

The 2022 4WOMEN Tri Athlete Guide

(almost) everything you need to know for the event

IMPORTANT UPDATE!! Due to unforeseen circumstances, we needed to move the location of the event to Shady Oak Beach on the border of Hopkins and Minnetonka.

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

Sprint Distance: 600 yard swim, 13 mile bike, 5K run

mini-sprint distance: 100 yard swim, 4.5 mile bike, 1.75 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 (your name will be on the list for the beach parking lot on race morning.)

COURSE MAPS

Swim

(see APPENDIX A)

The sprint swim course (~600 yards) will be basic with just 2 turns/buoys. Starting at the base of the life guard building, simply go out about 250 yards, then make a left and swim right for about 100 yards, before making a sharp left turn and heading back to shore at the beach.

The mini-sprint (~100 yards) will have you swim about 35 yards out, make a 90 degree left turn to swim parallel to shore for about 35 yards, before making one more 90 degree left 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 13 mile sprint bike course is a triple loop clockwise square bike route where you will do (2) loops of 4 miles on the short "mini-sprint" loop. Simply turn right out of the Shady Oak Beach parking lot, make a right onto Dominick Drive, your only left onto Jorissen Drive, a right onto

Rowland Road, a right onto Baker Road, a right onto Excelsior Boulevard, and a right back onto Shady Oak. For the 3rd loop you continue past Dominick Drive, making a right onto Bren Road (WARNING: There is a 1/10 mile STEEP hill here) which becomes Rowland. Follow the short “mini-sprint” loop route back to the beach parking lot and transition area.

The mile mini-sprint bike course is just one 4.5 mile loop following the short route outlined above. On race day, there will be volunteers and signage at every turn, as well as yellow duct tape arrows 100’ and 20’ before turns and 20’ after turns.

Run

(SEE APPENDIX C)

The 5K sprint run course takes you onto the sidewalk leading out to Shady Oak Road. Make a left going north onto Shady Oak Road, make a left at the down ramp to the MN Regional Bluffs Trail, make a right onto the trail, continue across Dominick Drive (Note: there is a water stop here at about 1.25 miles and also 2.6 miles) and continue on the trail before making a U-turn at Rowland Road, which brings you back to Dominick Drive and the same water stop, where you will make a right turn, and finally a left at Jorissen Drive onto the trail that leads back into Shady Oak Beach. Follow the trail back to the beach parking lot and finish line where we will have an ice cold bottle of water waiting for you. The food tent is nearby.

The 1.75 mile mini-sprint run course follows the sprint run course BUT turns left at the water stop at Dominick Drive and the MN Bluffs Regional Trail. Run on Dominick until the left turn back into the park. On race day, there will be volunteers and signage at every turn, as well as yellow duct tape arrows 100’ and 20’ before turns and 20’ after turns.

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. The racks will have red or blue tape on them indicating where your bike should go. Place either your handlebars or your seat on the tape. Each row will

be designated as a "RED" row or a "BLUE" row, and no two bikes side by side should be aiming in the same direction. Alternate them please.

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.

Shady Oak Beach and Surrounding Area

[Shady Oak Beach](#) is a popular swimming hole for the locals, although people come from all over the metro area to swim, bike, run, kayak, and fish. There are several hotels and restaurants in the area, and easy access to Highway "crosstown" 62.

SCHEDULES

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 [Shady Oak Beach](#) under the picnic 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
- a keepsake wine charm

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

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

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

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 picnic 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

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 balsamic , 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

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, salted nut rolls, fruit, etc.

