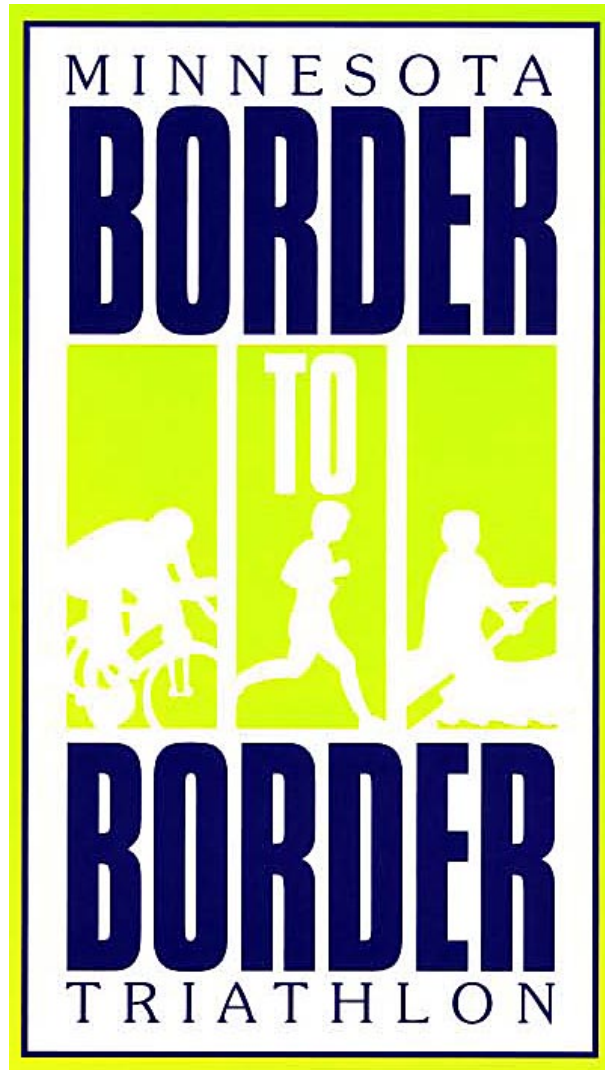


Race Synopsis Race Synopsis Race Synopsis



MNB2B July 24th -27th, 2007
2B July 25th -27th, 2007

Presented By

FAIRVIEW

There's Nothing Else Like It. Period.

**The Minnesota Border to Border Triathlon
&
To the Border Triathlon**

There's Nothing Else Like It! Period!

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Fairview

Promising you exceptional care

Dates & Times:

MNB2B

Monday, July 23rd:	1:00 PM	Registration
Check-in	4:30 PM	Parade
	6:00 PM	Dinner
	7:30 PM	Meeting*
Tuesday, July 24th:	6:00 AM	Start
Bike Day 1	6:30 PM	Dinner
	7:30 PM	Meeting*
Wednesday, July 25th:	6:00 AM	Start
Bike Day 2	6:30 PM	Dinner
	7:30 PM	Meeting*
Thursday, July 26th:	6:00 AM	Start
Run Day	1:30 PM	Meeting*
Friday, July 27th:	5:30 AM	Start
Canoe Day	7:30 PM	Fish Fry/Awards

2B

Wednesday, July 25th:	8:00 AM	Registration
Check-in	10:00 AM	Meeting*
Bike Day	11:30 AM	Start
	6:30 PM	Dinner
	7:30 PM	Meeting*
Thursday, July 26th:	8:00 AM	Start
Run Day	1:30 PM	Meeting*
Friday, July 27th:	9:00 AM	Start
Canoe Day	7:30 PM	Fish Fry/Awards

***Meeting Attendance is mandatory!**

All times subject to change due to weather and/or road conditions!

The Minnesota "Border to Border Triathlon" & "To the Border" Triathlon will test 2, 3 and 4 person teams in three events: biking, running and canoeing. The MNB2B is a 4 day event traversing over 500 miles of Minnesota farmland, forests and river wilderness, beginning in Luverne and ending in Crane Lake near the Canadian border. The 2B is a 3 day event traversing over 150 miles, beginning in Kettle River and also ending in Crane Lake.

