



The 2024 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

This year, EVERYONE registered for the mini-sprint, as this is the US mini-Sprint Nationals after all. However...just like every other year, when you register for the mini-Sprint you get to pick (ON RACE DAY DURING THE ACTUAL RACE) the distances you want to do for each segment. The distances to pick from are as follows, and YES! You can mix and match long and short for each. Think of it as a “triathlon buffet” where you get to decide how much to put on your plate come race day:

SWIM	BIKE	RUN
750 yards	12 miles (3 loops of 4 miles)	5K
250 yards	8 miles (2 loops of 4 miles)	3K
100 yards	4 miles (1 loop of 4 miles)	0.0001K

COURSE DESCRIPTION

Swim

(see APPENDIX A)

The swim course has 3 options, and all options start on the stairs next to the Life Guard Shack:

(~750 yards) Go out about 200 yards straight from shore, 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. When you get out, simply walk (or run) up the path to the transition area.

(~250 yards) This is a new option this year. After you make it to the first buoy, you head right back to shore going around the "Big Dock".

(~100 yards) This is our traditional mini-sprint swim distance. Simply, swim around the "Big Dock" and 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 are mandatory. You may wear your own swim cap (color does not matter) or grab one of our limited special event caps from us at an early packet pickup, at either Tonka Cycle or TC Running.

Bike

(see APPENDIX B)

The bike course has 3 options, which is your choice of 1, 2, OR 3 loops on the 4 mile loop. All three options turn right out of the Shady Oak Beach parking lot, make a right at the traffic light onto Dominick Drive, followed by 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. If you want to do extra loops for more distance, just keep going past the entrance back to the transition area. On race day, there will be volunteers and signage at every turn, as well as yellow tape arrows 100' and 20' before turns and 20' after turns.

Run

(SEE APPENDIX C)

As you had probably guessed, there are also 3 options for the run course:

(5K) The course takes you onto the sidewalk on the north side of the transition area 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. The food tent is nearby.

(3K) The run course follows the 5K 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 tape arrows 100' and 20' before turns and 20' after turns.

(0.0001K) Simply rack your bike and head on over to the finish line!

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 VIP participants (1st row, closest to the beach side)
3. A spot in a walkway (also seems obvious, but you never know!)

Basic Transition Area Etiquette/Rules:

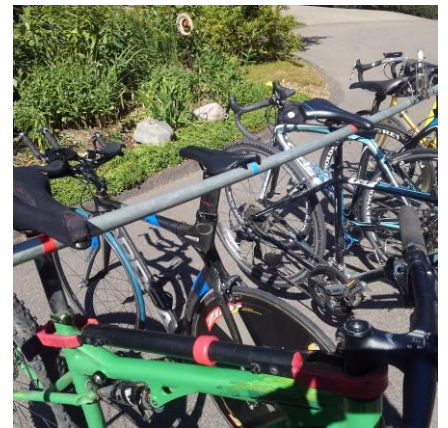
NO riding your bike in the transition area. Walk or run with it out to the "mount line"

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 that correspond to the color for the row (i.e. row number is blue, put your bike on the blue tape; row number is red, put your bike on the red tape.)

SEE PICTURE>>>

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 this lot 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

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.

Mon., Aug. 26 from 6-8 p.m. at [Tonka Cycle](#) (416-11th Ave S, Hopkins, MN 55343)

Wed., Aug. 28 from 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, August 31, 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

Race Day

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	race starts (time trial start, meaning 1 person enters the water every 3-5 seconds)
~10:45	door prizes

VOLUNTEERS

We definitely need and appreciate our volunteers. Many are from local youth groups (e.g. swimming, soccer, and 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 [contact us](#).

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. Either [contact us](#) beforehand or the morning of at the triathlon, and we’ll connect you with a swim angel on race morning.

BODY MARKING & TIMING CHIPS

Body marking

We are using temporary body tattoos again 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 for 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 \$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.

POST RACE FOOD

After you cross over the finish line, enjoy some mini-themed snacks (for EVERYONE), like:

- Baby carrots
- Cocktail wieners
- Mini-doughnuts
- Pearson’s bite-size salted nut rolls
- Mandarin oranges
- Italian ice

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 8th year volunteering.

AWARDS

Since we are doing a mini-theme this year, and there are 9 options to choose from, we will have no way to determine who did what distances...SO, we are going to give away mini-themed prizes based on the order you finish in regard to your overall time. (e.g. 1st, 5th, 10th, 20-29th, 100th, 122nd, 221st, 301st, etc.) We're still working on the prizes, but they will be fun AND lots of them!

