



# The 2022 4WOMEN Tri Athlete Guide

(almost) everything you need to know for the event

Welcome to the 4WOMEN Triathlon! This event was named to honor 4 special women in my life (my wife and 3 daughters) that help me organize this event. It's also to serve as a reminder of our mission to provide a fun, welcoming, and safe event for those who identify as women.

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## RACE OPTIONS

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**Sprint Distance:** 600 yard swim, 12 mile bike, 5K run

**mini-sprint distance:** 100 yard swim, 6 mile bike, 1 mile run/walk

(note: those registered for the mini-sprint can do either the short OR the long for EACH segment of the triathlon (e.g. short swim, long bike, short run) Think of it as a “triathlon buffet” where you get to decide how much to put on your plate come race day. If in doubt of your abilities, especially on the swim portion, sign up for the mini-distance. It’s easy to change if you change your mind later. If you want to drop down from the Sprint to the mini-sprint, because the closest thing to a body of water you were in this summer was a bathtub, let us know ASAP!

mini-sprint examples/possibilities:

short swim, short bike, short run OR short swim, long bike, short run OR

short swim, long bike, long run OR long swim, short bike, long run...get the idea?

**Athena category:** Most veteran triathletes are somewhat familiar with the Athena category (similar to the Clydesdale category for men) for people that don't have the stereotypical "runner's body". If it helps, think of the song, "All About that Bass!" Whatever you decide, we just want you to know you have options, and being referred to as a Goddess is pretty cool! Plus, it has some benefits.

1. Compete against athletes of similar size and body composition
2. Get the best bike racks in the transition area (with chairs!)
3. Get to be one of the first to start off the race

**VIP/Charity Slots:** For those that want a slot and want to help out our volunteer youth groups, consider registering for a VIP/Charity slot. You still get to pick sprint, mini-sprint, and even Athena BUT your entire entry fee (\$100) goes to our volunteer groups, you get the best bike racks in the transition area, AND parking closest to the transition area.

## COURSE MAPS

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### Swim

(see APPENDIX A)

The sprint swim course (~600 yards) will be basic with just 2 turns/buoys. Starting on the west side of the beach, simply go out about 175 yards, then veer right for a couple of hundred yards, before making a sharp right turn and heading back to shore at the beach.

The mini-sprint (~100 yards) will have you swim about 25 yards out, make a 90 degree right turn to swim parallel to shore for about 50 yards, before making one more 90 degree right turn back to shore.

Note: Lifeguards (on kayaks/standup paddleboards) will be available in the event of an emergency. You are more than welcome to rest, sight, or adjust your goggles at a kayak/SUP, 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 (which we will provide) are mandatory.

### Bike

(see APPENDIX B)

The sprint bike course is a clockwise square bike route where you will do (2) loops of roughly 6 miles. About 30 feet after leaving the transition area, you will mount your bike and stay on the right side of the green cones to exit the park. Make a right onto 78<sup>th</sup> St, make a right onto

Galpin Rd, make a right onto Lake Lucy Rd, make a right onto Powers Blvd, make a right back onto 78<sup>th</sup>, before repeating for a second loop and returning to the park.

The mini-sprint bike course is just one 6 mile loop following the same route.

## Run

(SEE APPENDIX C)

The sprint run course takes you north out of the transition area and along the east side of Lake Ann. There is a water stop at the ½ mile mark. Just past the water stop you make a series of turns through a quiet neighborhood. At the 2½ mile mark you will return to the park and the same water stop. Continue south on the path to the finish line, where we will have an ice cold bottle of water waiting for you. The food tent is nearby.

The mini-sprint run course simply turns back at the water stop.

On race day, there will be volunteers and signage at every turn. The sprint run course is a bit technical, so pay attention to the signs with arrows. We did this to be safe and keep you off of the busy roads, but still give you the distance of a 5K.

## Transition Area

(see APPENDIX D)

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 reserved for the Athenas/VIP participants (we will have signs out)
3. A spot in a walkway (once again, 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.

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.

## Lake Ann and Surrounding Area

**Lake Ann Park** (1456 W 78th St, Chanhassen, MN 55317) is located about 20 miles west of Minneapolis, MN, in Chanhassen, MN, near Prince's Paisley Park and the Chanhassen Dinner Theatre. This park has numerous ball fields, trails, and is home to a lake popular for swimming by local triathletes. There are a few hotels nearby the park.

