

Northwoods Triathlon Information

Welcome to the 19th Annual Northwoods Triathlon.

Participation in this event is at the participant's own risk. Volunteers are there to assist you, but you are responsible for your own safety. Once the transition area opens, all competitors can begin reporting to the pavilion at the public beach to have their identification numbers written on their right arm and right leg. Pre-race meeting at 7:45 a.m. in transition area.

TRANSITION AREA:

- Transition area opens at 6:00 a.m.
- Only triathletes and race staff are allowed in the transition area.
- Places in transition area can be claimed on a "first come" basis.
- There is a designated bike rack for all relay teams located just before (south of) the water station. This is also considered the "tag" area.
- Northern Cycle will be on site to provide pre-race bike support.
- Use satellites and beach restrooms. Please, respect peoples' property and stay off lawns.
- No glass in the transition area.
- No pets in the transition area.
- Please remove your things from the transition area as soon as possible after you finish the race.

WAVES:

- There will be seven waves with 3 minutes between each wave.
 - Wave 1 – Elite, Male & Female
 - Wave 2 – Males, 39 and under
 - Wave 3 – Males, 40-49
 - Wave 4 – Males, 50 and over
 - Wave 5 – Females, 39 and under
 - Wave 6 – Females, 40 and over
 - Wave 7 – Relay teams
- For timing purposes it is extremely important that you are in the correct wave. If it is determined that you are in an incorrect wave, you will be disqualified.

SWIM SEGMENT:

- Insure you are in your correct wave to start the race.
- Swim caps are furnished and are required. **Personal swim caps are not allowed.**
- Swim around the buoys—keeping the buoys on your left.
- Buoys/boats/kayaks are available for your assistance. There is no penalty for resting at these spots.
- If you need assistance in the water, wave to a boat/kayak for help.
- No flippers, snorkels, hand paddles will be allowed. Lifejackets are allowed, however participants who use a life jacket will be disqualified from age group awards

SWIM TO BIKE SEGMENT:

- Bikes are to be put on bike rack.
- Bikers cannot get on bike until out of transition area after the designated mount line.
- Team competition: Biker will be located at the designated bike racks for teams in the transition area. The swimmer will exchange the timing chip with the biker at this point only.

BIKE SEGMENT:

- Bikers must wear a certified bike helmet and have it clipped at all times. Those without helmets will be disqualified.
- Helmet must be worn and strapped at all times during bike portion.
- No ipods, mp3, or other music devices can be worn during the bike portion. This is a safety hazard.
- Bikers must yield right-of-way to vehicles.
- All turns will be right-hand turns.
- There will be volunteers at all major turns and many intersections in Nevis. However, they are not responsible for stopping traffic. You are responsible for your safety.
- No drafting. Bikers have 15 seconds to pass through another bikers "drafting zone". "Drafting Zone" refers to a rectangle 7 meters long, beginning with the front tire of bike and 2 meters wide surrounding the bike. Penalty is 5 minutes added to overall time per violation.

- No side by side riding. This creates a safety hazard for vehicles and other bikers who need to pass. Side by side riding will result in a 5 minute penalty.
- Miles 1-13 will be marked with orange cones.
- Dismount prior to entering transition area. Time penalties will be given for infractions depending on severity.

BIKE TO RUN TRANSITION:

- Cyclists must get off the bike at the entrance to the transition area and wheel bike to their spot in transition area. Five minute penalty will be assessed to anyone who disregards this.
- Team competition: Runner starts when the biker reaches the designated bike rack for teams in the transition area and hands off the timing chip. Chip exchange **MUST** take place at the relay team bike rack.

RUNNING SEGMENT:

- All runners must have their bib number displayed on their front.
- There will be water approximately 100 meters before the turnaround. This will give you the opportunity to take water twice.
- Miles 1 & 2 will be marked with orange cones.
- Music devices are allowed on the run.
- Team competition: At finish, runner should collect medallions for all team members.

RESULTS AND AWARDS:

- Individual results printouts will be available at the finish--weather permitting.
- Race results will also be posted as they become available before the awards presentation. Any questioning of results must be made a half hour before the awards presentation. Results are final after that point.
- The top 3 overall male and female finishers will be awarded with overall awards and will be removed from their respective age groups and not be eligible for age group awards.
- Awards presentation will take place by the Muskie at approximately 11:00 a.m.
- Results will be available at www.pickleevents.com or on the Northwoods Triathlon website.

***BE SURE TO TURN IN YOUR TIMING CHIP AT THE FINISH.
There is a \$30 fee if chip is not returned.***

INJURIES AND SCRATCHING FROM THE RACE:

- If someone scratches at any time, let a volunteer or the race director know.
- If you do not finish a segment of the race, please notify the timing personnel at that point.
- Please communicate any injuries of participants to the next volunteer on the course. These people will attempt to contact emergency personnel as soon as possible.

OTHER INFORMATION:

- **One free, small ice cream cone is being provided for each participant at Muskie Waters in Nevis. Give your bib number at the counter and receive your cone.**
- 2023 Event -Save the date: Saturday, August 12, 2023. Registration will open January 2, 2023 at 8 a.m.. Visit the Nevis Civic & Commerce website www.nevischamber.com for registration link.
- **Individuals involved with an unofficial transfer of a race number may be denied entry into future Northwoods Triathlon races.**

COMMENTS AND SUGGESTIONS

- If you have any comments or suggestions regarding Northwoods Triathlon, feel free to email us at nevischamber@gmail.com

GOOD LUCK AND HAVE FUN!

If you get a chance, thank our volunteers. They make this race work!

A huge “thank you” goes out to our sponsors!
Event hosted by the Nevis Civic & Commerce Association
Muskie Waters Company **Pepsi - Nei Bottling of Bemidji**
Northern Cycle Bike Shop

**We think you are awesome and so do
these Nevis businesses!**

*Wear your 2022 triathlon shirt for exclusive special offers.
Valid Saturday, Aug 13th only.*

MUSKIE WATERS

FREE flavor shot in an espresso drink
OR \$1.00 off Root Beer or Orange Float.

TWO LOON CANDY

\$1.00 OFF slice of cheesecake or piece of fudge.

IRON HORSE BAR & GRILL

Half price appetizers.

T&M EXPRESS / SHELL

FREE coffee/cappuccino OR fountain pop (any size)

RED RIVER BAR & GRILL (Akeley)

\$2 OFF any burger.

Buy one drink, get 2nd half price

SHENANIGANS SOAP SHOPPE & GIFTS

Buy one bar Shenanigans Soap, get 2nd half price

NORTHWOODS GROCERY

\$1.00 OFF Starbucks specialty mocha or latte