This is a general synopsis of the MNB2B/2B. Some times and places may vary slightly. You will be given specific information at the mandatory racers meetings held the evening before each days racing. (The 1st 2B meeting is Wednesday morning; the Thursday meeting for both events is in the afternoon)

Race Route:

The MNB2B begins in the southwest border community of Luverne, Minnesota. Over four days teams travel through many Minnesota cities and towns, stopping in St. Cloud, Mountain Iron/Virginia, Cook and then we finish near the Canadian Border at beautiful Crane Lake, Minnesota.

Categories:

- 2 Person Men's Open, Women's Open & Mixed Open (age 18-39)
- 2 Person Men's Masters, Women's Masters, Mixed Masters (age 40+)
2 person teams' Category decided by youngest person's age.
- 3 Person No age or gender specifications
- 4 Person No age or gender specifications

Your entry fee includes:

- * USA Triathlon single event fee
- * Race packet
- * Detailed maps
- * Daily results
- * A MNB2B gift plus sponsor gifts
- * Four evening meals, (2 for the 2B, Thursday participants from both events are on their own.)
- * Finisher awards
- * Finish line refreshments

You are responsible for:

- * All of your equipment (bikes, canoes, paddles, etc.)
- * Support vehicle
- * Lodging
- * Meals other than those provided
- * First Aid supplies
- * Repair kits
- * Whatever else you will need!

MNB2B Daily Itinerary

Monday, July 23, 2007

1:00 PM: Mandatory Registration for all teams in the park on the east end of Luverne's Main Street. **(Plan your travel to arrive in time to register before teams begin organizing for the parade)** Please have bikes and helmets readily available, as race officials will inspect them for safety. You will be given race packets and Powerade at this time.

4:30 PM: Border to Border Parade on Main Street begins. Support vehicles and racers line up in the park for the parade. Officials from the city of Luverne **(who happily accept bribes)** judge each "float" for creativity and awards are given at the banquet. Your team name and number needs to be clearly marked on both sides of your support vehicle. Many team members and support crews have decorated their vehicles, donned costumes and performed skits or songs for the judges to add to the festivities. **(The parade is a fun way for everyone to get into the spirit of the race)**

6:00 PM: Dinner and opening ceremonies at Sharkey's across from Comfort Inn. City representatives welcome us and teams introduce themselves.

7:30 PM: Mandatory Racers Meeting. Your questions will be addressed and race maps reviewed. Any teams not present for the meeting will not be allowed to compete! Late registration will be held **following** the meeting for those not able to get to the park. Any necessary course changes will be announced at this time.

Tuesday, July 24, 2007

6:00 AM: Day 1- Bike 220 miles to St. Cloud. The first bike day you will be riding through some of Minnesota's most productive farmlands; mostly flat grade, two lane highways and county roads with lots of trucking traffic along the two lane highways.

4:00 PM: Average finish time for Day 1. Refreshments provided at the finish line.

6:30 PM: Dinner hosted by the MNB2B at the Kelly Inn.

7:30 PM: Mandatory Racers Meeting. We will review Day 1 and discuss Day 2. Any necessary course changes will be announced at this time.

Wednesday, July 25, 2007

6:00 AM: Day 2 - Bike 215 miles to Mountain Iron/Virginia. The second bike day utilizes many country roads. Although there is less traffic, roads are narrower with fewer shoulders to ride on and more turns, plus a few more hills and some great scenery.

4:00 PM: Average finish time for Day 2. Refreshments provided at finish line.

6:30 PM: MNB2B again hosts dinner at the Choates Plaza Hotel.

7:30 PM: Mandatory Racers Meeting. We will review Day 2, discuss Day 3 and announce any course changes necessary.

All times subject to change due to weather and/or road conditions!

MNB2B Daily Itinerary

Thursday, July 26, 2007

6:00 AM: Day 3 - Run 50 miles to Cook. Running on the back roads of Minnesota, you will have the opportunity to see many things, even bears! **Be careful!** All asphalt surfaces.

12:00 PM: Average finish time for Day 3. Refreshments provided at finish line.

