



Welcome to the Publix Escape to Miami Triathlon

Participant Instructions & Pre Race Information

IMPORTANT PRE-RACE AND RACE DAY INFORMATION

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NEW FOR 2009

- There will be (2) mass starts for the Olympic Division (presented by Cytomax and Muscle Milk)
 - There will be (4) waves for the Sprint Division
 - **Bike check, body markings, and timing chips are ONLY available on Saturday, September 26 from 1:00 PM – 8:00 PM at Margaret Pace Park.**
 - **Packet pick-up will be available at Elite Cycling and Fitness and Margaret Pace Park. ALL PARTICIPANTS OF THE 2009 PUBLIX ESCAPE TO MIAMI MUST BE PRESENT ON September 26th to do bike check-in, get body marked and pick up timing chip.**
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SEPTEMBER 26, 2009 @ MARGARET PACE PARK (1 PM – 8 PM)

Registration:

Online and pre-race registration closes at **11:59 AM on Friday, September 25**. If you know someone who would still like to register for the Publix Escape to Miami, please have them register at www.escapetomiamitriathlon.com before this date. There will be on-site registration on September 26 at Margaret Pace Park if space permits, however an additional cost will be applied. THE SPRINT IS CLOSE TO REACHING ITS CAP.

Packet pick-up:

Locations:

- All participants must pick up their **OWN** packets at Elite Cycling and Fitness or Margaret Pace Park at the following dates and times.

*****Please note that if you pick up your packet at Elite Cycling and Fitness at the following dates, there will be a wristband placed around your wrist which MUST NOT be removed until completion of the race on September 27th.**

September 21-23, 2009 (10 AM – 7 PM)

- Elite Cycling and Fitness
12249 S. Dixie Highway
Miami, FL 33156
786-242-3733

***Please use Elite Cycling and Fitness to service your bike, in addition to making arrangements with the store for shipping arrangements if needed.

September 26, 2009 (1 PM – 8 PM)

- Margaret Pace Park
1745 North Bayshore Drive
Miami, FL 33132

*****IT IS MANDATORY THAT ALL ATHLETES GO TO MARGARET PACE PARK FOR BIKE CHECK IN ON SATURDAY, SEPTEMBER 26, FROM 1 PM to 8 PM EVEN IF YOU HAVE PREVIOUSLY PICKED UP YOUR PACKET AT ELITE CYCLING AND FITNESS *****

Packet Pick-Up Procedures:

YOU MUST HAVE THE FOLLOWING ITEMS IN ORDER TO PICK UP YOUR PACKET AT EITHER OF THE LOCATIONS LISTED ABOVE.

- **A VALID PICTURE ID**
- **CURRENT USAT MEMBERSHIP CARD**
 - If you do not have a valid USA Triathlon Membership card you must purchase a one day membership (\$10) for the Publix Escape to Miami or an Annual Membership.
 - One Day Memberships can only be purchased with cash or check. NO CREDIT CARDS WILL BE ACCEPTED.
 - If you recently registered with USAT for a membership and you do not have a card, please go to www.usatriathlon.org and print a temporary card. We suggest athletes become annual members with access to coverage at all sanctioned events, coupons and discounts.
- **EACH ATHLETE MUST PICK UP THEIR OWN PACKET!**

What you will find in your registration packet:

- **Publix Escape to Miami colored wristband**
 - You **MUST** wear your wristband to enter the marina, board the ferry, enter/exit transition, and claim your bike following the race. **DO NOT TAKE THIS OFF UNTIL YOU HAVE LEFT THE RACE SITE.**
- **Race/bib number and safety pins**
- **Swim cap**
- **Bike number**
- **Helmet number sticker**
- If you picked up at Elite Cycling and Fitness you **MUST** still come to Margaret Pace Park on September 26th to pick up your timing chips and check in your bike.

SEPTEMBER 26, 2009 @ MARGARET PACE PARK (1 PM – 8 PM)

Body marking:

- All participants must get their race number and age marketing on their bodies on **SATURDAY, SEPTEMBER 26 AT MARGARET PACE PARK FROM 1PM – 8PM**. This must be done before entering transition!
- **THERE WILL BE NO BODY MARKINGS ON SUNDAY, SEPTEMBER 27 PRIOR TO THE START OF THE RACE.**

Bike check:

- All athletes must check their **OWN** bikes on Saturday, September 26 at Margaret Pace Park from 1 PM – 8 PM.
- Once bikes are checked **YOU WILL NOT BE PERMITTED TO REMOVE YOUR BIKE FROM TRANSITION FOR ANY REASON.**
- Bikes will **ONLY** be reclaimed after the last cyclist has completed the bike course, and an announcement has been made.
- We will match your bracelet (which must remain on for the duration of the event) to the number on the bike. If you remove your bracelet by mistake, make sure you get your id and you may have to wait in line to be confirmed as a participant before your bike is allowed to be removed.
*****These bike precautions are to protect your bike from being stolen*****

Timing chips:

- Will be distributed on **Saturday, September 26, 2009** during bike check in. **YOU MUST BRING YOUR CHIP ON SUNDAY, SEPTEMBER 27 IN ORDER TO COMPETE!!!** If your chip falls off during the race, please notify the timers at the finish line as you finish. **All chips must be returned to volunteers! All missing chips will result in a \$65.00 charge!!!**

Pre-race orientations, clinics, gear, and bike mechanics:

Race orientations and briefings (1:30 PM; 3:00 PM; 4:30 PM; 6:00 PM & 7:00 PM):

Sessions will offer athletes the perfect opportunity to learn about the race from start to finish while asking any last minute questions. The orientation will cover the race's transition areas, a review of boat loading timelines and description of the swim, bike, and run courses. Water bottle exchange procedures, course signage, and other items you will encounter during the race will also be discussed.

