



# Welcome Moose Lake Triathlon Racers

**Tri Moose Lake!!** Start your day with a great small-town triathlon and continue it with good food, shopping, and wonderful sights.

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# COURSE MAPS

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## Swim

(SEE APPENDIX A)

The swim course (~.4 miles / 700 yards) is a loop starting and ending at the Moose Lake City Public beach. Swimmers will complete one clockwise loop, swimming around 2 buoys making a triangular shape.

## Bike

(SEE APPENDIX A)

The 12.5 mile bike course is a simple loop north to Barnum, MN and back.

- Bikers will exit the transition zone heading North.
- Take your first left onto Couillard Ln and then right onto Birch Ave.
- Take a right onto Arrowhead Ln and follow the shoulder on the right side of the road.
- Cross Arrowhead Ln at 8<sup>th</sup> Street and enter the Willard Munger State Trail.
- Head North to Barnum, MN on the bike trail.
- At Barnum, MN turn right onto County Rd 6 and head East.
- Turn right onto County Rd 13 and head South. (WARNING: there is a steep downhill as you transition turn onto County Rd 8.)
- Turn right onto County Rd 8 and head West. County Rd 8 turns into Hwy 27.
- Turn left at 7<sup>th</sup> Street and head back into the City of Moose Lake.
- Turn right onto Birch Street heading South.
- Turn left onto Couillard Ln and final right turn into the transition zone.

## Run

(SEE APPENDIX A)

The 3.1 mile run course is an out and back course that will take you along the Moosehead Lake.

- Head South out of the transition zone.
- Turn right onto 3<sup>rd</sup> Street heading West.
- Turn left onto Birch Ave. Birch Ave turns right onto 1<sup>st</sup> Street.
- Turn left onto Lakeshore Drive and follow the road until the turnaround point.
- Follow the route back to the Moose Lake City Park.
- Finish Line on Birch Ave North of 3<sup>rd</sup> Street.

# RULES

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## Swim

Wet suits are allowed. No special flotation devices are allowed.

Volunteers (on kayaks/canoes) will be available in the event of an emergency. You are more than welcome to rest, sight, or adjust your goggles at a kayak/canoe, but you may not use them to advance in the water.

In the event you need help, remove your swim cap and wave it in the air. This is why swim caps are mandatory. Please use the swim cap included in your race bag.

## Bike

HELMETS MUST BE WORN and fastened. Failure to wear a helmet will result in being removed from the event. Headphones are not allowed during the bike course.

We will have volunteers at the major corners/intersections. HOWEVER, you are responsible for following all legal traffic rules. Our volunteers are not allowed to stop traffic. They are there primary to keep you obeying rules and add visibility at critical sites to traffic.

Each racer is responsible that his/her bicycle meets the minimum safety standards. There will be no bike repair available.

## Run

Stay on the left shoulder of streets. You will run against traffic.

The run course will have 3 water stops. The 1st and 3rd water stop (~Mile 1 & Mile 2.1) will be where you cross the Moose Horn River (by the fishing pier). The 2nd water stop will be at the halfway point as you turn to head back.

## Transition Area

The transition area is where you will claim a place for your bike and gear during the triathlon. You are welcome to pick whatever spot you'd like, with the following exceptions:

1. A spot that has already been claimed by someone else (seems obvious!)
2. A spot in a walkway (also seems obvious, but you never know!)

### **Basic Transition Area Etiquette/Rules:**

NO riding your bike in the transition area. Walk or run with it out to the "mount line"

The racks were designed for 8 bikes. We simply ask that 5-6 bikes go on the racks, which leaves plenty of room. We will have tape on the top tubes of the bike rack. Put your bike in the middle of the 2 tape lines.

The side of the bike rack that your tire touches down on is the side your gear should be on, which may be under the hanging tire of a bike on the other side of the rack.

Do NOT move other people's bikes, gear, etc. Save your spot with a towel, wetsuit, etc.

