



Thank you for registering for the Key West Triathlon! Here's the latest information on the event:

Venue Change

If you have done this race in the past, it was held at Higgs Beach. Due to construction on Bertha Street, we were not able to use the prior venue at Higgs. We are now staging out of Smathers Beach.

Packet Pickup

Packet pickup is from 4 to 8 pm on Friday, December 3rd. Mack Cycle will be there with lots of good deals on triathlon equipment and apparel. Limited race morning pickup will be from 5:30 - 6:30 am.



Transition Area

The transition area will be narrower and longer than a usual transition due to having to use what is available. The bike racks will be set up parallel to the road with a row against the wall and another in the parking lane. This means that transition is 2 very long rows of bike racks. Every 2nd rack will have a label on it showing what bikes should be racked on the next 2 racks (i.e. 1-12 will be on the first 2 racks, 13-24 on the next 2 and so on).

Transition will have an IN side (in from swim and in from bike) and an OUT side (out to bike, out to run) rather than our normal RUN and BIKE sides. The racks will be labeled only on 1 side so you see the labels as you come in from the IN side of transition. Once you see your number, rack on that rack or the one just past it before the next rack label.

Transition Security

Only registered racers are allowed to enter the transition area. You must show your race number to enter transition and your number must match the bike you are taking out.

Relay Teams

Due to the narrow transition area **RELAY TEAMS MAY NOT STAY IN THE TRANSITION AREA**. The cyclist should wait for the swimmer outside of the **OUT** (east) side of the transition area **OUT OF THE WAY** or other racers! The runner should wait for the cyclist outside of the **IN** (west) side of the transition area **OUT OF THE WAY** or other racers!. The bike never needs to be racked inside the transition area unless a single person is doing the bike and either the run or swim.

COVID

For the safety of yourself and everyone in the race, please go get a FREE covid test within 3 days of the race to confirm that you are negative. This is VERY easy and takes only minutes. There are lots of convenient government run locations that offer FREE testing with no line or waiting. Just Google for the location nearest you. I did it for a cruise we went on and also did it when my son got a cold. Both times there were no lines and we received the results from the quick test (just a nose swab-not deep) within 15 minutes via text. The longer test is the one that they stick the swab deeper and takes a few hours to a day to get results. The quick test is perfectly fine for this purpose. Cases have dropped dramatically in Florida over the last few months. Let's keep it that way!!!

Additional Covid protocols:

- Registration: Online only. No in person registration, cash exchanged, etc.
- Timing Chips: Please remove your own timing chip at the finish line.
- Body-marking: Please pick up your packet at the early packet pickup and you will receive body marking tattoos that you can self apply before the race. If you pick up race morning, please bring your own wet sponge, hand towel, or paper towel to apply the tattoos to yourself. Here's a video showing how to self apply: <https://www.youtube.com/watch?v=Vt6PdG21C3o> You will have 3 numbers to apply (your 3 digit number) rather than a single tattoo with all 3 digits, so be sure to put them in the right order. Please apply them to your left bicep so our backup timers and photographers can easily identify you.
- Health Screening: Do not attend if you have any symptoms (including fever, cough, sore throat, etc.) or have been exposed to anyone that has tested positive for COVID19 within the last 14 days. Please consider EVERYONE else!
- Time Trial Start: We will start in a time trial format, though still grouped according to category. Don't line up until your group is called to do so. If you prefer keeping your distance, stay to the side and let the starter know you are there so he can call you through before he starts the next group one at a time. The wave chart below will show the approximate time that your group will start.

Backup Timing

While we have chip timing, occasionally a chip is lost or there is some malfunction somewhere. Because of this we have backup timers at the start, finish, and each end of transition. Please help yourself and say your number to the person holding a tablet at each of these locations when you pass by. Having your time backed up can be extremely helpful if you lose your chip, get the wrong chip, or various other little things that can happen.

Start Times

Note that due to making so many small groups we have to reuse some cap colors, so please pay attention to the time as well as your cap color. Don't come and start just because your cap color is starting. Check that it is

your time to start as well. Racers in each group will begin starting one person at a time at the specified start time. Do not line up until your group is called. Starting will be done approximately every 2-3 seconds. You will announce your race number to the starter (also doing manual backup timing) then run across the start timing mat once the starter tells you to 'GO'.

