

Dear Athletes,

The TriKB Triathlon #4 is THIS SUNDAY! Thanks for registering! This is to remind you of important information that you need to know before the event.

HATS

After 3 races we figured you may want something to go with your 3 shirts, so we are making this the HAT race! If you still want a shirt then pick up your packet at Mack Cycle on Wednesday or Thursday as there are still some TriKB shirts still available, but sizes are limited. (i.e. there are a ton of XS and WS, but very few Men's S & M).

The hats are still on their way here, so won't be available until Friday.

BODY MARKING TATTOOS

Please pick up your packet at the early packet pickup and you will receive body marking tattoos that you can self apply before the race. If you pick up race morning, please bring your own wet sponge, hand towel, or paper towel to apply the tattoos to yourself. Here's a video showing how to self apply: <https://www.youtube.com/watch?v=Vt6PdG21C3o> You will have 3 numbers to apply (your 3 digit number) rather than a single tattoo with all 3 digits, so be sure to put them in the right order. Please apply them to your left bicep so our backup timers and photographers can easily identify you.

PACKET PICKUP



Mack Cycle and Fitness
5995 Sunset Dr.
Miami, FL 33143
(305) 661-8363

Wednesday – Friday, 12-6
Saturday, 10-4

Limited packet pickup will also be available race morning at the event site from 5:30-6:30 a.m.

Bike check-in is race morning from 5:30am-6:45am.

COVID PROTOCOLS

We are taking the following precautions:

- Registration: Online only. No in person registration, cash exchanged, etc.
- Timing Chips: Please remove your own timing chip at the finish line.
- Body-marking: Please pick up your packet at the early packet pickup and you will receive body marking tattoos that you can self apply before the race. If you pick up race morning, please bring your own wet sponge, hand towel, or paper towel to apply the tattoos to yourself. Here's a video showing how to self apply: <https://www.youtube.com/watch?v=Vt6PdG21C3o> You will have 3 numbers to apply (your 3 digit number) rather than a single tattoo with all 3 digits, so be sure to put them in the right order. Please apply them to your left bicep so our backup timers and photographers can easily identify you.
- Health Screening: Do not attend if you have any symptoms (including fever, cough, sore throat, etc.) or have been exposed to anyone that has tested positive for COVID19 within the last 14 days. Please consider EVERYONE else!
- Time Trial Start: We will start in a time trial format, though still grouped according to category. Don't line up until your group is called to do so. If you prefer keeping your distance, stay to the side and let the starter know you are there so he can call you through before he starts the next group one at a time. The wave chart below will show the approximate time that your group will start.

BACKUP TIMING

While we have chip timing, occasionally a chip is lost or there is some malfunction somewhere. Because of this we have backup timers at the start, finish, and each end of transition. Please help yourself and say your number to the person holding a tablet at each of these locations when you pass by. Having your time backed up can be extremely helpful if you lose your chip, get the wrong chip, or various other little things that can happen.

