

The Buzz Ryan and Half-Buzzed Triathlon



Presented by [Lakewalk Surgery Center](#)



SUNDAY July 23rd, 2017 at 9am

Minnesota Power Picnic Area at Island Lake, Duluth, MN

Distances

Buzz: 500 yard Swim, 12 Mile Bike, 2.5 mile Run

Half-Buzzed: 250 yard Swim, 7.5 mile Bike, 1.25 mile Run

SCHEDULE OF EVENTS FOR 2017:

Saturday, July 22nd

- 4:00-7:00 pm - Participant registration and packet pick-up TBD
 - ALL athletes are required to show photo ID. **NO ID? NO RACE, NO EXCEPTIONS!**
 - **Annual USAT members** are required to bring your membership card every time you compete in a USAT sanctioned event. If your card has been lost, you can download and print out a temporary one at www.usatriathlon.org. **NO USAT LICENCE? You MUST purchase the one-day insurance.**
 - Those without insurance must have purchased the insurance for the race through USAT (done through the registration process)
 - NOON on Saturday FREE SEMINAR:
 - Perennial triathlete, Matt Evans, will be offering a half hour Novice Triathlete seminar, with Q & A (at Minnesota Power Recreational Area Parking Lot). Matt has participated in triathlons for the past 30 years, and will offer tips on transition set-up, swimming secrets, and how to get the most out of your triathlon experience.
- * We recommend that you pick up your packet on Saturday. If for some reason you cannot, late packet pick up will be at the pavilion 7:30-8:30 am on race morning.

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Sunday, July 23rdth RACE DAY

Race Day Parking: Participants will park in the [Minnesota Power gravel lot](#) located on Boulder Lake Road. Take a left onto Boulder Lake Road 100 feet past the Island Lake Inn, then a right onto Boulder Lake Road (400 yards). Entrance to the lot is on your left.

Transition opens at 7:00am. PLEASE do not arrive any earlier. Our volunteers are busy with other race preparations. If you do arrive early, we will have no choice but to put you to work moving food, directing traffic, setting up the course, and taking care of last minute details.

- 7:00 am - Transition area opens; NO EARLY ARRIVALS.
- 7:30 - 8:30 am - Late packet pick-up (No registration day of race)
- 7:45 - 8:45 am - Body marking and timing chip pick-up at transition entrance.
- 8:45 am - Pre-race meeting on the bluff
- 9:00 am - Buzz Ryan Triathlon swim start (see below for your wave start time).
- 9:30 am – Half Buzzed Triathlon Start
- 10:00 am - Swim course closes
- 10:40 am - Bike course closes
- 11:30 am – Buzz Ryan Awards (or as soon as the last runner finishes)

