

Mission

The Minnesota Border to Border Triathlon's mission is to provide a unique and challenging team adventure triathlon for athletes of all abilities while contributing to organizations and causes that inspire to promote health and fitness..

Training Tips

This event can be extremely exhausting and dangerous without proper training. The following average training distances listed from previous races will be a helpful training guide. It is also important to remember how this race differs from a “normal” triathlon. During the bike and run segments, you and your partner or teammates are alternating intervals of whatever length you wish.

It is recommended on a weekly basis for a competitive 2 person team to:

BIKE 100-200 miles **RUN** 30-40 miles **CANOE** 4-6 hours

During the race, most teams average splits of:

BIKE 5-10 MILES and tapering back to shorter distances
RUN 1-2 MILES and tapering back to shorter distances

If you or your team would like a customized training program, the MNB2B is able to provide that for you.

Please email Race Director Phil Timmons at PTimmons@Lifetimefitness.com for more information.

Race Rules

The Minnesota Border to Border is a race that is heavily reliant on the honor system. We ask that competitors and support crews be cooperative, patient and **at all times safety conscious**. Safety is the number one concern for the MNB2B.

MINNESOTA STATE LAWS APPLY AT ALL TIMES TO ALL ROADS AND WATERWAYS.

1. All teams must check-in each day an absolute minimum of 15 minutes before the official race start time, 30 minutes on canoe day. On interval start days you must check-in at least 15 minutes prior to the **first** start time.
2. There are no restrictions on distances between exchanges on the bike and run segments. With the exception of "Jump Stops" which will be explained in the pre-race meetings.
3. Each member of the team must compete in each day's event. Minimum distances for the MNB2B are 25 miles per day biking, 5 miles running and 1 leg of paddling.
4. All competitors must have a USA Triathlon card or single event permit. A USA Tri single event permit is included in the entry fee.
5. Each team must have at least one additional member assisting as the support vehicle driver. The importance of your support crew cannot be stressed enough. **(4 person teams may opt out).**
6. A **"Caution, Race in Progress"** sign and a **reflective red/orange slow moving vehicle sign (triangle)** is required on the rear of your support vehicle. Support vehicle must have team name and number **clearly displayed on both sides** of vehicle. **Emergency blinkers must be flashing at all times.**

BIKE DAYS

- > Mass start for racers on Tuesday, Interval start on Wednesday.
- > Support vehicles cannot pace bikers; neither from in front or behind.
- > Support Vehicle must drive ahead to exchange area and park at far right of shoulder. (See map on page 6 for parking guidelines).
- > Do not park on corners or hills or in right turn lanes. You must be visible to traffic.
- > Occupants of support vehicles must wear safety belts.
- > Drafting will not be allowed. (Exceptions will be discussed at meetings.)
USAT Rules: 1 ½ x 3 meters/15 seconds
- > Riders must be within 3 bike lengths at exchange.
- > USA Triathlon approved helmets must be worn at all times when biking.
- > Fairing and recumbent bikes are not allowed.
- > Bikers must use shoulder of road whenever possible.
- > Team number must be properly attached to bike frame and helmet.

RUN DAY

- > Runners must tag off at the exchange.

CANOE DAY

- > Minnesota state law requires that life vests must be in the canoe at all times. Due to insurance and liability issues, the MNB2B requires **PFDs to be worn at all times** while in the canoe.
- > Single blade paddles only.
- > No littering of river or portages.
- > No “shooting” of any of the rapids.
- > Slower teams should allow faster traveling teams to pass while on portages.
- > Olympic Canoes or Kayaks are not allowed.

UNSAFE VEHICLE OR BICYCLE OPERATION WILL NOT BE TOLERATED.

Penalties range from 10 minutes to 60 minutes or disqualification; subject to race official's discretion. You may be asked to yell out team numbers to race marshals at various checkpoints, please be very cooperative.

A Team Captain shall be identified for each team. ALL communications between the Race Directors and the teams as far as rules violations, protests and complaints will only be allowed through the Team Captain.

PLEASE BE RESPECTFUL OF PEOPLE'S PERSONAL PROPERTY.

Do not block driveways. Do not drive or ride through or across yards. Be cautious of dogs, children and observers of the race. Always be courteous and polite to everyone. Remember, we are invading their space. They may not be happy to see you!

ABSOLUTELY NO TRAILERS ALLOWED!

TRAFFIC AND ROAD CONDITIONS ARE LARGELY UNCONTROLLED.