START TIMES

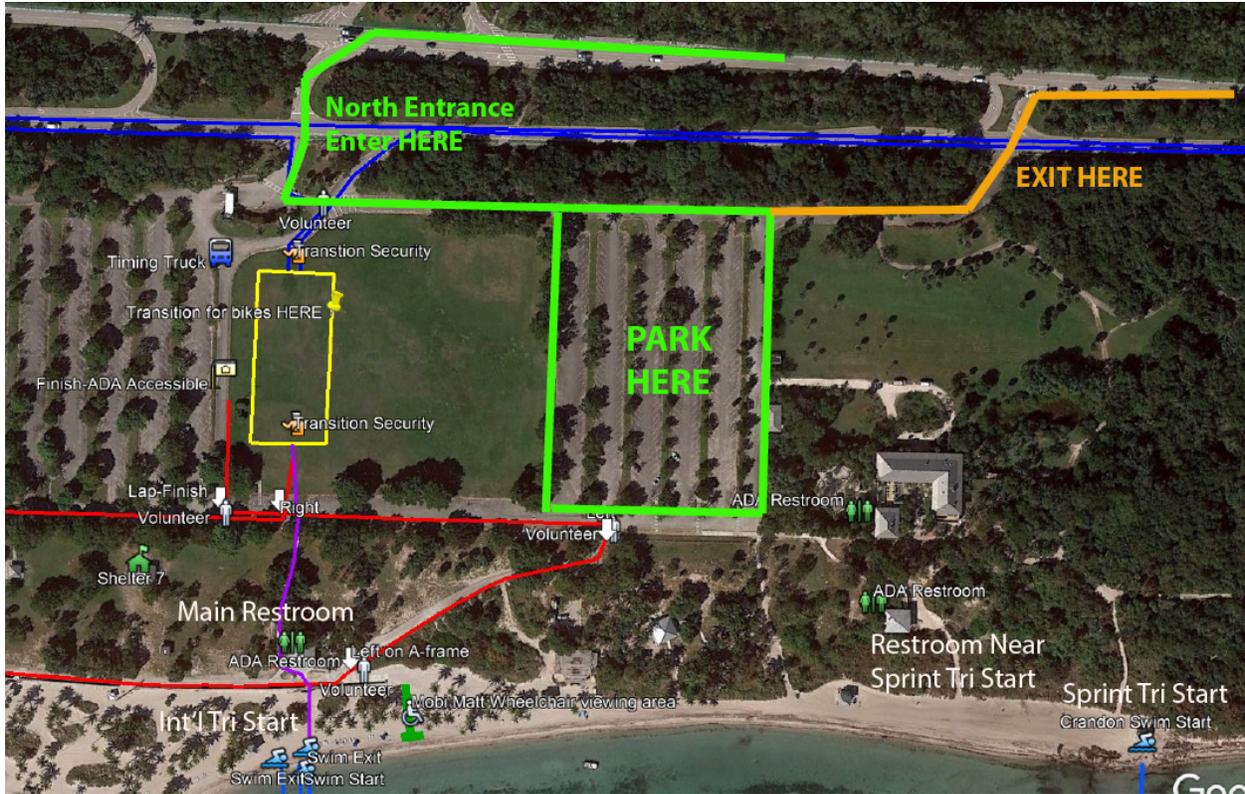
Note that due to making so many small groups we have to reuse some cap colors, so please pay attention to the time as well as your cap color. Don't come and start just because your cap color is starting. Check that it is your time to start as well.

Racers in each group will begin starting one person at a time at the specified start time. Do not line up until your group is called. Starting will be done approximately every 2-3 seconds. You will announce your race number to the starter (also doing manual backup timing) then run across the start timing mat once the starter tells you to 'GO'.

Group #	Start Time	Cap Color	Race	Description
1	7:00	Silver	Int'l Triathlon	Male Elite, Male Open, Male Para, Male Relay, Coed Relay, Male 35-39
2	7:01	Light Blue	Int'l Triathlon	Male 34 & Under
3	7:02	Yellow	Int'l Triathlon	Male 40-44
4	7:03	Green	Int'l Triathlon	Male 45-49, All Clydesdales
5	7:04	White	Int'l Triathlon	All Females, Female Relay
6	7:05	Red	Int'l Triathlon	Male 50+
7	7:06	Orange	Int'l Aquabike	All Olympic Aquabike
8	7:10	no cap	Sprint Duathlon	All Sprint Duathlon
9	7:20	Silver	Sprint Triathlon	Female Elite, Female Open, Female Para, Female 34 & Under
10	7:21	Light Blue	Sprint Triathlon	Female 35-44
11	7:22	Pink	Sprint Triathlon	Female 45+, Athena, Female Fat Tire
12	7:23	Black	Sprint Triathlon	Male Elite, Male Open, Male Para, All Relays, Male 30-34
13	7:24	Red	Sprint Triathlon	Male 35-39
14	7:25	Orange	Sprint Triathlon	Male 40-44
15	7:26	Yellow	Sprint Triathlon	Male 45-49
16	7:27	Green	Sprint Triathlon	Male 29 & Under
17	7:28	White	Sprint Triathlon	Male 50-54, All Clydesdales, Male Fat Tire
18	7:29	Dark Blue	Sprint Triathlon	Male 55+

PARKING

The event will take place at the North end of Crandon Park, so please enter the first entrance that you come to when coming from Miami. You will make a hard left turn once in the park, and park in the northernmost section of the parking lot. This will allow you to exit the park easily even if the race is still in progress. (SEE MAP BELOW)



Parking is done with the Pay by Phone system so there won't be any long lines to get into the park. Here's the link that I found online:
<https://www.parkme.com/lot/97603/crandon-park-key-biscayne-fl>. Please don't ask questions about this to me as I have not used the system yet. Call the park directly if you have questions about paying for parking.

DROPPING OUT

If you cannot finish the race for any reason, please come to the finish line and let us know and return your chip. This way we know that you are OK and don't send a search crew out to find you.

