Important Athlete Information

This Packet is filled with important information. The answers to your questions are here. Please, please, please take the time to look through this detailed guide. You'll be glad you did.

The Crystal River Sprint Triathlon Series: #2 – Sept. 4, 2021

We welcome you to the beautiful Nature Coast for the Crystal River Triathlon Series! Please read the Athlete Information provided below very carefully for what's expected prior to and on race day.

Second Race of the Series!

Legal Stuff:

DRC Sports reserves the right in the event of inclement weather, emergency, or natural disaster to cancel the race and move to a later time. In the event of a cancellation, there will be no refund of entry fees. However, the USAT fee, if pre-paid, will be refunded.

USA Triathlon
The Crystal River Triathlon Series is sanctioned by USA Triathlon. You must be a current USAT member to participate or you may purchase a one-day license at packet pick-up. An annual license may be purchased online at www.usatriathlon.org. All USAT rules will be in effect during the event. Protest of penalties assessed for rule infractions must be filed with the USAT Head Official immediately after the protesting individual finishes the race.

OK Let's Get Started: (Items in RED represent NEW, CHANGED, or VITAL information)

Packet Pick-Up/Athlete Check-In
Friday:
3:30 - 5:30 PM Early Packet Pick-Up at the **Breakfast Station Restaurant**
   o   located at Winn Dixie Shopping Center: 1676 U.S. 19, Crystal River, FL (MAP)

Saturday:
Packet pick-up will begin at 6:00am on Race Day at the beach. We encourage everyone to come to packet pick-up early enough to make sure you can get set-up without any stress.
Proof of current USAT membership must be presented or a new one-day license must be purchased ($15). Photo ID must also be presented – no exceptions.

Relay Teams
Each relay team member must be present for packet pick-up and each must show proof of USAT membership. Substitution of a relay team member will not be permitted.

NO ID – NO RACE – NO EXCEPTIONS!

Mandatory Bike Check-In
Bike check-in is 6:00am-7:15am, Saturday morning. If you arrive after 7:15am, **you will not be allowed to check in your bike**. Please consider driving time to Main Beach. Transition will close at 7:15am. No exceptions.

Race Day Parking
Limited Race day parking is available at the Main Beach parking lot. Additional Parking is available along Fort Island Trail, prior to the beach. Please arrive early and do not park in any "No Parking" areas to avoid being towed.

Race Numbers
There are 3 types of race numbers provided at check-in that are required to be displayed by the athletes during the event:

*Bicycle Frame Number: Must be attached to bike with number clearly visible on both sides.

*Helmet Number: Must be applied to front of your helmet and worn during the event.

*Bib Number: **During the run portion, bib number must be displayed.** Bib numbers are pinned to the **front** of shirt or attached to a race belt. Safety pins are provided at check-in. Bib numbers MUST always be in front for identification, photo, and safety purposes.

Body Markings
Due to COVID staff will not be Body Marking Athletes. **YOU MUST BODY MARK YOURSELF AND FOLLOW THE DIRECTIONS BELOW**. Competitors will not be permitted into the transition area without proper body marking. Please verify that body marking matches race number printed on bib, bike, and helmet. In order to enter and exit transition area, all numbers must be visible.

Transition Area Access

The transition area will be open on race day from 6:00am – 7:15am only. Any athlete including relay team members, who arrives after 7:15am will not have access to the transition area.   At the end of your race, you will be allowed to collect your bike as soon as the last bike is off the course. After recovering your equipment, please exit the competition area, return to your vehicle and Have a Nice Day!

Relay Team Transition Area Access
To reduce congestion, only the relay team cyclist will have access to the transition area. Relay teams must pass the timing chip to their teammates in the holding areas just outside the transition area following each segment. Relay Team Cyclist may secure all personal items belonging to the swimmer and runner at the relay team's bike rack.