## 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. On Sunday, August 21, at 9 a.m., meet in the Lake Ann Park lot closest to the water (this is where the transition area will be on race day) Bikes will start heading out around 9:15 a.m. The bike and run course will be marked, but not have safety volunteers. NOTE: You are expected to obey all traffic signs/laws and provide your own nutrition/hydration for the preview.

### Packet Pickup

You can pick up your packet on race morning (Sunday August 28 between 6:45 and 7:45 a.m.) at Lake Ann Park under the Klingelhutz Pavilion. In your packet, you will receive:

- a swim cap
- (2) body number tattoos (1 for your arm and 1 for your leg)
- adhesive bike and helmet numbers (1 for your bike frame and 1 for your bike helmet)
- race bib

### Race Day

- |           |   |
|-----------|---|
| 6:45      | transition area opens                               |
| 6:45-7:45 | race day packet pickup                              |
| 8:00      | pre-race meeting and singing of the National Anthem |
| 8:15      | Sprint race starts (time trial start)               |
| 9:00      | mini-sprint race starts (time trial start)          |
| ~10:45    | award ceremony                                      |

# SWIM ANGELS

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Swimming not your thing? Consider using one of our “Swim Angels” (i.e. volunteers that LOVE swimming!) While they can’t teach you to swim, they can help keep you calm, by swimming near you (the entire time) and even help you sight the course. Simply [contact us](#) beforehand or the morning of the triathlon, and we’ll connect you with a swim angel.

# VOLUNTEERS

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We definitely need and appreciate our volunteers. Many are from local youth groups (e.g. gymnastics, girls soccer, and girls volleyball) that in turn receive a very nice donation from us to their respective booster groups. How cool is that? A part of your registration fees goes to support women’s sports, they don’t have to sell anything to do it, and we all get peace of mind from having lots of willing volunteers. We even give them a free race entry so that they can have some they know to cheer for on race day. Note: overall donations (over \$50,000 so far, since 2014) also go to the local recreation department scholarship fund, parks, and more. Know someone interested in volunteering?

# BODY MARKING & TIMING CHIPS

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## Body marking

We are trying out temporary body tattoos this year, in lieu of permanent markers. In your race packet, you should receive 2 sets of numbers (1 for your right arm, 1 for your right calf)

## Timing Chips

Our triathlon event timing is being done by Pickle Events. Timing chips are distributed on race day and can be picked up at the Klingelhutz Pavilion not far from the transition area. 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 \$35 to replace.** That’s why we wait until race day to distribute them. 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.

# AWARDS

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Just like our other events, such as the Hopkins Royal Tri and the SWIM-Off to Summer, we will be awarding consumable, recyclable, and otherwise practical trophies will be awarded to our top 3 finishers by age group, as well as those registered as Athena. Award ceremony around 10:30.

-bottles of wine (MUST be 21 or older obviously)

-bottles of olive oil, from Olive on Tap

-cans of root beer, from LTD Brewery

We will be giving away a \$50 gas gift card to the participant that drove the furthest to the event. We also will playing a game of "heads or tails" for a chance to win a catered Italian dinner.

In lieu of a traditional finisher medal, we are providing each participant with a commemorative wineglass stem charm in the race packets. Our hope is to provide you with a simple and functional keepsake, while at the same time not asking our finish line volunteers to have to get too close to place something around your neck.

# POST RACE FOOD

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After you cross over the finish line, enjoy an ice cold bottle of water, before heading over to the food tent for some cookies, granola bars, fruit, etc.

# RESULTS

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Results can be found on our website

