

Hello Athletes!

Welcome to the 2019 race! We appreciate that fact that you choose CdA to be your race destination. The race committee has worked hard all this past year to organize the race, and we always try to make improvements every year so please, thank the committee members and especially the world's most awesome volunteers because without them, this race would never happen.

So - here's the nitty-gritty:

FRIDAY, AUGUST 9, 3-7PM, CITY PARK

1. Find your race number, posted near the bandshell.
2. Go to the USAT table and fill out the waiver (you must know your USAT annual number if you have one). If you signed up for a one-day license on your registration, please mark on the waiver that you did that and we will verify that information.

Everyone MUST sign a USAT waiver with picture ID, absolutely no exception.

3. Packet pick up will be at the bandshell. **All participants must be there to pick up their own packets WITH ID. WE CANNOT LET YOU PICK UP OTHER PARTICIPANT'S PACKETS.** If you are on a team, you can pick up your packet, but we will not let you have the timing chip until all team members sign the waiver.
4. Go to the table posted with your category and pick up your packet. Check to make sure you have your race number, helmet number, bike number, and swim cap. Your timing chip will be given to you separately at the last table. (make sure to return your timing chip, or you will be charged for a replacement)
5. Olympic athletes will receive drawstring stuff sacks for any small gear items such as (shirts, flip flops, water bottles, etc.) that can be stowed on board. These gear bags need to be tied and have your equipment tab pinned to them for easy identification. After the swim start, they will be brought back to the venue. The gear bags will be available for pick up after the race at the information booth, located just south of bike/run transition.
6. The Transition Area will be open @ packet pickup for Olympic athletes only so they may rack their bikes to save time because of the 6:15 departure for Olympic swimmers aboard the cruise ship! Live overnight security will be provided.

SATURDAY, AUGUST 10, BRIGHT AND EARLY, CITY PARK.

1. Go to body marking at the north end of the park (opposite the water.)
2. Then, go to transition which opens at 5:00am. Before entering transition, your bike will be inspected to make sure you have bar end plugs. If you do not, please get them so you can race. **The USAT referee will not let you rack your bike unless you have bar ends.**
3. NOTE: Everyone must be out of transition at 7:00am. (This is when timing goes live!)
4. Now - go find yourself a place on the beach or walk over to the CDA Cruise ship @ the dock and board the ship!
NOTE: (Make sure to show your athlete race number to the Lifeguard before boarding)

Olympic Triathlon Wave Starts: (board the cruise ship by 6:15)

1. 7:00am - 25-49 year old males
2. 7:05am - 14-49 year old females
3. 7:10am - 14-24 year old males and 50-99 year old males
4. 7:15am - 50-99 females - Athena, Clydesdale and ALL Olympic Three Person Teams.

Duathlon Start: (@ the finish line)

1. 7:00am - All ages

Sprint Wave Starts: (on the beach)

1. 8:00am - All males
2. 8:05am - 10-39 year old females
3. 8:10am - 40+ year old females
4. 8:15am - All Sprint Three Person Teams, male and female

HELPFUL REMINDERS:

- While on board the cruise ship, please pay close attention to the race directors instructions and be prepared to exit the boat in a single file timely manner. Lifeguards will help guide you off the ship and down a ramp to the barge where you will be directed to step off the platform and enter the water “no diving.” Once in the water, please move away from the barge. Allow fellow athletes to do the same and head to the starting buoys. Wait for the swim wave countdown and the start of your swim wave!
- While in the water, please remain calm and courteous to others. If you find yourself in trouble; please stop, stay calm, and wave your arm for help. We have a great deal of support on the water, and they will take care of you. PLEASE STAY CALM AT ALL TIMES.
- When you leave transition on your bike, please do not mount your bike until you see the mount line, NO RIDING THROUGH TRANSITION. Follow the bike course as marked. NOTE: it is NOT a closed course so please follow the laws of the road. When you come in on your bike, please dismount at the dismount line that will be marked. Be careful; it is usually a congested area.
- When leaving transition for the run, you will need to follow the markings on the road and trail. When you are at the end of Rosenberry Dr. (also known as the dike road,) veer to the left and stay on the NEW TRAIL. This run course is entirely on the trail, and I think it is a fast and very safe run.
- As you approach the Beebe Blvd crossing, be aware of traffic. Continue on the trail and do not veer to the right into Riverstone Park. You will NOT go around the pond. Continue to the turnaround under the Seltice Way Bridge.
- The Duathlon Start Line is the finish line. You’ll run a 5k first and turn around just past the water treatment plant on the first leg. The second leg is a 10k, and you will run to the turnaround under Seltice Way Bridge.
- The Finish Line is next to transition in the park.
- We will have post-race food, Heed from Hammer Nutrition and water.
- Awards for the Olympic and Duathlon - 11:15am and Sprint awards - 10:30am.
- VOLUNTEERS-please thank them every time and every chance you get! They are giving up their day to help YOU. If ever you are able, please; volunteer yourself at a local race and experience both sides of the race.
- Save yourself some time and energy; fill out your waivers IN ADVANCE!!!
- Last but not least, support all your local races.

Again, thank you for choosing the CdA TRI as your race: be safe and have fun!

Thank you!
ROB LIDDICOAT, Race Director