

The Buzz Ryan and Half-Buzzed Triathlon



Presented by [Lakewalk Surgery Center](#)



SUNDAY July 16th, 2023 at 9:00 am

Venue Location: [Minnesota Power Island Lake Recreation Area](#)

Distances

Buzz: 500 yard Swim, 10 Mile Bike, 2.5 mile Run

Half-Buzzed: 250 yard Swim, 5 mile Bike, 1.25 mile Run

SCHEDULE OF EVENTS FOR 2023:

Saturday, July 15th

- **SATURDAY NIGHT REGISTRATION AND PACKET PICK-UP**
- Registration and packet pick-up will be at **Barrel Room** from **3:00 pm to 6:00 pm.** [600 East Superior Street Duluth, MN 55802](#) (In Fitger's Complex across from the Brewhouse Restaurant)
- 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 LICENSE? You MUST purchase the one-day insurance.**
- **ALL athletes are required to show photo ID to pick up your packet.** You MAY pick up another persons packet if you have a photo ID for that person (photocopy or photo on phone) **NO ID? NO USAT ANNUAL MEMBERSHIP CARD? NO RACE, NO EXCEPTIONS!** **If you purchased a one-day membership as part of your registration for this race, you do not need to verify your membership with us. You will still need to show an ID.**
- * We recommend that you pick up your packet on Saturday, but if for some reason you cannot, late packet pick up will be at the pavilion 7:30-8:30 am on race morning.

Know someone who wants to volunteer and cheer people on during race day? Free shirt and Brewhouse Beer! Check out the opportunities at

<https://runsignup.com/Race/Volunteer/MN/Duluth/BuzzRyanTriathlon>

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Race Day Parking: Participants will park in the [Minnesota Power/St. Louis County 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. If parking on the road you must only park on the designated side.

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 near transition area.
BRING YOUR NUMBER or packet with you!
- 8:45 am - Pre-race meeting on the bluff
- 9:00 am - Buzz Ryan Triathlon swim start (see below for your wave start time).
- 9:20 am – Half Buzzed Triathlon Start
- 10:00 am - Swim course closes
- 10:40 am - Bike course closes
- 11:00 am – Buzz Ryan Awards

Starting Times

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

WAVE 2: 9:03 am – Buzz Ryan Women

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

WAVE 4: 9:20 am – Half Buzzed Men

WAVE 5: 9:23 am – Half Buzzed Women

TIMING

- You will receive your timing chip and will be body marked near the Gazebo. Have your bib/number with you
- Secure the Velcro strap tightly on your LEFT ankle for the entire race.
- YOU MUST RETURN YOUR CHIP AT THE FINISH LINE.

