

## Race Day Procedures

For those of you who do not go to packet pickup prior to race day, expect to stand in lines and be patient.

1. You will need to get your USAT membership verified.
2. Proceed to packet pickup to get your packet with race numbers & goodie bag.
3. Body marking prior to entering transition area.
4. Pick up your championship chip.
5. Only athletes will be allowed in the transition area, green wrist band must be worn to get into transition area.
6. Transition area will close at 7:05 am.
7. Racks will be numbered by bib number, you must place your bike on the bike rack according to your bib number and return it to the same rack after the bike.
8. You must have a ANSI, CPSC or Snell approved helmet and bar ends in your handlebars to race.
9. Race starts at North end of the beach promptly at 7:15 am.
10. There will be two minutes between waves.
11. Start in the correct wave.
12. The bike takes place on roadways through Clearwater. In some locations you will be sharing the road with vehicular traffic, in other areas the road will be coned off separating vehicles from cyclist. Be careful and slower riders remain to the right.
13. The Run takes place entirely inside the park. There are many turns but the course is marked with pink utility flags and signage at all turns.

Enjoy the event, be careful, courteous and thank a volunteer.