



# The 2021 Hopkins Royal Tri Athlete Guide

(almost) everything you need to know for the event

Welcome to the Hopkins Royal Triathlon (HoRT), a 2x "MN Triathlon of the Year"

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## RACE OPTIONS

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**Sprint Distance:** 750 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.

**Clydesdale & Athena category:** Most veteran triathletes are somewhat familiar with this category, designed for people, like our Race Director, that don’t have the stereotypical “runner’s body”. If it helps, think about the song, “All about that bass!”. Whatever you decide, we just want you to know you have options, plus the benefits are pretty cool! NOTE: Please don’t ask to be put in the Clydesdale/Athena category just to get the benefits. Us “bigs” are proud of who we are and appreciate the extra love!

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 ones to start off the race

**VIP/Charity Slots:** (SOLD OUT for 2021) For those that want a slot and to help out our volunteer youth groups, consider registering for a VIP/Charity slot. You still get to pick sprint, mini-sprint, and even Clydesdale/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 (~750 yards) is a “point to point” swim that starts on the east side of the beach by the volleyball court. Simply go out about 200 yards, then make a hard left for a few hundred yards, before swimming through the channel under the footbridge (that’s right!) Then, make a left at the last buoy and swim the last 100 yards back to shore behind the pavilion.

The mini-sprint (~100 yards) will have you swim around the “Big Dock” and back to shore. There is also 1 other option of swimming (or even walking) in 4 feet deep water parallel to shore for about 50-60 yards.

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 are mandatory. You may wear your own swim cap (color does not matter) or grab one from us at packet pickup.

### 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 3<sup>rd</sup> 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 Clydesdales/Athenas/VIP participants (center row, closest to the bike in/bike out)
3. 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.

## 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.

### Parking

**VIP Charity Slots and Main Volunteers:** park in the [main lot](#); The gate attendant will have a list of those registered for the VIP Charity Slots. Note: You must enter by 8:15 a.m. and can not leave until the last bike is back, which is usually about 10:15 a.m.

**All other participants and spectators:** please park in one of the numerous lots off of Shady Oak Road and K-tel Drive. Please cross at the traffic light. You may also park at [Cross of Glory Church](#) at the corner of Shady Oak Road and Excelsior Blvd (which is about .75 mile north of the park) A little further, BUT plenty of parking AND you have a bike!

## 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 Saturday, August 28<sup>th</sup> at 9 a.m., meet in the Shady Oak Beach parking. 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 Options

Want to have your race bib, body tattoos, and more ahead of race morning? Then, come to one of our 2 early packet pickup options. Those that come to early packet pickup are eligible for gift cards from that store too.

Saturday, August 28<sup>th</sup> 3-5 p.m. at [Tonka Cycle](#) (16 Shady Oak Rd, Hopkins, MN 55343)

Tuesday, August 31<sup>st</sup> 6-8 p.m. at [TC Running](#) (6405 City W Pkwy b5, Eden Prairie, MN 55344)

You can also pickup your packet on race morning (Saturday Sept 4th between 6:45 and 7:45 a.m.) at Shady Oak Beach under the pavilion on the hill.

### Race Packet contents:

- race bib
- (2) body number tattoos (1 for right arm; 1 for right leg)
- Helmet and bike stickers
- Wine glass charm "mini-finisher medal"
- Hammer gel single serving
- Hammer Fizz electrolyte tablet sample
- Commemorative luggage tag (w/ a race day gear checklist)

## Race Day

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

6:45	transition area opens (please don't come early; let our volunteers set up)
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) <b>YOU STILL NEED TO ARRIVE BY 8 A.M.</b>
~10:45	award ceremony

## 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? Have them [click here](#) to see where help is still needed.

# 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 at the triathlon, and we’ll connect you with a swim angel.

# BODY MARKING & TIMING CHIPS

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## Body marking

We are trying out temporary body tattoos this year. In your race packet, you should receive 2 sets of numbers (1 for your right arm, 1 for your right calf) NOTE: If you are wearing a sleeve wetsuit that will cover your race number, please use a marker on your hand to help the volunteers doing the swim start.

