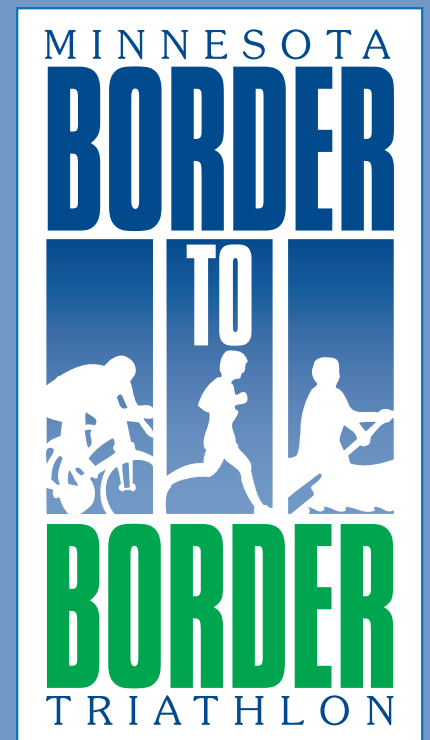


MINNESOTA'S ONLY MULTI-SPORT / MULTI-DAY  
*TEAM Adventure* TRIATHLON



BIKE ► RUN ► CANOE ► B ► NOE ► BIKE ► RUN ► CANOE



**SAFETY MANUAL**

## ► SAFETY INFORMATION

The goal of the **Minnesota Border to Border Triathlon** is to provide a safe racing environment for all of the participants. The course is an open course in which all portions of the course are operating normally with traffic and the public. It is imperative that all participants and support crews be aware at all time of their surroundings and take care of each other.

All of the procedures in this manual as well as identified by the Race Director and Marshals are for your safety and must be adhered to at all times.

### Accident reporting

In the event of an accident occurs or a racer has a medical emergency after the race has completed, then the following USAT form must be filled or for each person involved.

The race is insured by USAT and, in accordance with their rules, all accidents must be reported to the Race Director. The Race Director will have the individual(s) involved in the accident fill out the USAT "2009 USA Triathlon Incident Report".

## OTHER INFORMATION

### Route Marking

The history of the Minnesota Border To Border has been a race that uses a significant amount of orienteering. Your race packet will contain detailed maps to help you find your way along the race course. The bike and run route will have large fluorescent arrows spray painted on the asphalt and at a few selected locations course marshals and race officials will be wearing fluorescent vests as well. However, race officials will only be at major intersections and some difficult to notice turns.

### Medical Assistance

Due to the nature of the MNB2B and the distances, medical assistance is not provided by race officials during the race. Since this is not a "closed course" local emergency providers will be notified of the race along the route and your race packet will contain the phone numbers of hospitals for you to contact. "911" is your best call in an emergency. Teams are encouraged to bring basic first aid supplies.

### Support Crew

Your support crew is of vital importance for interpreting maps, watching for safety hazards, making sure there is food and water for racers, taking notes at meetings, caring for equipment and being a cheerleader. The race requires one support person, but more commonly there are at least two.

### Common Emergencies

The most common reason for hospitalization during the MNB2B is dehydration. Make sure you are drinking enough liquids. The following is an excerpt from [www.mayoclinic.com](http://www.mayoclinic.com) on the prevention of dehydration;

**Take it slow.** If you're used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.

**Drink plenty of fluids.** Your body's ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you're working out — even if you don't feel thirsty. If you're planning to exercise intensely or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.

**Dress appropriately.** Lightweight, loosefitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun.

**Avoid midday sun.** Exercise in the morning or evening — when it's likely to be cooler outdoors — rather than the middle of the day. If possible, exercise in the shade or in a pool.

**Wear sunscreen.** A sunburn decreases your body's ability to cool itself.

**MESSAGE TO SUPPORT CREWS:** You really have to pay attention to your team to make sure that they are getting enough fluids. You may have to get forceful with them, but they will appreciate it when they reach the finish line.

**Severe Weather:** In the case of severe weather, the Race Director has the right to postpone a portion of that day's race. The race will be postponed in the case of warnings, hail and lightening. Listen to local radio stations for the most up to date information on severe weather. The definitions of the different weather advisories are;