Timing Chips

All athletes will have your **Disposable Timing Chip** included in your Race Envelope. Simply remove the small tab at the end of the strap to reveal the adhesive. *Make sure to leave 2 fingers of space between the strap and your leg to avoid chaffing.* DO NOT REMOVE THE FOAM PIECES ON THE STRAP. You are required to attach your timing chip before entering the transition area on Race Day. Do not lose your chip. Each chip is encoded with specific registration data so no chip trading is permitted. Chips must be affixed to the left ankle prior to the swim start and must be worn during the entire triathlon event. Athletes are responsible for crossing the timing mats at the end of each segment (e.g. swim finish). Relay team members will have a Velcro tab and must pass the chip to teammates after completing their segment of the race. Crossing the timing mats as you re-enter transition to reclaim your gear with your chip in place will alter your transition times. Chips DO NOT need to be returned at the end of the event!

Swim Cap
The swim cap is distributed at packet pick-up and must be worn during the swim. Do not trade swim caps with other athletes, as caps are color coded to assist in the organization of the swim start. Each of the swim waves leave by age group, Clydesdale & Athena categories…everyone must leave in the correct age group. Refer to the Swim Wave information provided.

Swim Start will be in smaller waves. (approx. 50 each wave) Please continue to allow 6' of separation from other athletes. Please make sure to be at the Pre-Race Meeting 15 minutes prior to race start.

Swim Course
The swim begins by heading towards the first set of buoys. Proceed around the buoys, keeping all buoys on your right. Athletes who cut any portion of the swim course will be assessed a penalty. Certified Water Safety Personnel will monitor the course throughout the swim. Athletes needing assistance should raise hands above your head and safety personnel will assist.

Transition Area

There will only be 5 bikes per rack in transition to allow for proper distancing. If you arrive at your bike during the race and someone is already at your rack, please work from the opposite side of your bike to maximize distancing.
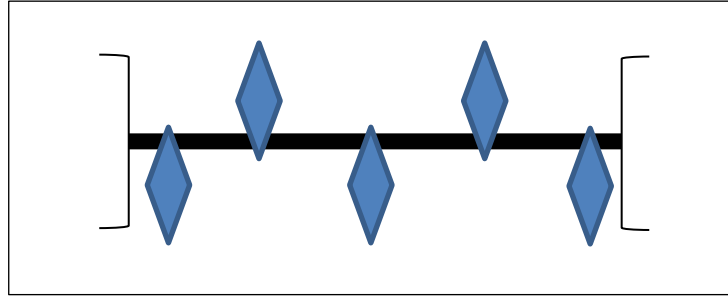
Per USAT regulations (for the safety of everyone) athletes will not be permitted to ride bikes in or out of the transition area. Athletes must walk or run while in the transition area. Please watch out for other competitors and follow instructions of race officials as you move through transition. Mount & Dismount your bikes within the designated areas.

<u>Leaving Transition (After Event Has Concluded)</u>

To remove bikes and gear from the transition area, all athletes must show their race number (body marking or bib). Race Officials will monitor all equipment removal.

Bike Course

Approved helmets are required during the bike segment. Athletes must have helmets securely fastened before mounting and dismounting bikes. This is an out and back on an "open course" so please bike accordingly and watch for traffic. Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race. USAT officials will monitor the bike course and strictly enforce rules. Please check your bike and make sure you have bar end plugs before bringing your bike into transition area Saturday morning. Athletes will exit transition and mount at mount line. Remember the bike course is open to traffic; Law Enforcement Officers will staff all major intersections, but it is up to the athlete to know the course and yield to any traffic. Your safety is our key goal.

Run Course

The Run Course will be on Fort Island Trail. This is an out and back on an "open course" so please run accordingly and watch for traffic. Although there is minimal traffic on this dead-end road, there may be some vehicles trailering boats to the boat ramp. Water Stations are located along the course. Each station will have sealed water bottles only. Trash receptacles will be placed 250' and 500' following the aid station. If you miss those, please hold onto your bottle until the next available receptacle. Please drink early and often. Each mile is marked. Runners please give leeway to oncoming runners. You must have your race bib on in the front.

Finish

The run course officially closes at 9:30 am. A race vehicle will sweep the course and pick you up if needed. You may elect to continue on your own, however, course support may be pulled in accordance with our permit. The finish clock will remain on and times will be recorded until 10:00am. The Finish line chute will be setup for a continuous flow: FINISH/WATER/MEDAL. Bike Removal will be announced as soon as transition is opened.