Wave #	Start Time	Cap Color	Race	Description
1	7:00:00	Yellow	Olympic Triathlon	Male Elite, Male Open, Male Para, Male Relay, Coed Relay, Male 35-39
2	7:01:30	Green	Olympic Triathlon	Male 29 & Under
3	7:03:00	Black	Olympic Triathlon	Male 30-34
4	7:04:30	Orange	Olympic Triathlon	Male 40-44, All Clydesdales
5	7:06:00	Silver	Olympic Triathlon	Male 45-54
6	7:07:30	White	Olympic Triathlon	Male 55+
7	7:09:00	Pink	Olympic Triathlon	Female Open, Female 49 & Under
8	7:10:30	Red	Olympic Triathlon	Female 50+, Athena, Female Relay
9	7:12:00	Blue	Olympic Aquabike	All Olympic Aquabike
10	7:45:00	no cap	Sprint Duathlon	All Sprint Duathlon
11	7:45:00	White	Sprint Triathlon	Male Elite, Male Open, Male Para, All Relays, Male 29 & Under
12	7:46:30	Silver	Sprint Triathlon	Male 30-39
13	7:48:00	Red	Sprint Triathlon	Male 40-49
14	7:49:30	Blue	Sprint Triathlon	Male 50-54, Clydesdales 0-39, Male Fat Tire
15	7:51:00	Purple	Sprint Triathlon	Male 55-59, Clydesdale 40+
16	7:52:30	Gold	Sprint Triathlon	Male 60+
17	7:54:00	Yellow	Sprint Triathlon	Female Elite, Female Open, Female Para, Female 34 & Under
18	7:55:30	Green	Sprint Triathlon	Female 35-44
19	7:57:00	Black	Sprint Triathlon	Female 45-49, Athena, Female Fat Tire
20	7:58:30	Orange	Sprint Triathlon	Female 50-54
21	8:00:00	Pink	Sprint Triathlon	Female 55+

Duathlon

The duathlon will start next to the IN side of transition

Parking

First off, the road will be limited to 1 way traffic when you arrive as most of the road is blocked off for the race. Traffic will flow eastbound (opposite its flow in years past). This is because the street to the beach (Bertha) is under construction and only flows toward the beach.

If you try to come from the other direction, you won't make it. From the other direction, go west on Flagler (the main road down the middle of the island), then turn left on Bertha and then you'll be there (see Red line on map).

There is limited parking EVERYWHERE in Key West! The race site is no different. So, if you are staying close enough to ride your bike to the race, then you should absolutely do that or use Uber XL. You can also have someone drop you off. If those do not work, then here are the parking options:

1. There is a rough dirt lot right across from the transition area that is FREE. The drawback is that it is rough and only has 1 opening, so you have to go in and out at the same place. If too many people try to park here, blocking may occur. You'll be able to see if there are any open spaces as you'll drive by the lot before you reach the opening to enter the lot.
2. There is PAID parking on the beach side of the roadway past the finish line (see yellow area on map). PLEASE DO NOT PARK BEFORE YOU PASS THE FINISH LINE! If you do, you'll get in the way of the race. Parking is \$5 per hour and starts at 8am. You can pay at passportparking.com or use a pay station on site.
3. There is FREE parking on the beach side of the roadway up about 3/4 of a mile (see green area on the map). There's also more free roadside parking another 3/4 mile past that around the corner.

You may be tempted to park along the dirt road on the north side of the road. I'm told that it is a protected area and parking isn't allowed.



Wetsuits

Yes, this race will be wetsuit legal, however you'll need to be able to remove your own wetsuit as we will not be providing wetsuit strippers due to Covid.

Sprint Swim Course



Olympic Swim Course



Bike Course

Sprint Distance racers will bike from #1 to #2 in the map and back TWICE (2 laps) for a total of 10 miles. See the ridewithgps follow along map at <https://ridewithgps.com/routes/37866727>.

Olympic Distance racers will bike from #1 to #3, then from #3 to #4 and back TWICE, then from #3 back to #1 and finish with 24 miles. The Lap/Finish sign at the transition area #1 is for the Sprint Distance only. Olympic racers are done once getting back to transition. See the ridewithgps follow along map at <https://ridewithgps.com/routes/37866820>.

KNOW THE COURSE. YOU ARE RESPONSIBLE FOR KNOWING THE COURSE. DO NOT EXPECT A VOLUNTEER TO KNOW WHAT LAP YOU ARE ON OR IF YOU ARE RACING THE SPRINT OR OLYMPIC DISTANCE!



Run Course

The run course is as simple as it gets. Sprint distance racers will go up the boardwalk and back once for 3.1 miles and Olympic distance racers will do it twice.

Restrooms

There are restroom facilities located by the IN side of transition and near the SWIM START.

Cutoff Times

- Olympic racers must reach the ½ way point on the bike course by 8:53 a.m. or will be directed to go straight to the finish without completing the 2nd lap. This will result in a DQ, though you will be allowed to complete the run. We will have a timing line at the far end of the Olympic bike course to ensure that everyone does both laps.
- Olympic racers must start the 2nd run lap by 10:27 a.m. We will have a timing line counting laps to ensure that Olympic distance runners do both laps.

Awards Schedule

9:10 - Aquabike Awards

9:20 - Duathlon Awards

9:40 - Sprint Triathlon Awards

10:15 - Olympic Triathlon Awards

Rules

All USAT rules are in effect. Go to http://www.usatriathlon.org/Rules_Officials/rules.htm for a complete list of USAT rules. The most commonly violated rules are:

1. Helmets are mandatory while riding the bike (BEFORE, DURING, and AFTER the race). Helmet must be buckled or strapped on whenever with your bike. 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 Mack Cycle.
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 as specified in the instructions above.
13. Athletes' age groups are determined by their age on December 31st of the current year. This is a USAT rule so that you do not change age groups in the middle of the year.