Starting Times

WAVE 1: 9:00 am – Buzz Ryan Men, Teams and Elite

WAVE 2: 9:03 am – Buzz Ryan Women

WAVE 3: 9:06 am – Buzz Ryan relaxed wave

WAVE 4: 9:30 am – Half Buzzed Men

WAVE 5: 9:35 am – Half Buzzed Women

TIMING

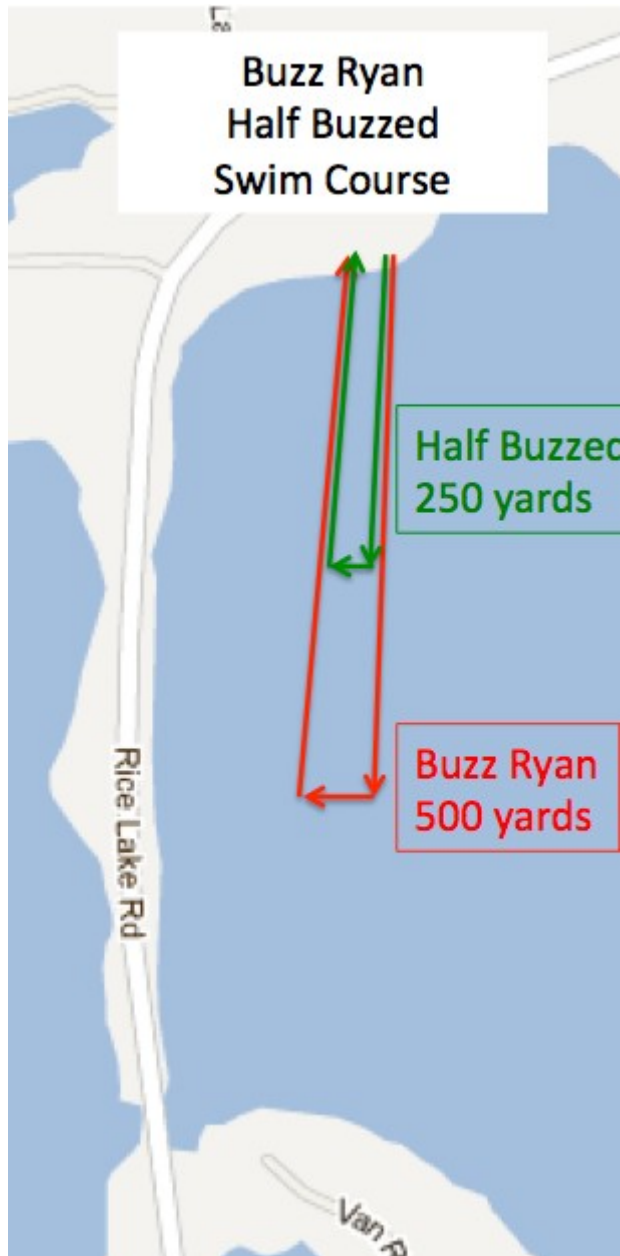
- You will receive your timing chip after you are body marked near the Gazebo
- Secure the Velcro strap tightly on your LEFT ankle for the entire race.
- YOU MUST RETURN YOUR CHIP AT THE FINISH LINE.

THE TRANSITION ZONE

- Your bike needs to be placed on the designated bike rack (by bib # range).
- After the swim you will get your bike and walk or jog your bike towards the bike out, cross the timing mat, then mount your bike and exit the transition area to the right.
- When you come in from the bike, you will dismount bike just before crossing over the small bridge and reentering the transition area.
- NO BIKE RIDING IN THE TRANSITION AREA.
- You MUST wear a helmet at all times you are on your bike (including before the event)
- Once you have re-racked your bike you will run to the run exit.

FAMILY OR FRIENDS ARE NOT ALLOWED IN THE TRANSITION AREA.

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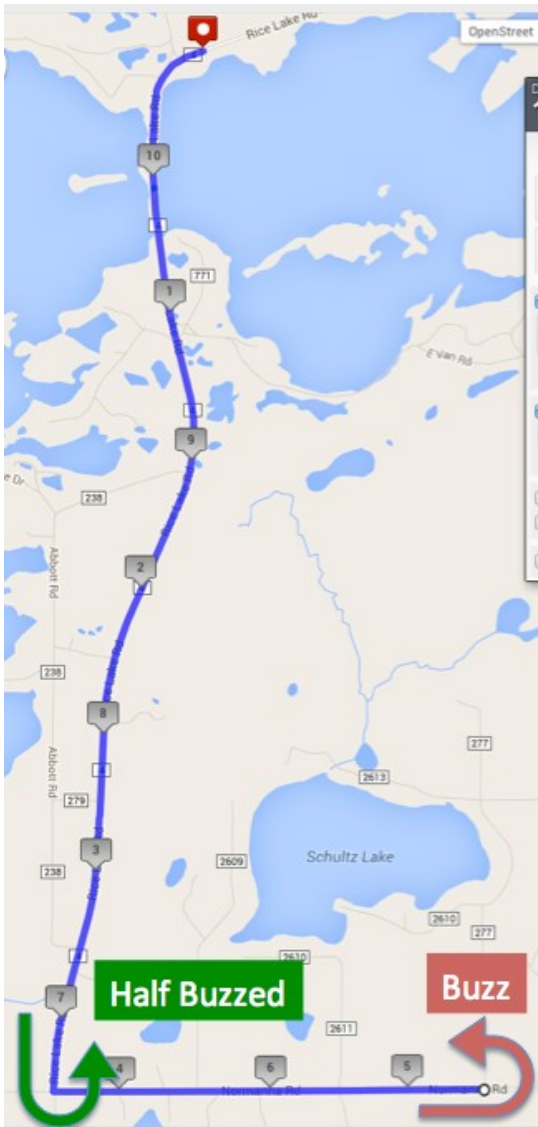


