

## **2022 Cal Tri LA - 10.23.22 Race Overview**

In SoCal, the convenience, safety and affordability of races like Cal Tri LA are few and far between. A quick Sunday morning drive to Playa del Rey, parking next to the transition along Dockweiler Beach and speedy morning packet pick-up providing athletes the opportunity to spend the morning focused on getting race ready. Athletes aren't the only ones busy race morning. A full cadre of lifeguards from LA Beaches & Harbors and LAPD Traffic Officers are getting ready to keep athletes safe in the water and on the roads. Hours earlier, thousands of barricades, signs and cones are deployed on the bike and run course per the traffic control plan. Financially, the closer a venue is to a population center the higher the fee structure and producing a triathlon near LAX is no exception. However, tales of skyrocketing municipality fees are greatly exaggerated and Cal Tri Events remains lean with this year and next year's prices locked in at 2015 rates.

Pro Tip: Want to stay only 3.5 miles from the race venue? Our host hotel, the Hyatt Regency LAX, has extended a [limited time only special Cal Tri Events \\$169/night rate](#).

Cal Tri Events has 14 events; triathlon, triathlon relay, runbikerun, swimbike, swimrun, swim & run at both the sprint & Olympic distances. The course maps are on the website, are downloadable, and include distance and elevation.

**Swim Course (Ocean)**. The sprint swim is 400 yards. The Olympic swim is 1640 yards (2 lap course). The professional lifeguards from LA County Beaches & Harbors bring all the toys and support athletes with a 15 to 1 athlete to lifeguard ratio. First timers are greatly encouraged to get race ready at [Saturday morning's free swim and transition clinic](#) with Olympic Silver Medalist Clay Evans.

**Bike Course (Partially Closed)**. The sprint bike route includes S. Marine Avenue, Imperial Highway, Pershing Drive and Westchester Parkway with a U-turn at Sepulveda Westway and a singular out and back on Vista Del Mar before a right turn at Imperial Highway returns to Dockweiler Beach. The Olympic bike route is approximately two laps of the sprint bike route without a return to Dockweiler Beach between laps. While not a completely closed bike course, 80% of the course is either closed to vehicular traffic or along the Dockweiler Beach access road. The sprint bike distance is 12.6 miles with 411' of elevation. The Olympic bike distance is 24.2 miles with 808' of elevation.

**Run Course (New for 2022)**. The fast and flat, closed run course is an out and back from Parking Lot 2 onto S. Marine Avenue, the access road to Dockweiler Beach. This is a major improvement from 2021 where the run started from Parking Lot 3 and was on the shared beach bike path which was congested. Athletes run north and return south on a closed course supported at aid stations by the UCLA Tri Team. Sprint/5K athletes (1 lap) and Olympic/10K athletes (2 laps).

## Cal Tri LA - Swim



A photograph from 2021 Cal Tri LA. The seeded, rolling swim start is beginner friendly and not the scrum of the traditional wave start.



A photograph from 2021 Cal Tri LA Swim. Calm waters like those enjoyed in 2021, are always appreciated.

## Cal Tri LA - Bike



A photograph from 2021 Cal Tri LA. Smiles for miles on this fantastic bike course.



A photograph from 2021 Cal Tri LA. 80% of the course is either closed to vehicular traffic or along the Dockweiler Beach access road.

### Cal Tri LA - Run



The fast and flat, closed run course is an out and back from onto S. Marine Avenue, the access road to Dockweiler Beach. Athletes run north and return south on a closed course supported at aid stations by the UCLA Tri Team. Sprint/5K athletes (1 lap) and Olympic/10K athletes (2 laps).



A photograph from 2021 Cal Tri LA. Planes departing LAX as volunteers await the first finisher.