



RACER GUIDE

We appreciate your support of the 5th Annual Cuyuna Off-Road Triathlon!

This guide is intended to help you prepare for the event. Please read through it carefully and share it with your teammates/fans:

1. **General Race Info & Schedule (including cancellation policy) --- page 1**
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If you have any questions now or during the event, we can be reached via email at cuyunaoffroadtri@gmail.com. Or feel free to call/text one of our race directors:

- Anita Hollenhorst - 320-493-2240
- Chris McCusker - 319-541-5580
- Lori Vosacek - 814-594-8949

1. General Race Info & Schedule

SCHEDULE:

Friday, June 9th:

6:00 - 8:00PM - volunteer info pick-up & racer packet pick-up at Cuyuna Brewing Company (1 East Main Street, Crosby, MN 56441)

Saturday, June 10th:

4:00 - 7:00PM - racer packet pick-up at Cuyuna Rec Area's Rally Center (off of County Rd 30, Ironton)

Sunday, June 11th:

- 6:15AM - race day check-in/packet pick-up
- 6:15-7:45AM - racers can drop equipment off/park
- 8:00AM - triathlon starts (4 heats, each ~7 minutes apart)
- ~12:00PM - awards announced



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All activities on Saturday and Sunday will be held at the Cuyuna Rec Area's Rally Center. (Address and driving directions are on page 5.) On Sunday, there will be an on-site food truck provided by Mixed Company as well as mobile bike repair shops, courtesy of Red Raven & Cykel. Other vendors will be onsite selling their wares or offering information about their products/services.

GENERAL RACE INFO:

Any equipment – including bikes, helmets, canoes, kayaks, stand up paddle boards, paddles, and personal floatation devices **MUST** be provided by participants. They must either bring their own equipment or rent it. A list of recommended outfitters can be found on the event website: www.cuyunaoffroadtri.com.

Allowed vessels include canoes, solo canoes, kayaks, tandem kayaks, or stand up paddle boards. Personal flotation devices (PFDs aka. Life Jackets) are **required** to be worn during the paddling phase. Paddlers will be broken up into four heats. Your heat assignment will be emailed to you and posted on our website by Saturday noon.

The bike ride will take place on beginner and intermediate mountain bike trails. All participants will be **required** to wear a helmet. Given the rough terrain in Cuyuna, we highly recommend that participants use mountain bikes (not cross/hybrid bikes). Pedal assist or e-bikes are not permitted.

We are partnering with Pickle Events to manage our online registrations, timing, and some of the event logistics. Photos are being taken by MinnCam. A link to the results and photos will be on our website. All photos are free of charge but please give credit where credit is due and leave the MinnCam logo on any images you download/share.

The Cuyuna Country State Recreation Area is managed by the Minnesota Department of Natural Resources. Please be respectful of the Rec Area and Rally Center. There will be garbage cans located throughout the area. Stay on designated walkways and trails, when possible. Poison ivy is prolific in the Rec Area so consider yourself forewarned!

Emergencies/Break-Downs:

- An EMT will be on-site to assist with any injuries.
- A "sag wagon" will be able to attend to racers who are unable to finish (due to injury or equipment failure).



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- Our course marshals or other volunteers can call on the sag wagon or emergency responders if necessary.
- If you break a chain or have mechanical failure during the biking phase, please get out of the other racers' way immediately. You may walk with your bike on the course route (use caution!) in order to finish and be counted for timing. If you leave the course you will be disqualified.
- In the event that another rider/runner is seriously injured:
 - Ask if they need immediate assistance, provide them with help if you're able.
 - Encourage them to stay put.
 - Do not restrain them if they try to move on their own.
 - If there is no volunteer/course marshal nearby, keep riding/running and tell the next volunteer/course marshal where the person is located.
- *Call 911 for any serious emergency!*

Event Cancellation/Refunds:

The event will take place if it is raining. An alternate location may be used if bike/run trails are considerably muddy. However, if there is a thunder and lightning, the event will be cancelled.

