

St. Paul Tri

Saturday, August 17, 2019

Sprint, Olympic, Aqua | 7:30am | St. Paul, MN

Registration Options:

- [Midwest Events](#)
- [Active](#)
- [Print the registration form](#)

Upon registration, you agree to the Midwest Multisport Refund and Cancellation Policies

The race fees are as follows:

		Before 8/6	8/6-8/16	Race Day
Sprint	Ind	\$105	\$130	\$140
	Ind NSNM	\$95	\$105	\$115
	2 ppl	\$170	\$210	\$220
	2 NSNM	\$160	\$170	\$180
	3 ppl	\$220	\$260	\$270
	3 NSNM	\$210	\$220	\$230
	Aqua Ind	\$105	\$130	\$140
	Aqua Ind NSNM	\$95	\$105	\$115
	Aqua 2 ppl	\$170	\$210	\$220
	Aqua 2 NSNM	\$160	\$170	\$180
Olympic	Ind	\$120	\$145	\$155
	Ind NSNM	\$110	\$120	\$130
	2 ppl	\$190	\$240	\$250
	2 NSNM	\$170	\$180	\$190
	3 ppl	\$250	\$290	\$300
	3 NSNM	\$220	\$230	\$240
	Aqua Ind	\$120	\$145	\$155
	Aqua Ind NSNM	\$110	\$120	\$130
	Aqua 2 ppl	\$190	\$240	\$250
	Aqua 2 NSNM	\$170	\$180	\$190

All participants electing the shirt and medal option will receive a wicking gender specific event shirt and finisher medal. Registrations after 8/5 are not guaranteed the desired shirt size. Late registrants may receive their event shirt in the mail several weeks after the race. We do our very best to anticipate the number of shirts and sizes needed for all anticipated participants, but shirts have to be ordered two weeks in advance of the race.

Race Overview

This is one of the few CLOSED COURSE triathlon in Minnesota. Not only will athletes get to ride on seamless, new road surfaces, they will not have to share the road with automobiles!

The race takes place at one of the Mpls/St. Paul metro's most beautiful parks – Phalen Regional Park, conveniently located on the east side of St. Paul. The race offers two distances to choose from. The sprint distance will feature a half mile swim, a 12 mile bike (one loop of the Olympic course), followed by a 3mile run on the paved trails surrounding beautiful Phalen lake. Olympic athletes will swim 1 mile (2 loops) in Lake Phalen before heading out for two loops of the bike course and then two loops of the run course. Athletes will be treated to a post race barbecue at the finish area.

Police officers, volunteers and road barricades will prevent traffic from using Wheelock Parkway for the entire bike course. The course starts at Lake Phalen and turns around at Como Lake. The bike course will close at 10:30 a.m. and traffic will once again be allowed on Wheelock Parkway.

Like all of the triathlons presented by Midwest Multisport Racing, the swim will feature a rolling, self seeded start. This means athletes will line up wherever they feel most comfortable. A perfect set up for those new to the sport (no one will be swimming over you) and experienced athletes as well (you won't have to dodge the slower swimmers). Lifeguards in the water as well as on boards will be stationed throughout the swim course to assist as necessary. Athletes needing to catch their breath can hold on to any of the floatation devices offered. Life guards will not assist athletes to move forward – athletes must do this of their own volition.

Aid stations on the run course will feature both water and Hammer Heed electrolytes. The aid stations will be located approximately every mile and a half on the course.

