

Dear Athletes,

First of all, I want to thank you for giving us the opportunity to serve you! We founded a little race company back in 2002 that grew to be the largest organizer of triathlons within the state of Florida. We sold it 7 years ago, but after the events, or lack thereof, of 2020, we felt we should return in 2021. So here we are! We are planning to produce the absolute best quality of events for you to enjoy, but please forgive me if I make some mistakes as we knock some of the rust off.

On to the A1A Triathlon and the important pre-race information that you need to know:

Packet Pickup:

City Bikes will be hosting packet pickup at 2 convenient locations, Pembroke Pines on Thursday and Friday and Aventura on Saturday as follows:

Thursday, 11-6

Friday, 11-6

City Bikes – Pembroke Pines
671 NW 100th Pl
Pembroke Pines, FL 33024
(954) 682-8889

Saturday, 10-5

City Bikes – Aventura
20335 Biscayne Blvd
Aventura, FL 33180
(305) 682-8889

Packet pickup and race schedule can be found at
<https://a1atriathlon.com/index.php/packet-pickup-race-schedule/>.

*There will be limited packet pickup on race morning from 5:30 am to 6:30 am. Please pick up your packet early if at all possible.

Timing Chips:

Timing chips are handed out on race morning, not at early packet pickup.

Parking:

There are no parking passes and there is plenty of parking near the venue. Go to <https://a1atriathlon.com/index.php/parking/> for a map and additional information on parking.

Covid:

Due to covid we are including, but not limited to, the following actions:

- Food at the finish line will be prepackaged by BOLAY, which will be awesome! We will also have bananas since they are sealed by nature, but none of the regular items as they are not covid friendly.
- Limited the amount of racers at the event.
- Added 50% more bike rack space per person.
- Doing a time trial start to keep social distancing in place.
- Recommending that athletes wear a mask to the start line. We will have a garbage can there to dispose of masks before you start.
- Recommending that athletes wear masks after they finish. We will have masks at the finish line for you.
- Hand sanitizer will be abundantly available.
- Staff and volunteers will be wearing masks.
- Athletes will be required to remove their own chip at the finish line and put in the sanitation bin please.
- Let staff hand you your water bottle or BASE Hydro at the finish line.
- Staff will hand you your medal to put on yourself.
- Athletes are asked to stay home and take full race credit for the event if they are experiencing any covid like symptoms or have been exposed to anyone with a positive covid diagnosis within the last 2 weeks.
- There will be no wetsuit strippers.
- When you pick up your chip on race morning, please bring your signed COVID waiver and give to the person handing out the chips. You must sign to be able to race. Here is the link to download and print the waiver: <https://triregistration.com/covidwaiver.pdf>

Please keep your distance from staff and volunteers and wear a mask when interacting with them.

Also note that while we are doing our best to keep you safe, we cannot control the actions of individuals, and you must accept all risks when participating in this event.

Race Clinic:

5x Ironman Champion & Coach Heather Gollnick will be hosting a FREE special clinic open to all triathletes. She will go over racing tips, answer questions, and give away some swag. It is great for first time triathletes, but also for anyone with questions or just looking to expand their knowledge on triathlon. You don't even have to be registered for the event to attend as it is independently run! The clinic will take place on Saturday, March 27 at 10 a.m. at the beach outside the Sea Club Resort, 619 Ft. Lauderdale Beach Blvd. (A1A), Fort Lauderdale, FL.

Body Marking:

Please body mark yourself prior to arriving at the race site. Due to covid we will not have volunteers marking athletes. Have someone put your race number on your left upper arm with a big thick black marker.

Bike Check-In:

Bike check in is on race morning only starting at 5:30 am.

Race Numbers:

You will get a regular bib number that you can attach to a race belt (preferred) or with bobby pins to your clothing. You will also get a sticker sheet with your bike and helmet numbers in it. The center sticker will go on the front of your helmet and the remainder will wrap around your seatpost and stick to itself so that your number is visible from both sides. If you aren't sure what to do, just wait until you get to the race and another athlete will be sure to show you.

Swim Caps:

You will be given a swim cap. This has 2 functions:

1. Make you more visible in the water for the lifeguards.
2. Help group you at the start. Because there are so many groups due to spacing, there will be several groups with each cap color.

If you are allergic to latex you do not have to wear the cap that we assign to you.

Wetsuits:

The water temperature currently is 77 degrees and the wetsuit cutoff is 78 degrees. Google Fort Lauderdale surf temperature to get the latest temperature. It will be measured on race morning by the USAT head official and will be announced at that point. If you have a wetsuit, bring it. You can always leave it in the car. Due to covid there will be no wetsuit strippers to assist you in removing your wetsuit if the swim is wetsuit legal, so please keep that in mind.

