29th Annual Huntington's Disease Triathlon

February 23, 2020

ATHLETE GUIDE
**Date:** Sunday, February 23rd, 2020  

**Venue:** Larry and Penny Thompson Park  
12451 SW 184 Street  
Miami, FL 33177  

**Distance:** Sprint (.25 mile swim, 14 mile bike, 3 mile run)  
Duathlon (1 mile run, 14 bike, 3 mi.)  
Olympic (.73 mile swim, 28 mile bike, 6 mile run)  

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**Pre-race Packet Pickup**  
Athletes are strongly encouraged to pick up their packets early and attend the Info Clinic  

**Mack Cycle & Fitness**  
5995 Sunset Drive  
Miami, FL 33143  

Friday, February 21st from 2:00 pm to 7:00 pm  
Saturday, February 22nd from 10:00 am to 2:30 pm  
First Timers and Info Clinic: Saturday: 1:00 – 2:00 pm at Packet Pick Up  
We encourage all participants, especially first timers, to come to the race clinic to hear all the information for the race.

You must present a photo ID and current USAT membership card. Those participants that are not current USAT members will have to purchase a one-day license for $15.00 (CASH ONLY). Only the athlete who is racing can pick up their packet. **ALL RELAY TEAM MEMBERS MUST BE PRESENT TO PICK UP THEIR PACKET.**

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**Course Maps**  
Course maps are located on our website at [www.huntingtonsdisasefl.org](http://www.huntingtonsdisasefl.org). You are strongly encouraged to print these maps out and be familiar with the course.

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**Parking**  
Parking opens at 5:30 am. Parking is spread throughout the park and may not be in close proximity to the transition. Please allow ample time to avoid an unpleasant start of your day. **PLEASE BE COOPERATIVE AND FOLLOW THESE GUIDELINES FOR PARKING.** This will ensure a great race start and a smooth entry into the park. Take US1 South or the Turnpike South to SW 184 Street (Eureka Drive). Go west on Eureka to 129th Avenue (or 2nd entrance on 134th Avenue) and follow the parking attendants for correct parking. There will be directional signs and personnel to assist with parking.

After the start of the
event all spectators will need to enter the park entrance at 184th (Eureka Drive) & 125th street (campground entrance) or through the side entrance on 137th Avenue and 176th Street.

**Spectators**
This is a very family friendly event. Spectators can watch the swim from a great spot along the nearly 1 mile edge of the lake. There is even a children’s playground right next to the finish line! The run wraps around the park which allows for lots of spectator viewing along different points on the run. The transition and Finish line are all in the same vicinity which makes it very easy to cheer on all athletes. Bring a blanket, sunscreen, bug spray, visors, and sun umbrellas and make it a family picnic day. You can even leave after the race and head over to Zoo Miami which is right around the corner. NO DOGS: Miami-Dade County Parks have a strict rule regarding pets. They are not allowed in the park! If you are found in violation of this rule, you will be fined $100, so please leave your pets at home.

**USA TRIATHLON**
This event is a USAT sanctioned event, all USAT rules apply. For more information on becoming a member of USA Triathlon and for complete USAT rules, please visit www.usatriathlon.org.

**Chip & Timing System**
The chip is a small plastic disk containing a miniature transponder. It is attached to an ankle band that is worn by the triathlete. Attach the chip band around your ankle and insert the end through the buckle. Pull firmly and press against the Velcro band to attach. We recommend affixing a safety pin to ensure it is not clawed off during the swim. Make sure it is firmly attached and fits snug (not too tight) and you’re ready to race. You must wear your chip band at all times during the event in order to be timed. You will be issued your chip **race morning** prior to entering the transition area. You must show your race number to receive your chip for this race. All chips and ankle bands will be collected at the finish line of the race. If you drop out of the race for any reason, it is your responsibility to return the chip to the finish line personnel. **Athletes who do not return their chip will be charged $65.00.**

**Body Marking**
Body marking will take place from 5:40 – 6:45 am on race morning at the entrance to the Transition Area. You will NOT be permitted in the Transition Area without your body marked. If you plan on applying lotion or sunscreen to your body, please wait until after
you have been body marked. BODYMARKING WILL CLOSE PROMPTLY AT 6:45 DUE TO THE OLYMPIC RACE STARTING AT 7:00. FAILURE TO BE BODYMARKED BY 6:45 MAY RESULT IN NOT BEING ABLE TO PARTICIPATE.

Race Numbers
There are two race numbers in your race packet that you are required to display during the event.

BIKE: The bicycle frame number MUST be attached to your bike with the race number clearly visible from both sides of the bike.

RUN: The paper run number MUST be displayed during the entire run segment on the front of your body. Pin your run number to your shirt, swimsuit, or race belt with the four safety pins provided in your race packet. Do not cut, fold or alter your race number at any time. Failure to wear your race number may result in a time penalty.