Duathlon Course

The Duathlon will consist of a 2 mile Run, starting near the Finish Line, simultaneously with the first swim wave. Athletes will run into transition at the same place as swimmers. Duathletes will then complete the same 15M Bike and 3 Mile Run as the Triathletes.

AquaBike Course

The AquaBike will begin with the .25 mile Swim, starting in the third (3rd) swim wave. AquaBikers will then complete the same 15M Bike as the Triathletes. After completion of the Bike Course, AquaBikers time will STOP at TRANS IN. They will re-rack their bike in transition and proceed directly to the Finish Line, where they will receive their FINISHER MEDAL.

Dropping Out

If you fail to complete the entire triathlon course, please notify a race official and return your timing chip to the finish line area.

Unsportsmanlike Conduct

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during the pre-race or post-race activities will result in immediate disqualification and be reported to the USAT. Basic Manners apply here folks. Follow the Golden Rule and everyone will have a great day!

Timing & Results

Race results will be posted online and sent to your cell phone if you opted in during registration. Please report any discrepancy via e-mail to timing@drcsports.com. Athletes who do not wear the timing chip during the entire event will not be scored. Note: Penalties will be posted online after the first round of results.

Medical Care

EMS will provide medical care for any injuries.

The greatest risk to athletes during the race is the potential of heat-related injuries associated with inadequate hydration prior to and during the event. Be sure to drink plenty of fluids throughout the race.

USAT Rules

As a USAT Sanctioned Event, USAT rules will be enforced by USAT Race Marshalls. Athletes should familiarize themselves with these rules. Rules are available at www.usatriathlon.org.

Age Requirements

Participants in the triathlon must be 14 years or older on December 31st. However, exceptions are made for seasoned youth athletes (Race Director will have a consultation with athlete's parents).

Final Results & Awards

Race results will be posted online www.DRCSports.com following the race. The top three participants in each age category will receive an award. There are also separate Overall Male and Female plus Clydesdale, Athena, Military, Fat Tire, Relay Team, and Novice Awards.

Results will be sent to USAT for points rankings. Please have a safe race and we look forward to seeing you at future events.

Awards Party

The Awards Ceremony begins at approximately 9:30am. The Awards *Party* begins as soon as YOU cross the finish line! Be sure to stick around for Delicious Food, fruit, snacks, etc. Also, please check out our sponsors for this great event.

Notice: We love animals, but the County passed an ordinance against animals on the beach. Please leave pets at home.

BODY MARKING
DO IT YOURSELF BODY MARKING
INSTRUCTIONS
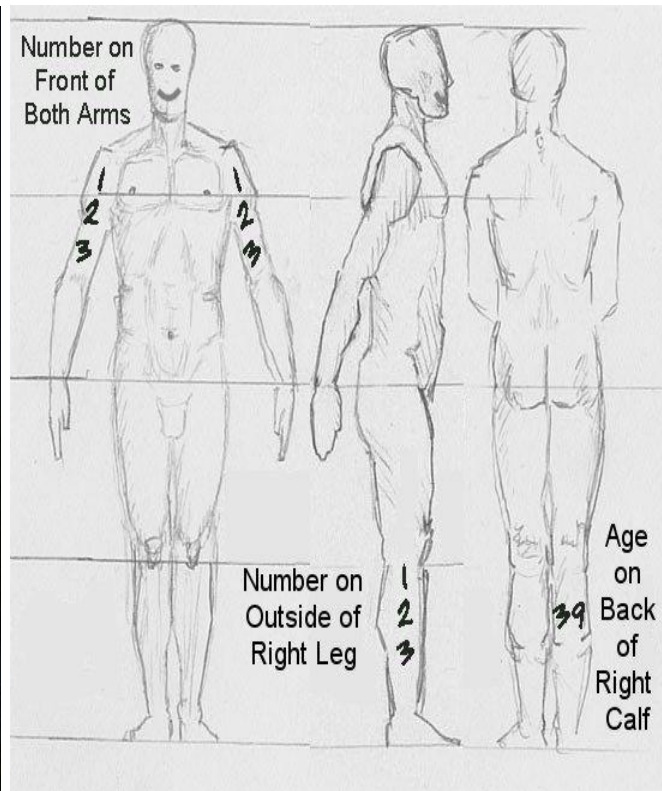
PREPARATION FOR MARKING

For best results, make sure that the areas of your body that you will mark are **dry** and **clean from dirt and lotion**.