1:30 PM: Mandatory Racers Meeting.

We encourage one member of your group to take an afternoon drive in the daylight to scout the canoe start!! It is a 20-30 minute drive from Cook and one can easily get lost in the early morning darkness. A race official will be available to lead a group to the start by request. Dinner: on your own.

Friday, July 27, 2007

5:30 AM: Day 4-Canoe 50 miles to Crane Lake. Assemble at the park in Cook at 4:00AM for a 4:15 departure to the start at the Timbuktu Landing on Lake Vermilion. Paddle across Lake Vermilion to the Vermilion River and the first of 11 portages. The portages are up to 1 mile in length. Portage terrain is approximately 50% hills. Current is normally very slow with the average depth of 4-5 feet. The last two miles are open water, lake paddling.

6:30 PM: Approximate time for the last paddlers to cross the finish line.

You did it! CONGRATULATIONS!

7:30 PM: Fairview Health Services hosts the Fish Fry under the big-top at Voyageur Lodge.

8:30 PM: Awards, closing ceremonies and the drawing for the Bell Canoe Works Canoe!

Training Tips

This event can be extremely exhausting and dangerous without proper training. The following average training distances listed from previous races will be a helpful training guide. It is also important to remember how this race differs from a "normal" triathlon. During the bike and run segments, you and your partner or teammates are alternating intervals of whatever length you wish. The averages given are on a weekly basis for a competitive 2 person team.

Bike 150-200 miles Run 30-40 miles Canoe 4-6 hours

During the race, most teams average splits of:

Bike 5-10 miles and tapering back to shorter distances

Run 1-2 miles and tapering back to shorter distances

Happy Training!

Call or email if you need words of encouragement, answers to questions and/or if you have any concerns.

2B Daily Itinerary

Wednesday, July 25, 2007

8:00 AM: Mandatory Check-in at Kabinn's in Kettle River: Plan your travel to arrive on time. Your interval start time will be assigned based on when you checked-in. Please have bikes and helmets readily available, as race officials will inspect them for safety. You will be given race packets and Powerade at this time.

10:00 AM: Mandatory Racers Meeting. Your questions will be addressed and race maps reviewed. Any teams not present for the meeting will not be allowed to compete!

11:30 AM: Day 1-Bike 90 miles to Mountain Iron/Virginia. There is little traffic, but roads are narrow with few shoulders to ride on.

4:00 PM: Average finish time. Refreshments provided at finish line.

6:30 PM: MNB2B hosts dinner at the Choates Plaza Hotel.

7:30 PM: Mandatory Racers Meeting. We will review Day 1, discuss Day 2 and announce any course changes necessary.

Thursday, July 26, 2007

8:00 AM: Day 2 – Meet in Kinney, just North of Highway 169 for the start of a 30 mile run to Cook. Running on the back roads of Minnesota, you will have the opportunity to see many things. Just like on "Wall Street" participants have seen both bears and bulls (No fence, running along side the course) even! All asphalt surfaces.

12:00 PM: Average finish time for Day 2. Refreshments provided at finish line.

1:30 PM: Mandatory Racers Meeting.

Dinner: on your own.

Friday, July 27, 2007

9:00 AM: Day 3-Canoe 30 miles to Crane Lake. Beginning at the Byuck Bridge and paddling down the Vermilion River. There are 4 portages, up to ³/₄ mile in length. Portage terrain is approximately 50% hills. Current is normally very slow with the average depth of 4-5 feet. The last two miles are open water, lake paddling.

6:30 PM: Last paddlers crossing the finish line.

You did it! CONGRATULATIONS!

7:30 PM: Fairview Health Services hosts the Fish Fry under the big-top at Voyageur Lodge.

8:30 PM: Awards, closing ceremonies and the drawing for the Bell Canoe Works Canoe!

All times subject to change due to weather and/or road conditions!

Training Tips

See the MNB2B tips and adjust accordingly. Although the 2B is much shorter, it is still a very challenging event. Please plan your training wisely!

Race Rules and Regulations

Rules apply to both the MNB2B and 2B unless otherwise indicated

Safety is the number one concern for the MNB2B and 2B. Rules and regulations have been established for your benefit.