Detours can occur without our prior knowledge. Non-race vehicles are not necessarily aware of or sympathetic towards bicycle racers or their support vehicles. Support vehicle drivers must be extremely cautious when encountering racers on the course.

Orienteering during the race is crucial for both competitors and support crew. Due to the long distances and varying speeds, it is not uncommon to feel isolated. You could get lost. A missed turn is costly. Competitors, know where you are going before you leave your support vehicle for your next leg.

Weather is the big unknown. The first two days can be very warm and humid. Dehydration and hyperthermia are serious life threatening concerns. Strong winds and crosswinds (especially for disc wheels) can be dangerous for bikers. Rain can present problems such as limited braking ability and poor visibility. Fog, especially the second day, makes the early morning start difficult and dangerous. As we move north, the third and fourth days, hypothermia becomes a distinct possibility. Canoeing in northern Minnesota is not to be taken lightly.

Rapids during the canoe portion of the race are lethal and all teams **must portage each of them**. Canoes can be destroyed and lives endangered if you ignore the portages and attempt to shoot the rapids.

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/2B 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.

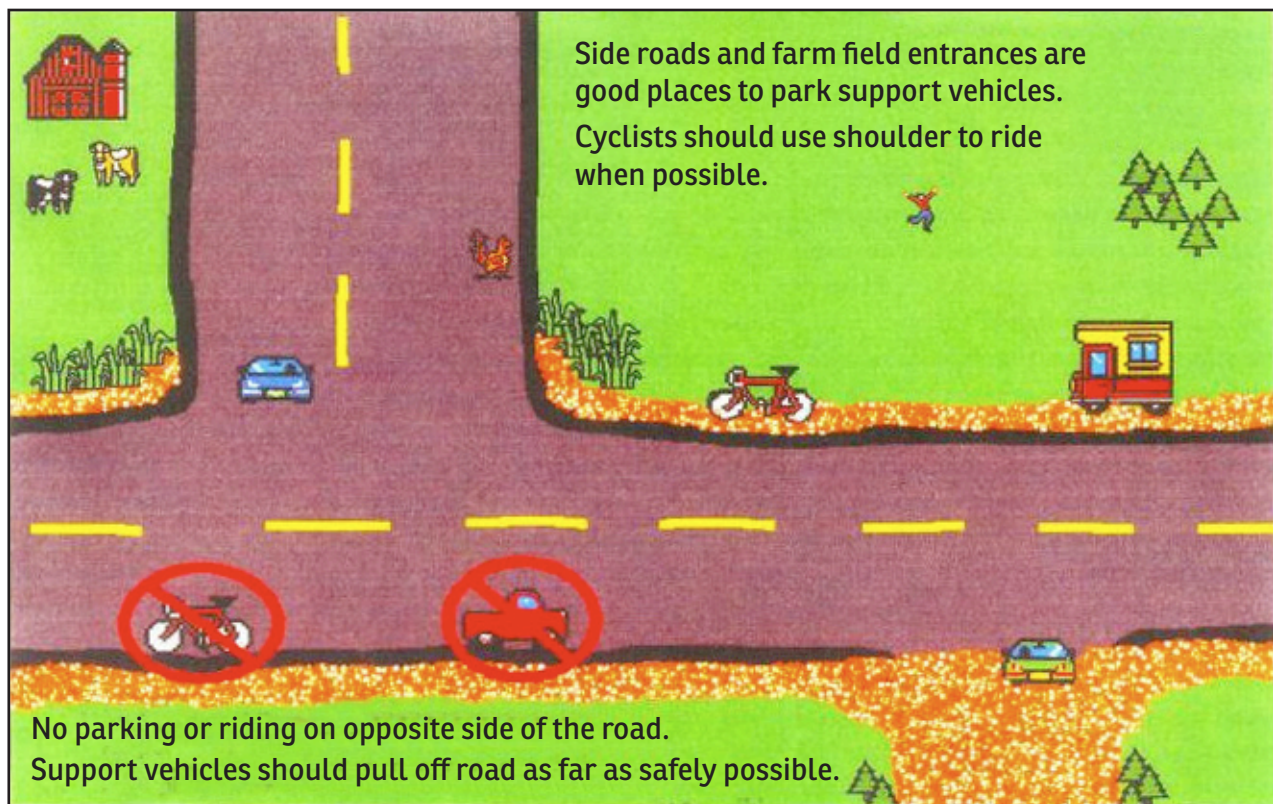
SUPPORT CREW

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.

