

2010
SheROX Miami Triathlon
Athlete Information Guide



On behalf of the many people associated with the SheROX Triathlon Series, we are pleased to welcome each of you to the 2010 SheROX Miami Triathlon. We've assembled the following detailed race information to help make the race weekend a success for you. Please read this carefully, reread it carefully and then maybe read it one more time. Of course, if you have any questions after that, please e-mail the Local Race Director, Amaury Da Costa at events@excel.us.com.

Schedule of Events

Weekend Schedule	<p>Saturday, April 24, 2010</p> <p>Event Expo/Package Pick-up/Bike Drop-off Expo and Package Pick-up: 10:00am - 4:00pm Bike Drop Off: 10:00am - 5:00 pm YOU MUST DROP YOUR BIKE IN TRANSITION ON SATURDAY; THIS WILL ALLOW FOR SMOOTHER ENTRANCE INTO TRANSITION ON RACE MORNING. City of Miami Marine Stadium 3501 Rickenbacker Causeway Miami, FL 33149</p> <p>Athlete Information Meeting/Course Briefing 11:00am and 1:00pm City of Miami Marine Stadium 3501 Rickenbacker Causeway Miami, FL 33149</p> <p>It is HIGHLY recommended that you attend one of these meetings, particularly if you have never done a triathlon before. You only need to attend one of these meetings.</p> <p>Sunday, April 25, 2010</p> <ul style="list-style-type: none"> • 5:00am – Transition Area opens for gear drop off and final preparations • 6:45am – Transition Area closes • 7:15am – Race Starts • 8:30am - Post Race Party with refreshments • 9:30am – Awards Ceremony • 9:30am – Transition Area reopens for reclaiming and removing gear and bike • 11:30am – All gear and bikes must be removed from the Transition Area. • 7:00am – 10:30am – Expo open
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<p>USA Triathlon</p>	<p>This event is a USAT sanctioned event, so all USAT rules apply. If you are a USAT annual member, you must bring your current USAT membership card to participate in the event. You MUST show your USAT membership card at packet pickup or you will have to purchase the one-day membership. If you are not a current USAT member, you will be required to purchase a one-day membership for \$10 at packet pickup if you did not do so as part of registration. For more information on becoming a member of USA Triathlon and for complete USAT Rules, please visit them at www.usatriathlon.org.</p> <p>Per USA Triathlon Rules, we will be utilizing the age up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event. For example, if you are 34 on the day of the race, but turn 35 before December 31, 2010, you will be placed in the 35-39 year old age group. If you are 34 on race day and turn 35 after December 31, 2010, you will be placed in the 30-34 year old age group.</p>
<p>Frequently Violated Rules</p>	<p>Drafting: Keep at least three bike lengths of clear space between you and the cyclist in front of you. If you pass the person in front of you ("enter the zone"), you must do so within 15 seconds.</p> <p>Position: You must remain to the right hand side of the bike lane of travel unless you are passing the cyclist in front of you. You must pass on the left.</p> <p>Blocking: You may not ride on the left side of the lane if you are not passing anyone. This interferes with other cyclists who are attempting to pass.</p> <p>Overtaken: If someone passes you, you must immediately exit the draft zone from the rear (i.e. slow down so there are at least three bike lengths in front of you) before attempting to pass again.</p>
<p>Swim Waves</p>	<p>This event will utilize a wave start. Waves are determined by the number of athletes in each age division. Each wave will be assigned a swim cap colors. The wave schedule, including cap colors will be posted at packet pickup. Wave starts are subject to change.</p>
<p>Athlete Check-In</p>	<p>Athletes must check in and pick up their packet at the Expo on Saturday, April 24th. (10:00am to 4:00pm)</p> <ol style="list-style-type: none"> 1. Athletes are STRONGLY ENCOURAGED to attend one of the two Athlete Information Meeting/Course Briefings held at 11:00am and 1:00pm at the Expo. 2. Athletes must confirm their athlete number on the athlete list before proceeding to packet pick-up. 3. Athletes must show their USAT card or pay USAT one-day fee (if not done during registration) and sign waivers. 4. Athletes must show ID when they pick up their race packet. ONLY THE ATHLETE WHO IS RACING CAN PICK-UP THEIR PACKET - NO EXCEPTIONS! 5. Athletes must pick up their Registration Packet, which will contain self-adhesive bike frame number, helmet number sticker, run number bib, swim cap, and safety pins. 6. Timing chips, chip straps and participant tee shirts will be distributed at a separate location within the Registration Tent. A volunteer will direct you to that location after you pick up your Registration Packet, prior to exiting the Expo/Package Pick-up.

