Latitude Triathlon & Duathlon

Event Information

It's a pleasure to welcome you to the Latitude-Fall Triathlon. Please read over and familiarize yourself with all this information. If your packet does not have numbers, shirt, swim cap, and timing chip, please email me at tina@itrievents.net. Thank you for choosing this event, I look forward to seeing you Sunday bright and early.

RACE DAY SCHEDULE

5:45am	Transition opens and bike maintenance will open.
6:45am	Transition closes and Pre-Race talk begins at swim start.
7:15am	Olympic swim starts and duathlon athletes start (Olympic & Sprint)
7:20am	Sprint swim starts
10:30am	Post-Race refreshments and awards.

DIRECTIONS & PARKING

Parking will start at 18th Street and Anderson Avenue; once 18th is full we will go to 19th through the 21st. Parking at Fort Travis will be for volunteers and any spectators that arrive before 7am. Once our first swimmer is out of the water, parking will close at Fort Travis. Swim start is located at 16th and Galveston Avenue, but there is NO parking there. The finish is located at Fort Travis which is 900 State Hwy. 87, Port Bolivar, Texas.

RACE NUMBERS & CHIP

You have received all your numbers and chip at packet pick up. One for your bike frame, helmet and two for your transition bags. Your bib must be worn during the run in front; for your convenience pins will be available at packet pick up or outside transition Sunday morning. DO NOT MISPLACE ANY OF THESE ITEMS, replacements will not be available if lost or left at home.

TRANSITION AREA

Transition one will be open racking at transition one and transition two will be assigned racking. Athletes may enter transition at 5:45am-No Earlier! Remember your numbers and chip; replacements will not be issued if LOST. Arrive early enough to set up your gear; additional time will not be given if you are late. Transition will close promptly at 6:45am. Remember, only competitors are allowed in the transition area. No Exceptions! Please make sure all your race equipment is in your area only. Once the last athlete has left for the run, transition will re-open; at that time you can get your bike and other items, but not before.

Remember there are two transition. You will receive two bags; use bag one for swim items and bike items and after you are done just put your swim items in the bag and it will be at the finish line. Bag two will be for your run items and you will give us that bag Sunday morning and it will be placed in transition 2 at your number. We will have volunteers to guide you for your bags.

BATHROOMS

There will be bathrooms located next to both of the transition areas.

SWIM COURSE

The first wave begins at 7am; please keep the buoys on your left. Watercraft support (canoes, medical, and lifeguards) are in the water for your safety. Do not hesitate to rest on the watercraft if you need to; if you need assistance, please wave your arm or yell for assistance. Watercraft support will assist you as soon as possible.

BIKE COURSE

Olympic athletes will do two laps and sprint athletes will do one lap. You must walk your bike in and out of the transition area to the mount and dismount lines. You must have your helmet on with the chinstrap fastened before leaving the transition area. Follow cones and directional signs and absolutely no drafting. Major intersections will be monitored by local officers, please follow their directions. Do not remove your helmet until your bike is racked safely in the transition area.

RUN COURSE

Olympic athletes will do two laps and sprint athletes will do one lap. Please follow directional signs and volunteers on the run course. There is one water stations for the sprint runners and two for Olympic. Both will have water, Gatorade and ice.

RELAY TEAMS

You will receive your timing chip Sunday morning, it is not in your bag now. Cyclist need to wait at the bike until the swimmer has taped them on the shoulder at which time they can leave; do not un-rack your bike until then. Once the cyclist has returned and racked their bike the runner can start.

FIRST AID

Please report any injuries to the Race Director; for your convenience our aid station is located at the Welcome Center, which is located at the Finish Line.

VOLUNTEERS

If you need assistance during this event, volunteers are here to help.

Things that are a MUST: BIKE BAR END CAPS, BIKE HELMET DURING THE RIDE, AND ATHELETE BIB ON THE RUN.