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 Dunedin Sprint Triathlon – May 21, 2023

We welcome you to the beautiful Honeymoon Island State Park for the Dunedin Triathlon! Please read the Athlete Information provided below very carefully for what's expected prior to and on race day.

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.

USA Triathlon
The Dunedin Triathlon is sanctioned by USA Triathlon. 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 or Race Director 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: May 19, 2023
Pre-Race Packet Pick-Up
4:00PM - 6:00PM at Chainwheel Drive, 1770 Drew Street. Clearwater, FL 33755 Get Directions 727-441-2444
YOU MUST HAVE your picture ID at packet pick up.

SATURDAY: May 20, 2023
Pre-Race Packet Pick-Up
12:00PM - 4:00PM at Lucky Lobster Co, 941 Huntley Ave. Dunedin, FL 34698 Get Directions 727-228-1222
YOU MUST HAVE your picture ID at packet pick up.

SUNDAY: May 20, 2023 *(Park Entry Fee Paid by Rotary Club!)*
Day of Race Registration if available
5:30 AM Packet Pick-Up, Transition Opens, Bike Check-In
7:30AM - First Wave Start
10:00 AM - Awards Ceremony (time is approximate)

Proof of current USAT membership or one-day license must be presented or a new one-day license must be purchased ($15). Photo ID must also be presented – no exceptions.

If you want someone else to pick up your packet, they **MUST HAVE A COPY OF THE SIGNED PERMISSION WAIVER** (Attached below), including a paper photocopy of your ID and USAT Card (If an Annual Member)

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!

WHEN TO ARRIVE AT THE RACE:

You must be onsite NO later than 6:30 a.m. as the Causeway will be closed by Law Enforcement. Please give yourself PLENTY of time to get from your car to race central. Once there, get all your equipment into transition and be ready to attend the MANDATORY race director meeting at 7:15 a.m.

ACCESS TO THE PARK ON RACE DAY
Law Enforcement will close the causeway to local traffic, starting at 6:00am. You **MUST PRINT THE ACCESS PASS** (attached below) and DISPLAY IT TO GAIN ACCESS to the Park after 5AM. Print a copy for each vehicle, including your family and spectators.

Race Day Parking
Race day parking is available at the Honeymoon Island parking lot for Athletes and Spectators. You will have a short walk to Race Central about ¼ mile North of the Parking Area. Please arrive early and do not park in any "No Parking" areas to avoid being towed.

Mandatory Bike Check-In
Bike check-in is 5:30am-7:15am, Sunday morning. If you arrive after 7:15am, **you will not be allowed to check in your bike**. Please consider driving time to Honeymoon Island. Transition will close at 7:15am. No exceptions.

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
We will have staff on hand to Body Mark Athletes, However, we will have a Body Marking Station available with supplies. **YOU MAY 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 5:30am – 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.

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

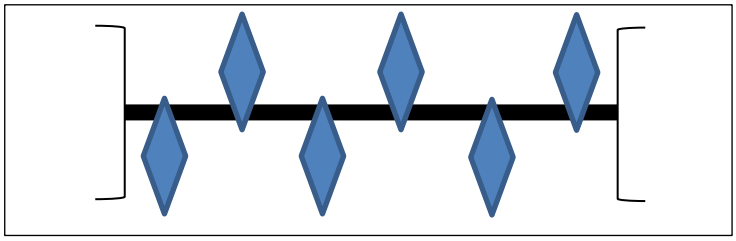
The swim cap is distributed at packet pick-up and must be worn during the swim. Do not trade swim caps with other athletes, as caps are color coded to assist in the organization of the swim start. Each of the swim waves leave by age group, Clydesdale & Athena categories…everyone must leave in the correct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

Swim 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 6 bikes per rack in transition to allow for proper 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.