<https://www.hopkinsroyaltri.com/results.html>

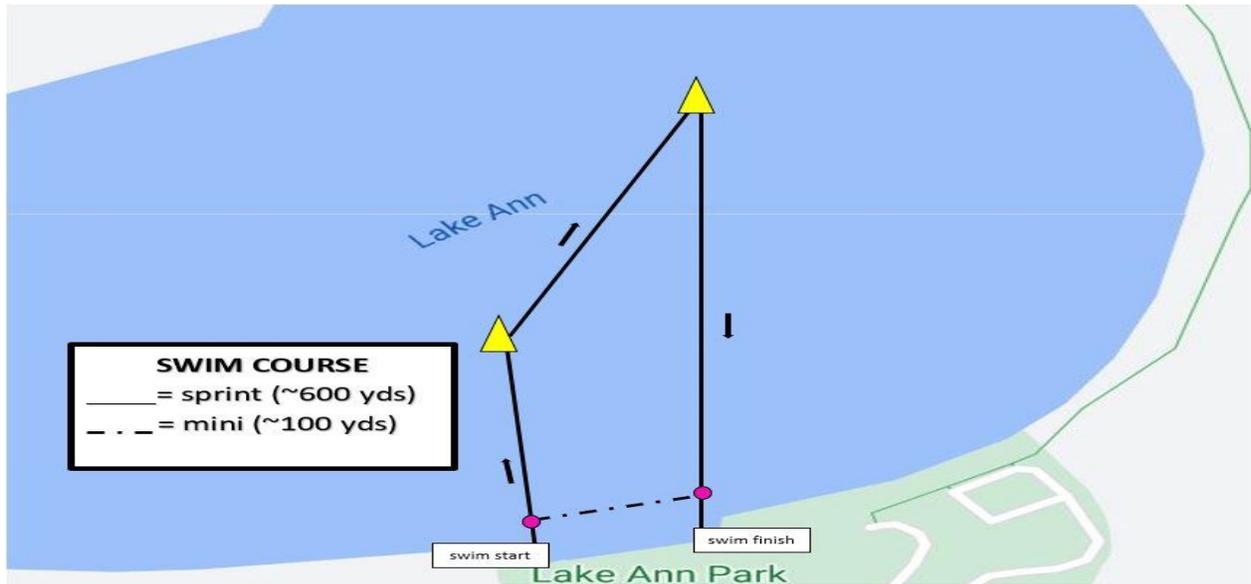
# TIPS FOR NEWBIES

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1. Make sure your bike is in working condition
2. Figure out what you are going to wear/use on race day (and try it out ahead of time)
3. Come try our bike/run course preview on Sunday, August 21 at Lake Ann Park
4. Hydrate yourself the week of the event
5. Bring a positive attitude and have fun!

# APPENDICES

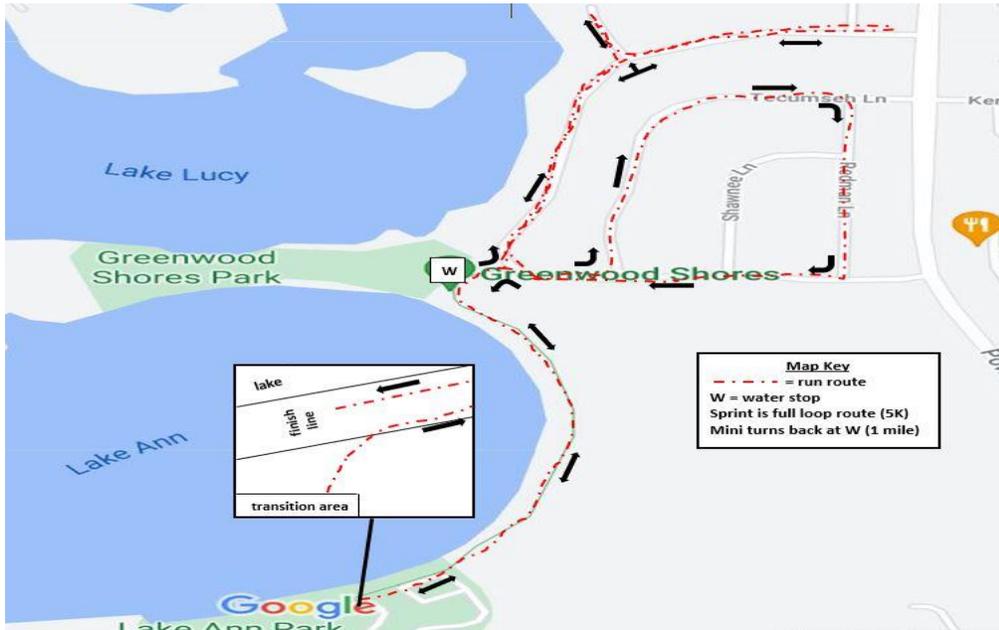
## APPENDIX A (SWIM COURSE)



## APPENDIX B (BIKE COURSE)



# APPENDIX C (RUN COURSE)



# APPENDIX D (TRANSITION AREA MAP)