Helpful Suggestions and Comments

- > Teams must review the course map carefully in advance of each day’s racing and constantly monitor their location during the day. The ultimate responsibility of determining all locations, directions and distances rests solely with the racers and support personnel! Detailed course maps will be emailed a month prior to the race to all teams.
- > Recommended canoes: the USA Cruiser or Pro Boat (18.5 feet and under 45 pounds).
- > 1 Rod = 5.5 yards, 320 rods = 1 mile.
- > Bent shaft paddles are highly recommended.
- > An extra paddle, duct tape, and a plastic/rain spray skirt are important extras for canoe day.
- > Each paddler should have a plastic water container.
- > Footwear for the canoe day should be lightweight and provide traction for slippery, muddy conditions. An old pair of running shoes is favored by many participants.
- > Be prepared for mosquitoes and flies (black, deer and horse).
- > Food and fluids should be planned carefully. You may also want a change of clothes ready, depending on the weather.
- > To prevent “hull bite” when portaging, you may want to sew padding into the shoulders of your shirt or tape padding to the canoe. Practice your transitions from water to land and vice versa.

- > Bring flannel-backed tablecloths to cover all of your support vehicle floors and seats. This prevents the floor from getting wet/dirty and the seat from getting disgusting from sweat.
- > Whatever lengths you choose for your legs, shorten them up as you go. Time yourselves and when you get too slow, shorten the leg.
- > Switch on the canoe every chance you get. You need to leave before they start if you are going to get to the first switching point.
- > Go to the canoe racing classes at the U of M on Monday nights. They are free. Contact Joe Conrad for more information. His e-mail address is jrconrad@pressenter.com
- > If you take a van, take out the middle two seats if you can. It gives you more room to get in, out, and around the van. It also helps to have a place to stretch.



SAFETY FIRST

MINNESOTA BORDER TO BORDER AND TO THE BORDER TRIATHLONS

- > 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 and To the Border courses are 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.

MN Border to Border Triathlon

2010 DAILY RACE ITINERARY

Monday, July 26: Registration, Check-In & Opening Ceremonies, Luverne

4:00 PM	Check-In & Registration	Comfort Inn
6:00 PM	Dinner & Meeting*	Sharkee's, Luverne

Tuesday, July 27: Bike Day 1, Luverne to St. Cloud

5:45 AM	Check-In	Start Line
6:00 AM	Start – Day 1	Main & 1st Downtown
2:00 PM	Finish Area Open	Discovery Elementary School, St. Cloud
7:00 PM	Dinner & Meeting*	Kelly Inn, St. Cloud

Wednesday, July 28: Bike Day 2, St. Cloud to Virginia

5:45 AM	Check-In	Start Line
6:00 AM	Start – Day 2	Rice High School, Sauk Rapids
2:00 PM	Finish Area Open	City Park, Mountain Iron
7:00 PM	Dinner & Meeting*	Coates Plaza Hotel, Virginia

Thursday, July 29: Run Day, Virginia to Cook

5:45 AM	Check-In	Start Line
6:00 AM	Start – Day 3	South of Mtn. Iron, Cty. Rd. 7
11:00 AM	Finish Area Open	Cook Town Park, Cook
1:30 PM	Meeting* (Optional trip to Friday's Start Line)	Cook Town Park, Cook

Friday, July 30: Canoe Day, Timbuktu Landing to Crane Lake

4:00 AM	Meet for convoy to Timbuktu Landing	Cook Town Park, Cook
4:15 AM	Convoy to Timbuktu Landing	Cook Town Park, Cook
5:30 AM	Start – Day 4	Timbuktu Landing
2:00 PM	Finish Area Open	Voyagaire Lodge, Crane Lake
7:00 PM	Fish Fry/Awards	Voyagaire Lodge, Crane Lake

Emergency Numbers

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 HEADQUARTERS 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

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.

