

Dear 2010 Liberty Participant,

The Liberty Tri is right around the corner! We are looking forward to a great event and excited for race day.

- Packet Pick Up
- Race Day Nutrition
- Misc. (course info, etc.)

The next email will have last minute info, rules, and final course maps. Please see attachments for entry verification and transition map.

Packet Pick Up

NOTE: PER USAT RULES AND REGULATIONS ONLY YOU CAN PICK UP YOUR PACKET AND YOU MUST HAVE:

- 1) A PHOTO ID,
- 2) PROOF OF USAT MEMBERSHIP and/or 1-DAY USAT RACING LICENSE TO PICK UP YOUR PACKET.

NO EXCEPTIONS! All members of a team must all be present to pick-up packets in order to verify USAT membership or purchase a one day license

Option A:

Thursday June 10th - 4-8pm, Race Packet Pick Up at Running Room Store – Eden Prairie

Running Room store is located at:
Eden Prairie Running Room
582 Prairie Center Dr.
Eden Prairie, MN 55344
952-942-7120

Option B:

Friday June 11th - Country Inn & Suites Plymouth 4-8pm

Country Inn & Suites is located at:
201 Carlson Parkway North
Plymouth, MN 55447
(763) 473-3008
[Directions](#) to Country Inn & Suites

Option C:

Saturday June 12 Race day packet pick up: 6:00-6:30 if absolutely necessary. Everyone **is STRONGLY** encouraged to pick up their packet at one of the earlier times. Race day packet pick-up is meant to accommodate emergencies and travel problems only! Plan to pick up your packet at option A or B. Race time WILL be 7:30am – even if you have not gotten your packet yet! Lack of a packet will not be our emergency.

Race Day Nutrition

Hammer is the official energy food of the Liberty Triathlon. We recommend that if you're planning on making use of Hammer Gel, HEED energy drink, or E-Caps endurolytes on race day that you train with/try them prior to race day.

Race Competitors

A list of entrants, age group, classification, and gender is included in this email. This will serve as your entrance verification for information and I know some of you will be interested to see who you are up against☺
Check to see that all the information is correct.

Transition Map:

A transition map has been included as a .pdf file so that you can see how the flow goes in and out of transition. The swim will begin on the beach.

Misc Info

- Bike Aid – Water and HEED will be available at bottle exchanges for the bike courses at approx. 14, 26, and 38 mi.
- Run Aid – Water, HEED, E-caps, Hammer Gel, and Cola will be available approx every 1 to 1.5 miles on the run course for both distances. Restrooms are available at mi 3 for the short course and ~3, 5, 8, 10 on the long course.
- Bike Course Markings – Yellow signs will accompany law enforcement and course marshals on race day at every turn along the course. Please review the course on our website prior to race day. You are responsible for knowing the course. Course maps are available online at: http://www.finalstretch.com/races/libertytri/course_map.html .
- Run course is an out and back. We will have a volunteer recording bib numbers at both turnarounds. Please help them out by wearing your bib forward facing and calling out your number as you approach.
- Transition area opens at 5:30am. Timing chips will be distributed at packet pick up. Please do not lose or forget your chip. There will be a \$30 fee from Final Time for any unreturned timing chips. You must be body marked and have a chip to enter the transition area. Bikes will be racked by first come – first serve.
- Body marking will be done at transition on race day morning. If you body mark yourself, our volunteers will check to see that you have included all pertinent information. They will add or darken as needed. Race number on outside of right arm and leg in 3 inch numbers. Age in 4 inch numbers on the back of left calf. "X" on the back of the right calf if you are in the half Iron distance.
- Additional info is available online as well as will be provided in your race packet.

See you soon!

The Liberty Tri Team

Liberty Triathlon
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Image U.S. Geological Survey
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