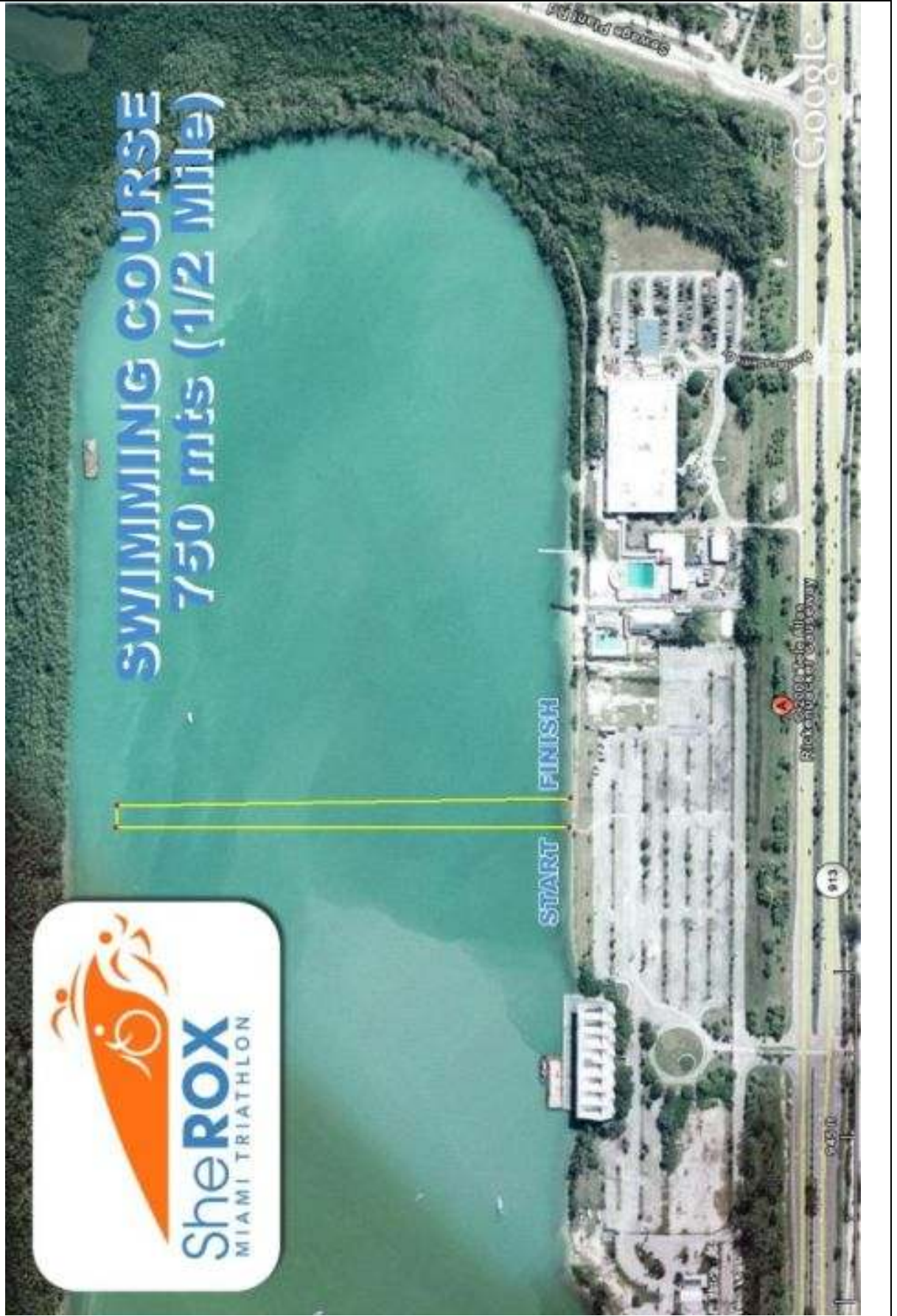
<p>Timing Chips</p>	<p>Unless you are using your own timing chip, one will be provided to you free of charge at the Expo after you pick up your Registration Packet. Please remember to bring this timing chip with you on race day! If you purchased a SheROX Commemorative timing chip as part of the registration process, you can pick it up at packet pick-up.</p> <p>Please note that you must wear your timing chip on your ankle strap at all times during the race in order to receive an official race time. If you lose your chip during the race, please continue the race, but go to the timing tent once you cross the finish line.</p> <p>If you are not using your own timing chip, you must return your timing chip after you cross the finish line. There will be volunteers collecting timing chips and helping you with chip removal. If you do not return your chip and strap, you will be responsible for the \$35 replacement fee.</p>
<p>Transportation and Parking</p>	<p>Parking will be available at the race site, and is free of charge.</p>