The Cuyuna Country State Recreation Area is managed by the Minnesota Department of Natural Resources. They reserve the right to postpone or cancel the race in the event of inclement weather or poor trail conditions. If this happens, no refunds will be given.

If the event is cancelled or postponed at the last minute, please check our Facebook page (@CuyunaTriathlon) or website (cuyunaoffroadtri.com) for updates.

If you register and are not able to participate (for any reason), all fees are non-refundable after May 15th.

Event Purpose:

100% of the event proceeds will benefit youth sports and activities in the Cuyuna area (through the Cuyuna Range Elementary School Parent-Teacher Organization) so your involvement directly impacts the health and wellbeing of our kids and community. Since our first event in 2018, over \$30,000 has been raised for the PTO!

We rely on our generous sponsors and volunteers – including our organizing committee - to make this event possible. This is a true community event that we hope to hold for many years to come.



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2. Chip & Timing Instructions

EVERY racer MUST get body marked at the picnic pavilion before the race starts! No matter if you're on a team, relay, or competing as an individual. This is for your safety, in case of emergency (and to help the announcer).

All bikers MUST secure an "official racer" plate to the front of your bike. Plate and twist ties will be provided.

NEW FOR 2023! Chip timers will ONLY be handed out on Sunday morning, at the pavilion, before the race. When picking up your chip, you must know your number or have your bib with to verify your number.

- There will be no numbers or markings required on the boats.
- The chip is always secured to your ankle with the provided Velcro strap.
- Timing mats are located in three different spots at the Rally Center (see map on page 7). You must cross the appropriate timing mat when entering/exiting the transition area.
- Racers **cannot** ride their bike in the transition area and should walk/run it to each of the designated start areas/timing mats.

RELAYS:

- Captains will get *one chip* that must be shared amongst each of the relay members.
- This chip timer should be passed to the next teammate at the bike racks in the transition area.
- Each racer needs to attach the timer chip to their ankle with the provided Velcro strap before they exit the transition area.
- The runner will wear the bib and the biker will use the bike plate but all participants must get body markings.
- Relay finish order will be determined by a cumulative time of all phases and transitions.

TEAMS:

- Each team member will have their own chip timer that needs to be attached to their ankle with the provided Velcro strap.
- Team members' times will be combined/averaged to determine your placing.

Don't forget to return your timing chip at the end of the race! There will be a \$30 fine for each unreturned chip – whether you participate or not.



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3. Mountain Bike Etiquette

Here are a few tips to ensure your bike ride is safe and enjoyable.

PASSING:

- There are several passing zones located at various spots throughout the race course.
- In the event multiple riders are vying for the same position, the leading rider does not have to yield their position to the challenging rider. However, a leading rider may not bodily interfere with the intent to impede another rider's progress (no sticking out your elbows or knees, etc.). Traditional rules of racing apply: the leading rider owns the track. The overtaking rider is responsible for passing. *If you are being lapped, you are not the leading rider!*
- A rider overtaking another with the intent to pass should voice "On Your Left", "On Your Right", or "When You Get Time" loud enough to be heard by the slower rider. The slower rider should respond loud enough to be heard. (With "ok" or "just after this corner... go now!")
- If a rider catches another rider and does not voice for a pass - the caught rider may presume the rider behind is comfortable where they are for the time being.
- Riders being passed should give as much room to the passer as is safe for their skill level. Experienced riders pass in single track all of the time, inexperienced riders might be startled the first time this happens because it happens so fast.

OBSTACLES/HILLS:

- If you fail to negotiate an obstacle or hill, get out of the other racers way immediately. Do not stop at the top of a hill or at the very end of an obstacle if it will cause the riders behind you to bottle up.
- If you are walking your bike (for any reason) be sure to stay out of the way and/or find an alternative route to the Rally Center. *If you leave the course for any reason, you will be disqualified.*

Please refer to the IMBA website (www.imba.com) for more details regarding mountain biking etiquette.