Leaving Transition (After Event Has Concluded)

To remove bikes and gear from the transition area, all athletes must show their race number (body marking or bib). DO NOT REMOVE your attached Bike Number until after leaving Transition. 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. 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 Sunday morning. Athletes will exit transition and mount at mount line. Remember the bike course is closed to traffic, BUT there may be unforeseen local traffic and possible Emergency Vehicles; 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 inside the park, starting in the parking lot and through the wooded trails. This is a loop course with some single track areas, due to mud, so please run accordingly and watch for other runners. 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 10:00 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 10:30am.

Duathlon Course

The Duathlon will consist of a 2 Mile Run (1st 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 12M Bike and 5K Run (2nd Run) as the Triathletes.

AquaBike Course

The AquaBike will begin with the .25 mile Swim. AquaBikers will then complete the same 12M Bike as the Triathletes. After completion of the Bike Course, AquaBikers Finish 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 and **return your timing chip to the official in the timing trailer**.

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, AquaBike, Duathlon, 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.

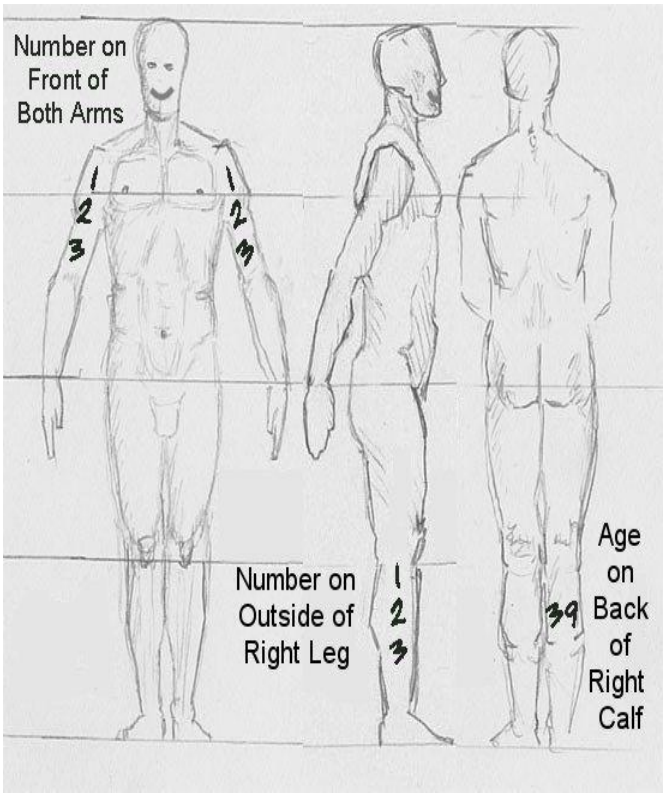
Awards Party

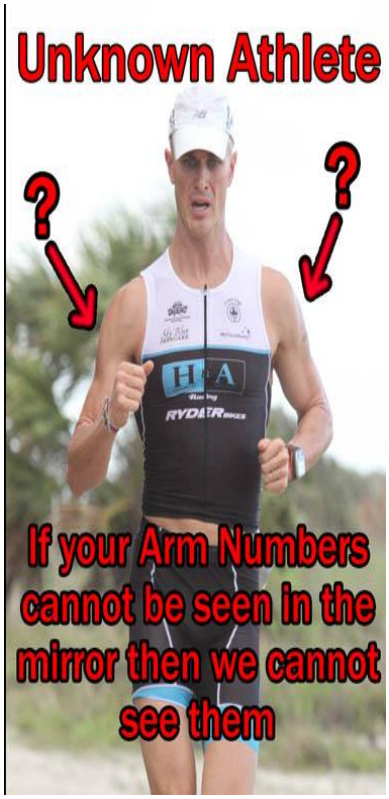
The Awards Ceremony begins at approximately 9:30am. The Awards *Party* begins as soon as YOU cross the finish line! Be sure to stick around for Beer!, Delicious Food, fruit, snacks, etc. Also, please check out our sponsors for this great event.