<p>Bike Check-In</p>	<p>Saturday, April 24 – 10:00am – 5:00 pm</p> <p><i>ALL BIKES MUST BE CHECKED-IN BETWEEN 10:00am (when the Expo/Package Pickup opens) and 5:00pm on Saturday, April 24th.</i></p> <p>Once your bike has been checked into the Transition Area, you cannot remove your bike until after the start of the race when you start your bike leg. Bike mechanics from Andante Bikes will be available to help with tire inflation and minor mechanical issues both on Saturday and Sunday morning. You will need your bib number to reclaim your bike from the transition area after the race. The Transition Area will reopen for claiming your bike at around 9:30am on Sunday. No bikes will be allowed to leave the transition area until after 9:30am – NO EXCEPTIONS! This is for safety reasons.</p>
<p>Medical</p>	<p>The Medical Tent will be located at the finish line area. There will be additional medical care at/on the swim, bike and run courses.</p> <p>Spectators needing to locate an athlete during or after the race should inquire at the Registration Tent or with the Finish Line Coordinator.</p> <p>It is expected to be warm on race day. Please make sure you hydrate sufficiently on both Saturday and Sunday, and apply sunscreen after you are body marked.</p>
<p>Lost & Found</p>	<p>During the Event Weekend, Lost & Found will be located in the Registration Tent.</p> <p>After the race, all items not claimed at Lost & Found will be taken to the Excel Events and Productions office.</p>

Course and Race Information

Start Time	7:15am – Swim starts will be conducted in waves of 3 minute increments. The wave schedule will be available and posted at packet pick-up.
Course Cut-Off Times	There are three (3) designated cut-off times. The Swim cut-off is 40 minutes after the start of the last swim wave, approximately 8:05 am. The Bike cut-off is 1 hour, 35 minutes after the swim cut-off. The bike course must be clear by 9:40 am. The Run cut-off is 1 hour, 20 minutes after the bike cut-off. By 11:00 am, all athletes still on the course will be transported to the finish line area. These cut-off times have been established for your safety.
General Course Description	<p>This course was developed with the athlete in mind and includes amazing views and a completely safe environment. The bike course and vehicular traffic are separated by medians, not just cones and barricades. Because it is located in a secluded area (an actual island), there are very few crossroads and no major intersections. The run course goes through a beautiful, shaded area protected by natural vegetation, then emerges into an area where participants will experience astonishing views of Miami's downtown skyline, the port of Miami, and the Key Biscayne bridge. Please review the course maps on the website and in this packet to familiarize yourself with the course.</p> <p>SWIM The .8K swim is an out-and-back rectangular course in the Virginia Key Bay. Although it is still ocean water, it is very calm due to its protected geographic location. No boats will be allowed in the area.</p> <p>BIKE The bike is a 12.4 mile, one loop course. After exiting the Transition Area, participants will follow Rickenbacker Causeway between Key Biscayne and Miami on roads that are closed to traffic. The course is mostly flat and includes spectacular views of the City of Miami and the natural vegetation of Biscayne Bay.</p> <p>RUN The 5K run is an out and back, starting from the Transition Area and running along Biscayne Bay. The run course is completely closed to traffic, and offers refreshing, shady relief from the sun due to the natural vegetation. The run finishes near the Transition Area, where participants will be motivated by hundreds of cheering spectators.</p>