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4. Driving Directions & Drop-Off, Pick-Up, and Parking Instructions

The entrance to the Cuyuna Rec Area's Rally Center is located off County Road 30 in Ironton.

As you get closer to the entrance, there will be some directional signs with the CORT logo.

Driving Directions:

FROM THE WEST

- Follow Hwy 210 east out of Brainerd to Ironton
- In Ironton, turn left onto Irene Avenue N/County Road 30
- Continue to Cuyuna Recreation Area entrance (on left)

FROM THE EAST

- Travel west on Hwy 210 through Crosby to Ironton
- In Ironton, turn right onto Irene Avenue N/County Road 30
- Continue to Cuyuna Recreation Area entrance (on left)

FROM THE NORTH (via Hwy 371)

- Travel south on Hwy 371
- Turn left onto Hwy 210 and travel east out of Brainerd to Ironton
- In Ironton, turn left onto Irene Avenue N/County Road 30
- Continue to Cuyuna Recreation Area entrance (on left)

FROM THE NORTH (via Hwy 169)

- Travel south on Hwy 169
- In Aitkin, merge onto Hwy 210 (at the stoplight)
- Continue west on Hwy 210 through Crosby to Ironton
- In Ironton, turn right onto Irene Avenue N/County Road 30
- Continue to Cuyuna Recreation Area entrance (on left)

FROM THE SOUTH (via I-94)

- Travel west on US I-94 to Clearwater
- Take Exit. 178 (MN-24)
- Turn right on Hwy 24 to Clear Lake
- Turn left onto Hwy 10, continue northwest to Little Falls
- Merge onto Hwy 371, continue north to Baxter
- Turn right onto Hwy 210, continue east to Ironton
- In Ironton, turn left onto Irene Avenue N/County Road 30
- Continue to Cuyuna Recreation Area entrance (on left)



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FROM THE SOUTH (via Hwy 169)

- Travel north on Hwy 169 to Garrison
- Turn left onto Hwy 18 (Mille Lacs Lake to the right; Y Store to the left)
- Turn right onto Hwy 6, towards Deerwood
- Left onto Hwy 210 (Deerstand restaurant on the right)
- Turn right onto Hwy 210/Hwy 6 in Deerwood
- Continue west on Hwy 210 through Crosby to Ironton
- In Ironton, turn right onto Irene Avenue N/County Road 30
- Continue to Cuyuna Recreation Area entrance (on left)

Drop-Off, Pick-Up, & Parking:

Equipment (especially boats) should be dropped off on Sunday morning between 6:30am - 7:45am in the first parking lot. Volunteers will direct you on where to go and will be available to assist you with getting boats off your vehicle/trailer and to the paddling staging area. Each heat will have a different area for their boats on the shoreline. See Rally Center map on next page for more details.

After dropping off your equipment, you will be asked to park along the south side of the entry road or along city streets.

If you park along the entry road to the Rally Center will you be required to have a MN State Park Permit. A permit (daily or annual) can be purchased online at dnr.state.mn.us. (However, we highly recommend that you do this ahead of time so as not to cause more congestion.)

Parking is not allowed on County Road 30, outside the Rally Center entrance. Please plan extra time to drop off your equipment, park along the Rally Center entry road (if room allows) or along city streets and make your way back to the Rally Center.