PLACEMENT

- USE A LARGE "SHARPIE" TYPE PEN OR MAGIC MARKER

- NUMBERS SHOULD BE **2" HIGH**. (EACH)

- USE BLOCK NUMBERS, NOT *SCRIPT*.

- WRITE THEM VERTICALLY, WHENEVER POSSIBLE.

- OBJECT IS TO MAKE THEM VISIBLE AT A DISTANCE, WITHOUT BEING RIDICULOUS.

- ***THINK ABOUT WHAT SHORTS YOU WILL BE WEARING DURING THE RACE***, SO YOU CAN PUT THE RACE NUMBER BELOW THE SHORTS. (DON'T PULL YOUR SHORTS UP FOR THE NUMBER, THEN PULL THEM BACK DOWN AND COVER IT)

- AGE GOES ON ONLY ONE LEG. ***IF YOU ARE IN A SPECIAL CATEGORY*** PUT A "C" FOR CLYDESDALE, "A" FOR ATHENA, "F" FOR FAT TIRE, "N" FOR NOVICE, "M" FOR MILITARY, AND "R" FOR RELAY TEAM.

Category Key-Sprint   2021 Crystal River Sprint #2

DIV	Category	Wave	Swim Cap	Start
1	Age Group Male (All)	1	GREEN	7:30
1	Age Group Female (All)	2	PURPLE	7:33
2	Athena	3	WHITE	7:36
3	Clydesdale	3	WHITE	7:36
4	Fat Tire Male	3	WHITE	7:36
4	Fat Tire Female	3	WHITE	7:36
5	Military/PSO/LEO Male	3	WHITE	7:36
5	Military/PSO/LEO Female	3	WHITE	7:36
6	Novice Male	3	FLO YELLOW	7:36
6	Novice Female	3	FLO YELLOW	7:36
7	Physically Challenged	1	SILVER	7:30
8	Triathlon Relay Team	3	WHITE	7:36
9	Duathlon Male	1	NONE	7:30
9	Duathlon Female	1	NONE	7:30
10	Aquabike Male	3	WHITE	7:36
10	Aquabike Female	3	WHITE	7:36
11	Duathlon Relay Team	1	NONE	7:30

(Swim Wave Schedule Subject to Change)

Parking Information

PARKING NOTICE:

Parking is available at the Main Beach Municipal parking lot at the end of Fort Island Trail. There are over 100 Parallel parking spots available along Fort Island Trail.

Do Not Park outside of designated areas or you are subject to being towed.