## 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 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 \$30 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.

# 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 “race rolls”, granola bars, fruit, etc. We also will be serving all-beef (and vegetarian) hot dogs FOR EVERYONE (including spectators). Our post race food is being prepared and served by Barnabas House, a social group for adults with disabilities. Deb Salerno, and her crew, are back for their 5<sup>th</sup> year volunteering.

# AWARDS

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Just like our other events, such as the 4WOMEN 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/Clydesdale.

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

-bottles of olive oil (from Olive on Tap)

-custom cans of root beer (from Spilled Grain Brewery)

We also will be giving away a \$50 Holiday Gas gift card to the participant that drove the furthest to the event.

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.

# RESULTS

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Results can be found on our website

[https://www.mtecreresults.com/race/show/11816/2021 Hopkins Royal Triathlon-Sprint-Summary\\_Results](https://www.mtecreresults.com/race/show/11816/2021_Hopkins_Royal_Triathlon-Sprint-Summary_Results)



# SPECTATORS/FANS/FAMILIES

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We LOVE to see people come out and support the athletes. There is great viewing out on Shady Oak Road, at the intersection of Dominick and Jorrisen, as well as on the foot bridge where you can actually see the athletes swim right below you!

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 😊

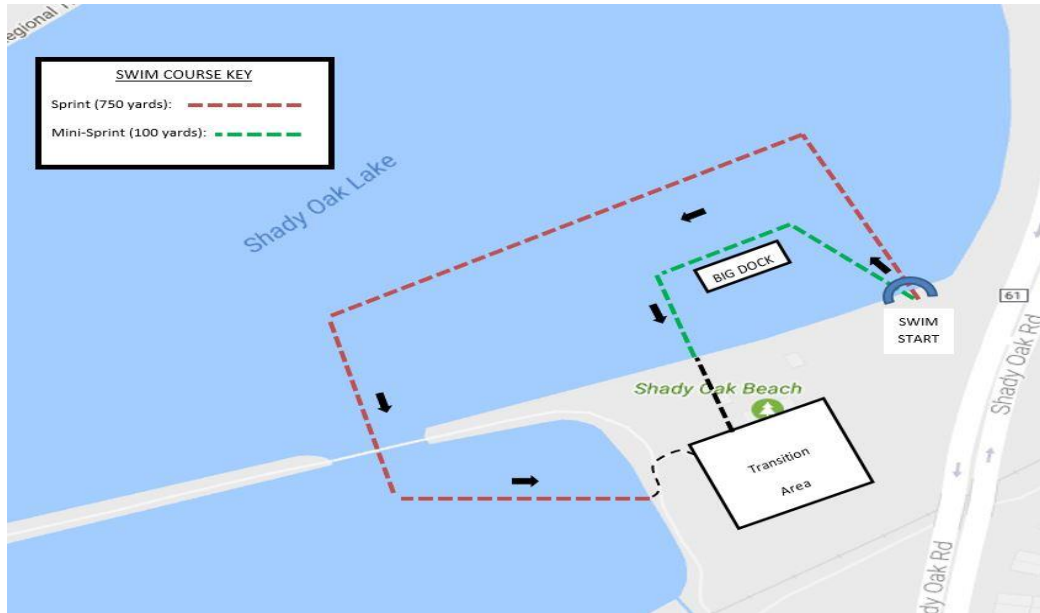
If you bring a dog, and it needs to use the bathroom...CLEAN UP AFTER IT!