WATER STATIONS

Water stations will have water, BASE Performance sports drink, and Hammer Gel. Aid stations will be located approximately every mile throughout the course. There will be no aid station on the bike course, so please bring enough fluids to complete the course.

There will be an aid station next to the Run In/Out end of transition that you will pass after the swim and at the start of the run (also at mile 3.1 of the International distance).

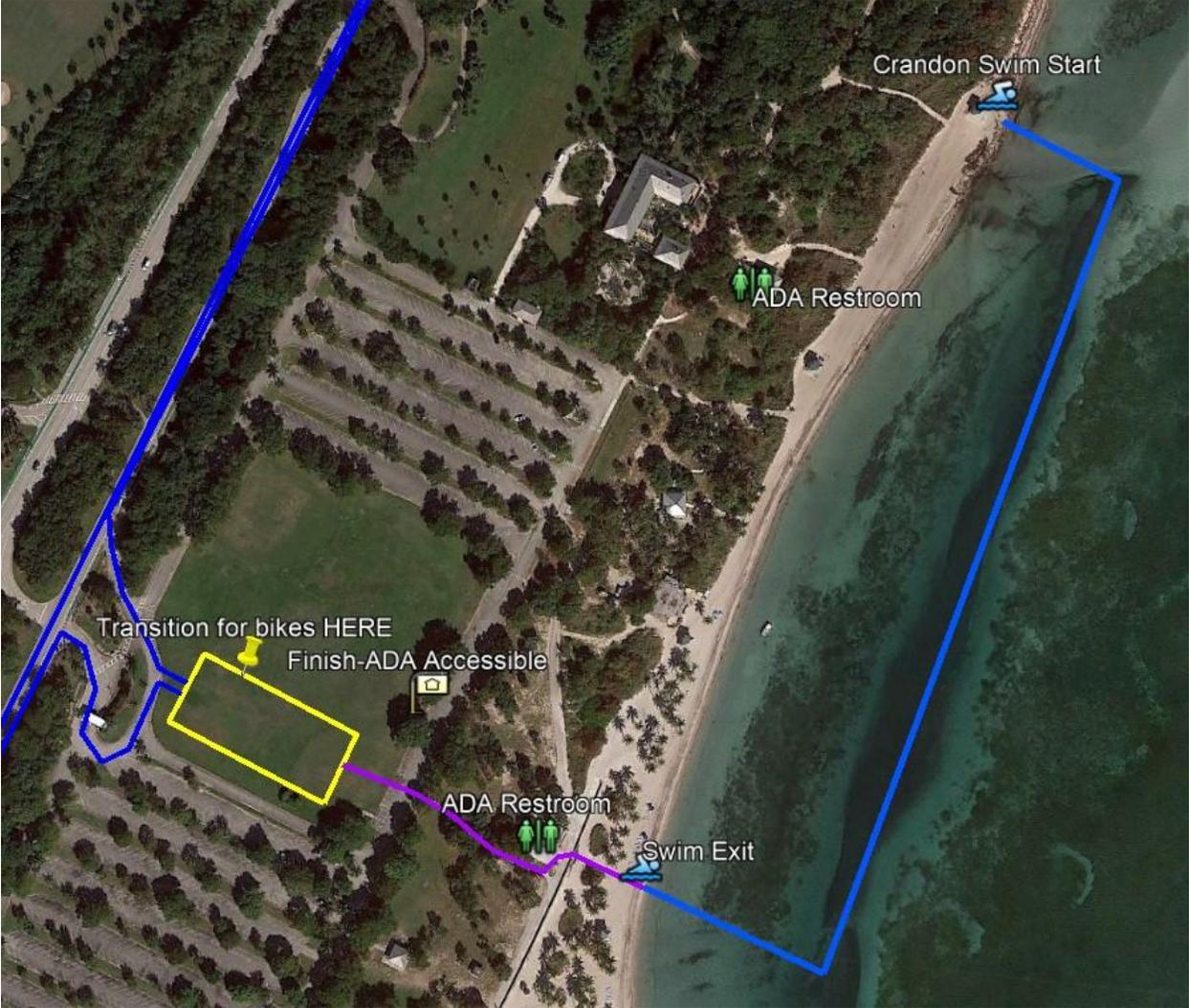
SWIM COURSE

The swim is the safest ocean swim you could possibly do. The reason for this is that most of the areas at Crandon are very shallow. We will swim in a relatively narrow channel that is deeper than the surrounding water (see Google Earth image below - the dark narrow area is deeper than the surrounding area). If you swim either away from or towards the shoreline you will encounter shallower waters if you'd like to take a break. This is why we don't have a different shaped course as this is the ONLY area deep enough for swimming.