1. All teams must check-in each day an absolute minimum of 15 minutes before the official race start time, 30 minutes on canoe day. On interval start days you must check-in **at least 15 minutes prior to the first start time**.

We start on time!

2. There are no restrictions on distances between exchanges on the bike and run segments. With the exception of "Jump Stops" which will be explained in the pre-race meetings.

3. Each member of the team must compete in each day's event. Minimum distances for the MNB2B are 25 miles per day biking, 5 miles running and one (1) leg of paddling. For the 2B the minimums are 12 miles biking, 3 miles running and 1 leg of paddling.

4. All competitors must have a USA Triathlon card or single event permit. A USA Tri single event permit is included in the entry fee.

5. Each team must have at least one additional member assisting as the support vehicle driver. The importance of your support crew cannot be stressed enough. **(4-person teams may opt out)**

6. A **"Caution, Race in Progress"** sign and a fluorescent hazard triangle is required on the rear of your vehicle. Your team name and number **must be visible on both sides** of vehicle.

7. Support vehicles must have hazard lights on **at all times**.

8. Support vehicles cannot draft, follow or pace racers.

9. Support vehicles and bikers **must obey** all traffic laws and signs.

10. USA Tri approved helmets must be worn at all times when biking.

11. MNB2B Competitors cannot share a bike; bike sharing is allowed in the 2B.

12. Riders must be within 3 bike lengths at time of exchange. **No exchanges are allowed in right turn lanes.**

13. Drafting by bikes is forbidden. Exceptions will be discussed during Pre-race meetings.

14. Fairing, recumbent and mountain bikes are not allowed in the MNB2B; mountain bikes are permitted in the 2B.

Race Rules and Regulations

Rules apply to both the MNB2B and 2B unless otherwise indicated

15. If your bicycle has aero-bars, you can not ride in the aero position while drafting.
16. Runners must tag off at exchange.
17. Life vests must be worn at all times in the canoe.
18. Olympic canoes or Kayaks are not allowed.
19. Single blade paddles are required.
20. **Absolutely no shooting of rapids!** All portages must be traversed.
21. **Absolutely no trailers are allowed.** (Because of the difficulty getting far enough off the roadway for exchanges, RV's/motor homes are not recommended for support vehicles)

Unsafe vehicle or bicycle operation will not be tolerated! Penalties range from 10 to 60 minutes or disqualification; subject to race official's discretion.

Note:

Bike cut-off time is 7:00 pm on Tuesday, 7:30 on Wednesday. This may be adjusted pending weather and/or road conditions.

Suggestions and Comments

- * Fluorescent vests, flashlights, calculators and binoculars are highly recommended for support crews. **GPS devices are allowed.**
- * RV's/motor homes are highly discouraged because they are very difficult to maneuver on narrow roads and in tight spots.

ABSOLUTELY NO TRAILERS ALLOWED!

- * Weather is **unpredictable**. Be prepared for all extremes.
- * We do not recommend aero-style handlebars for this race due to their instability. The lip between the shoulder and the road can cause problems for even the most experienced riders.
- * Early morning fog demands caution. We suggest attaching a flasher to your bike or leg. Bright clothing is also highly recommended.
- * Bring replacement wheels for your bike.
- * Bring 2 pair of running shoes.

Suggestions and Comments

The MNB2B and 2B are now orienteering style events, so Support crew and racers must pay close attention to maps.

In the past few years teams have become far too dependent on course marshals for locations and directions. To prevent this phenomenon from getting out of hand, the MNB2B and the 2B are going back to our roots. Those roots involve a heavy dose of orienteering. Race officials have decided to eliminate all but the most crucial course marshal locations. These locations and intersections of special note will be discussed at the Monday night meeting for MNB2B participants and at the Wednesday morning meeting for 2B competitors.

* Teams must review the course map carefully in advance of each day's racing and constantly monitor their location during the day. The ultimate responsibility of determining all locations, directions and distances rests solely with the racers and support personnel! Detailed course maps will be provided to all MNB2B teams on Monday, July 24th at check-in and to all 2B teams Wednesday, July 26th, also during check-in.

