

# THE UCARE TRI-LOPPET MANY EVENTS IN ONE...



- a point-to-point triathlon through the heart of the city
- a festival of Loppet-ness - featuring live music, Voyageur Canoe rides, the REI Minne-Tri-Loppet, nature hikes, mountain biking, slack lining, paddling, orienteering, kubb and more...
- Loppet Paddle Sprints
- Loppet Kubb Tournament
- Loppet Orienteering event



## The Tri-Loppet triathlon:

- paddle from Lake Calhoun to Brownie Lake (8 kilometers, or about 5 miles)
- trail run to Wirth Beach (5 kilometers, or 3.1 miles)
- mountain bike on a loop through Wirth Park (12 kilometers, or about 7.5 miles)
- Individual and Team categories
- Part of the Hoigaard's Challenge - ski the Loppet, do the UCare Tri-Loppet, and run the Surly Trail Loppet in the same year and win a trip to Bearskin Lodge
- Boat rentals available
- Minnesota Parent Family Category for top family team wins a trip to Maplelag Resort. Wilderness Inquiry trips to overall male and female winners



## UCare Loppet Summer Festival

- The Festival is many small events all rolled into one...
- Purchase a Loppet Summer Festival Passport and try them all for one low price.
- Participate in at least six festival events and become eligible to win the grand prize from Hoigaard's
- For each timed event, the male and female with the fastest time on the day win special door prizes
- East of Wirth Lake off of Glenwood Avenue in Theodore Wirth Park, Minneapolis



## Loppet Orienteering by MNOC

- Combines running and hiking with navigation skills
- Find "controls" on a 20-40 minute course through the woods
- Age class and overall awards

## Loppet Kubb Tournament

- Swedish style lawn game
- Near the Surly Beer Garden
- Cash prizes
- Special Loppet Summer pitch for passport holders wanting to give the game a whirl...
- 10 a.m. - 3 p.m.

## Loppet Paddle Sprints

- Two-person tandem canoe sprint races on Wirth Lake
- Full sprint format - with qualifiers and then 4-6 team heats with top teams advancing
- Cash prizes

# FESTIVAL SCHEDULE:

## Wednesday, June 26, 2013

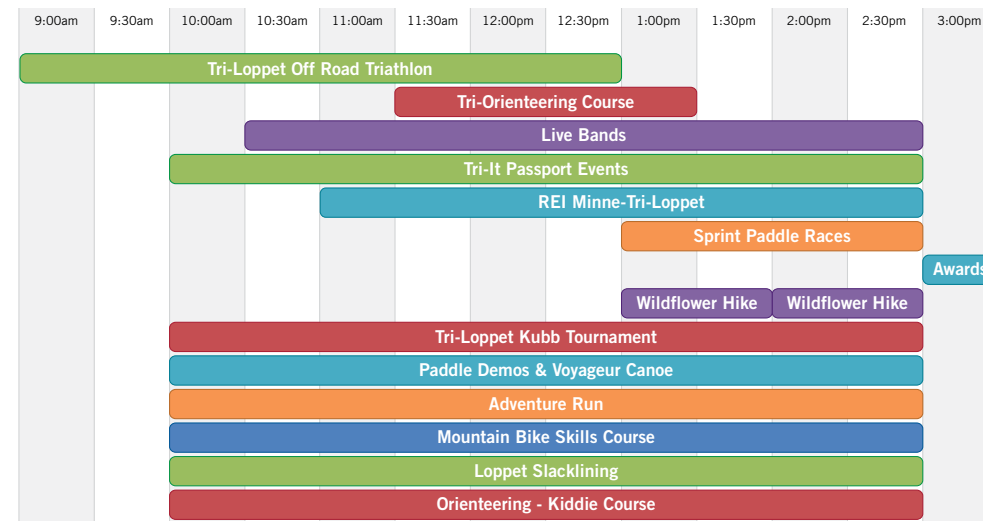
midnight On-line registration closes

## Friday, June 28, 2013

6 p.m. - 9 p.m. Packet pickup and last-chance registration for Tri-Loppet triathlon, Orienteering, Paddle Sprints and Kubb Tournament (depending upon availability)

## Saturday, June 29, 2013

7 a.m. Bike corral opens - Wirth Beach area  
 9 a.m. Tri-Loppet starts - Lake Calhoun, North Beach  
 Loppet Summer Festival passport pickup and registration starts - Wirth Beach area  
 10 a.m. Tri-Loppet Passport Events Begin  
 10:30 First finisher in the Tri-Loppet  
 Bands begin to play  
 11 a.m. - 3 p.m. Minne-Tri-Loppet  
 1 p.m. Eloise Butler Wildflower Garden Nature Hike  
 1 p.m. - 3 p.m. Sprint Paddle Races - Round Robin Tournament  
 2 p.m. Eloise Butler Wildflower Garden Nature Hike  
 3 p.m. Awards Ceremony