International distance participants will start at the swim exit, go out and around the green buoy, swim down keeping the orange buoys on their right, u-turn around the last green buoy, swim back keeping the orange buoys on their right, then go around the last green buoy and back to through the swim exit chute. SEE MAP The orange buoys are place to create a gap between international racers swimming in different directions.



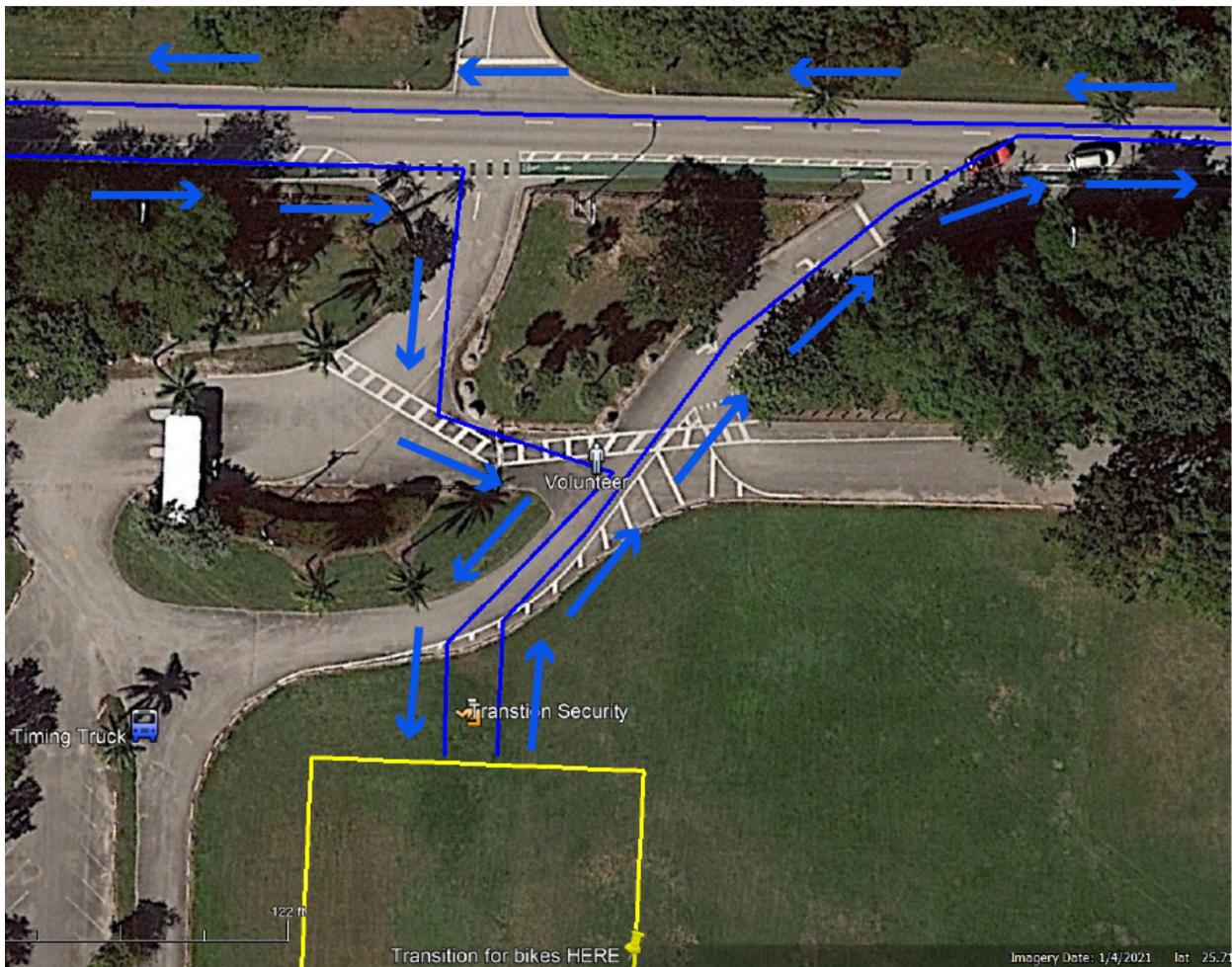
Sprint distance participants will only swim one direction, keeping all buoys on their right then exit the water (see map).