* Recommended canoes: the USA Cruiser or Pro Boat (18.5 feet and under 45 pounds.) The use of any canoe weighing over 60 lbs. (i.e. aluminum or fiberglass) is extremely **foolish** and **greatly diminishes** your chances of finishing the race.

* Bent shaft paddles are highly recommended.

* An extra paddle, duct tape and a plastic rain/spray skirt are important extras for the canoe day.

* Each paddler should have a plastic water container.

* Footwear for the canoe day should be lightweight and provide traction for slippery, muddy conditions. An old pair of running shoes is favored by many participants.

* Be prepared for mosquitoes and flies (black, deer and horse).

* Food and fluids should be planned carefully. You may also want a change of clothes ready, depending on the weather.

* To prevent "hull bite" when portaging, you may want to sew padding into the shoulders of your shirt. Practice your transitions from water to land and vice versa.

* When water level is low, canoe bottoms can be exposed to hazardous conditions. (shorelines, rocks, dead heads and such)

Other Information

Route Marking

The history of the Minnesota Border To Border has been a race that uses a significant amount of orienteering. Your race packet contains detailed maps to help you find your way along the race course. The bike and run route will have large fluorescent arrows spray painted on the asphalt and at a few selected locations course marshals and race officials will be wearing fluorescent vests as well. However, race officials will only be at major intersections and some difficult to notice turns.

Remember, your team is solely responsible for negotiating the course.

The 11 canoe portages will have brown and yellow DNR signs with a picture of a broken canoe warning of dangerous rapids ahead.

Medical Assistance

Due to the nature of the MNB2B/2B and the distances, medical assistance is not provided by race officials during the race. Since this is not a "closed course" local emergency providers will be notified of the race along the route and your race packet will contain the phone numbers of hospitals for you to contact. "911" is your best call in an emergency. Teams are encouraged to bring basic first aid supplies.

"Full course" medical coverage is not provided.

Support Crew

These **brave, courageous, unsung heroes** are the backbone of this race. Your support crew is of vital importance for interpreting maps, watching for safety hazards, making sure there is food and water for racers, taking notes at meetings, caring for equipment and being a cheerleader. The race requires one support person but more commonly there are at least two. Four person teams may opt out.

Free Tip: Spoil your support people. They are taking a week of vacation to get up early, get yelled at, pick up your junk and sit in a vehicle all day. If you treat them right, they will be much more likely to talk to you after the race is over.

Meals

Evening meals will be provided by our very generous sponsors:

Monday:	Institute for Athletic Medicine
Tuesday:	French Rabbit Wine
Wednesday:	Minnesota Border to Border, Inc.
Thursday:	You're on your own this night.
Friday:	Fairview

Each team is responsible for all other meals.

Other Information

Massages

"Hired Hands" returns for their 22nd year with the MNB2B. Massages will be offered as follows:

- * One day \$40
- * Three days \$100 (Tue, Wed, Thu)
- * All 4 days \$130

Massages are available for support persons at the cost of \$40 per day OR the same 3 and 4-day packages as racers. All sessions are 15 minutes of pure heaven by one of the professionally trained massage therapists. Be assured it is money well spent!

Where to Find a Canoe?

LaCroix Outfitters

Ron Bushbaum
5713 Crane Lake Road
Buyck, MN 55771
Phone: 888-600-2842

Ketter Canoes

7878 N. Mississippi Lane
Brooklyn Park, MN 55444
763-561-2208

Hoigaard's

3550 South Highway 100
St. Louis Park, MN 55416
Phone: 952-929-1351

Risk Analysis

The MNB2B is unlike most other triathlons in that it covers over 500 miles, takes anywhere from 28-45 hours to complete and lasts four days. The race has taken many precautions to ensure the racers', the support crews', and the public's safety. However, there are several uncontrollable factors that put the racers and support crew at risk. Although much shorter, the 2B provides very similar risk factors:

1. Traffic and road conditions are largely uncontrolled. Detours can occur without our prior knowledge. Non-race vehicles are not necessarily aware of or sympathetic towards bicycle racers or their support vehicles. Here's a reminder to support vehicle drivers, please be extremely cautious when encountering racers on the course.