RESULTS

Results can be found on our website

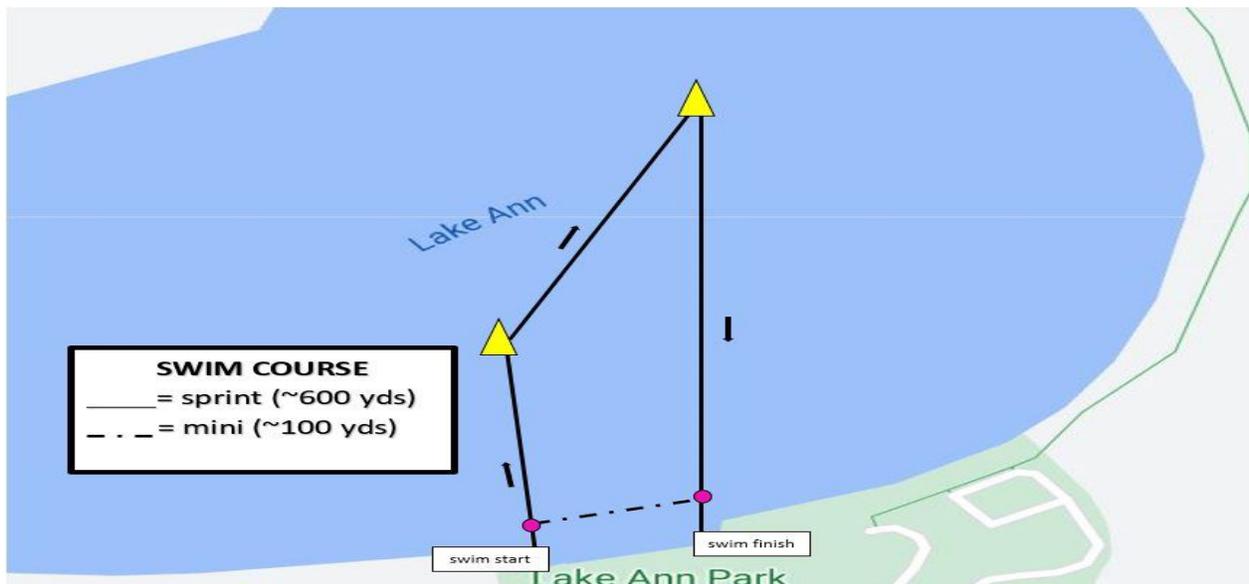
<https://www.hopkinsroyaltri.com/results.html>

TIPS FOR NEWBIES

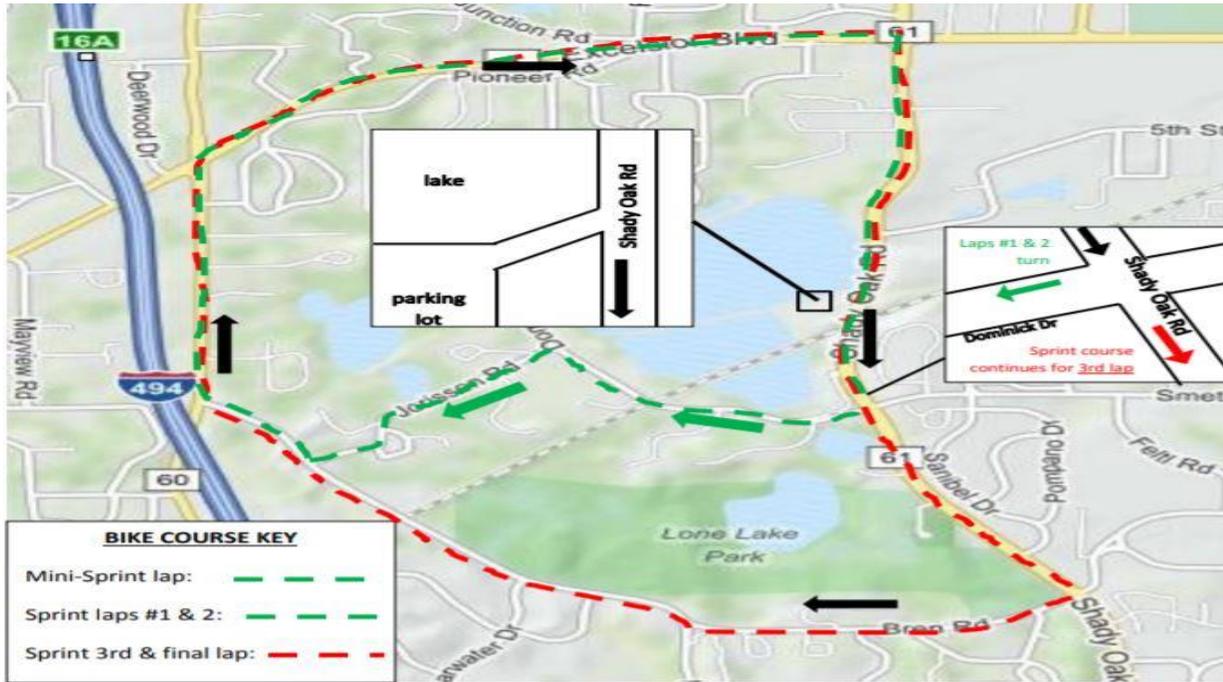
1. Make sure your bike is in working condition
2. Figure out what you are going to wear/use on race day (and try it out ahead of time)
3. Come try our bike/run course preview on Sunday, August 21 at Lake Ann Park
4. Hydrate yourself the week of the event
5. Bring a positive attitude and have fun!

APPENDICES

APPENDIX A (SWIM COURSE)



APPENDIX B (BIKE COURSE)



APPENDIX C (RUN COURSE)