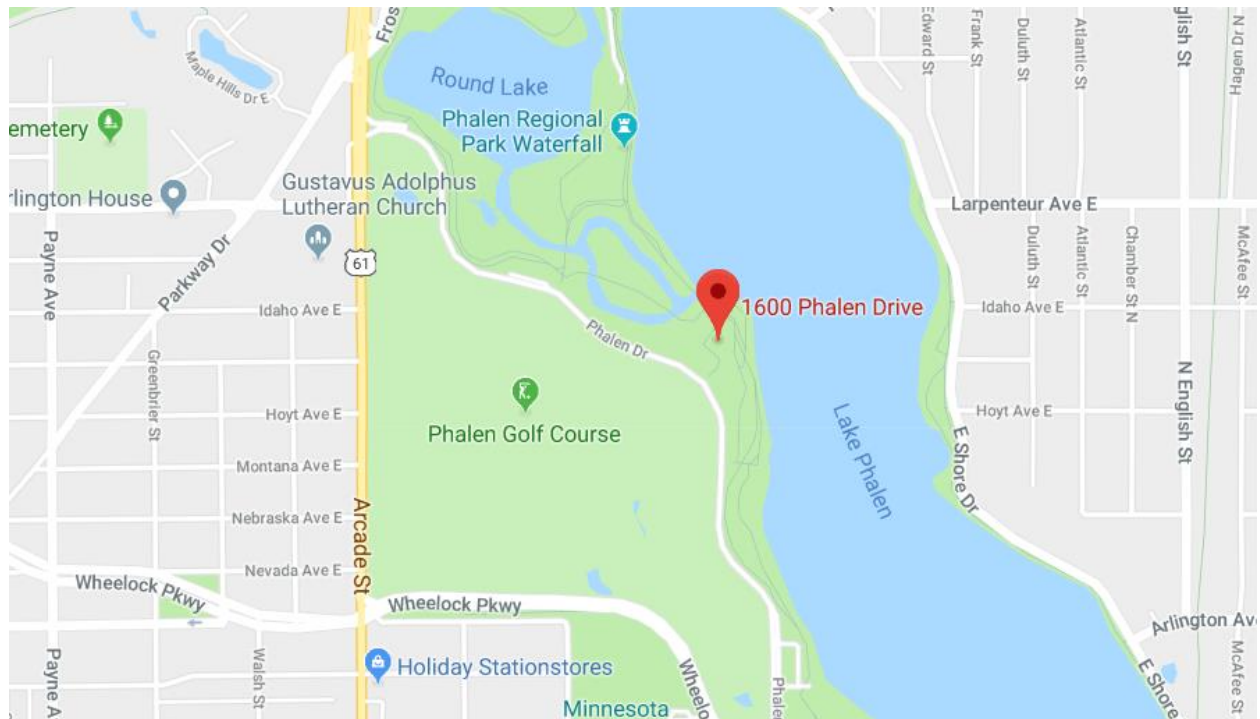
NEW IN 2019! Aqua bike option now available for sprint and olympic courses. This option eliminates the run.

Packet Pick-Up

Your race packet will include all the materials you need for your race: race bib, chips, bike number, and some fun stuff like your complimentary race shirt (if you selected the shirt and medal option) and special offers. Be sure to bring your race bib and display it in FRONT during the run. Race chips will be in the packet at packet pick-up and should be worn on the left ankle. Bike numbers will need to be affixed to the top tube of your bike prior to entering the transition area. Hold onto your bib after the race. Volunteers will need to see your bib to allow reentry into transition and the bib will be matched against your bike number prior to leaving transition for the day.

Dates and times coming soon.

Location/Directions



Phalen Regional Park is located at 1600 Phalen Drive, St. Paul, Minnesota ([get directions](#)). Just east of downtown St. Paul, the park is easily accessed off of 35E. Free parking will be offered in the park as well as on residential streets surrounding the park.

Schedule of Events

6:00am | Park and race day registration opens

6:00am | Transition area opens

7:00am | Race announcements begin
7:00am | Transition area closes
7:15am | Mandatory race meeting on the beach
7:30am | Olympic race starts
8:00am | Sprint race starts
10:30am | Bike course closes
10:45am | Barbecue in finish area
12:00pm | Awards made available

Awards/Prizes

There will be finisher's medals for all distances (for those athletes who selected the shirt and medal option when they registered).

Additional awards for half marathon and 10K:

- Top overall Male and Female athletes
- Top 2 Male and Female athletes in each age group (19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- No double dipping – the overall male and female cannot also be age group winners
- First and second place relay teams for both the Olympic and for the Sprint
- Overall winners will receive an overall medal, age groupers will receive age group medals.

If you are unable to stay for your age group award and would like it mailed to you, you will be responsible to pay for shipping.