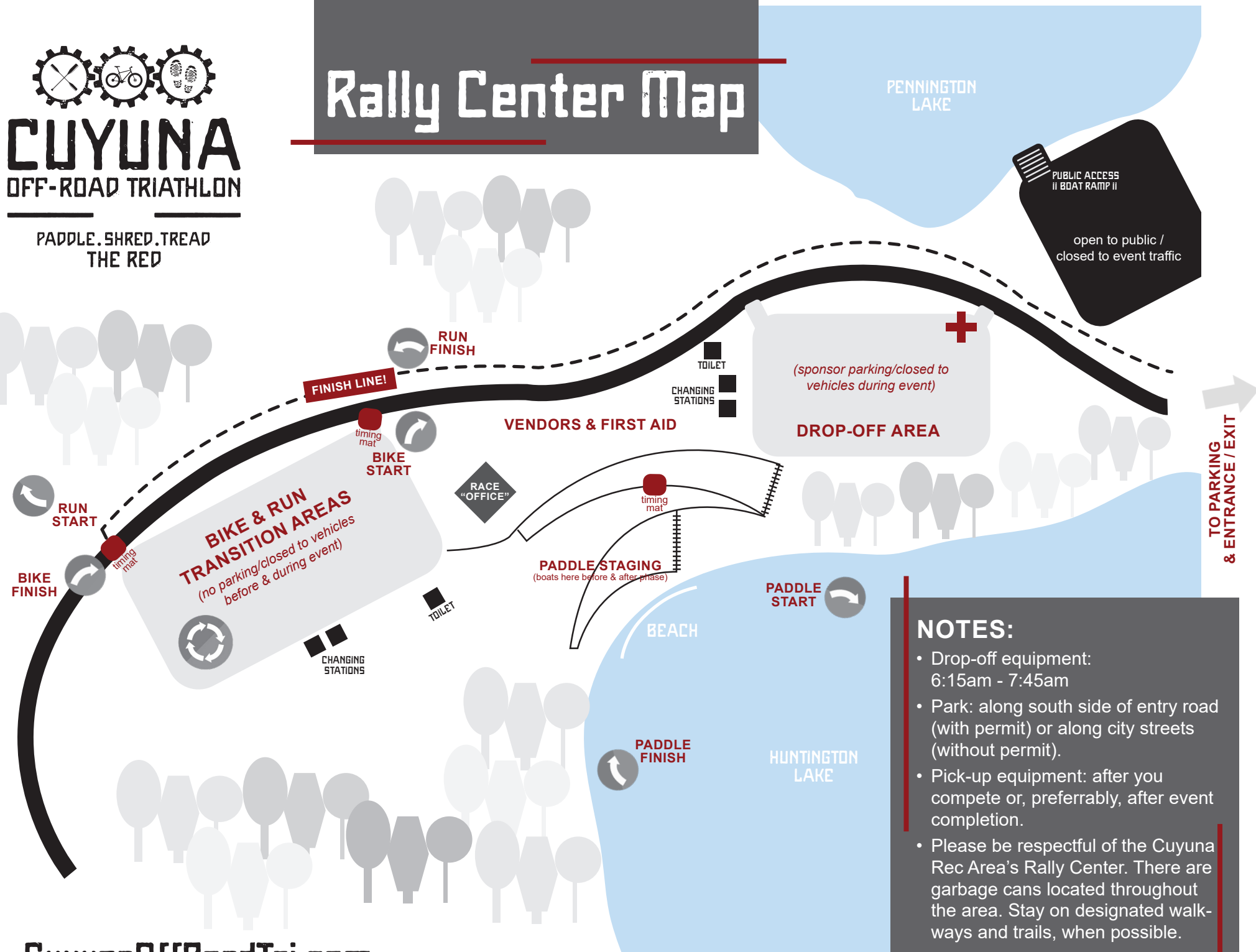
Depending on where you park, you may have to walk or bike 5-20 minutes to get back to the Rally Center so be sure to build enough time into your schedule to do so. At this time we do not have shuttle service to/from your vehicle but as the event grows, we will definitely consider it!

The Crosby-Ironton High School parking lot is on 3rd Street, about two miles away from the Rally Center. It has PLENTY of room and provides another option for parking.