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

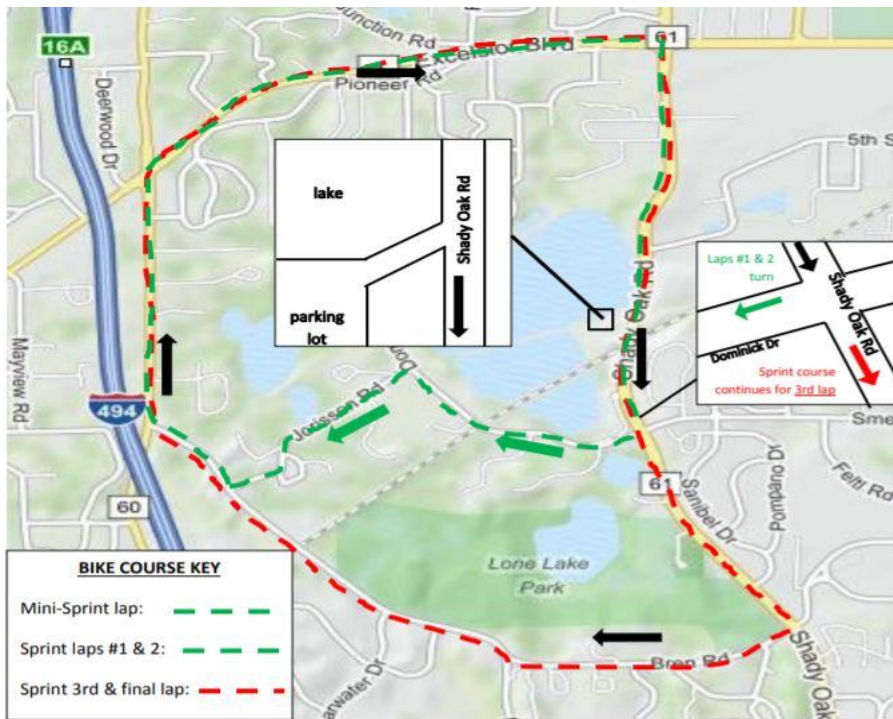
We will have lots of hot dogs (for everyone in attendance until they run out) so no need to sneak any. We should have plenty of bananas, mandarin oranges, Salted Nut Rolls, etc. You are welcome to ask for some, but remember the athletes really need the food too, so try not to take too much. Feel free to stop at one of the many restaurants in the area.

# APPENDICES

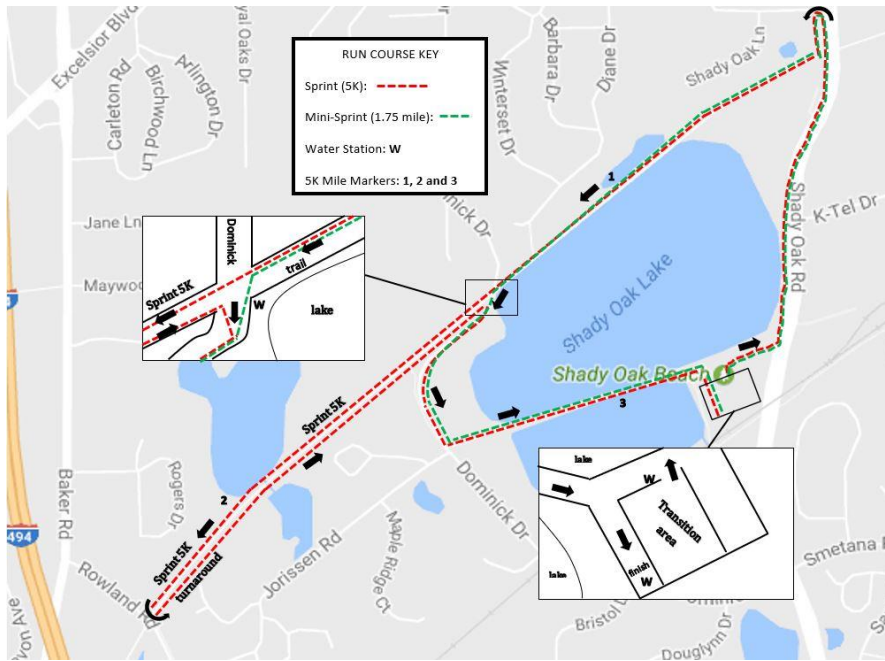
## APPENDIX A (SWIM COURSE)



## APPENDIX B (BIKE COURSE)



## APPENDIX C (RUN COURSE)



## APPENDIX D (TRANSITION AREA MAP)