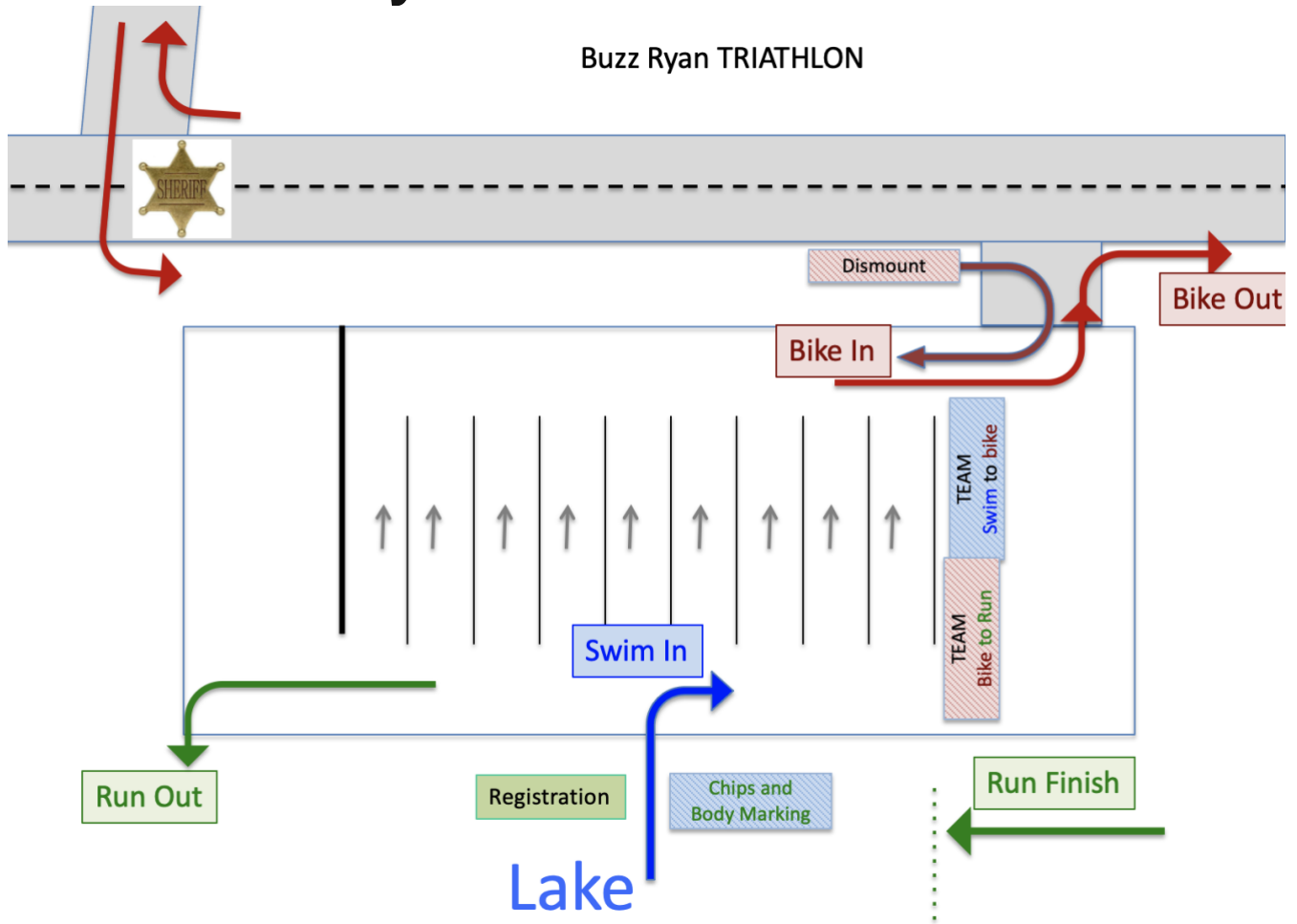
THE TRANSITION ZONE

- Your bike needs to be placed anywhere along the designated bike rack (by bib # range).
- Hang your bike by the handlebars (rear wheel down) or the seat (front wheel down). **You will place the rest of your equipment on the same side as your tire on the ground**
- 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 while the race is in progress.

Transition Area

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•Make sure to re-rack your bike in the same place and same side when you come back to the transition area.

•You will rack your bike by the handlebars, or hang it by the seat. You need to place your equipment on the side of the rack that has your wheel on the ground, taking up no more than one additional space next to your bike.

•Rack your bikes ***between*** the red tape.