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.

SWIM WAVES

Category Key-Sprint

2023 Dunedin Sprint Tri/DU/AB

DIV	Category	Wave	Swim Cap	Start
	Bibs (Relay Tri&Du)			
1	Age Group Male (44 and under)	1	GREEN	7:30
1	Age Group Male (45 and over)	2	BLUE	7:33
1	Age Group Female (44 and under)	3	RED	7:36
1	Age Group Female (45 and over)	4	PINK	7:39
2	Athena	5	YELLOW	7:42
3	Clydesdale	5	YELLOW	7:42
4	Military/PSO/LEO Male	5	YELLOW	7:42
4	Military/PSO/LEO Female	5	YELLOW	7:42
5	Novice Male	6	ORANGE	7:45
5	Novice Female	6	ORANGE	7:45
6	Physically Challenged	1	SILVER	7:30
7	Relay Teams	5	YELLOW	7:42
8	Duathlon (F/M)	1	NONE	7:30
9	DU Relay Teams	1	NONE	7:30
10	Aquabike (F/M)	5	YELLOW	7:42

(Swim Wave Schedule Subject to Change)

Mease Dunedin Hospital
BayCare Health System

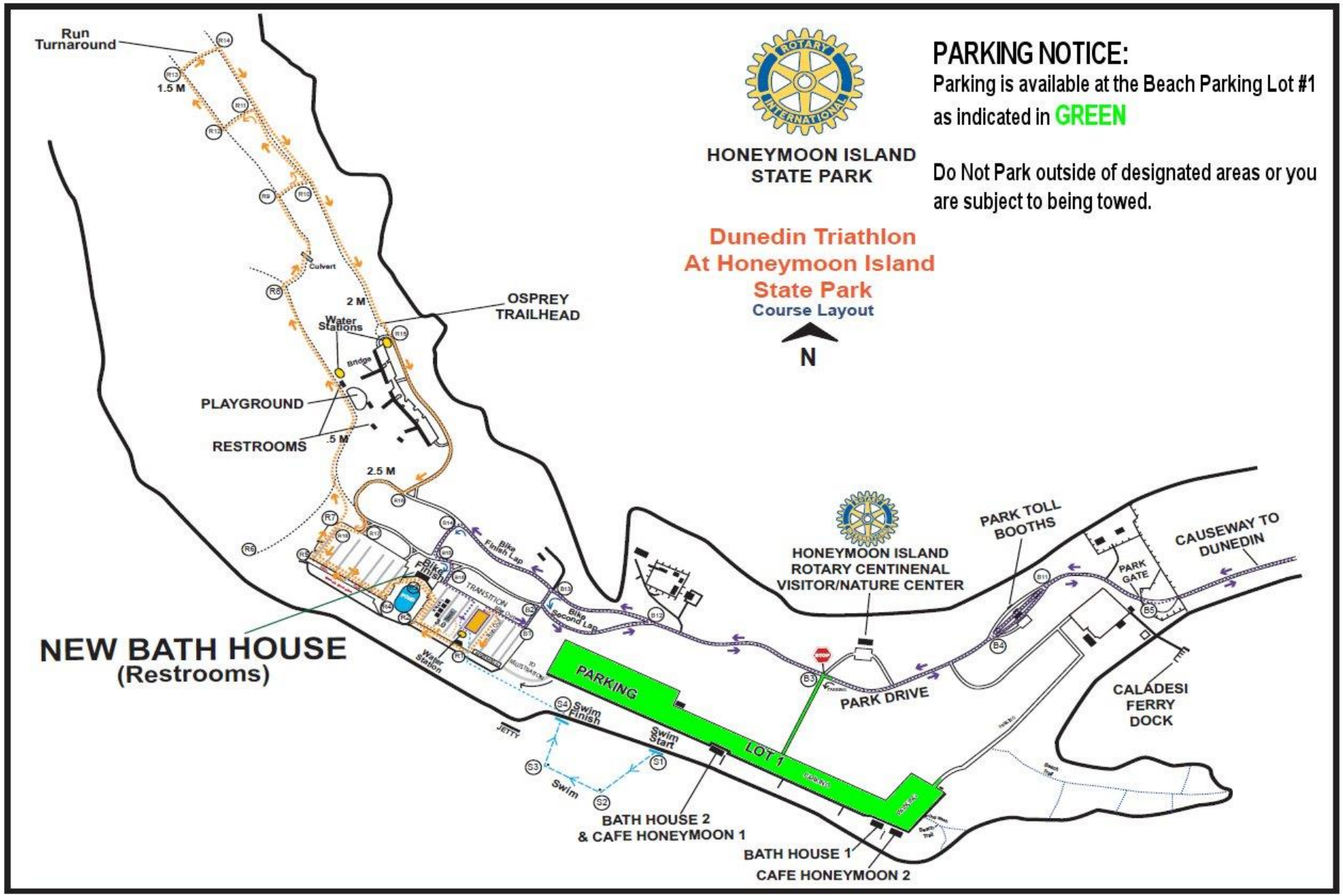
JAGMEDICAL™
Advanced Family Care & Sports Medicine

