

The Fort Desoto Triathlon #1 is THIS SATURDAY! Thanks for registering! This is to remind you of important information that you need to know before the event.

PACKET PICKUP

Friday June 25th, 3pm-7pm

St Pete Running Company
6986 22nd Ave N
St Petersburg FL 33710
727-800-5043

*All participants will receive 20% off their entire purchase during packet pick up.

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 still taking precautions for Covid, but at this point if you are concerned you really should be vaccinated. I am, as are all family members. My survey at the last race showed 84% of athletes already vaccinated. Additionally, a review of 5 studies found that the odds of indoor transmission of the virus is 18.7X higher than the odds of outdoor transmission and this is an outdoor event.

Nevertheless, 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 come body marked with your race number on your left bicep on race morning. Have a friend or family member mark you with a marker prior to coming to the race.
- **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.
- **Increased Athlete Footprint in Transition**: Transition will be much larger. We will reduce the number of bikes per rack to 5 (normally up to 8/rack), and alternating rack sides keeping everyone distanced. Racers with odd numbers should rack on the left side and even numbers on the right (as shown on the rack numbers). Distance between rows will be increased as well.
- **Small Waves Start**: We will start in small waves. The wave chart below will show the time that your wave will start.

- Bike Check-In: Bike check-in is from 5:30a-6:45a.

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.

Wave #	Start Time	Cap Color	Race	Description
1	7:00	Green	Int'l Triathlon	Male Elite, Male Open, Male 39 & Under, Clydesdales 0-39, Male Para
2	7:02	Orange	Int'l Triathlon	Male 40-49, Clydesdales 40+
3	7:04	Purple	Int'l Triathlon	Male 50+, All Relays
4	7:06	Yellow	Int'l Triathlon	All Females
5	7:08	White	Int'l Aquabike	All Aquabike
6	7:15	no cap	Sprint Duathlon	All Sprint Duathlon
7	7:20	Blue	Sprint Triathlon	Male Elite, Male Open, Male 39 & Under, Male Para
8	7:23	Yellow	Sprint Triathlon	Male 40-54
9	7:26	White	Sprint Triathlon	Male 55-64
10	7:29	Green	Sprint Triathlon	Male 65+, All Clydesdales, Male Relay, Coed Relay, Male Fat Tire
11	7:32	Purple	Sprint Triathlon	Female Elite, Female Open, Female 39 & Under, Female Para
12	7:35	Orange	Sprint Triathlon	Female 40-49, All Athena, Female Fat Tire, Female Relay
13	7:38	Pink	Sprint Triathlon	Female 50+

PARKING

The event will take place at the North Beach of Fort Desoto Park. You will make a right turn once in the park when you are forced to turn left or right (there will be a large flag

pole in front of you). Follow the road and you will see the transition area in the parking lot. Please park just past (to the north) of transition (SEE MAP BELOW).



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 and BASE Performance sports drink. Some will also have 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 two aid stations out on the run course, and an additional one after the lap turnaround.