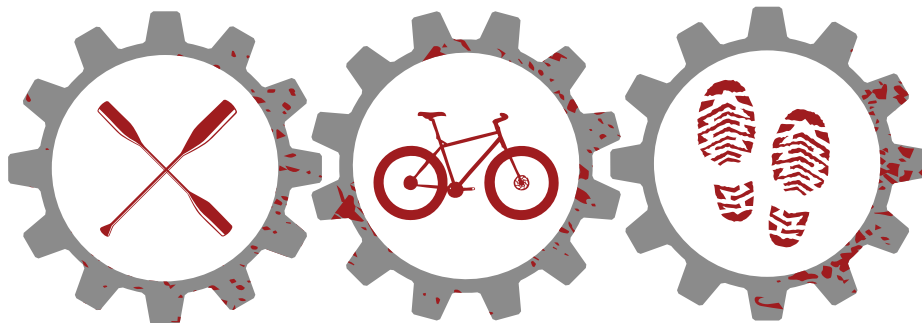
PADDLE. SHRED. TREAD
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Rally Center Map



NOTES:

- Drop-off equipment: 6:15am - 7:45am
- Park: along south side of entry road (with permit) or along city streets (without permit).
- Pick-up equipment: after you compete or, preferably, after event completion.
- Please be respectful of the Cuyuna Rec Area's Rally Center. There are garbage cans located throughout the area. Stay on designated walkways and trails, when possible.



CUYUNA OFF-ROAD TRIATHLON

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GENERAL NOTES: The race start/finish and transition areas will be at the Cuyuna Country State Recreation Area's Rally Center. Participants will start by paddling on Huntington Lake, biking on various trails around Huntington, and then running around Pennington Mine Lake. Details for each phase are below.

Be sure to visit www.cuyunaoffroadtri.com for the most current race/course info and a Racer Guide that has more details!

PHASE I: PADDLE



PADDLING ROUTE:

The paddling phase begins at the Rally Center. Paddlers will put-in at Huntington Lake, paddle for approximately 1.5 miles and turn around at the designated motor boat. Racers will finish and take-out at the same place that they began. In order to ease congestion, volunteers may assist with put-in/take-out. PFDs are required for the paddling phase.

TOTAL Miles: ~3 miles

Last Updated: 6.5.23

www.CuyunaOffRoadTri.com

PHASE 2: BIKE



BIKE ROUTE SEQUENCE OF TRAILS:

- 1) Galloping Goose
- 2) Overburden Road
- 3) Mucker Mountain
- 4) Overburden Road
- 5) Galloping Goose
- 6) Hopper
- 7) Roly Poly

TOTAL Miles: ~8 miles



NOTES: We will be clearly marking the race course so if you've never ridden these trails or haven't ridden recently, you should watch for these course markers. We will also have course marshals strategically placed at various points through-out the course. The majority of the course is single-track but does include some double-track areas for passing. Helmets are required for the biking phase. *This course includes intermediate trails. Please prepare accordingly!*

www.CuyunaOffRoadTri.com

PHASE 3: RUN



RUNNING ROUTE:

The running phase will begin at the Rally Center and follow Switch Back trail, wrapping around Pennington Mine Lake. It will conclude at the Rally Center.

The majority of the run will be on dirt trails with a few small sections being on paved trails.

TOTAL Miles: ~2.5 miles



NOTES: Please pay attention to our course markers. We will also have course marshals strategically placed at various points throughout the course. There is one water station, about midway through the run.

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7. Suggested Pack List

Since you've already packed your lucky briefs, here are a few more things to bring with you:

- Canoe, kayak, or stand-up paddle board
- Paddle(s)
- Bike helmet (required to be worn during bike phase)
- Personal floatation device (aka. life jacket – required to be worn during paddling phase)
- Sunscreen
- Bug spray
- Lip balm
- Water bottle(s) + plenty of water! (There is a pump on-site but no traditional sinks, running water, etc.)
- Sunglasses
- Appropriate footwear
- Long pants/tall socks (poison ivy is prolific in the Rec Area!)
- Change of clothes for after the race
- A smile and winning attitude! 😊

THANK YOU FOR YOUR SUPPORT OF