Swim
Course
Map



Bike Course Map



**BIKE COURSE
20K (12.4 Mile)**

Run Course
Map



<p>Aid Stations</p>	<p><u>Swim Aid Station:</u> Water will be located at the swim finish.</p> <p>Please make sure to bring your own drink with you on the bike course since there will be <u>NO AID STATIONS ON THE BIKE COURSE!</u></p> <p><u>Run Aid Stations:</u> Aid stations are located at the start of the run and at the 1 mile and 2 mile marks on the run. Water will be available.</p> <p><u>Finish Line:</u> Water will be distributed at the finish line.</p> <p>Energy drinks, bars and gels will not be distributed at Aid Stations. GU will be available for sale at the Expo. If you have nutritional needs other than water, please remember to bring them with you to the race.</p>
<p>Body Marking</p>	<p>Athletes are advised not to apply sunscreen or Body Glide before body marking. Body marking will begin at 5:00am on Sunday morning. Body marking will take place at the entrance to the Transition Area. If you forget to get body marked before entering the Transition Area, we will have additional assistance near the swim start.</p>
<p>Wetsuits</p>	<p>Each non-Pro participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, non-Pro participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. No participants shall wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for Elite Pro athletes shall be determined by the USAT Athletes Advisory Council (ACC). The AAC has set the wetsuit maximum temperature for elite/pros at 68 degrees for swim distances less than 3,000 meters and 71.6 degrees for distances of 3,000 meters or greater. The water temperature will be taken by a USAT official on race morning, and the temperature will be announced.</p>
<p>Race Numbers</p>	<p><u>Bike:</u> Bike frame and helmet numbers will be included in your race packet. The double-sided number sticker must be attached to your bike and the number must be visible from both sides before you will be allowed to bring your bike into the transition area. There will also be a smaller self-adhesive number in your packet. This number must be placed on the front of your bike helmet.</p> <p><u>Run:</u> Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. The number <u>MUST</u> be visible when you start the run. Do not cut, fold, or alter your race number in any way.</p>
<p>Swim Caps</p>	<p>Your official swim cap will be provided in your race packet. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it.</p> <p>You must start in your designated swim wave. <u>NO EXCEPTIONS.</u></p>
<p>Transition Area Conduct and Relay Team Access</p>	<p>For safety reasons during the race, you are not permitted to ride your bike into or out of the Transition area. You must walk or run your bike while in the Transition area. There will be clearly marked mount and dismount lines; please obey them for your safety and for the safety of spectators and other participants. Please watch out for other athletes as you move through the Transition area and follow the instructions of race officials and volunteers. Please do not bring any glass containers into the transition area.</p> <p>All relay team members will have access to the Transition area. Relay teams must pass the timing chip to their teammates at their bike rack spot in the Transition area.</p>

<p>Bike and Helmet Inspection</p>	<p>There will be no mandatory bike inspection. It is up to each individual athlete to make sure his or her bike is in safe and proper working order. Bike shop mechanics will be on site during packet pickup and on race morning to assist with any needed repairs. Please make sure your bike handlebars have bar-end plugs. If you do not have them, you will not be allowed to race.</p> <p>Helmets must be available for inspection upon entering the Transition area. All participants must wear a helmet which meets or exceeds the safety standards of the CPSC (Consumer Product Safety Commission) during the bike segment. You MUST have your helmet securely fastened on your head before you mount your bike. A relatively new USAT rule requires you to wear your helmet at ALL times when on your bike at an event, including before or after the race. If you are spotted riding your bicycle without your helmet, you will be disqualified.</p>
<p>Special Needs Table</p>	<p>We will provide a special needs table at swim exit for those athletes who will need eyeglasses, inhalers, challenged athlete needs etc. after the swim portion of the race. The table will be located to the right of the swim exit as you are coming out of the water and heading toward the transition area. Athletes are responsible for placing their items on this table before heading to the swim start, NO LATER THAN 6:45 AM.</p>
<p>Spectator Info</p>	<p>Spectators will be able to see the athletes start the swim, exit the swim, start the bike, enter the transition after the bike, start the run and see the finish. Cross walks will be set up to allow spectators to see athletes during the race. Families and spectators must stay off the course, and may not enter the transition area or the Finish Line chute. Please be respectful of all participants.</p>
<p>Reclaiming Bike and Gear</p>	<p>Bikes cannot be removed from the Transition area until all bikes have returned from the bike course (approximately 9:30am). Please note that all bikes and gear must be reclaimed from Transition by 11:30pm on Sunday.</p>