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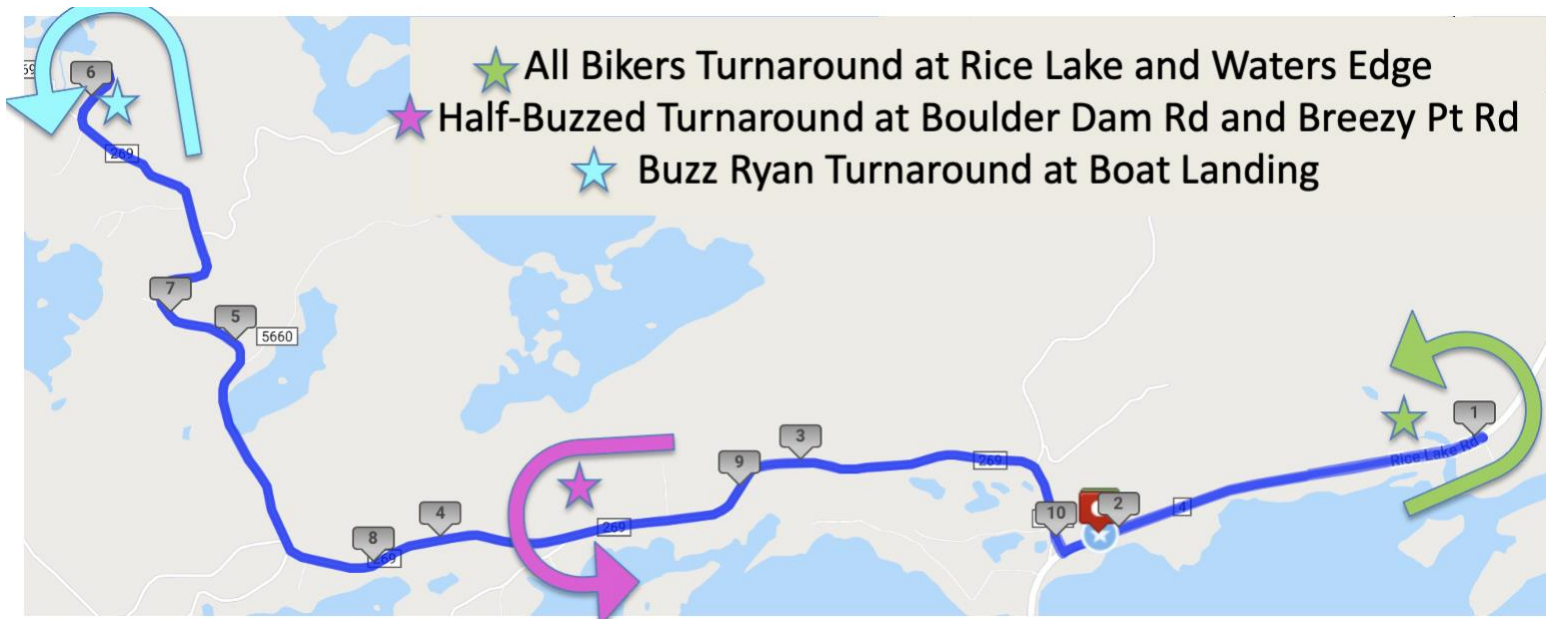


- **PLEASE NOTE THAT YOUR SAFETY IS IN THE HANDS OF THE RESCUE SQUAD AND LIFEGUARDS.**

- If the safety personnel feels you are unable to finish the swim, they will pull you from the water and bring you to safety. The safety personnel 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 of your race.
- Buzz Ryan athletes will go around ALL the buoys.
- Half Buzzed will swim approximately half this distance and go around the shorter distance 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 your 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.
- Snorkels ARE allowed! Who knew?!?
- Swim course closes 20 minutes after start of last wave for Half-Buzzed Triathlon (9:55 am)

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THE BIKE COURSE



- HELMETS MUST BE WORN & FASTENED WHEN YOU ARE ON YOUR BIKE.
- Helmet must be buckled before mounting your bike and leaving transition area.
- Stay to the right side of the road except to pass. **DO NOT CROSS THE CENTER LINE** except when required You will be disqualified.
- There will be 2 turnarounds in each race. Make sure to slow down and carefully turn around.
- When biking on Rice lake Road stay on the shoulder, and turn-around from shoulder to shoulder.
- 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 true at the turn arounds and turning onto Rice lake Road
- For intersections where crossing traffic is required to stop, please do not blindly go through that intersection without looking. This is important when returning to the transition area
- 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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THE RUN COURSE



- Number must be worn **on the front** and is needed only for the run.
- Run on the East (lake) side of highway 4, staying near the grass on the way out and near white line on the way back, staying on the shoulder. **DO NOT CROSS THE ROAD.**
- The turn-around cone for the Buzz Ryan is AT THE AID STATION. The Half-Buzz will turn around after approx. 0.625 miles, when exiting the trail, 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.

THE FINISH LINE Located along the bluff

- At the finish there will be water and post-race recovery food, 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.
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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> and at [Pickle Events](#)

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

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Thanks to our sponsors!



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A Big thanks to Lakewalk Surgery Center for helping us through the past year, and for stepping up to allow us to defer all entries last year.



Brewhouse Triathlon
Sunday August 6th, 2023

[Webpage](#) - [Facebook](#) - [Registration](#)

Buzz Ryan and Half Buzzed Triathlons
Sunday July 16th, 2023

[Webpage](#) - [Facebook](#) - [Registration](#)

Root Beer Kids Triathlon
Sunday August 6th, 2023

[Webpage](#) - [Facebook](#) - [Registration](#)