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

Finisher medals: We are bringing back a limited number of finisher medals/bag tags, as we know that for some people, a finisher medal is an important keepsake. Please stop by the pavilion after the race if you would like one.

RESULTS

[Results](#) can be found on our website

SPECTATORS/FANS/FAMILIES

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 before you 😊

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

Our post race food is for everyone, so no need to sneak any. 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

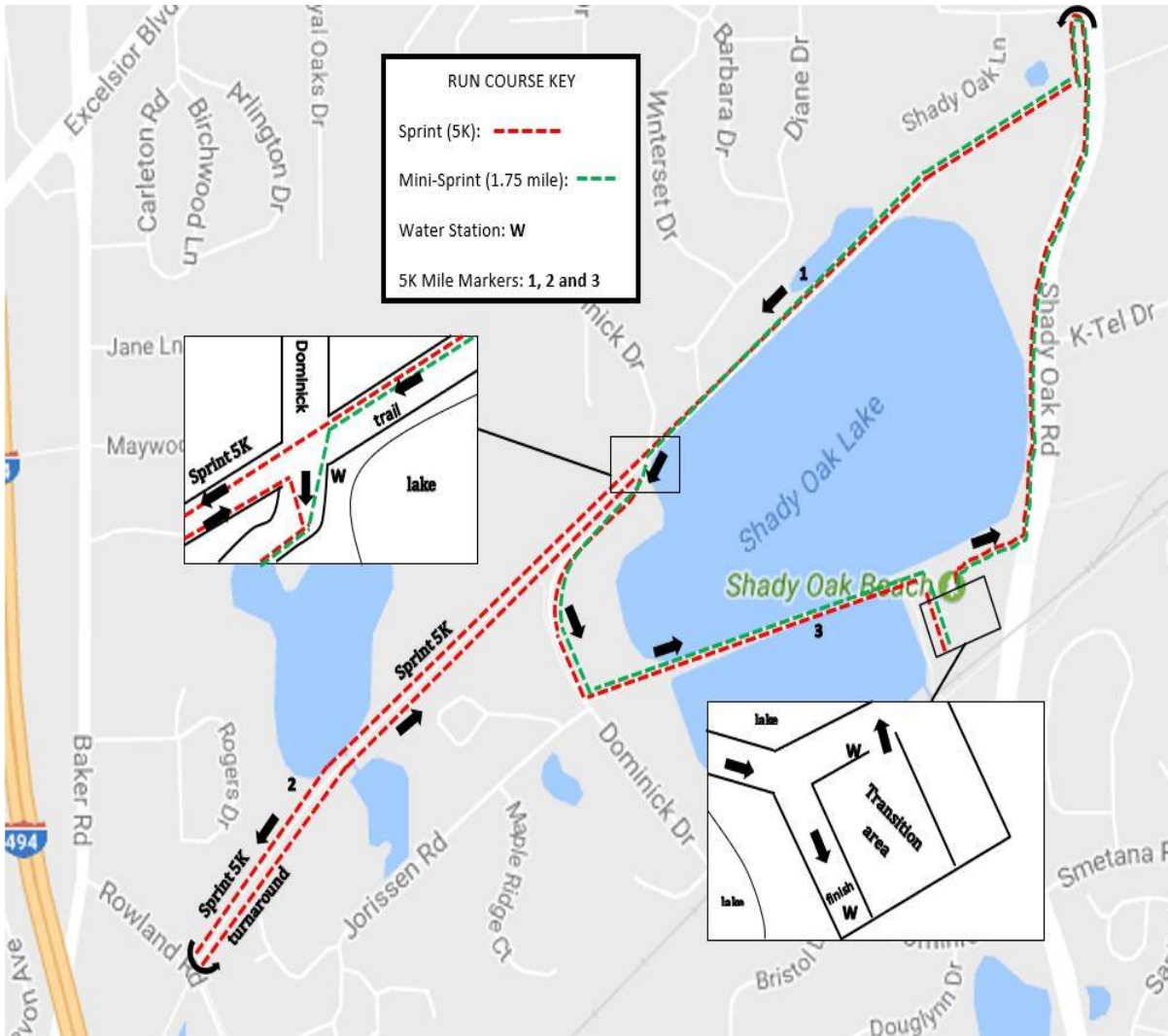
APPENDIX A (SWIM COURSE)



APPENDIX B (BIKE COURSE)



APPENDIX C (RUN COURSE)



APPENDIX D (TRANSITION AREA MAP)