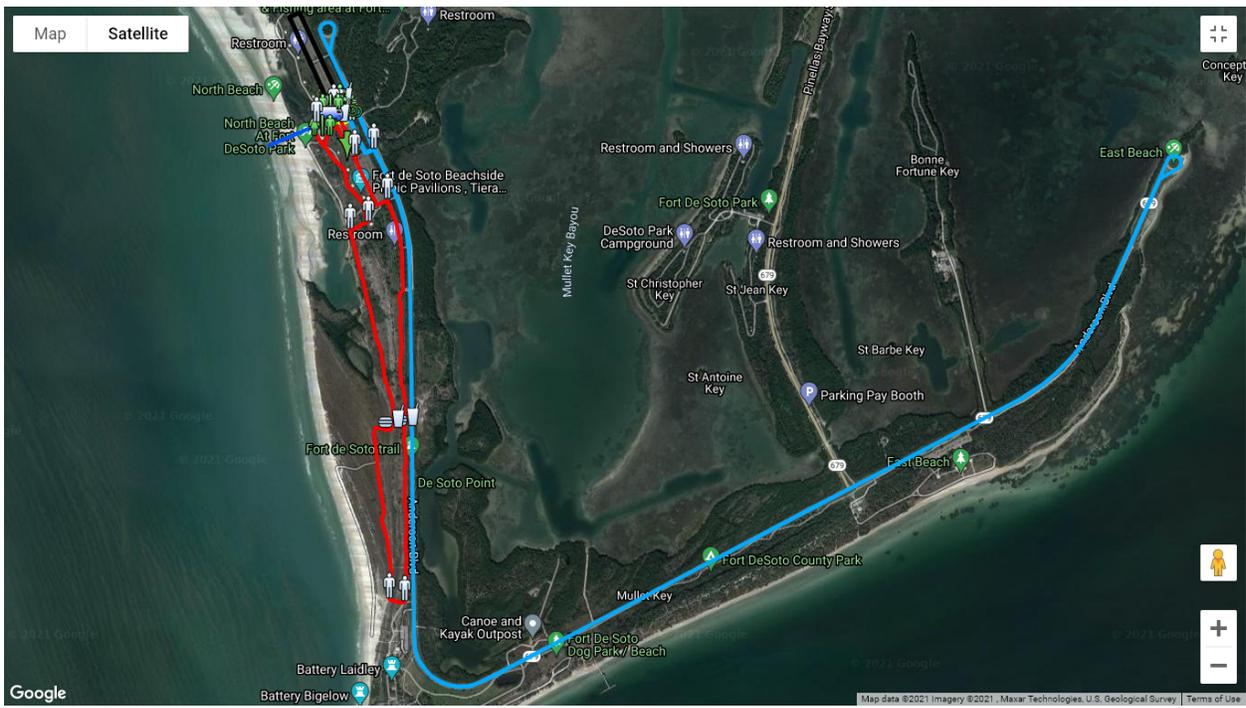
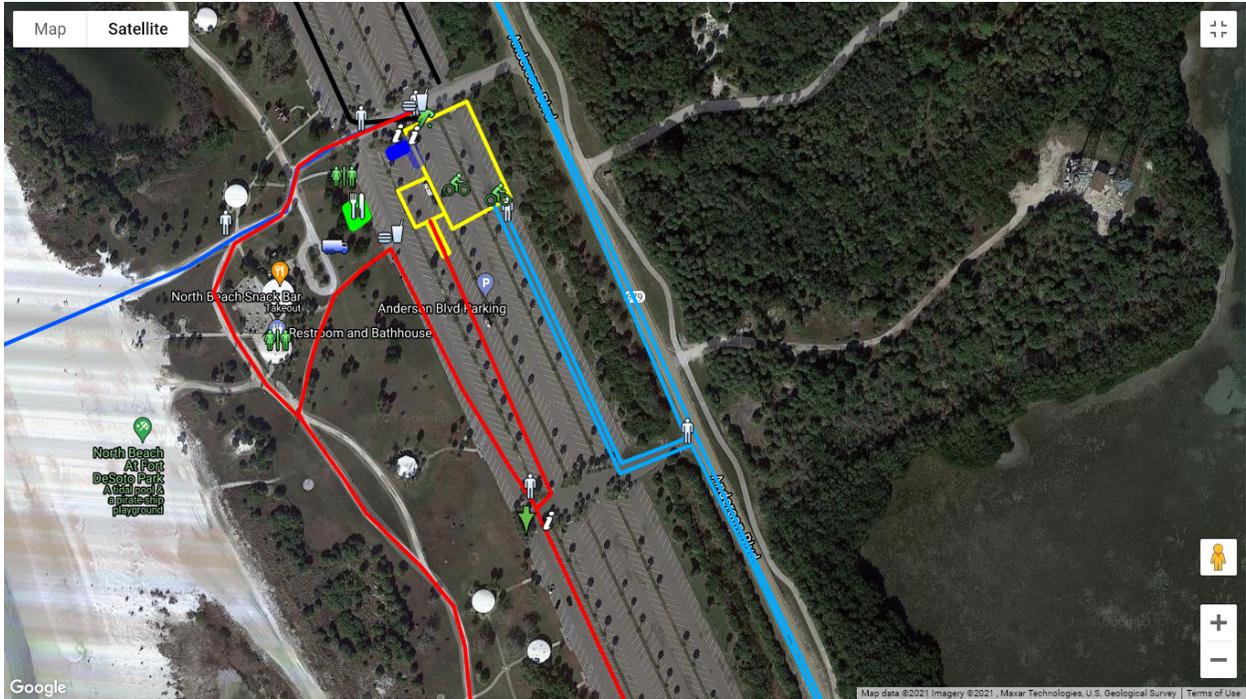
SWIM COURSE

International distance participants will start further down the beach than the sprint participants. Both distances will exit at the same point (SEE MAP BELOW). Follow the buoys until you reach the LAST BUOY which will be GREEN and exit the swim. The direction of the swim may change depending on the current, but the exit will remain in the same location.