**Severe Weather/Tornado Watch**—The conditions are favorable for a possible severe storm or tornado.

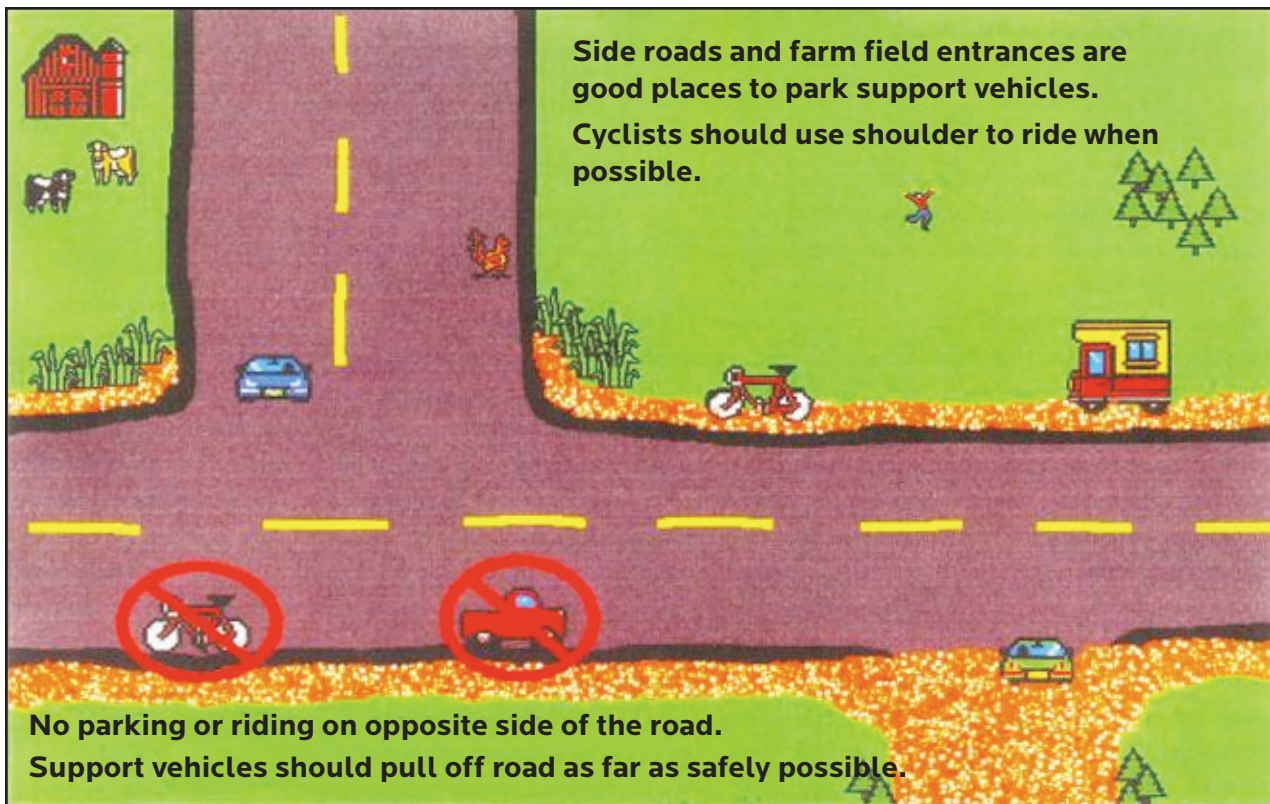
**Severe Weather/Tornado Warning**—A severe storm or tornado is likely occur.

If you are on the course and encounter severe weather take shelter immediately, do not wait for the Race Director and or a Course Marshal.

If the race is postponed due to severe weather then the Race Director will give stop and start information. Teams will not pick up and move forward unless directed to do so by the Race Director or a Course Marshal.

Additional safety information will be given at the briefings.

***Please remember SAFETY FIRST at all times.***



### SAFETY FIRST on the Roadways

- > NO parking on the southbound side of the road.
- > Side roads and farm field entrances are good places to park support vehicles.
- > Do not park on hills, corners or in right turn lanes.
- > Cyclists should ride on shoulders whenever possible.
- > Support vehicles should always pull off road as far as safely possible.
- > Hazard lights must be on **at all times**.
- > Always use caution when pulling on and off of road.
- > Always check your left side mirror before opening driver's door to avoid hitting a biker or a runner.
- > Make sure that the shoulder of the road is firm before parking vehicle.
- > You will be notified of any road hazards or construction during evening meetings.
- > The Minnesota Border to Border Triathlon course is marked with florescent arrows on the road.
- > Please do not leave litter or other waste on the roadsides.
- > Support vehicle may not follow behind racer.

## ► EMERGENCY CONTACTS

### Race Director

Phil Timmons 952-292-7439 (Cell)

### Marshals/Board Members

Greg Hayes 612-501-9914 (Cell)

Sue Leiendecker 952-250-7974 (Cell)

Marilyn Marchetti 612-735-4724 (Cell)

### Daily Race Headquarter Hotels

Luverne Comfort Inn 507-283-9488

St. Cloud Kelly Inn 320-253-0606

Virginia Coates Plaza Hotel 218-749-1000

Cook Gateway Lodge & Suites in Orr 218-757-3613

Cook Vermilion Inn 218-666-2272

Crane Lake Gateway Lodge & Suites in Orr 218-757-3613

Crane Lake Voyagaire Lodge 218-993-2333

### Hospitals and Clinics

Luverne 507-283-2321 Eveleth 218-744-3472

Granite Falls 320-567-3111 Cook 218-666-5945

Willmar 320-235-4543 Virginia 218-741-0150

St. Cloud 320-251-2700 Ely 218-365-3271

Princeton 763-389-1313 International Falls 218-283-4105

Duluth 218-726-5555

***And don't forget... 911***

### Please Remember SAFETY FIRST AT ALL TIMES

The most common reason for hospitalization during the MNB2B is dehydration. Make sure you are drinking enough liquids---even if there is a breeze and you are not hot! If you get thirsty, it could be too late. It is very easy to be tricked into thinking you are O.K. We hate to see teams come all this way and not be able to finish the event. Take care of yourself this week.

**Message to Support Crews:** You really have to pay attention to your team to make sure that they are getting enough fluids. You may have to get forceful with them, but they will appreciate it when they reach the finish line.

**Severe Weather:** In the case of severe weather, the Race Director has the right to postpone a portion of that day's race. The race will be postponed in the case of warnings, hail and lightening. Additional information will be given at the briefings.