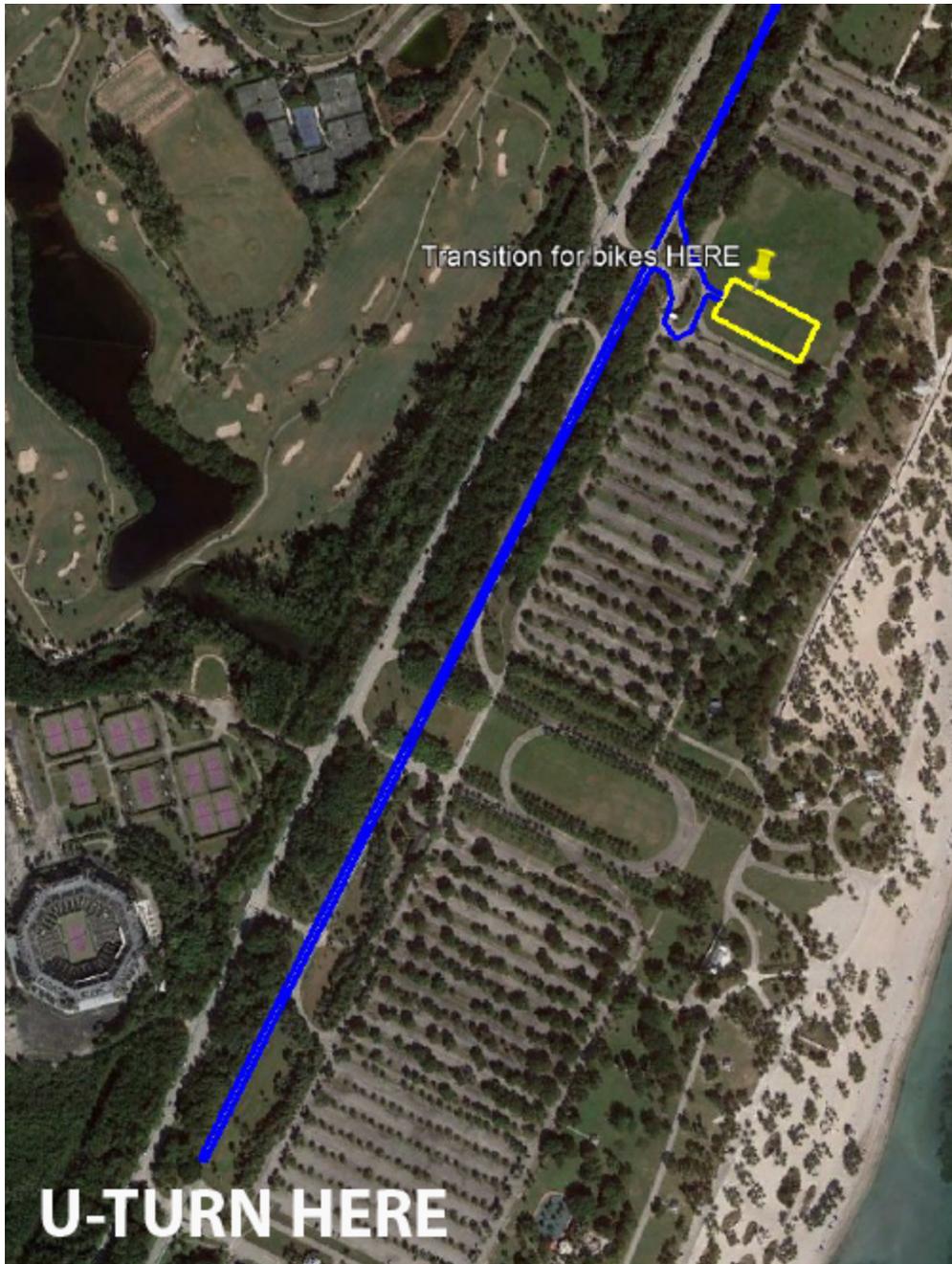


BIKE COURSE

The bike course makes a right turn out of Crandon Park, goes up and over the William Powell Bridge, u-turns at the bottom of the bridge (look for sign), then returns all the way back to the **SOUTHERN END OF CRANDON PARK** where you will u-turn again (look for sign), and then finally make a right turn back into Crandon Park. International Distance athletes will go straight and do a 2nd lap instead of turning into Crandon Park after their first lap.

VERY IMPORTANT - DO NOT TURN LEFT INTO CRANDON WHEN COMING BACK FROM MIAMI! Keep going until you see the u-turn sign at the Southern end of Crandon Park (see map). [Click here to see the full bike course map at https://ridewithgps.com/routes/34754584](https://ridewithgps.com/routes/34754584).