BIKE COURSE

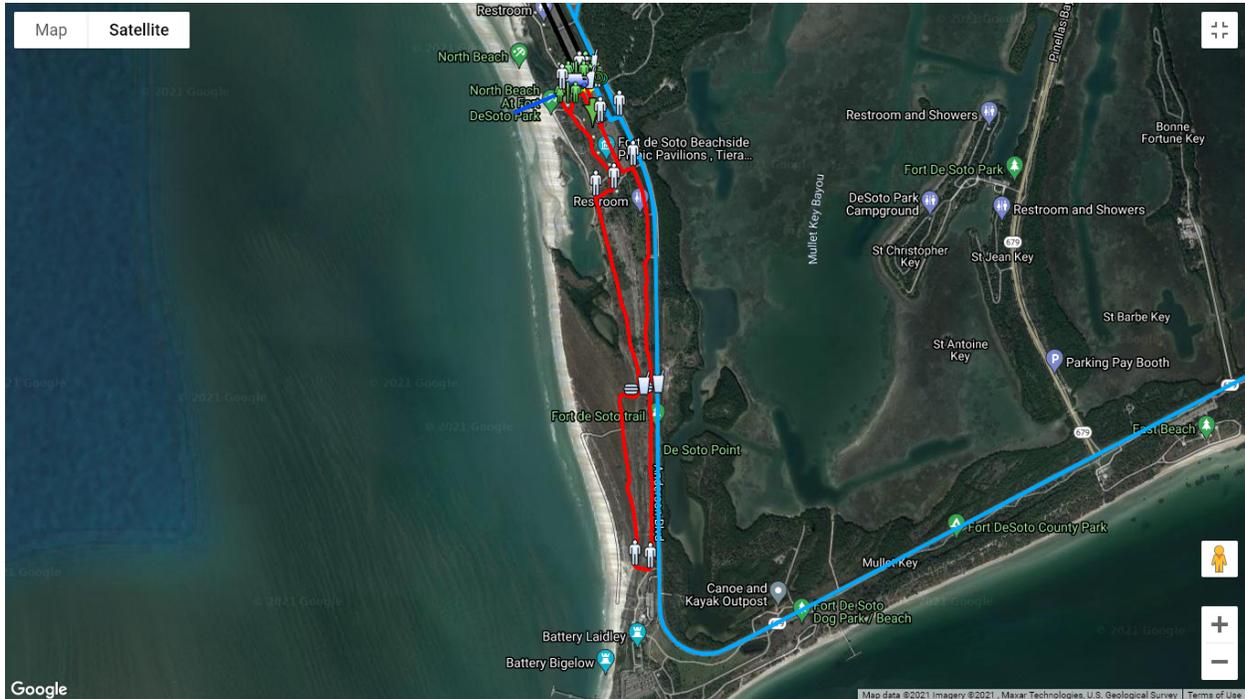
The bike course leaves transition going south. You will go all the way to both ends of Anderson Blvd and go around the huge circle at each end then return to transition. International Distance athletes will do a second lap instead of returning to transition after their first lap.



RUN COURSE

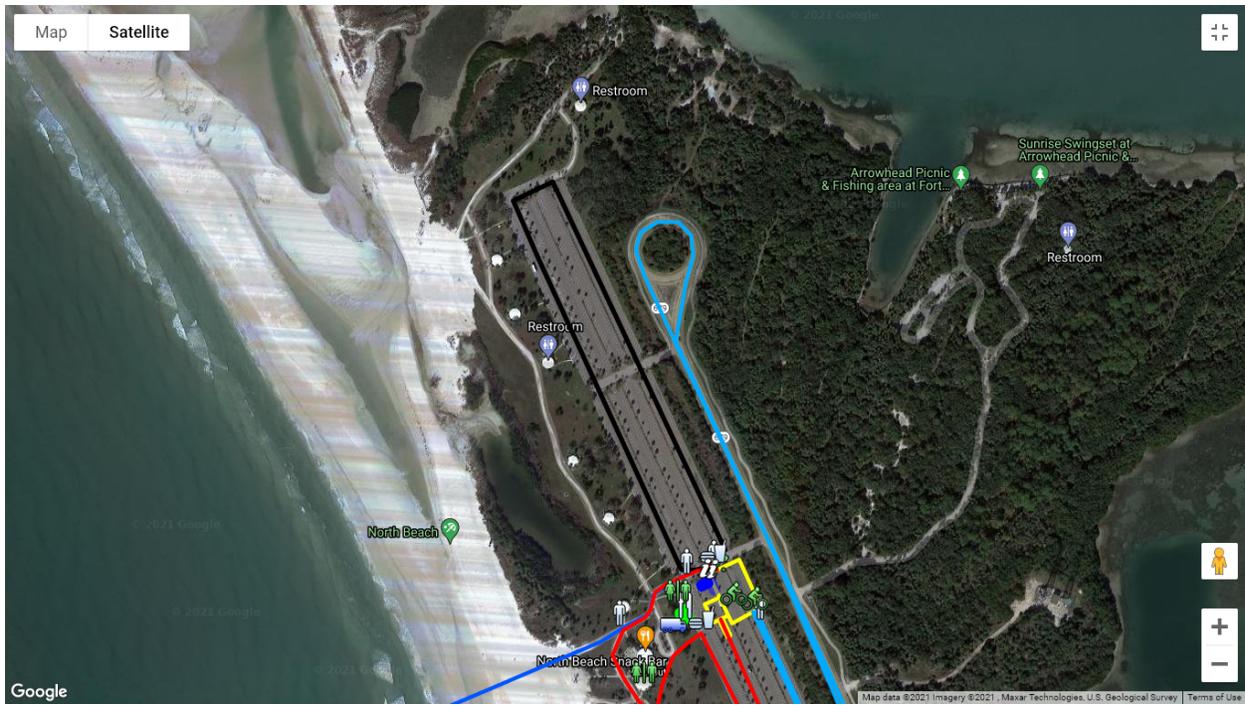
The run will exit the north side of transition and make an immediate left and follow the course as detailed in the map: <https://ridewithgps.com/routes/36460292> Once athletes get back to the