- **PLEASE NOTE THAT YOUR SAFETY IS IN THE HANDS OF THE RESCUE SQUAD AND LIFEGUARDS.**

- If the lifeguard feels you are unable to finish the swim, they will pull you from the water and bring you to safety. The lifeguards and rescue squad are the final authority on this decision. You are still invited to finish the event after turning in your chip.
- Wet suits are allowed if the temperature of the water is below 78°F (Typically the temp is 72°F and we have never not allowed them)
- Keep buoys on your RIGHT at all times. Swim in a clockwise circle around all buoys.
- Buzz Ryan athletes will go out to the first BIG Orange buoy, go RIGHT to the next BIG Orange buoy, turn RIGHT and swim back to the shore.
- Half Buzzed will swim approximately half this distance and go around the YELLOW buoys.
- Should you be unable to finish the swim, TRY TO SWIM OUTSIDE OF THE COURSE and signal a boat or a kayak to help.
- You CAN hold onto a boat or a kayak in order to rest/regain you breath without disqualification.
- All swimmers must wear a brightly colored swim cap (provided) and make sure timing chip is on the left ankle.
- No special flotation devices are allowed.
- Swim course closes 20 minutes after start of last wave for Half-Buzzed Triathlon (9:55 am)

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THE BIKE COURSE



Certified helmets (CPSC approved) must be worn at all times. HELMETS MUST BE FASTENED WHEN YOU ARE ON YOUR BIKE.

- Participants without CPSC approved cycling helmets are NOT allowed to race. NO EXCEPTIONS. Helmet must be buckled before leaving transition area.
- The bike course is relatively flat and out on back South along Rice Lake Road and East Normanna. Half turns at RLR and Normanna
- The turn around will be at the halfway point for each race. There will be flaggers and a safety vehicle. Use caution when turning around.
- NO DRAFTING! You must allow three-bike lengths distance between another cyclist or vehicle.
- Drafting penalty: 1st offense = 2' penalty off of finish time, 2nd offense = 4' penalty off of finish time, 3rd offense = disqualification
- Exemptions to the drafting rule are: (a) when passing a cyclist, if done within 15 seconds (b) when the cyclist is required to reduce speed for safety reasons (e.g. weather, traffic control) or to receive aid, and (c) on curves or turns of 90 degrees or more.
- Be cautious of homeowners backing out of their driveways. Be very cautious when returning to the transition area, as it is congested with athletes and spectators.