Remember, safety always comes first.

2. Orienteering during the race is crucial for both competitors and support crew. Due to the long distances and varying speeds, it is not uncommon to feel isolated. You could get lost. A missed turn is costly. Competitors; know where you are going before you leave your support vehicle for your next leg.

Risk Analysis

3. **WEATHER** is the big unknown. The first two days can be very warm and humid. Dehydration and hyperthermia are serious life threatening concerns. Strong winds and crosswinds (especially for disc wheels) can be dangerous for bikers. Rain can present problems such as limited braking ability and poor visibility. Fog, especially the second day, makes the early morning start difficult and dangerous. As we move north, the third and fourth days, hypothermia becomes a distinct possibility. Canoeing in northern Minnesota is not to be taken lightly.

4. **RAPIDS**, during the canoe portion of the race, are lethal and all teams **must portage each of them**. Canoes can be destroyed and lives endangered if you ignore the portages and attempt to shoot the rapids.

Closing Comments

Despite the harsh warnings, the Minnesota Border To Border is an incredible, life-changing event. At the end of the week, not only have you accomplished a tremendous task, but also you have met some of the highest quality people you will ever meet in your life. Strong bonds and lifelong friendships develop as you travel across the great and beautiful state of Minnesota.

A team from Colorado counted 47 of Minnesota's 10,000 lakes on their journey north. Several racers come back just for the Fish Fry. There is always plenty of wildlife; you may even see deer, bear and eagles. (Maybe even a farmer's bull that wanted to join in the festivities, outside his fenced in pasture.)

We welcome you to this unique event and we will see you at the border!

Notes

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Notes

Accommodations List

City	Hotel/Motel	Phone
Luverne	Under \$70.00	
	Cozy Rest Motel	507-283-4461
	Hillcrest Motel	507-283-2363
	Sunrise Motel	507-641-2345
	Over \$70.00	
(MNB2B Race HQ)	*Comfort Inn*	507-283-9488
	Super 8	507-283-9451
St. Cloud	Under \$70.00	
	Gateway Motel	320-252-4050
	St Cloud Campground and RV Park	320-251-4463
	Over \$70.00	
(MNB2B Race HQ)	*Kelly Inn*	320-253-0606
	Americana Inn (special rate... mention Karen)	320-252-8700
	Comfort Inn	320-251-1500
	Super 8	320-253-5530
Virginia/Eveleth (MNB2B Race HQ)	Under \$70.00	
	Choates Plaza Hotel	218-749-1000
	Midway Motel	218-741-6145
	Ski View Motel	218-741-8918
	Over \$70.00	
	Super 8	218-744-1661
Cook/Orr (MNB2B Race HQ)	Under \$60.00	
	Vermilion Motel	218-666-2272
	Anderson Motel	218-757-3272
	North Country Inn	218-757-3778
	Over \$70.00	
	AmericInn	218-757-3613
	Hundred Acre Woods Campground and RV Park	218-757-0070
	White Eagle	218-666-5055
	Life of Riley	218-666-5453
	Vermilion Beach	218-666-5440
	Vermilion Dam	218-666-5418
Voyager Cove	218-666-5068	
Crane Lake (MNB2B Race HQ)	*Voyagaire Lodge*	218-993-2333
	Pine Ridge Motel	888-310-4225
	Norway Lodge	218-993-2226
	Nelson's Resort	218-993-2295

- Monday:** meal/meeting at Sharkey's across the street from the Comfort Inn, Luverne (MNB2B Race HQ)
- Tuesday:** meal/meeting at the Kelly Inn, St. Cloud (MNB2B Race HQ)
- Wednesday:** meal/meeting at the Choates Plaza Hotel, Virginia (MNB2B Race HQ)
- Thursday:** meeting at Cook Town Park next to finish line (meal on your own)
- Friday:** Fish Fry/Awards at Voyagaire Lodge, Crane Lake (MNB2B Race HQ)

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&
To the Border Triathlons**

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Flying Penguin Outdoor Sports**

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