Bike mechanic and gear provided by Elite Cycling and Fitness (1 PM – 8PM):

Before the race, get the pros from Elite Cycling to help you with your last minute basic needs including bar end plugs and other last minute details. Talk to the coaches and staff from Elite Cycling to get some tips, basic information and training pointers for future races or goals.

Free pre-race triathlon clinic - Presented by BodyZen (2 PM): Come learn the very best tips to ensure you have your best race ever. Two coaches will be leading this informative and fun clinic which will answer all questions about the race including the latest tips on pre race and race nutrition. Coaches will also go over ideal transition set up, recovery strategies and offer giveaways for the attendees.

COURSE INFORMATION

COURSE TIME LIMITS:

Athletes who can not complete the disciplines within the time constraints will not be allowed to continue in the race. The following timelines will be strictly enforced during the race.

- **OLYMPIC DISTANCE (Based on the last wave starting at 7:15 AM)**
 - **SWIM:** All swimmers must be out of the water by **8:25 AM**
 - **BIKE:** All cyclists must be off the bike course by **10:25 AM**
 - **RUN:** All runners must be off the run course by **11:45 PM**
- **SPRINT DISTANCE (Based on the last wave starting 8:54 AM Start)**
 - **SWIM:** All swimmers must be out of the water by **9:35 AM**
 - **BIKE:** All cyclists must be off the bike course by **11:10 AM**
 - **RUN:** All runners must be off the run course by **12:30 PM**

COURSE MARKERS, SIGNAGE, SAFETY:

The swim bike and run courses will be marked with different types of signage/markers/cones to identify turns, hazards, aid stations and other items.

- **Island/Swim Course**
 - Please reference wave and ferry loading information below
 - Buoys:
 - Keep buoys on your **left shoulder**
 - Lifeguards and support:
 - Lifeguards and support vessels will line the course if assistance is needed
 - Please visibly raise your hand if you need assistance
- **Bike Course:** Athletes will have access to one lane and the shoulder along the Causeway.
 - Look for the following route markers for guidance
 - Double orange arch (painted on ground) will denote hazards such as potholes, cracks and areas of concern
 - Orange/black course route barricades will denote direction for the race
 - Yellow signs will denote information throughout the race
 - Support:
 - SAG vehicle will be available to pick up athletes and bikes that may not be able to continue throughout the race
 - **It is the responsibility of the participant to fix flat tires and other mechanical issues with their bikes during the event**
 - Water bottle exchange (presented by Cytomax) – OLYMPIC ONLY:
 - Optional: Bikers will have the option to swap for a fresh water bottle at the end of lap 1
 - NOTE: Old water bottles will NOT be returned if dropped at the water bottle exchange
- **Run Course**
 - Look for the following route markers for guidance
 - Double orange arch (painted on ground) will denote hazards such as potholes, cracks and areas of concern
 - Orange/black course route barricade will denote direction for the race
 - Water Stations:
 - Water stations will be located at the base of the MacArthur Causeway, Jungle Island and at the turnaround near Star Island.
 - The first two water stations can be hit twice.

RACE MORNING

TRANSITION AREA: ON RACE MORNING TRANSITION WILL OPEN AT 5-7AM. WE ENCOURAGE ALL ATHLETES TO ARRIVE EARLY!

- Valuables should not be left in the transition area
- Only athletes with wristbands are allowed inside the transition area.
- Sprint athletes must be set-up and out of transition by 7 AM for the start of the Olympic Distance race
- All USAT rules must be followed
- Mounting/riding your bike inside the transition area is absolutely prohibited. If done so, you could be penalized or disqualified
- Helmets must be worn at ALL times once mounted on the bike

Race Morning Check List:

- **Wristbands/Caps/Race #'s** (*picked up Saturday*)
- **Timing Chips** (*picked up Saturday*)
- **Body Markings** (*completed Saturday*)

- **Bike Check** (completed Saturday)

Parking information:

- Parking is available one block south of the park at the Omni Center - Hilton Miami (1601 Biscayne Blvd. Miami, FL 33132)
- Discounted parking rates apply with participant number or wristband at \$20 per car (regular rate \$35.00)
- Access to the garage will be available from Biscayne Blvd., N. Bayshore Dr., or NE 17th Terrace
- Additional parking may be available within walking distance of the park at the Marriott Hotel (1633 N. Bayshore Drive) or at the Venetia Condo (555 NE 15th Street, valet only)

Wave/Ferry Assignments – Olympic ONLY:

Category	Division	Wave No.	Ferry Load Time	Wave Start
Olympic	ALL Elites (Male & Female)	1	5:45 AM	7:00 AM
Olympic	ALL Age Group Males	1	5:45 AM	7:00 AM
Olympic	ALL Age Group Females	2	6:15 AM	7:15 AM
Olympic	ALL Clydesdales	2	6:15 AM	7:15 AM
Olympic	ALL Athenas	2	6:15 AM	7:15 AM
Olympic	ALL Relays	2	6:15 AM	7:15 AM

Wave– Sprint ONLY:

Category	Division	Wave No.
Sprint	Males & Females 30-39	1
Sprint	Males & Females 29 & under	2
Sprint	Males and Females 40 & over	3
Sprint	ALL Clydesdales	4
Sprint	ALL Athenas	4
Sprint	ALL Relays	4

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