

The Fort Desoto Triathlon #3 is THIS SUNDAY! Yes, Sunday, not Saturday. Also, we are starting at 7:30 am due to the later sunrise, so that's a little extra sleep for us all!!!

Thanks for registering! This is to remind you of important information that you need to know before the event.

TRANSITION AREA

We are experimenting with a new transition layout where bike racks will be parallel to your direction of travel rather than perpendicular. As you enter from the RUN end of transition to rack your bike, please rack on one of the 2 racks following the rack label with your number sequence. If this is confusing, it will make sense when you see it. I just wanted everyone to get a heads up as it will look different than what we normally do. I'll survey afterwards to get your thoughts on this type of setup. We used it in Key West and it worked well. We did it there because of the narrowness of the transition area. People seemed to like it, so we figured we'd try it again and let you tell us what you think.

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.

PACKET PICKUP

Saturday, December 18, 12pm-2pm

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 6:00-7:00 a.m.

Bike check-in is race morning from 6:00am-7:00am.

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.

TIME TRIAL START TIMES

We will be starting one person at a time in a time trial format. There is no need to crowd around the start waiting for your start time. Keep your distance and come at the time indicated below. If you are early, you will have to wait for your group to be called. If you are late (but before the last wave in your distance), you'll be able to go and your race will start when you cross the timing mats. When you get to the front, tell the starter your number and when he says 'GO', then start your race!

Group #	Start Time	Cap Color	Race	Description
1	7:30	Green	Int'l Triathlon	Male Elite, Male Open, Male 39 & Under, Clydesdales 0-39, Male Para
2	7:31	Orange	Int'l Triathlon	Male 40-49, Clydesdales 40+
3	7:32	Silver	Int'l Triathlon	Male 50+, All Relays, Male Aquabike
4	7:34	Gold	Int'l Triathlon	All Females
5	7:45	no cap	Sprint Duathlon	All Sprint Duathlon
6	7:50	Blue	Sprint Triathlon	Male Elite, Male Open, Male 39 & Under, Male Para
7	7:52	Red	Sprint Triathlon	Male 40-54
8	7:54	White	Sprint Triathlon	Male 55-69

9	7:55	Black	Sprint Triathlon	Male 70+, All Clydesdales, Male Relay, Coed Relay, Male Fat Tire
10	7:56	Pink	Sprint Triathlon	Female Elite, Female Open, Female 39 & Under, Female Para
11	7:58	Purple	Sprint Triathlon	Female 40-49, All Athena, Female Fat Tire, Female Relay
12	7:59	Yellow	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.

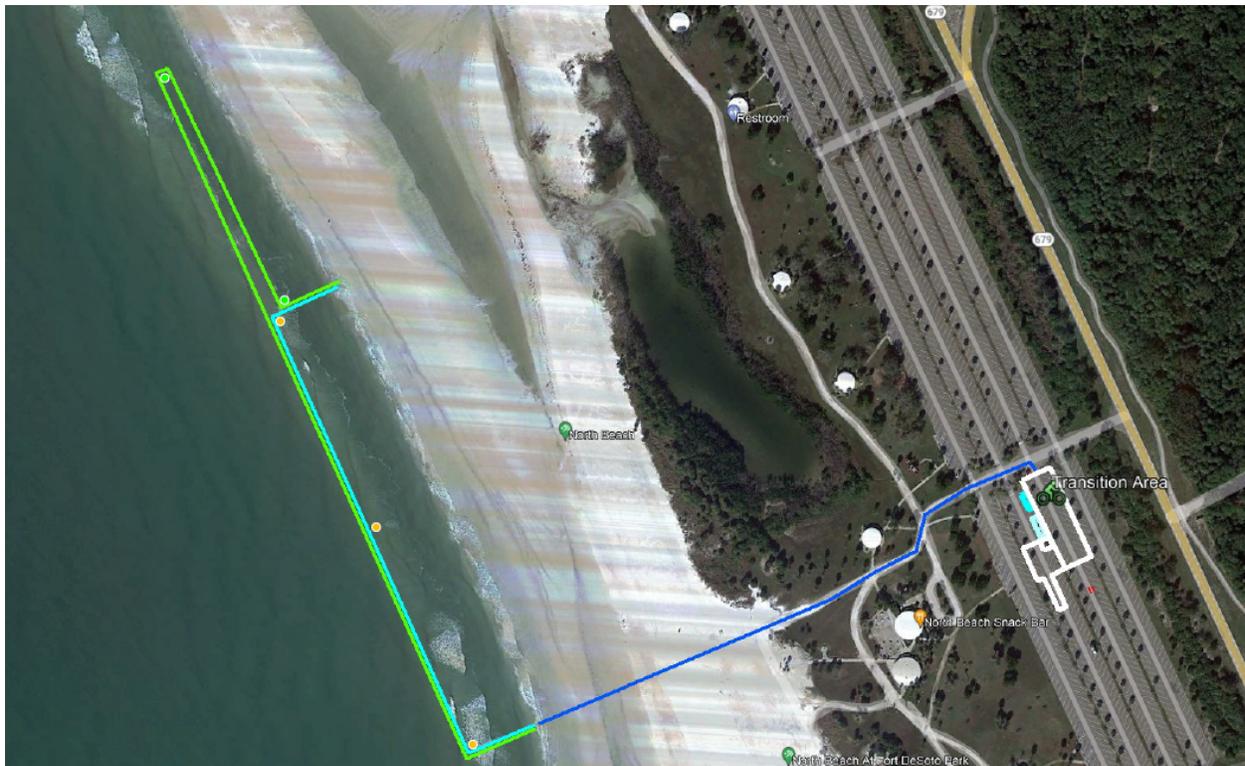
There will be two aid stations out on the run course, and an additional one after the lap turnaround.

SWIM COURSE

International distance participants will follow the green path. They will turn right at the first green buoy, go to the 2nd green buoy, then return, keeping all orange buoys on their left and exit at the last orange buoy. Here is the international map individually:

<https://ridewithgps.com/routes/36460385>

Sprint distance participants will follow the aqua path. They will turn left at the first orange buoy, keeping all orange buoys on their left and exit at the last orange buoy. Here is the sprint map individually: <https://ridewithgps.com/routes/36460378>



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. Here is the link to the bike course map: <https://ridewithgps.com/routes/36460337>

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. Here's the International distance run map: <https://ridewithgps.com/routes/36460299>

Duathlon (run #1) - All duathletes will start at 7:45 a.m. just north of the transition area. The first run will be 0.7 mile and go around the parking lot and back to transition. Here's a link to the map that you can zoom in on if desired: <https://ridewithgps.com/routes/36460355>

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 7:30 a.m.

AWARDS SCHEDULE

9:35 - Aquabike awards

9:45 - Duathlon Awards

10:05 - Sprint Triathlon Awards

10:30 - International Triathlon Awards