Dunedin Rotary Triathlon

ATHLETE / SPECTATOR

ACCESS PASS

May 21, 2023



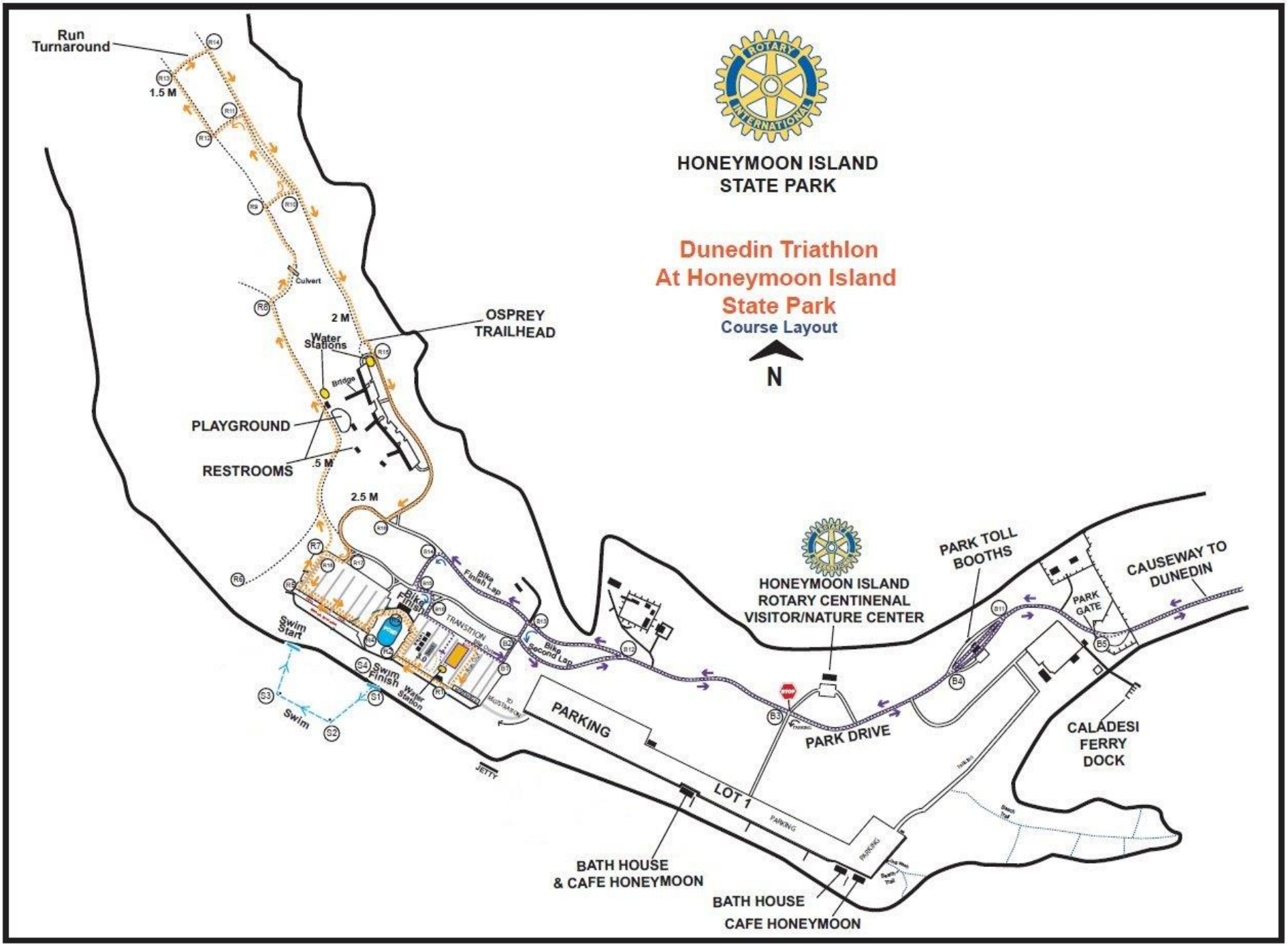
PARKING NOTICE:

Parking is available at the Beach Parking Lot #1 as indicated in **GREEN**

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

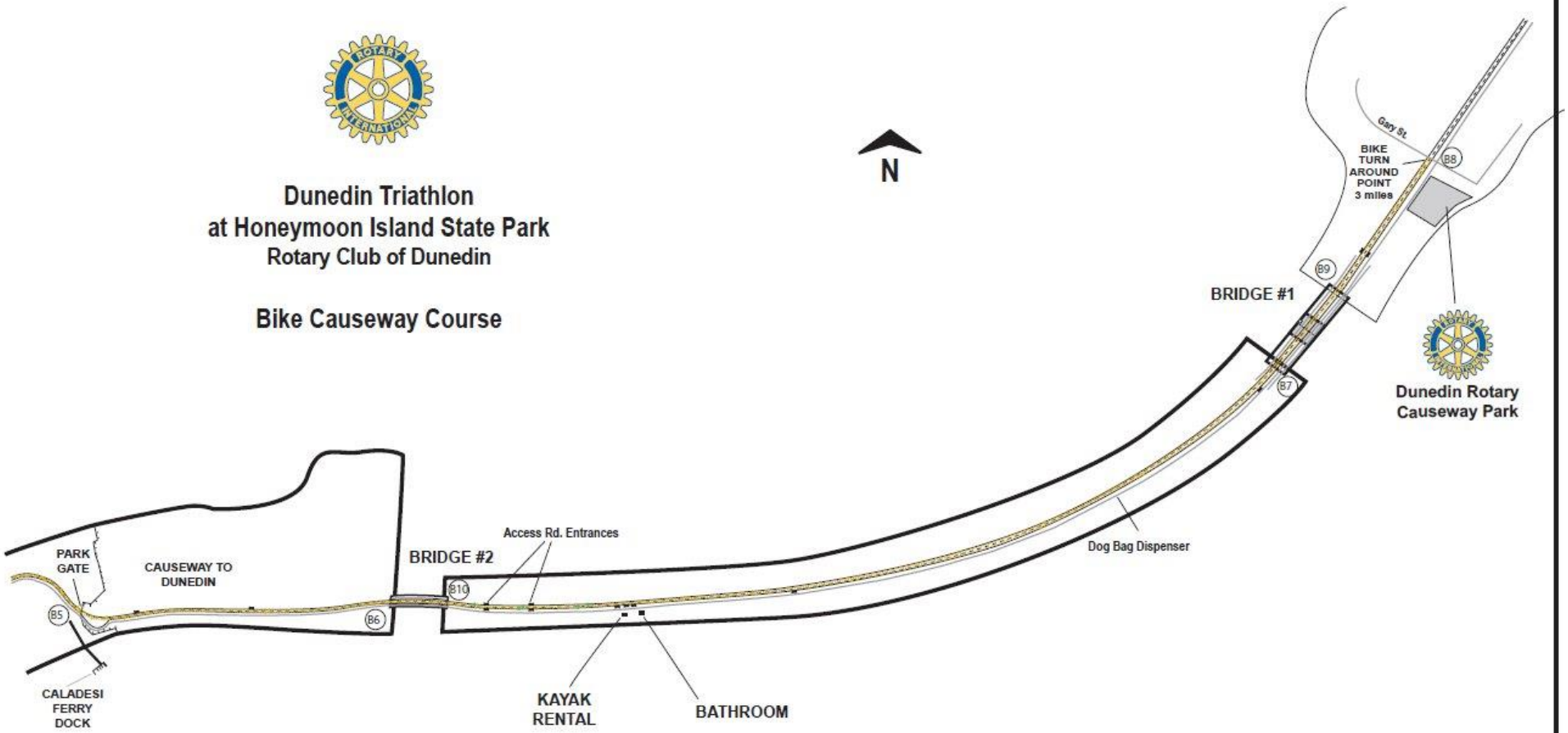
Dunedin Rotary Triathlon *at Honeymoon Island State Park*