## 2013 FEE SCHEDULE

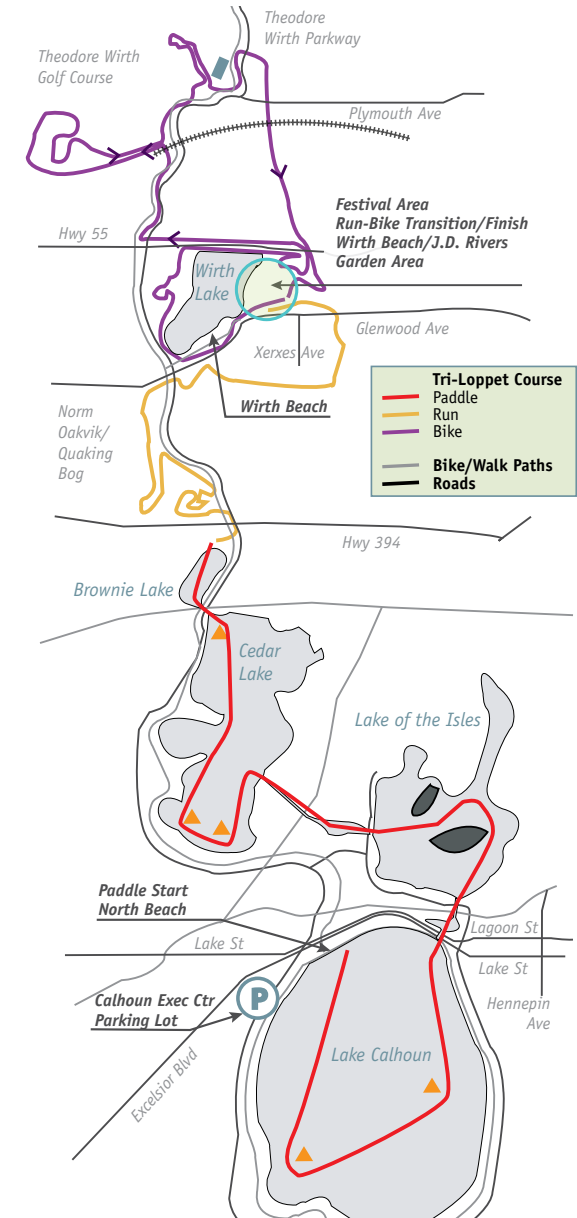
Entry Paid By	5/1	6/26	6/28	6/29
Individuals	\$50	\$60	\$70	N/A
Relay Team	\$110	\$130	\$150	N/A
Boat Rental (depending upon availability)	\$35	\$40	\$50	N/A
Loppet Kubb Tournament	\$30	\$40	\$50	N/A
Sprint Paddling Round Robin	\$20	\$25	\$30	N/A
Orienteering	\$10	\$15	\$20	\$20
Loppet Summer Passport (Adult)	\$7	\$8	\$10	\$15
Loppet Summer Passport (12 and under)	\$5	\$6	\$8	\$10

There is no postal registration for the Tri-Loppet. On-line registration is available at [www.tri-loppet.com](http://www.tri-loppet.com). On-line registration closes on Wednesday, June 26. On-site registration is available on Friday, June 28 and, for the Loppet Summer Passport, at the event on June 29. There is no day-of registration available for the Tri-Loppet individual or team categories. Nor is day-of registration available for the Kubb Tournament or the Paddle Sprints.

## Canoe and Kayak Rentals

Depending upon availability, participants may rent canoes or kayaks from the Loppet Foundation for the Tri-Loppet. Boats come with life vests and paddles. Participants pick the boats up near the start in the morning, paddle to Brownie and then do not have to worry about them again - return transportation is provided by the Foundation.

**\*All times and distances are subject to change, please check [www.tri-loppet.com](http://www.tri-loppet.com) for updates.**



UCare



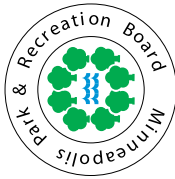
# LOPPET SUMMER FESTIVAL



- CANOEING
- VOYAGEUR CANOE
- STAND-UP PADDLE BOARDS
- KAYAKING
- SPRINT PADDLE RACES
- MINNE-TRI-LOPPET
- PADDLE - TRAIL RUN - MOUNTAIN BIKE TRIATHLON
- MOUNTAIN BIKE SKILLS COURSE
- ORIENTEERING
- ELOISE BUTLER WILDFLOWER GARDEN NATURE HIKES
- SLACKLINING
- LIVE MUSIC
- ADVENTURE RUNNING
- KUBB



WWW.TRI-LOPPET.COM  
 612 604-5330  
 SATURDAY, JUNE 29, 2013  
 MINNEAPOLIS, MINNESOTA



The Loppet Foundation  
 1301 Theodore Wirth Parkway  
 Minneapolis, MN 55422

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UCare



# UCare Tri-Loppet

A MINNESOTA-STYLE TRIATHLON

8KM  
 PADDLE

5KM  
 TRAIL RUN

12KM  
 MOUNTAIN BIKE

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 SATURDAY, JUNE 29, 2013  
 MINNEAPOLIS, MINNESOTA