Swim Caps
The official swim cap found in your race packet MUST be worn during the entire swim. This cap is provided for your safety during the swim. Do NOT trade your swim cap with another athlete, as the caps are color-coded to assist race management. You must start in your designated swim wave. Please confirm your swim cap color coincides with your swim wave listed on Wave Boards at packet pickup.

Transition Check in/Bike
NO OVERNIGHT STORAGE IS PROVIDED. Only participants who have their timing chip and are body marked will be allowed access to the Transition Area. You must have your bike frame number attached to your bicycle before you’ll be permitted to bring your bike into the Transition area. TRANSITION AREA WILL BE CLOSED AT 6:45 AM DUE TO THE START OF THE OLYMPIC RACE. YOU MUST HAVE YOUR BIKE RACKED BY 6:45 AM AND LEAVE THE TRANSITION AREA. FAILURE TO HAVE YOUR BIKE RACKED BY 6:45 AM MAY RESULT IN NOT BEING ABLE TO RACE.

For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area. You MUST walk or run your bike while in the transition area. There will be marked mount and dismount lines. Please watch out for other athletes as you move
through the transition area and follow the instructions of race officials and volunteers. Please do not bring any glass containers into the transition area.

All relay team members will have access to the Transition area. Relay teams must pass the timing chip to their teammates at their bike rack spot in the Transition area. Each participant is required to wear an approved helmet during the bike segment. You MUST have your helmet securely fastened on your head before you mount and dismount your bike. Be sure to view the Rules listed below so that you do not receive a bike penalty.

**Wetsuits and Temps**
The use of wetsuits during the swim segment will be allowed if the water temperature on race morning is 78.0 degrees or less. If the water temperature exceeds 78.0 degrees but is less than 84.0 degrees, an athlete may wear a wetsuit but will not be eligible for awards or prizes. If the water temperature is above 84.0 degrees, wet suits are prohibited.
Race Day Schedule
5:30 am  Race site opens
5:40 – 6:45: Race day packet pickup *(FAILURE TO PICK UP YOUR PACKET BY 6:45 AM RACE MORNING MAY RESULT IN NOT BEING ABLE TO PARTICIPATE IN THE RACE.)*

5:40  Body marking and bike transition opens
6:45  PACKET PICK UP CLOSES
6:45  Olympic triathletes will be grouped by waves at swim start
7:00  Olympic Triathlon begins

**6:45**  Transition closes to All Athletes – All bikes must be racked *(including Sprint triathletes)* FAILURE TO HAVE YOUR BIKE RACKED BY 6:45 AM MAY RESULT IN NOT BEING ABLE TO RACE

**SPRINT RACERS SHOULD BE AT SWIM START 10 MINUTES PRIOR TO WAVE START TIME.** WE WILL BEGIN WAVES 5 MINUTES EARLIER IF LAST OLYMPIC SWIMMER HAS EXITED THE WATER. BE SURE TO LISTEN TO THE ANNOUNCER.

7:15  Sprint Triathletes will be grouped by waves at swim start
7:30  Sprint Triathlon begins
7:40  Duathlon Sprint begins
9:45  Bike Course Closes (Participants who continue on their own will assume all risk and must adhere to local traffic laws.)

Award Ceremony will begin when the last participant crosses the finish line
Wave Schedule

### Olympic

<table>
<thead>
<tr>
<th>WAVE #</th>
<th>START</th>
<th>DIVISION</th>
<th>CAP COLOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wave #1</td>
<td>7:00</td>
<td>Elite</td>
<td>RED</td>
</tr>
<tr>
<td>Wave #2</td>
<td>7:02</td>
<td>29 &amp; Under</td>
<td>GREEN</td>
</tr>
<tr>
<td>Wave #3</td>
<td>7:05</td>
<td>30 to 39</td>
<td>WHITE</td>
</tr>
<tr>
<td>Wave #4</td>
<td>7:08</td>
<td>40 to 49</td>
<td>YELLOW</td>
</tr>
<tr>
<td>Wave #5</td>
<td>7:11</td>
<td>50 &amp; over, AquaBike, Clydesdale, Athena &amp; Relay Teams</td>
<td>BLUE</td>
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</tbody>
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### Sprint

<table>
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</tr>
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<tbody>
<tr>
<td>Wave #1</td>
<td>7:30</td>
<td>Elite</td>
<td>RED</td>
</tr>
<tr>
<td>Wave #2</td>
<td>7:32</td>
<td>39 &amp; Under</td>
<td>GREEN</td>
</tr>
<tr>
<td>Wave #3</td>
<td>7:35</td>
<td>40 &amp; Over</td>
<td>YELLOW</td>
</tr>
<tr>
<td>Wave #4</td>
<td>7:38</td>
<td>Women (Excluding Elite &amp; Relay Teams)</td>
<td>PINK</td>
</tr>
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</table>

