

Dear 2010 HyVee Rochesterfest Triathlete,

The 2010 HyVee Rochesterfest Tri is right around the corner! We are looking forward to a great event and excited for race day. Included in this email is:

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

The next email will have last minute info, rules, and final course maps.

### **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:**

Saturday, June 19, 2010 1-8pm, Race Packet Pick Up at Running Room Store – Rochester

Running Room store is located at:

711 South Broadway  
Rochester, MN 55904-6409  
(507) 287-3341

#### **Option B:**

Sunday, June 20 Race day packet pick up: 5:30-7:30 if you can't make it on Saturday. Everyone **is STRONGLY** encouraged to pick up their packet on Saturday.

### **Race Day Nutrition**

Gatorade is the official energy drink of the HyVee Rochesterfest Triathlon. Gatorade and water will be available at transition and at various intervals on the course.



### **Misc Info**

- Bike Course Markings – 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/rochesterfest/course\\_map.html](http://www.finalstretch.com/races/rochesterfest/course_map.html)
- Run course is an out and back. We will have a volunteer recording bib numbers at the Olympic and sprint 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 Olympic distance.
- Additional info is available online as well as will be provided in your race packet.

See you soon!

Your Finalstretch Inc Team  
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