

"LAST CHANCE" TRIATHLON

FINAL RACE INSTRUCTIONS

Please read this information thoroughly. It will keep you informed as to all that is happening race-day and make your experience more enjoyable.

RACE DAY

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| . Late registration and packet pick-up | 6:00-7:30AM |
| Boundary Waters – main lobby | |
| . Body Marking – upper RIGHT shoulder | 6:00-7:30AM |
| . Mandatory pre-race meeting – START line | 7:50AM |
| . Triathlon starts | 8:00AM |
| . Awards ceremony – Transition Area | 10:15AM |
| . Post race refreshments BWAC lobby | 9:00-10:30AM |

RELAY TEAMS

Team runner will tag team biker @ BEGINNING of the transition area.
Team biker will tag team swimmer @ BEGINNING of the transition area

THE RUN

This trail run is flat and fast. At approximately 2 miles you will cross a covered Bridge. The last mile will have some tree roots that you will have to watch out for. Follow the Monitors – follow the signs.

THE BIKE

The bike course rolls down hill for 3 miles. At this point you will make a 90' Right hand turn. The next .5 mile is uphill. Many people will walk portions of this hill. Please be courteous when passing. Pass ONLY on the left. Each turn is marked with white sign/red lettering "RACE COURSE" with black arrows pointing the way. The last 2.5 miles rolls down hill. Please be cautious when re-entering BWAC as the left hand turn will come up fast.

THE SWIM

You will enter the pool into the lane closest to the transition area. You MUST JUMP, NOT DIVE into the pool! You will swim that lane, cross under the buoys to the next lane and repeat this until you come to the finish. Please exit the water as soon as you finish and PLEASE – NO RE-ENTERING THE POOL after you've finished

BODY MARKING

Your race number will be marked on your RIGHT shoulder. Memorize your race number in case it fades in the pool. We must have your race number at the end of the swim in order to time you.

FLUIDS/MEDICAL

Douglas County EMS will be on hand at the finish for any medical assistance you might require. Two fluid stations on the run course – none on the bike. Make sure your water bottles are full for the bike portion.

RESTROOM & SHOWERS

Restrooms and showers are located just off the lobby in the BWAC. Porta-johns will be available on the run course – none on the bike course.

POST RACE

Food and fluids will be available for participants in the BWAC lobby after the race. T-shirts to all participants – plaques to the top three in each age group.

BE SAFE – HAVE A GREAT RACE!