.25 Mile SWIM COURSE MAP

BIKE IN

SWIM IN

W Fort Island Trail

TRANSITION

REG

BIKE OUT

SWIM EXIT

44

SWIM START

44

CRYSTAL RIVER Sprint TRIATHLON Series DRC

DRC SPORTS
YOUR RACE
YOUR RESOURCE

TRANSITION FINISH LINE

RUN TURNAROUND

BRIDGE

Crystal River

Crystal River
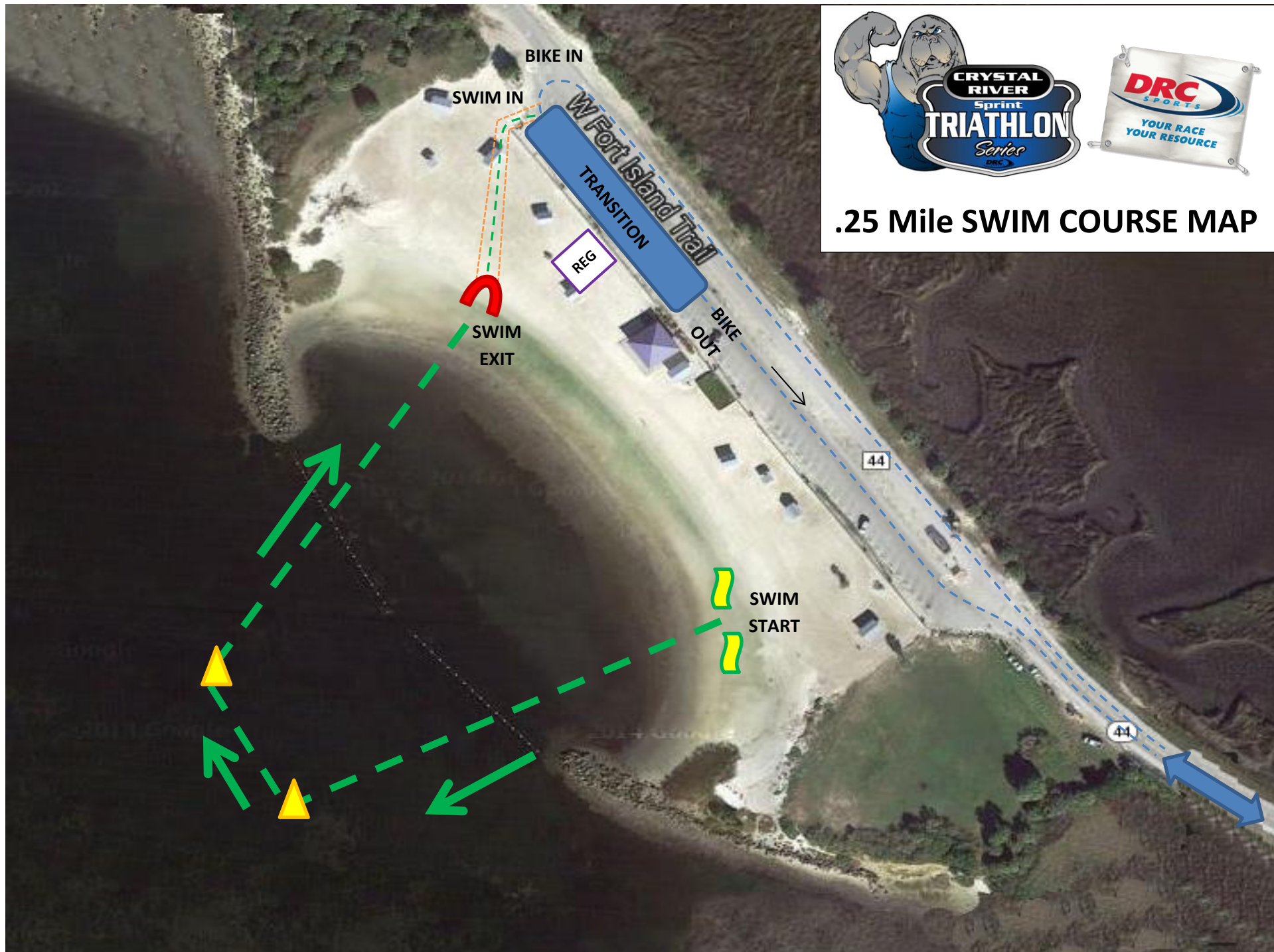
15 Mile *(OUT/BACK)* **BIKE COURSE**

