



30th Annual Huntington's Disease Triathlon
February 27, 2022



Huntington's Disease Triathlon

Racing for Research to Find a Cure

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Date: Sunday, February 27, 2022

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-mile bike, 3-mile run)
Olympic (.73-mile swim, 22-mile bike, 6-mile run)

Pre-race Packet Pickup

Athletes are strongly encouraged to pick up their packets early and attend the Info Clinic.

Friday, February 18th | 2:00 PM – 7:00 PM | Mack Cycle & Fitness (5995 Sunset Drive, Miami, FL 33143)

Saturday, February 19th | 10:00 AM – 3:00 PM | Mack Cycle & Fitness (5995 Sunset Drive, Miami, FL 33143)

Saturday, February 26th | 10:00 AM – 4:00 PM | **AT RACE SITE:** Larry & Penny Thompson Park (12451 SW 184th St, Miami, FL 33177)

First Timers and Info Clinic

Saturday, February 26th | 1:00 PM – 2:00 PM | **AT RACE SITE:** Larry & Penny Thompson Park

You must present a photo ID and current USAT membership card. Those participants that did not preregister and 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 PACKETS.**

Course Maps

Course maps are located on our website at www.huntingtonsdiseasefl.org. You are strongly encouraged to print these maps out and be familiar with the course

Parking

Parking opens at 5:30 am. Parking is spread throughout the park and may not be near 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.

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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 with 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 ATTACHING A SAFETY PIN TO ENSURE IT DOES NOT FALL 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 to be timed. You will be issued your chip **race morning** before entering the transition area. **YOU MUST SHOW YOUR RACE NUMBER TO RECEIVE YOUR CHIP RACE MORNING.** This is to ensure that you receive the correct chip number. **YOU MAY NOT USE YOUR OWN CHIP FOR THIS RACE.** All chips and ankle bands will be collected at the race's finish line. 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 chips 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. **BODY MARKING WILL CLOSE PROMPTLY AT 6:45 DUE TO THE OLYMPIC RACE STARTING AT 7:00. FAILURE TO BE BODY MARKED 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.

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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. THE 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.

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RACE SCHEDULE

5:30 am	Race site opens
5:40 – 6:45	Race Day packet pickup (<i>FAILURE TO PICK UP YOUR PACKET BY 6:45 AM RACE MORNING MAY RESULT IN NOT BEING ABLE TO PARTICIPATE IN THE RACE.</i>)
5:40	Body marking, chip pick up and bike transition opens
6:45	PACKET PICK UP & TRANSITION CLOSES. All Bikes, including SPRINT RACERS, must be racked or may result in not being able to race. OLYMPIC athletes will begin grouping at Swim Start (Listen to the announcer)
7:00	OLYMPIC TRIATHLON BEGINS
7:15	SPRINT RACERS should be at the swim start to begin grouping by wave start (Listen to the announcer)
7:30	SPRINT RACE BEGINS
7:40	Duathlon Sprint begins NEXT TO FINISH LINE ON PATH
10:15	Bike Course Closes (Participants who continue their own will assume all risk and must adhere to local traffic laws.)
AWARDS CEREMONY	Award Ceremony will begin when the last participant crosses the finish line

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Wave Schedule

Olympic

WAVE #	START.	DIVISION	CAP COLOR
Wave #1	7:00	Elite	RED
Wave #2	7:02	29 & Under	GREEN
Wave #3	7:05	30 to 39	WHITE
Wave #4	7:08	40 to 49	YELLOW
Wave #5	7:11	50 & over, AquaBike, Clydesdale, Athena & Relay Teams	BLUE

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.

Sprint RACE

WAVE #	START	DIVISION	CAP COLOR
Wave #1	7:30	Elite	RED
Wave #2	7:32	39 & Under	GREEN
Wave #3	7:35	40 & Over	YELLOW
Wave #4	7:38	Women (Excluding Elite & Relay Teams)	PINK
SPRINT DUATHLON BEGINS: 7:40 AM - NEXT TO FINISH LINE ON PATH			
Wave #5	7:41	Clydesdale & Relay Teams	WHITE
Wave #6	7:44	First Timers, Fat Tire, AquaBike (excluding Women)	BLUE

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The Course

Swim: The swim will take place in Larry and Penny's crystal-clear lake. It will start on the west side of the beach; Participants will go around the first buoy which should be on your left side and continue to the remaining buoys keeping the buoys on your right side. The swim course is set up for both the Olympic and the Sprint events. Sprint participants will swim around the inner buoys 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. The temperature reading will be done one hour prior to the start by a USAT official and posted at packet pick up. Wet suits are allowed if the water temperatures warrant wet suit legal limits by USAT regulations. 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 Course 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 22 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 from 127 Avenue to 216 street. Continue west on 216th street until the turnaround at 169 Ave. **SPRINT RACERS stay to the LEFT** travel back east on 216th street to 127th avenue and towards the transition. **OLYMPIC RACERS stay to the RIGHT** and turn right at 167th Avenue to 264th Street, turn left at 264th down to 157 avenue which is the turnaround, travel back to 167 avenue, make a right turn and travel back to 216th street and make a right turn. Head to 127 avenue and make a left turn heading back to the park.

Run:

We have 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 (3.1 miles) while **Olympic athletes will complete 2 loops (6.2 miles)**. The course winds through the back paths in the woods and then loops back through the woods, around the large lake you swim in, and then directly into 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 the same sides of the 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 the 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 the 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.

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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)

Male Relay, Female Relay, and Coed Relay

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. Cannot 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 (First run is 1 mile than the same Sprint course – 14-mile bike, 3-mile run.

Awards

Awards are given **3 deep** in all AGE categories.

AquaBike, Athena, First Timer, and Duathlon (**Top 3 OVERALL ONLY**)

*Overall Males & Overall Females (**Top 3 OVERALL**)

*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.

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>

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.

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