MNB2B 2010 Race Accommodations List

DATE	CITY	HOTEL/MOTEL	DAILY RATE	HOTEL PHONE
MONDAY July 26	Luverne	COMFORT INN <i>(MNB2B Race HQ)</i>	Yes – GR	507-283-9488
		Cozy Rest Motel	Under \$70	507-283-4461
		Hillcrest Motel	Under \$70	507-283-2363
		Sunrise Motel	Under \$70	877-641-2345
TUESDAY July 27	St. Cloud	BEST WESTERN KELLY INN <i>(MNB2B Race HQ)</i>	Yes – GR \$72-\$85	320-253-0606
		AmericInn	Over \$70	320-252-8700
		Comfort Inn	Over \$70	320-251-1500
		Super 8	Over \$70	320-253-5530
		Gateway Motel	Under \$70	320-252-4050
WEDNESDAY July 28	Virginia/ Eveleth	COATES PLAZA HOTEL <i>(MNB2B Race HQ)</i>	Yes – GR \$79	218-749-1000
		Midway Motel	Under \$70	218-741-6145
		Ski View Motel	Under \$70	218-741-8918
		Super 8	Over \$70	218-744-1661
THURSDAY July 29	Orr	GATEWAY LODGE & SUITES <i>(MNB2B Race HQ)</i>	Yes – GR \$104-114+	218-757-3613
		Anderson Motel	Under \$70	218-757-3272
		North Country Inn	Under \$70	218-757-3778
	Cook	Vermillion Motel & RV	Under \$60	218-666-2272
		White Eagle Resort	Over \$70	218-666-5055
		Life of Riley	Over \$70	218-666-5453
FRIDAY July 30	Crane Lake	VOYAGAIRE LODGE <i>(MNB2B Race HQ)</i>	Over \$80	866-389-4647 218-993-2333
	Orr	GATEWAY LODGE & SUITES <i>(MNB2B Race HQ)</i>	GR - \$104-\$114+	218-757-3613
	Crane Lake	Pine Ridge Motel	Over \$70	888-310-4225
	Crane Lake	Norway Motel	Over \$70	218-993-2226
	Crane Lake	Nelson's Resort	\$117-139	218-993-2295

HQ – HEADQUARTER HOTEL

GR – GROUP RATE

- MONDAY:** Meal/meeting at **Sharkee's** across the street from the Comfort Inn, Luverne. Sharkee's 507-283-4942.
- TUESDAY:** Meal/meeting at the **Best Western Kelly Inn**, St. Cloud.
- WEDNESDAY:** Meal/meeting at the **Coates Plaza Hotel**, Virginia.
- THURSDAY:** Meeting at **Cook Town Park** next to finish line (meal on your own).
- FRIDAY:** Fish Fry/Awards at **Voyagaire Lodge**, Crane Lake

Suggestions for Obeying USA Triathlon Rules

In order to minimize misunderstanding about USA Triathlon Rules on race day, please take the time to read the following reminders and the summary of Position Violations, commonly known as drafting rules.

A FEW HELPFUL REMINDERS:

- > Always have your chinstrap securely fastened – this violation is a DQ.
- > Treat other athletes, volunteers and officials with courtesy and consideration. Failure to do so constitutes Unsportsmanlike Conduct – a DQ.
- > Know the entire correct race course; study your maps before start time.
- > **Do not leave any equipment or personal gear on race course.**
- > Make sure your race number is visible at all times throughout the event.

SUMMARY OF POSITION VIOLATIONS:

- > Ride on the right side of your lane.
- > Keep three (3) lengths between yourself and the cyclist in front of you.
- > Pass on the left of the cyclist in front, never on the right.
- > Complete your pass within 15 seconds.
- > If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in competition. There will be NO WARNINGS if you commit a foul during competition. You must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties.

COMMONLY CITED VIOLATIONS:

- > Illegal Position or Blocking – Riding on the left side of the lane without passing.
- > Illegal Pass – Passing on the right, or failing to drop back three (3) bike lengths before re-passing.
- > Drafting – Following a leading cyclist closer than three (3) bike lengths and failing to pass or exit the draft zone within 15 seconds.

**Though Position Violations carry a time penalty for each occurrence, if you are cited for three (3) violations, you will be disqualified.*

Protest Form

Generally, it is understood that this race operates on the honor system. However, if it is necessary to report a rules infraction, this protest form is being provided. In the event of an infraction, complete the following information and **submit within 1/2 hour of the time the last team crosses the finish line on the same day as the infraction.**

PLEASE SUBMIT THIS FORM TO THE RACE DIRECTOR.

YOUR TEAM'S # _____ **DATE** _____ **APPROX TIME** _____

EVENT (*circle one*) BIKE RUN CANOE

NAME/NUMBER OF TEAM UNDER PROTEST _____

YOUR TEAM'S SIGNATURES

Please give a detailed description of the incident under protest. (Attach extra sheets if necessary.)

A representative from the race jury and both teams will meet after a decision has been made. The penalty will be assessed, if any, at this time.