***FAMILY AND/OR FRIENDS ARE NOT ALLOWED IN THE TRANSITION AREA – RACERS AND VOLUNTEERS ONLY!***

## Parking

There will be no parking available at the Moose Lake City Park. You can drop off bikes and equipment at the park entrance (3<sup>rd</sup> Street and Birch Ave), however no one will be allowed to drive through or park within the park for safety of our racers, spectators, and volunteers.

Please, park on area side streets being respectful to local residents. The race route includes Birch Ave and 1<sup>st</sup> Street, please avoid parking on these streets for the safety of our racers.

# SCHEDULES

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## Course Preview

Want to have a better race day experience? Then, come join others for a preview of the bike and run courses at 9 a.m. on the Saturday before the race, meet at the Moose Lake City Park pavilion. We will go over the bike and race routes and answer any questions that you may have.

NOTE: The routes will not be marked, and no safety measures will be put in place. You are expected to obey all traffic signs/laws and provide your own nutrition/hydration for the preview.

## Race Day

Want to know where everything is on race day and what time?

7:30	Transition area opens; NO EARLY ARRIVALS.
7:30 – 8:30	Check-in/ Packet Pickup
8:40	Pre-Race Meeting (with stretching)
9:00	Race Starts
9:45	Swim Course Closes
10:45	Award Ceremony
11:30	Bike Course Closes
12:30	Run Course Closes

\*\*\*\* Door Prizes will be announced once the last racers crosses the finish line.

## VOLUNTEERS

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We definitely need and appreciate our volunteers. Many are from our local football team that in turn receive a donation from us. Please be courteous to all volunteers. Know someone interested in volunteering? Please reach out to us at [MooseLakeTriathlon@gmail.com](mailto:MooseLakeTriathlon@gmail.com).

## BODY MARKING & TIMING CHIPS

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### Body marking

The Moose Lake Triathlon does not use bibs. When you check-in a volunteer will use a marker to write your race number of your right arm and right calf.

### Timing Chips

Our triathlon event timing is being done by Duluth Timing and Events. Timing chips are distributed on race day during packet pickup.

They record your time for the triathlon, including the time it takes you to move from the swim to the bike and the bike to the run. They are traditionally worn on your left ankle as to avoid getting caught in your bike chain. **Lost timing chips cost YOU \$30 to replace.** In the event, you do not finish the triathlon (especially if you are "pulled" from the water) please return your

timing chip to the finish line staff ASAP. Otherwise, we will assume you are still in the water and will shut the race down to search for you.

## POST ACTIVITIES

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After you cross over the finish line, enjoy an ice-cold bottle of water before heading over to the food table for some bananas and granola bars.

Additionally, your race bags include coupons and flyers for local restaurants.

Moose Lake Brewing Company will be hosting a post-race gathering. Food and drink will be available for purchase.

## AWARDS

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Prizes will be award to the top three males, top three females, and top team.

Acknowledgements will also be made to winners of the age groups: youth, 18-30, 31-45, 46-60 and 61+. Prizes will not be mailed so be sure to be present.

## RESULTS

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Results will be posted on site the day of the race. Additionally, a link will be made available via social media.

## SPECTATORS/FANS/FAMILIES

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We LOVE to see people come out and support the athletes.

A couple of tips/requests:

Bring noise makers, signs, etc, and cheer for everyone! Some people don't have "fans" 😞

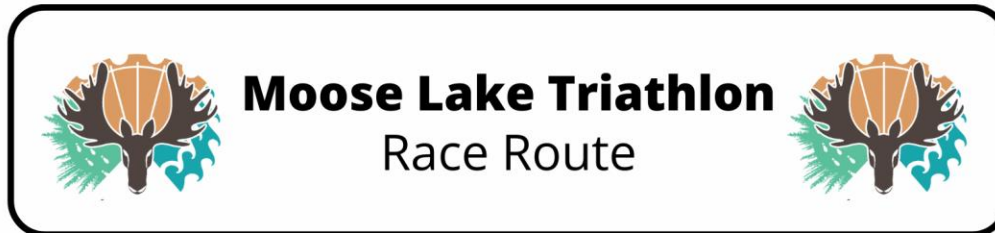
If an athlete needs to use the bathroom, let them use it 😊

If you bring a dog, and it needs to use the bathroom...CLEAN UP AFTER IT!

