

2017 Redondo Beach Triathlon Updates

Saturday, June 10th Packet Pick Up

- Packet consists of: race number, swim cap, timing chip and t-shirt
- Location: Triathlon Lab, 1512 Aviation Blvd. Redondo Beach, 90278 from 12pm –4pm.
- Remember to bring your ID in order to pick up your packet. No ID, No Packet
- You must pick up your packet in person. Minors may have an Adult pick up for them.
- Athletes must have a USAT membership card to show or have purchased a One-Day membership online at time of registration, otherwise you will be required to purchase one at time of pick up. Adult One day-\$12, Youth One-day \$10
- Cash or check only **NO CREDIT CARDS**, unless paying for an Annual USAT membership Youth Annual-\$15, Adult Annual \$45
- Please do not call the Tri Lab with questions or directions, please refer to our website www.rbtri.com
- Online registration closes at noon the Thursday before race day
- Details regarding Transfers can be found on our website.
- No Refunds!
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Saturday, June 10th Schedule

12pm	Packet Pick Up Opens
1pm	Race Course Talk
3pm	Race Course Talk
4pm	Packet Pick Up Closes

Sunday, June 11th Race Schedule

5:45a.m. Transition Opens/Late Packet Pick Up

Athletes only may enter the Transition area. Minors may be accompanied by an Adult to help with set up.

Late packets need to be picked up near white tents before 6:45.

No race day registration.

No glass allowed inside transition

Rack bikes according to wave signs

7:00a.m. Transition Closes/Athletes will be asked to leave transition area

7:05a.m. Pre-race talk down the stairs and onto the beach, beyond public bike path
(Caution bike path is open to the public) Please do not block bike path

7:12a.m. Walk to Swim Start Line up by the appropriate wave sign on beach

7:30a.m. Race Start

10:30a.m. Charity Presentation/ Raffle/Awards

Wave Start Categories:

Wave start categories will also be posted at Saturday's packet pick up. First wave will start at 7:30. Each wave is scheduled approx. 5 minutes apart with the Mini-Sprint starting at 8:00.

Wave1: Male 34 & Under

Wave2: Male 35-49

Wave3: Female 39 & Under

Wave4: Male 50+, Clydes

Wave5: Female 40+, Athena, Sprint Relays

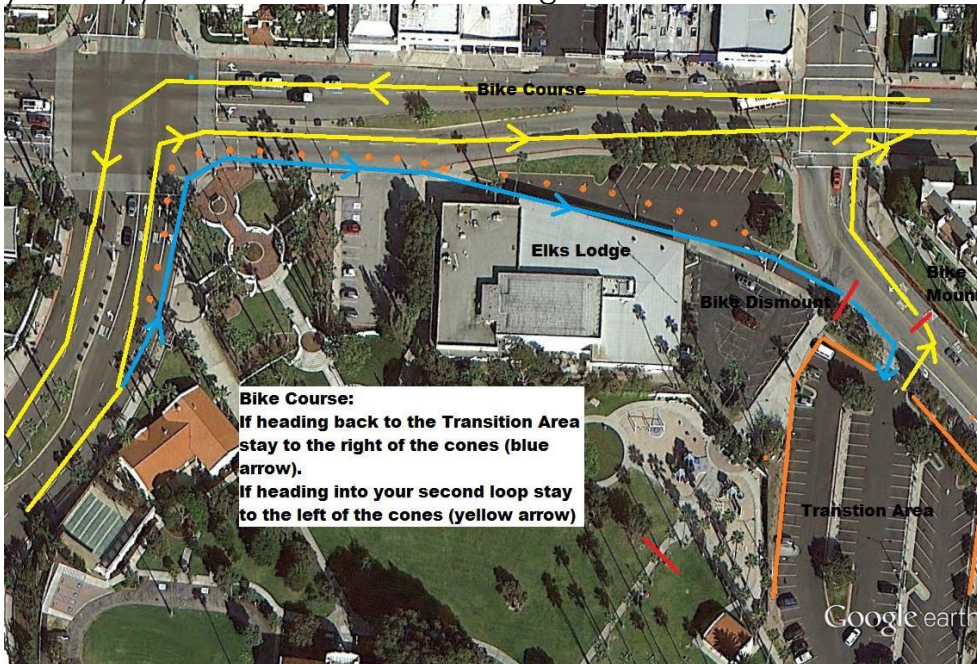
Wave6: Mini Sprint

Swim Course Reminders:

- If at any time during the swim you need assistance, please wave your hand and a lifeguard on a paddle board will come by. If they feel you are unable to finish the swim they will assist you to shore. If this happens, please walk to the swim finish to let the timing company know you did not finish the swim. Please line yourself up according to your swim ability. Faster swimmers in the front with slower swimmers in the back.

Bike Course CAUTION:

- The Sprint bike course is a **two loop** course.
The Mini Sprint bike course is a **one loop** course.
- If you are going into your second loop of the bike course be sure to stay to the left of the cones as you bike up Torrance Loop (the only hill on the course). If you are headed for the transition (to start your run) you will want to stay to the right of the cones on Torrance Loop. Please look at map.



- Remember on the bike course, slower riders stay to the right to allow faster riders to pass on the left.
- Remember to bring your helmet and strap it on securely. You will not be allowed on the bike course without a helmet.
- NO IPODS!
- No drafting.
- Due to some street improvements you will need to be careful when traveling South on Esplanade. You will be riding in the center median carefully marked by cones. At each intersection there are street reflectors that are inset from the cones, please be cautious of these.
- Remember when making the U turn at Avenue I to slow down to give enough time and room to make the turn.

Run Course Reminders:

- The run course, although only 2 miles (1 mile for the Mini Sprint), has many turns. Please look for volunteers on the course to guide you as well as directional arrows on the ground.
- At the ½ mile mark those doing the Mini Sprint will have to make a right turn. There will be a sign posted that will read: "Mini Sprint Turn". Be sure to make the turn or you will end up running the two mile course.
- **Please be aware that the run course is not closed to pedestrians.**

Suggested PARKING areas for the triathlon:

Limited free parking is available on the side streets near Veteran's Park.

Recommended Parking:

Redondo Beach Pier Parking Structure Closest to race site (**No bikes on car roof**) located at the bottom of Torrance Blvd. Torrance Blvd will be closed to traffic at 7am and will reopen at 10am. So do not plan to exit Pier parking structure until 10am.

Plaza Parking Structure: 180 North Harbor Drive at Pacific Avenue (entrance and exit not affected by race) Parking is \$2.00 per hour.

The parking structures are automated – please note parking space number and pay at any pay station. Credit cards and exact change are accepted.

For more information please visit:

http://www.redondo.org/depts/hbt/harbor/parking_n_directions.asp

Available bathrooms on race day:

- Parking Structure
- "Veteran's Park bathrooms" and portable bathrooms located just outside the transition area
- Down the steps to the beach below the transition area just before the beach bike bath.
- At the entrance to the Pier by the "Walk Your Bike" signs

Please note:

- If for any reason you can not finish the race, please return your timing chip to the timing tent located at the finish.
- There is a \$10 fee for any timing chips not returned.
- Transition area will be cleared by 11:00 AM. Any bikes or personal belongings left in the transition area after 11:00am will not be secure.

Be sure to visit our website www.rbtri.com before the event for additional information.

You can also view our course maps and sponsor page.