- Registration
- Transition
- Parking
- Food
- Finish Line
- Swim Exit Arch
- Swim Course
- Bike Course (Lap 1)
- Run Course
- Cones
- Bike Course (Lap 2)
- Port-o-lets


HONEYMOON ISLAND
STATE PARK
Dunedin Triathlon
At Honeymoon Island
State Park
Course Layout
N
Run
Turnaround
1.5 M
Culvert
2 M
Water
Stations
Bridge
OSPREY
TRAILHEAD
PLAYGROUND
RESTROOMS
.5 M
2.5 M
Swim
Start
Swim
Finish
Swim
Water
Station
Swim
Bike
Finish
Bike
Finish Lap
Bike
Second Lap
TRANSITION
TO TRANSITION
JETTY
PARKING
LOT 1
PARKING
BATH HOUSE
& CAFE HONEYMOON
BATH HOUSE
CAFE HONEYMOON
HONEYMOON ISLAND
ROTARY CENTINENAL
VISITOR/NATURE CENTER
PARK DRIVE
PARK TOLL
BOOTHS
PARK
GATE
CAUSEWAY TO
DUNEDIN
CALADESI
FERRY
DOCK

Dunedin Triathlon
at Honeymoon Island State Park
Rotary Club of Dunedin

Bike Causeway Course



Dunedin Rotary Triathlon Packet Pick-Up

Packet Pick-Up Permission Waiver

By signing this waiver, I am giving permission to _____ to pickup my packet for the ***Dunedin Rotary Triathlon***. I trust this person and am accepting full responsibility if he/she fails to give me my bib and/or any items I may have purchased. I will not hold the Dunedin Triathlon or DRC Sports responsible for any loss or damage to any item in my race packet. I fully understand that it is my responsibility to make sure I have the necessary items to participate in the race safely on event day.

I further acknowledge that I may not transfer or give my entry to another person to participate in my place. Misrepresentation by any athlete is grounds for being banned permanently from any future event and possible civil liability.

I understand that my packet will not be released unless the person presenting this waiver has a copy of my Photo ID and USAT Card, if I am an Annual USAT Member.

_____

Print Name Here Date of Birth

_____

Sign Here Date

_____

Bib # *(Official Use)*

Staple a Copy of your Photo ID to this document and present them at Packet-Pickup