RUN COURSE

The run course is a very scenic loop through Crandon Park and we have improved it since the 305 Triathlon as we added the scenic old zoo and eliminated a run around the parking area. It is 3.1 miles long and International Distance racers will do 2 loops, while Sprint racers will do 1. [See the map at https://ridewithgps.com/routes/34754357](https://ridewithgps.com/routes/34754357). There will be a water station before mile 1 at the circle and again before mile 2 at the circle.

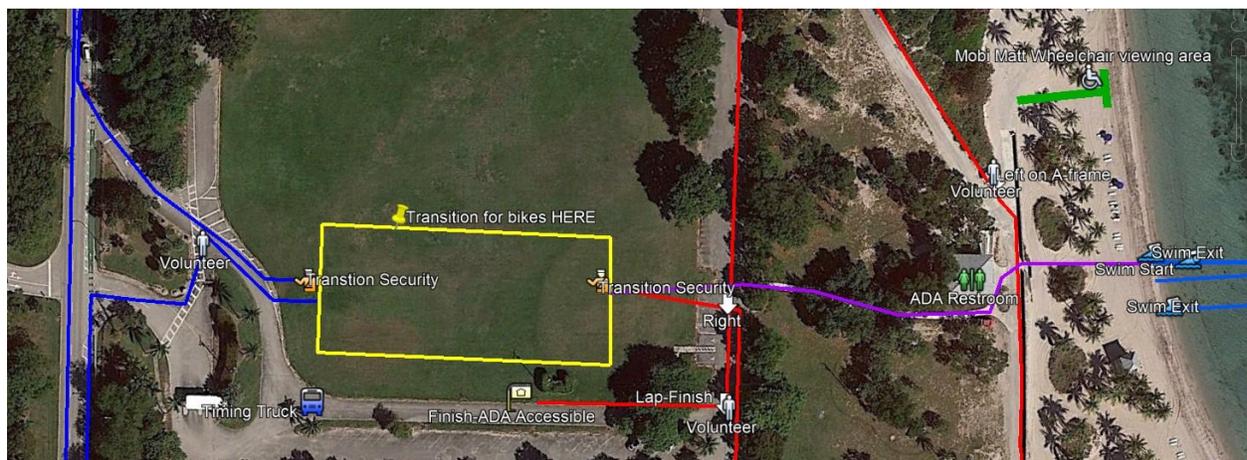
Duathlon (run #1) - All duathletes will start at 7:00 a.m. just outside of the transition area. The first run will be $\frac{3}{4}$ of a mile and go down to the track, around the track, and back to transition. [See the map at https://ridewithgps.com/routes/34754477](https://ridewithgps.com/routes/34754477).

TRANSITION/FINISH AREA

The transition/finish area is mapped below:

- Blue in the water is the end of the swim
- Purple is the run to transition from the swim
- Blue is the bike course start/finish
- Red is the run. International distance racers will continue going straight after the first lap rather than making the right turn to the finish line. There will be a Lap/Finish Arrow sign there as well as a timing mat to ensure that all Int'l distance racers do 2 laps.
- Yellow is the transition area

Note that the Aquabike ends once you enter transition after the bike. You may continue and go through the finish chute to get your medal, but the clock will have stopped.



RESTROOMS

There is a permanent restroom facility right between the transition/finish area and the beach as indicated on the map above. It has about a dozen stalls for each gender. There is also an additional restroom facility on the way to the swim start (as indicated on the swim map) and several restrooms along the run course (one right next to the water station at the circle).

SWIM PRACTICE

Please exit the water before the first wave starts at 6:40 a.m.

CUTOFF TIMES

- The swim course must be completed by 7:50 a.m. (20 minutes after last sprint starter)
- International Distance athletes must start the 2nd bike lap by 8:18 a.m. (1:12 from the last starter) or you will be directed into transition where you can finish the race but be disqualified for not completing the entire race.
- All athletes must complete the bike course by 9:00 a.m.
- International Distance athletes must start the 2nd run lap by 9:43 a.m.
- All athletes must complete the race by 10:25 a.m.

AWARDS SCHEDULE

9:00 - Aquabike Awards

9:10 - Duathlon Awards

9:30 - Sprint Triathlon Awards

10:00 - International Triathlon Awards

FEEDBACK

We ask for feedback after every race to keep improving. Thanks for your support!