the bike course please make your way to the nearest volunteer. They will be able to call our medical team and/or EMS dispatch with your location so that we can get help to you ASAP. There will also be USAT officials and race personnel, and first responders along all legs of the course looking for athletes in distress throughout the event.

GOOD TO KNOW

- All USAT rules and regulations will be enforced. (A copy of the most common violations is attached in this email).
- The Liberty Triathlon is a ChampionChip Timed event by Final Time. Please make sure to return your chip post race. Lost or unreturned chips are subject to a replacement fee of \$30.
- If you are unable to finish the event for any reason please turn your timing chip in and let either the race director and/or Final Time know that you've withdrawn from the event.
- Pictures will be available from minnefota moments. <http://minnefotamoments.com/cgi-bin/store/imageFolio.cgi>



GEARWEST BIKE • TRIATHLON
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Toll Free 877-TRI-PLUS 952-473-0093
Mon thru Thu 10-8 • Fri 10-6 • Sat 10-5 • Sun 12-4



Thank you for attending the 6th Annual Liberty Triathlon and Good Luck!!