<p>Awards Ceremony</p>	<p>All athletes will receive a Finisher’s medal immediately after crossing the Finish Line. The awards ceremony will take place at 9:30am.</p> <p>Awards will be given to the following:</p> <p>Pro Elite: 1st, 2nd, 3rd Amateur Elite: 1st, 2nd, 3rd Survivor Wave: 1st, 2nd, 3rd</p> <p>If a participant signs up for any of the categories above, they are not eligible for Age Group Awards.</p> <p>Age Group Awards Overall: 1st, 2nd, 3rd 19 & Under: 1st, 2nd, 3rd 20-24: 1st, 2nd, 3rd 25-29: 1st, 2nd, 3rd 30-34: 1st, 2nd, 3rd 35-39: 1st, 2nd, 3rd 40-44: 1st, 2nd, 3rd 45-49: 1st, 2nd, 3rd 50-54: 1st, 2nd, 3rd 55-59: 1st, 2nd, 3rd 60-64: 1st, 2nd, 3rd</p> <p>Relays: 1st (each finisher on the winning relay team will receive an award)</p> <p>No awards for Buddy Wave.</p>
<p>Charitable Partners</p>	<p>The SheROX Triathlon Series is proud to partner with Dade Heritage Trust, His House and Rock and Wrap It Up!</p> <p>Dade Heritage Trust Dade Heritage Trust (DHT) is the leading voice for historic preservation in Miami-Dade County. In addition to many other projects, DHT administers federal, state, and foundation funds to rehabilitate and restore a multitude of Dade County historic properties damaged by Hurricane Andrew, including Miami Marine Stadium which was shuttered in 1992. Since 2008, Friends of Marine Stadium, a coalition of volunteers under DHT, has worked to bring the Stadium back to life, securing its historic designation and having it included in the City of Miami's master Plan for Virginia Key.</p> <p>His House His House Children’s Home is a faith-based social services agency that provides a safe place to call home. Established in 1989, His House provides residential care, foster and adoption services for abused, neglected and drug exposed children of South Florida from newborn to 17 years of age, transitioning youth and their families. Foster and adoption training is available in English and Spanish.</p> <p>We will be collecting items of greatest need for His House at the SheROX Miami Triathlon Expo on both Saturday and Sunday. These items include baby formula, large duffel bags for carrying children’s belongings, gift cards to Publix, Sedano’s, Target, Ross, and Walmart, toothpaste, diapers and pull-ups, zippered vinyl mattress covers (twin size), sanitary napkins for teenage girls, body lotion, baby wash, chemical free lice removal products, black hair care products (perms, hair grease, spritz, oil sheen, black hair gel), Infant Tylenol, Infant Motrin and Robitussin DM for children. Please bring these items to the His House/Rock and Wrap It Up! booth. For more information visit hhch.org or call (305) 430-0085.</p>

	<p>Rock and Wrap It Up! Here's what Rock and Wrap It Up! is doing. Every day, food and other useful products left over from concerts, sporting events, photo shoots, hotels, schools and government buildings end up in landfills. But Rock and Wrap It Up! recovers this surplus, making sure it's used to feed so many who are in dire need at local shelters, soup kitchens and similar outreach agencies.</p>
<p>Sponsors</p>	<p>We've been lucky to work with a wonderful group of sponsors. They've each been a pleasure to work with. When possible, we hope you'll consider supporting the following companies and organizations who have helped make this race a reality: Nathan Performance Gear, Penguin Sport-Wash, and Blue Seventy Wetsuits.</p>
<p>Other Race Info</p>	<p><u>Race Photography:</u> Action Sports International will be onsite to photograph the race. Visit sheroxtri.com one week after the race to view and purchase your race photos.</p> <p><u>Dropping Out:</u> If you drop out of the race for any reason, it is imperative that you notify a Race Official or Race Staff immediately and return your timing chip to them or the timing tent located next to the finish line.</p> <p><u>Unsportsmanlike Conduct:</u> Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in an immediate disqualification.</p> <p><u>MP3 Players:</u> Headphones, headsets, Walkmans, Ipods, personal audio devices and any other MP3 players may not be carried, worn or used at any time during the race. This is for safety reasons so that in the event of an emergency you'll be able to hear instructions.</p> <p><u>Valuables:</u> Please make sure any valuables left in your car are not out in the open. Better yet, leave them at home.</p> <p><u>Personal Belongings:</u> Please make sure that anything you take with you out on the course remains in your possession. No garbage, clothing, etc. shall be thrown on the course.</p> <p><u>Volunteers:</u> Please remember to thank the Volunteers! The race wouldn't be possible without their assistance.</p> <p><u>Practice Swim:</u> There will be practice swimming allowed on Saturday, April 24 from 11:00am until 2:00pm.</p> <p>For more information, visit SheROXtri.com, or contact Local Race Director Amaury Da Costa via email at events@excel.us.com.</p>