

COURSES

Sprint

Swim	0.4 miles
Bike	15 miles
Run	3 miles

International

Swim	1.5k
Bike	40k
Run	10k

Junior Invitational

Swim	0.25 miles
Bike	15 miles
Run	3 miles

RACE DAY SCHEDULE

Lake Nokomis Race Site

4:30am

TRANSITION AREA OPENS AND
BODY MARKING BEGINS

6:35am - 6:40am

PRO INTRODUCTIONS

7:00am

PRO START

7:12am

AMATEUR START

Exact wave times posted at the race web site

11:00am - 1:00pm

Awards Ceremony and Festival

FUN FACTS

Fastest Male Finish, International

Simon Whitfield 1:48:01.2 (2008)

Fastest Female Finish, International

Emma Snowsill 1:58:04.2 (2008)

Fastest Male Finish, Sprint

Jeff Zematis 1:07:53.9 (2010)

Fastest Female Finish, Sprint

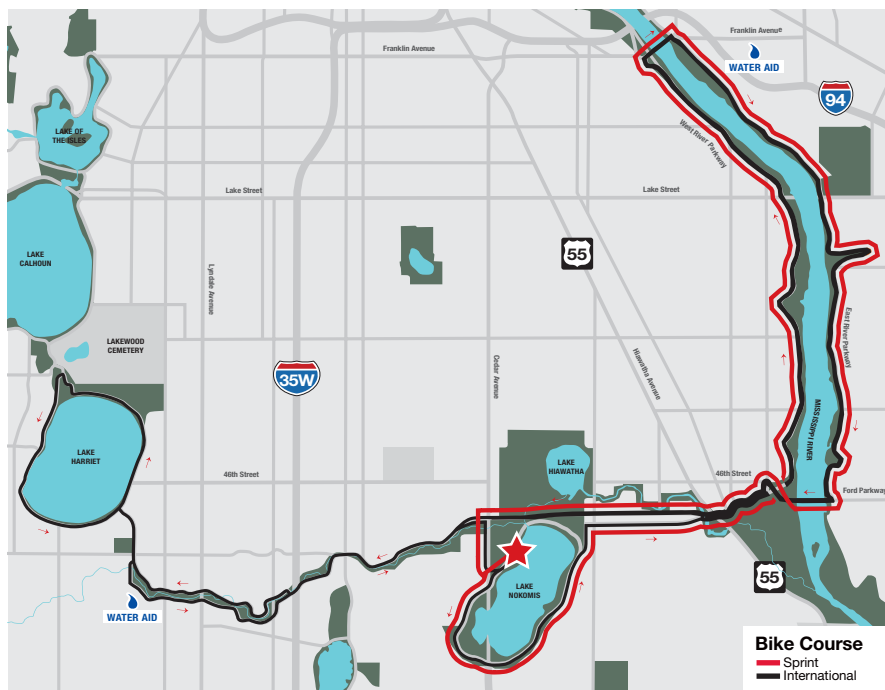
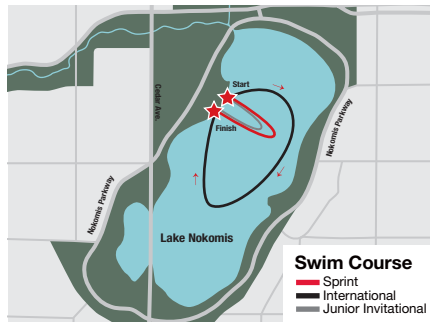
Jenny Wilcox 1:18:00.6 (2008)

Water Temperature

Average race day temperature 76 – 82°F

Favorite Places For Spectators

The swim start and race finish at Lake Nokomis; Lake Harriet; areas surrounding the Mississippi River Boulevard and Minnehaha Parkway.