If you happen to be on the same path as an athlete, let them pass

# APPENDICES

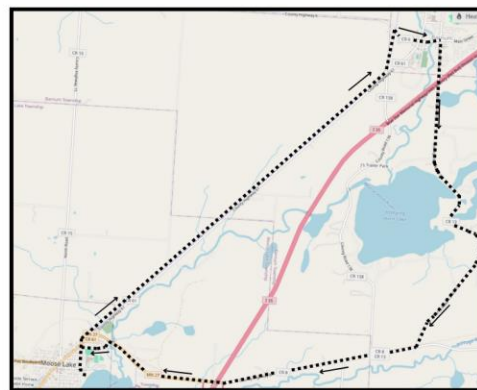
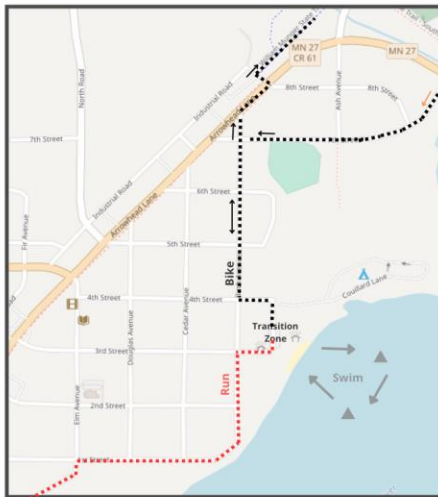
## APPENDIX A (RACE ROUTE)



Swim 700 Yds

Bike 12.5 miles

Run 3.1 miles



### SWIM:

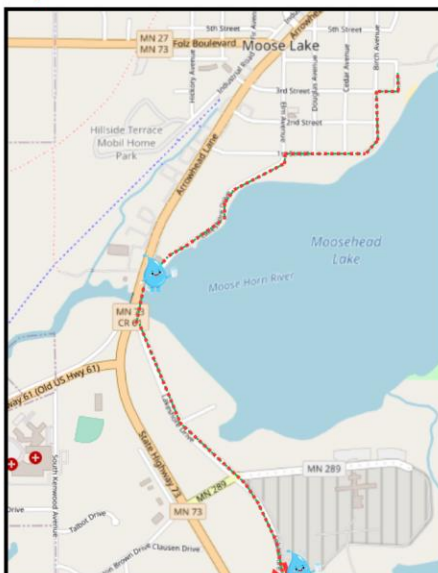
- The swim is held at the Moose Lake City Beach and conducted in a triangular pattern.

### BIKE:

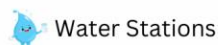
- Exit the transition zone heading North. Take the first left onto Couillard Ln and then a right onto Birch Ave.
- Take right onto Arrowhead Ln and follow the shoulder on the right side of the road.
- Cross Arrowhead Ln at 8th Street and enter the Willard Munger State Trail.
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- Turn left at 7th Street and head back into the City of Moose Lake.
- Turn right onto Birch Street heading South.
- Turn left onto Couillard Ln and a final right turn into the transition zone.

### RUN:

- Head South out of the transition zone.
- Turn right onto 3rd Street heading West.
- Turn left onto Birch Ave. Birch Ave turns right onto 1st Street.
- Turn left onto Lakeshore Drive and follow the road until the turnaround point.
- Follow the route back to the Moose Lake City Park.



Finish Line is on Birch Street South of 3rd Street.



Water Stations