parking lot where the Finish and Transition are, **look out for Lap/Finish sign!** International distance athletes will stay to the left/straight to complete a second lap and sprint athletes will stay right to the finish. International distance athletes will encounter a bonus water station at the turnaround before going back south.



Duathlon (run #1) - All duathletes will start at 7:00 a.m. just north of the transition area. The first run will be $\frac{3}{4}$ of a mile and go around the parking lot and back to transition (SEE MAP BELOW - Course in black). Here's a link that you can zoom in on if desired:

<https://ridewithgps.com/routes/36460355>

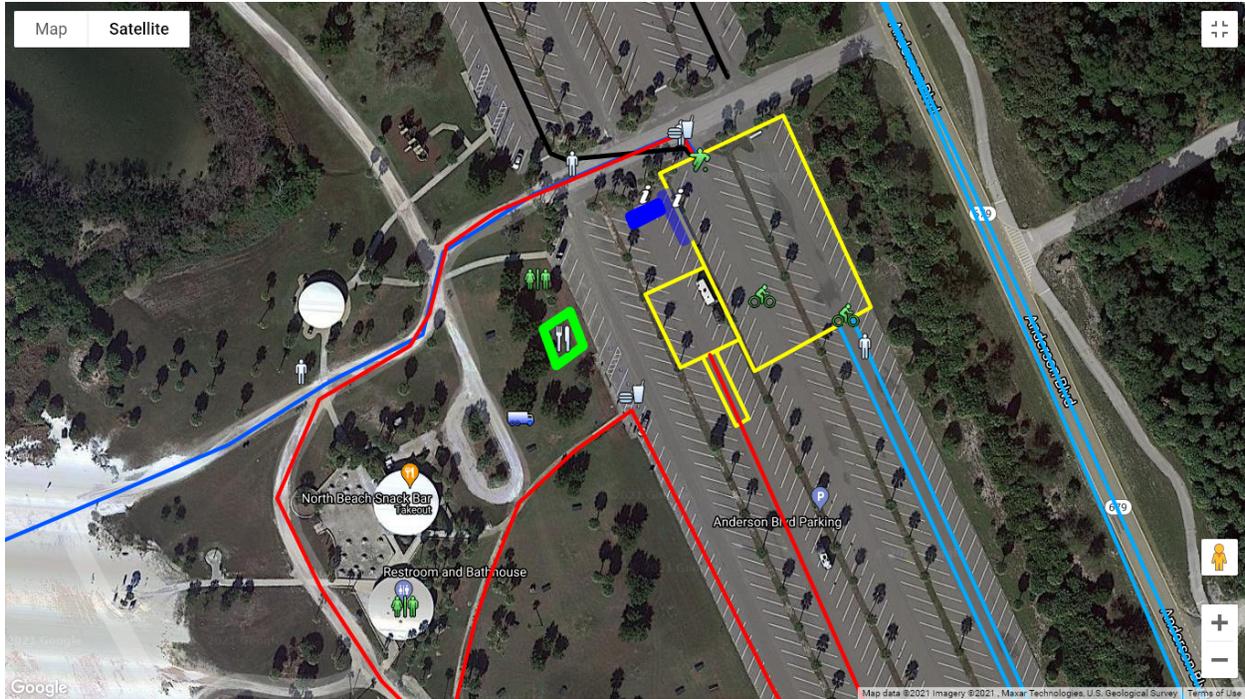


TRANSITION/FINISH AREA

The transition/finish area is mapped below:

- Blue on the beach is the end of the swim
- Light Blue is the bike course start/finish
- Red is the run
- Yellow is the transition area and finish chute

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 between the transition/finish area and the beach as indicated on the map above. It has about a dozen stalls for each gender.

SWIM PRACTICE

Please exit the water before the first wave starts at 7:00 a.m.

AWARDS SCHEDULE

- 8:45 - Aquabike awards
- 9:00 - Duathlon Awards
- 9:20 - Sprint Triathlon Awards
- 9:45 - International Triathlon Awards