Important Swim Information:

We would love to have no current and a flat ocean on race morning, but while that is possible, it is also possible to have conditions too rough to swim at all. Most likely it will be somewhere in the middle. If you arrive and think the sea conditions are rougher than you prefer, you can always switch to the duathlon and run 1 mile before doing the same bike and run as the triathlon.

The swim exit is fixed and is just south of DC Alexander Park on the beach. You will exit and go through the opening in the seawall, run just north to DC Alexander, then follow the path to enter transition on the west side. USAT rules require everyone to travel the same distance inside of transition, thus why everyone has to run around to the other side.

The swim start could be to the north or to the south depending on the direction of the current on race morning. We will be swimming WITH the current, not against it. The course maps online show us swimming north, but we could do the opposite. Walk out to the swim exit and look for start arrows to point you north or south. The International Distance begins at 7:15 and will start ½ mile up or down the beach. The Sprint Distance begins at 7:45 and will start ¼ mile up or down the beach.

In order to keep social distancing we will be doing a time trial start. Do not line up until it is your time to do so. In order to keep distancing, we will line up 1 group at a time 6 feet apart in small groups. Here is the breakdown:

International Distance – Start is ½ mile north or south of the swim exit, depending on the direction of the current.

- 1 – 7:15 – RED – All Elites, All Para, All Open
- 2 – 7:17 – YELLOW – Male 29 & Under, All Relays, All Clydesdales
- 3 – 7:19 – BLUE – Male 30-34
- 4 – 7:21 – SILVER – Male 35-39
- 5 – 7:23 – PURPLE – Male 40-44
- 6 – 7:25 – GREEN – Male 45-49
- 7 – 7:27 – RED – Male 50-54
- 8 – 7:29 – YELLOW – Male 55-59
- 9 – 7:31 – BLUE – Male 60+
- 10 – 7:33 – SILVER – Female 39 & Under, All Athena
- 11 – 7:35 – PURPLE – Female 40-44
- 12 – 7:37 – GREEN – Female 45+
- 13 – 7:39 – RED – All Aquabike
- 14 – 7:39 – All International Duathlon (start next to transition)

Sprint Distance – Start is ¼ mile north or south of the swim exit, depending on the direction of the current.

- 15 – 7:45 – YELLOW – All Elites, All Para, All Open
- 16 – 7:47 – BLUE – All Relays, All Clydesdales, All Athena, All Fat Tire
- 17 – 7:49 – SILVER – Female 55+
- 18 – 7:51 – PURPLE – Female 45-54
- 19 – 7:53 – GREEN – Female 35-44
- 20 – 7:55 – RED – Female 39 & Under
- 21 – 7:57 – YELLOW – Male 65+
- 22 – 7:59 – BLUE – Male 60-64
- 23 – 8:01 – SILVER – Male 55-59
- 24 – 8:03 – PURPLE – Male 50-54
- 25 – 8:05 – GREEN – Male 45-49
- 26 – 8:07 – RED – Male 40-44
- 27 – 8:09 – YELLOW – Male 35-39
- 28 – 8:11 – BLUE – Male 30-34
- 29 – 8:13 – SILVER – Male 29 & Under
- 30 – 8:15 – All Sprint Duathlon (start next to transition)

These times are a guide and the announcer will call each group when it is their turn. If you miss your group, no big deal, just line up and go with the next one. If you are really slow and worried about cutoff times, go with the first group (at the back though so the speedsters don't run you over!) If you really want to go with a friend in another group, go for it. HAVE FUN!

Duathlon Start Information:

The duathlon for both distances will start right on A1A near the finish line. The International Distance Duathlon will start at 7:39 and the Sprint Distance will start at 8:15.

Important Bike Information:

The bike course has been much simplified from those here in the past. We will simply go northbound on A1A for 5 miles then turn around and come back. International Distance racers will do 2 laps. Don't just follow the person in front of you. Know if you need to do 2 laps and if you have done 2 laps. If you just mindlessly follow the person in front of you, you could be in the Sprint and do 2 laps unnecessarily or be in the International and only do 1 lap and get disqualified.

We have eliminated the crossing of slick metal draw bridges. Current construction would have prevented that course anyway. This comes at the cost of space in a small section of the course. For 1 mile of the course we will have 1 lane + the bike lane, + the parking spaces, which is a lot of space. However, the parking spaces come and go, taking us down to 1 lane + the bike lane over very short runs. So, here's how to handle it.

- When coming southbound after the u-turn be sure to stay as far to the right as possible except when passing (that is the USAT rule anyway).
- Stay on your half of the road when passing.
- DO NOT DOUBLE PASS! By this I mean do not pass someone as they are passing someone else. In this section be patient and leave plenty of room for people coming the other way to pass as well.
- When going northbound stay to the right of the bike lane and you may move a few feet to the right into the parking lane as room permits. Gradually move over before the parking lane ends so those behind you can see what you are doing and act accordingly. You do not need to ride all the way to the right of the parking lane. Just give enough room for others to pass.
- When passing, please look far ahead and be sure that you have room to complete your pass. Be patient if necessary. Risking the safety of yourself and others is not worth saving a few seconds. The course is flat and FAST, so you will get a great split time anyway! The USAT officials will be lenient with drafting in this section, but not with endangerment.