TIPS FOR SPECTATORS

- Parking is limited – please consider public transportation. Parking is available on neighborhood streets located around the race site. Be aware of No Parking signs.
- First aid is available at the north end of the Finish Festival area, near the finish line (refer to map).
- Race site is located north of Crosstown (Hwy. 62), south of Minnehaha Pkwy., west of the Mississippi River, and east of 35W. Consult race map.
- See map for detailed information of the race site.
- Take caution if crossing the bike or running courses and always allow triathletes the right of way.
- Dress for the weather, stay hydrated and HAVE FUN!
- Parents, please keep a close eye on your children. The race site and race course are busy and potentially dangerous areas.
- Animals can be distracting to athletes. Please leave pets at home.
- Food vendors will be located in the finish festival area.

MPLS TRI.COM



EXPO SCHEDULE

The largest multi-sport expo in Minnesota will feature the latest and finest in swimming, biking, running gear and more – along with seminars, demonstrations and free samples.

When

Friday, July 8, 2011
10:00am - 8:00pm

Where

Minneapolis Convention Center, Hall D
1301 2nd Ave S.
Minneapolis, MN 55403

- 10:00am – The show opens to the public
- 12:30pm - 1:00pm – COURSE TALK
- 1:00pm - 1:30pm – Andy Potts Autograph Signing in the Toyota Booth
- 2:00pm - 2:30pm – Sarah Haskins Autograph Signing in the Toyota Booth
- 2:45pm – Prize drawing
- 3:00pm - 4:00pm – Andy Potts, & Sarah Haskins panel discussion
- 4:00pm - 4:30pm – COURSE TALK
- 5:30pm - 6:00pm – COURSE TALK
- 6pm - 6:30pm – Allina - Dr. Leisz - PREVENTING TRIATHLON INJURY
- 6:30pm – Prize drawing
- 8:00pm – Expo Ends

TENTATIVE SCHEDULE OF EVENTS

Lake Nokomis Race Site

4:30am

TRANSITION AREA OPENS

6:35am - 6:40am

PRO INTRODUCTIONS / NATIONAL ANTHEM

6:45am

TRANSITION AREA CLOSES

7:00am

PRO WOMEN START

7:11am

PRO MEN START

Pro Men's start time TBD - based on "Equalizer"

7:12am

CORPORATE CHARITY CHALLENGE WAVE

7:14am - 7:15am

ELITE MEN AND WOMEN AND ELITE MASTERS

7:16am - 7:18am

CLYDESDALE / ATHENA

7:15am - 7:21am

INTERNATIONAL RELAYS

7:22am - 8:08am

REMAINING INTERNATIONAL WAVES

8:15am - 9:04am

SHORT COURSE WAVES

9:06am

JR. INVITATIONAL WAVE

11:00am - 1:00pm

AWARDS CEREMONY AND FESTIVAL

ESTIMATED FINISH TIME

Lake Nokomis Race Site

Pro Male 9:00am

Pro Female 9:00am

FINISH FESTIVAL

10:45am - 11:00am

Toyota Booth - Toyota giveaway's

11:00am

Pro/Amateur Award Ceremony

Festival area

- Athletes' race results
- Entertainment
- Sponsor and Vendor Booths

RACE BIB NUMBERS

Pro Male/Female



International



Sprint



Jr. Invitational



TOP PROS TO WATCH

Women

Sarah Haskins Colorado Spring, CO
Alicia Kaye Maynard, MA
Nicole Kelleher..... Charlottesville, VA

Men

Andy Potts Colorado Springs, CO
Matty Reed Boulder, CO
Filip Ospaly Lelekovice, CZE

TOP LOCAL ELITE AMATEURS TO WATCH

Women

Julie Hull..... Farmington, MN
Kortney Haag..... New Hope, MN
Claire Bootsma..... Minneapolis, MN

Men

Daniel Hedgecock..... St. Paul, MN
Patrick Parish..... Circle Pines, MN
Sam Janicki St. Paul, MN



ZIPLOC® BAG CHECK

New for 2011, we're introducing a "bag check" where you can drop off your sandals or hoodies or anything else you have with you before the race that you don't want to take with you. Simply grab the Ziploc Bag at packet pick-up on Friday and have it with you to drop off before the swim start. Then, grab it after the race.

CELEBRATING OUR 10TH ANNIVERSARY WITH

- Commemorative Awards & Giveaways
- Return of the Equalizer
- North American Junior Invitational
- Friends & Family Race Waves

