



SCHEELS
JULY 13, 2019
BISMAN
At McDowell Dam

Greetings!

LOCATION CHANGE: due to poor water condition at Harmon Lake, we moved the race to McDowell Dam. It is located 5 miles east on Old Highway 10.

1. Packet Pick Up:

July 12th / 4:00-7:00pm / Scheels -Kirkwood Mall, Bismarck, ND 58504

2. Race Agenda:

7:00am-7:30am	Late packet pick up at the finish line area.
7:00am-7:30 am	Check-in and body marking, pick up chip.
7:40 am-7:50am	MANDATORY PRE RACE MEETING
8:00 am	Race start
11:30am	Award Presentation

3. What time should I come?

We recommend that you arrive between 6:45am-7:15am to get your transition area set up. You will also want some time to warm up and stretch. Optimum Therapy staff will be available to help you with any needs.

4. Where should I park?

Please park over by finish line parking lot. Enter from the North East side.

5. Do relay teams wear bibs?

Runners wear the regular bibs pinned or clipped. Cyclist will have their number marked on both arms and calf. Swimmers will have their number marked on both arms and calf. Teams will need to transfer ankle bracelet for timing.

6. Where do I pick up the race chip/ankle band?

We will give these out by the finish line. Please return the ankle bracelets immediately after the race. We encourage you to use a race belt for bib number. We will have a limited quantity available for purchase.

7. How will the timing system work:

Pickle Events runs the timing and finishing results. They are one of the best in the business and will make sure everything is professionally organized. You will know your race time, placement, and splits after you finish. There will be a leader board updated every 15 minutes. Also, you will have video of your transition area and finish online within hours after the race.

8. What are the award divisions?

Top three for each of the divisions will receive a medal.

Categories are:

Long & Short Course -

male 40 and over, male 39 and under, female 40 and over, female 39 and under.

Relay division the champion will receive a special traveling trophy. Top three teams will receive metals. The award presentation will have photos. All participants will receive a finishers metal. Also, podium finishers will receive a custom drinking glass.

9. What is the order of race?

Swim, Bike Run

10. When does the transition area close?

Immediately following the race.

11. Where will the water/aid stations be?

We will have 3 water stations on the course and one station in the transition area. There will only be water on the course but we will have Hammer Nutrition (Heed) in the transition as well. It's like Gatorade but healthier and better fuel.

12. How will the race results be posted?

They will be posted on our website and the finisher board. The web sight will also have your video finish available so turn those grimaces into a smile. :) There will be professional photos taken during the event and posted on our website afterwards. There will be a photo booth area set up to take photos with your family and friends.

13. Where do proceeds from the Triathlon go?

They support the local North Dakota Fellowship of Christian Athletes.

Since 1954, FCA has challenged coaches and athletes to impact the world for Jesus Christ. FCA huddles meet on local campuses, locker rooms, and fields to encourage faith life. FCA also hosts a number of camps and training clinics for athletes and coaches.

14. What is FCA Endurance?

FCA Endurance is a unique division of FCA focused on supporting endurance athletes such as Triathletes, Cyclists, and Runners. Endurance huddles offer both faith and training support. Our Facebook page is FCA Endurance ND and provides members an opportunity to connect, share faith and training input, as well as huddle update/training times. If you are interested in starting a huddle in your local area please contact us.

15. Will there be food available?

Mighty Missouri Coffee will have a tent set up with coffee for purchase.

16. Next year date?

July 11, 2020 - mark your calendars

Next year we will be moving the date up one week.

17. Forecast?

It has changed a few times in last week but here is the latest. High 88 degrees with SE wind at 9mph. Race time it will be 65 degrees and no wind...perfect condition.

18. Can I wear headphones?

No headphones or earbuds during the bike course. This is a safety rule on all triathlons. You are allowed to wear music on the run. If you like me, I need a little pump up jam on the run to finish the strong. We want you to have fun and great race experience.

19. The Course:

I attached copies of the course map. The turn around areas will be marked with signs and have a vehicle with hazards lights flashing. Stay on right side of the road on the course.

20. Final Instructions:

Last, it is going to be hot so please hydrate well prior and during the race. You may also want a misting bottle or a water bottle to pour over you at your transition area. Remember to bring fuel such as the gel pack given in your race packet. Everyone will need to sign the written waiver before you race. We will have them at packet pick up and at check in on the Saturday. Your safety is my biggest concern. Please know that we have planned this course and event to be safe and challenging. Have a safe and fun race!

Most important, have fun out there!

Any questions or concerns please call race director: Tim Mitzel @ 701-333-9596