- Each competitor is responsible that his/her bicycle meets the minimum safety standards required. We will have Ski Hut at the race to help with any bike issues you may have. Please come prepared since the bike mechanics will be very busy.
- THERE ARE AREAS ON THE COURSE WHERE SLOWING DOWN AND TAKING EXTREME CAUTION ARE EXPECTED OF ALL COMPETITORS. This is especially important when turning from Rice Lake onto Normanna. The Sheriff will be directing traffic at this intersection.
- For intersections where crossing traffic is required to stop please do not blindly go through that intersection without looking.
- No individual support vehicles or assistance by anyone is allowed.
- There are no aid stations on the Buzz Ryan bike course.
- A motorcycle will be the lead vehicle.
- A truck will do the sweep. If you have a mechanical problem or just want to drop out on the bike/run, the truck can pick you up.
- Let timing team know if you drop out of the race for any reason.
- The bike course closes at 10:30 am.
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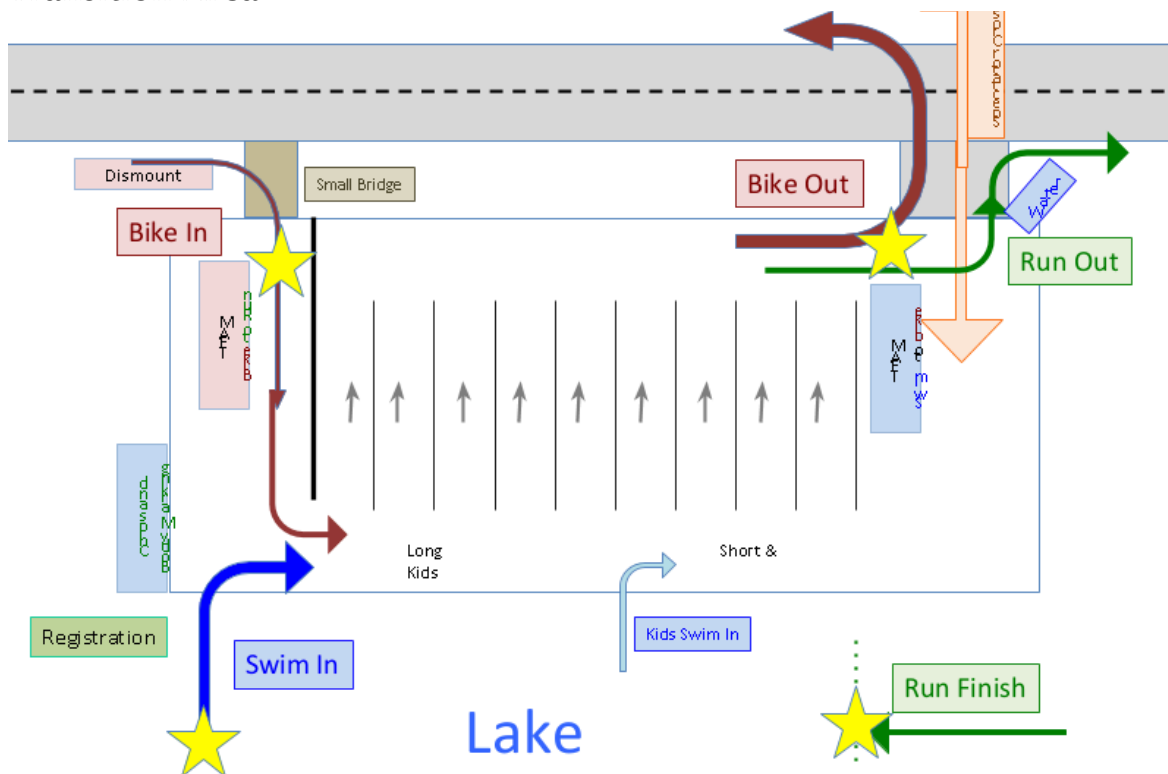
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THE RUN COURSE



- Number must be worn on the front.
- Stay on the right shoulder while on Rice Lake Road. Within the running lane stay on the left side (Hug the white line on the way out and the grass on the way back)
- The turn-around cone for the Buzz Ryan is AT THE AID STATION. The half will turn around after approx. 0.625 miles, and will not have a water station.
- There will be one water station just inside of the transition area as you exit the run.
- No other form of locomotion other than walking and running will be allowed on the run course without consent from race director (crawling constitutes the need for medical attention).
- No support is allowed. This is an individual event, receiving help results in disqualification.
- The run course closes at 11:30 am.

Transition Area



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THE FINISH LINE Located along the bluff

- At the finish there will be water, fruit, bagels, granola bars, , etc, courtesy of [Super One Foods](#). This food is for athletes only, so please help police this so that there is plenty left for those that come in towards the end.
- You will return your timing chip at the finish line
- The Island Lake Inn will be serving food and beverage all during the day. New owners and new menu.

OTHER RULES and INFORMATION

- Course marshals and the head official have the ultimate and final authority to remove a participant from the race
- No participant shall wear headphones or any sound producing device during the race (results in disqualification).
- AWARDS WILL NOT BE MAILED. IF YOU WON AN AWARD YOU MUST ATTEND THE AWARDS CEREMONY
- Results will be posted at <http://buzzryantriathlon.com>

Thanks for choosing The Buzz Ryan Triathlon. Embrace the whole experience and have a fun, safe and extraordinary race.

Refunds and Deferrals: There are no refunds for these races. Acts of nature and other events that may lead to the cancellation of the race. If you have a medical problem and can convey to the race director you inability to race up to 3 weeks before the event you will be able to get a medical deferral, resulting in a discounted race entry the following year.