**SPRINT DUATHLON BEGINS: 7:40 AM - NEXT TO FINISH LINE ON PATH**

<table>
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</thead>
<tbody>
<tr>
<td>Wave #5</td>
<td>7:41</td>
<td>Clydesdale &amp; Relay Teams</td>
<td>WHITE</td>
</tr>
<tr>
<td>Wave #6</td>
<td>7:44</td>
<td>First Timers, Fat Tire, AquaBike (excluding Women)</td>
<td>BLUE</td>
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</tbody>
</table>
The Course

**Swim:** The swim will take place in Larry and Penny’s crystal clear lake. It will start on the south side of the lake. Participants will follow the buoys which should be on your right side. The swim course is set up for both the Olympic and the Sprint event. Sprint participants will swim around the inner buoy’s while Olympic athletes will swim around the farthest buoys. There are several water safety personnel monitoring the swim course. If you need assistance, make sure to wave your hands over your head. Usually, water temperatures do not warrant wet suit legal limits by USAT regulations. The temperature reading will be done one hour prior to the start by a USAT official and posted at packet pick up. Wave start times can be found under “Athlete Info.” Participants will encounter a water station between the swim exit and the transition area.

**Bike:** The bike ride will go through farmland areas of unincorporated Miami-Dade county (the Redlands), all on paved roads of course, and will encounter very little vehicular traffic. The Sprint race is 14 miles and the Olympic race is 28 miles. The course will be well marked with arrows at each intersection and arrows painted on the pavement. There will also be police controlling traffic at each intersection where riders would normally stop for a stop sign or traffic light and at each intersection where the course turns. All bikers will travel south on 127 avenue to 216 street. Continue west on 216th street until the turn around at 169 ave and travel back east on 216th street to 127th avenue and back to transition. Olympic athletes will have a water bottle exchange right after U-Turn.

**Run:** We’ve saved the best for last - the RUN! It is on all paved paths but you may encounter some large tree roots. Be extra careful with those ankles. Sprint athletes will complete one loop (3 miles) while Olympic athletes will complete 2 loops (6 miles). The course winds through the back paths in the woods, through the campground and then loops back through the woods, around the large lake you swim in and then directly in to the finish for Sprinters. Olympic athletes should veer to the left and continue loop 2. There is some shade along the course and beautiful wildlife vegetation. Please follow same sides of path as road traffic as the path is narrow in some places. There will be water stations at every mile.
**AquaBike:** The aquabike will follow the same swim and bike course. Once finished with the bike portion, rack bike and come out transition at the designated AquaBike exit (side) and run through the finish line.

**Duathlon:** The duathlon will begin with a 1 mile and then complete same Sprint Triathlon distance and course (14 mile bike, 3 mile run)

Aid stations will include water and Gatorade. Due to the hot weather, need to drink lots of fluids! You will have volunteers at the aid stations. Call out what drink you want.

**Elite Category:**
Professional or Age Group Elite Male and Female racers. Racers only eligible for overall awards (no age group)

**Age Group:** Male & Female start at 14 and under and go in 5 year increments to 80+. Age is as of 12/31st of this current year per USAT Rules.

**Clydesdale & Athena Category:**
- Clydesdale 220+ Under 39 (Men under 39 years old over 200 pounds), Clydesdale 220 40+ (Men over 40 years old over 220 pounds),
- Athena (Women 165+ pounds)

**AquaBike:**
Swim and Bike only.

**Relay Category (2 or 3 person teams)**
MaleRelay, FemaleRelay, and CoedRelay

**SPRINT RACE ONLY:**
- **First Time Triathletes** (Sprint racers in this category have never competed in a triathlon before. Athletes may choose to register as First Timers or Age Group. Can not register in both categories.
- **Fat Tire Male/Female Overall** (No Arrow Bars and tires 1 ½” or wider) (Sprint racers racing on non-racing bikes without racing wheels)
- **Duathlon:** Run, Bike, Run (1st run is 1 mile then the same Sprint course - 14 mile bike, 3 mile run.

**Awards**

Awards are given 3 deep in all categories. AquaBike, Athena, First Timer, and Duathlon (Top 3). Special awards will be given to the Top 3 Overall Males, Top 3 Overall Females, Top Overall Master Male (40+), and Top Overall Master Female (40+). Those receiving overall and master awards are removed from their age groups, bumping everyone else up in the age group standings. There is no double dipping.
overall, you cannot get another award for masters overall or your age group. Participants registered as **Elite** are ONLY eligible for overall awards. Please stay for the awards ceremony if you are due an award. Unclaimed awards may be mailed if requested within 2 weeks after the event. You must pay $15 for shipping and handling. Please send an email to hdtriathlon@gmail.com. Please include the following: Name, address, phone, email, race (Sprint/Olympic), division, Place received.

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**Bike Rentals and Shipping**
Bike Rentals (and shipping) are available through Mack Cycle and Fitness. Please contact Sandy Losada at Sandy@MackCycleandFitness.com or book online at https://mackcycleandfitness.com/reserve

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**Results**
Results will be available at the awards presentation. Official race results will be posted at www.chiptimes.com and will also be e-mailed to you within 24 hours after the event.