CRYSTAL RIVER Sprint TRIATHLON Series

DRC SPORTS
YOUR RACE YOUR RESOURCE

BIKE TURNAROUND
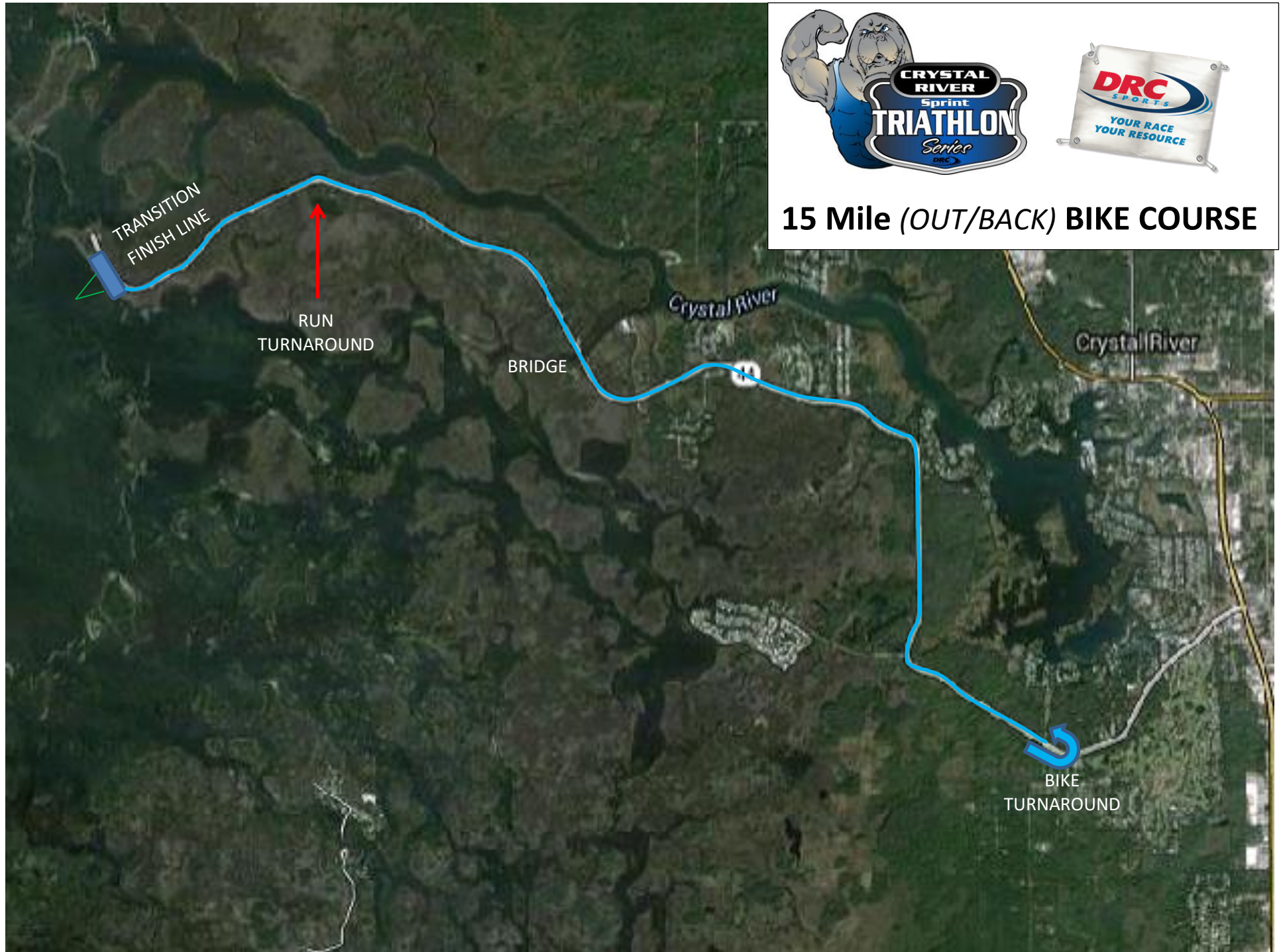
3 Mile *(OUT/BACK)* RUN COURSE

TURNAROUND

44

AID STATION

TRANSITION

FINISH LINE

Fort Island

CRYSTAL RIVER Sprint TRIATHLON Series

DRC SPORTS — YOUR RACE YOUR RESOURCE

TRANSITION MAP

Power Pole

Bike Support

PVC

Cones

Run Out

Bike Out

Red Trailer

Finish

Rehab

PHOTO

H2O

H2O

Medals

Barricades

Bike Racks

Blue Pavilion

Bathrooms

Water

Registration Tent Packet Pick-Up /Food

Inflatable Arch

Generator

Bike Recovery

AquaBike Finish

Bike In

Port-o-lets

Swim In

Cones