The time trial start combined with the reduced capacity due to covid should combine to keep everyone spread out on the course so, hopefully, bike course spacing shouldn't be a concern. I just want everyone to be informed just in case you run into a few other riders on that section of the course.

Commonly Violated USAT Rules:

The most commonly violated rules are:

- 1) Helmets are mandatory while with your bike (BEFORE, DURING, and AFTER the race, even while pushing the bike). Helmet must be buckled or strapped on. This is a DISQUALIFICATION penalty.
- 2) Headphones are not allowed at any time. On the bike it is a DISQUALIFICATION penalty for endangerment. On the run it is a variable time penalty for Unauthorized Accessories.
- 3) No drafting will be allowed while on the bike. You must stay 3 bike lengths away from the person in front of you. You have a 15 second window to execute a pass.
- 4) Pass only on the left while on the bike.
- 5) No blocking - Stay to the right side except when passing.
- 6) Do not cross the yellow line around corners on the bike.
- 7) No outside assistance will be allowed in the transition area. You also may not have someone else pace you to the finish line on the run.
- 8) Handlebar ends must be plugged to lessen the chance of injury in a fall. This is a DISQUALIFICATION penalty. Please ask for a plug from one of the bike shop vendors.
- 9) You may not leave anything on the course (i.e. water bottles, gel wrappers, SWIM CAPS). Everything should return with you to the transition area or be disposed of at an aid station.
- 10) You must run or walk your bike out of and into the transition area. You may not ride in the transition area.
- 11) Your bike must be racked on the bike rack assigned for your race number. It must be racked either by the seat or brake levers.
- 12) You must wear your running race number on the front of your body during the run segment. Your bike number must be clearly visible at all times on your bike. You must apply the helmet number to the front of your helmet. You must also be body marked with your race number on both arms and both thighs.
- 13) If you are allergic to the latex swim cap, please see the race referee prior to your swim start so that you won't be penalized for not using it.
- 14) Athletes' age groups are determined by their age on December 31st of the current year. This is a rule so that you do not change age groups in the middle of the year.

Variable time penalties are 2 minutes for the first offense, 4 minutes (6 total) for the second offense, and disqualification for the third.

Important Run Information:

The run course is extremely simple as well, just going northbound on the wide promenade along the beach to Sunrise Blvd, then back south to DC Alexander. The run course is 3.1 miles and the International Distance athletes will do it twice, while Sprint Distance Athletes will only do it once.

International Distance athletes will come back all the way south, turn west towards the finish line, and look for the Lap/Finish sign and timing line. Please cross the timing line to count your lap before grabbing some refreshment from the water station and going back out for lap #2!

Aid Stations:

You will encounter an aid station at the following locations:

- After the swim
- Start of the run
- Run every mile

The aid stations will contain water, BASE Hydro sports drink, BASE performance bars, and hammer gel.

Cutoff Times:

You must complete each race segment by the following time in order to continue:

- Swim - 30 minutes from last start time for International, 15 minutes for sprint. Go in the first wave if you cannot make the cutoffs.
- Bike Lap (International Only) - You must start the 2nd lap by 8:40 am.
- Bike Finish - 9:20 am
- Run Lap (International Only) - You must start the 2nd lap by 10:10 am
- Finish - 11:00 am

Dropping Out:

If you drop out of the race, please return your timing chip to the finish line and let the timer know that you are no longer on the course, so we don't go out looking for you. We keep track for your safety.

Upgrading/Downgrading/Transferring:

You can easily log into your TriRegistration.com account and upgrade, downgrade, or take race credit for your race entry if you need to make a change. Go to <https://triregistration.com/faq.php> for full instructions and videos on how to do these things and more.

Sponsors:

Please give thanks to the sponsors that are coming out for this first event. This is a tough time to get sponsors and those that are supporting your events need to feel the appreciation.

Charity:

This event is supporting the South Florida Rehab & Emergency Support Team. A call goes out and first responders rush to the scene. Be it a house fire or hostage situation, operations may be prolonged. While these modern-day heroes are taking care of us, who is taking care of them?

This is where the South Florida Rehab & Emergency Support Team shine. We are a non-profit 501(c)(3) organization run 100% by volunteers. Our objective is to assist emergency departments within its scope of activities via the operation of a Rehab Unit at emergency scenes to keep responders at their peak.

Other Frequently Asked Questions:

Please go to <https://integritymultisport.com/faq/> for answers to frequently asked questions.

Thanks for your support!

Rob Childers & Team
Integrity Multisport, Inc.