



Dear Triathlete:

Congratulations! You are entered in the 2019 Hermosa Beach Triathlon. The event will take place on Sunday, June 23rd at the Hermosa Beach Pier. Please read the following information carefully.

Schedule of Events:

Saturday, June 22nd, 2019

12:00 pm: Packet Pickup Opens at Triathlon Lab

1512 Aviation Blvd., Redondo Beach, CA 90278 (310)374-9100

You MUST bring a picture ID and your USAT card (if you are an annual member) when you pick up your packet. No one may pick up your packet for you, nor may you pick up someone else's packet.

We **STRONGLY RECOMMEND** that you pick up your packet on Saturday to avoid early morning lines on Sunday.

1:00 pm – 4:00 pm: Triathlon Clinics at Triathlon Lab

Triathlon 101 Clinic (1:00-1:30pm and 3:00-3:30pm)

Learn more about the tools of the trade during the Triathlon 101 Clinic – A race day checklist and the top 10 things that a triathlete should never leave home without.

Transition Clinic (1:30-2:00pm and 3:30-4:00pm)

A 30-minute interactive and informative clinic about how to have a fun, safe and efficient T1 & T2 triathlon transition.

*Both sessions will be followed by a Q&A session.

4:00 pm: Packet Pickup Closes

Sunday, June 23rd, 2019

5:15am: Packet Pickup & Body Marking

Transition Area Opens

6:30 am: Packet Pickup and Registration Closes

Transition Area Closes

6:45 am: Mandatory Pre-Race Meeting and National Anthem at the Main Stage

7:00 am: Race Start

9:45 am: Awards Ceremony

10:15 am: All bikes need to be out of transition area

Directions:

From LAX:

- 405 Freeway South to Redondo Beach Blvd., make a right on Redondo Beach Blvd.
- Right on Artesia Blvd.
- Left on PCH
- Right on Pier Ave. to the Hermosa Pier
- The race is located at Pier Ave. at the beach in front of the pier.

From Orange County:

- 405 Freeway North to Artesia Blvd., make a right on Artesia Blvd.
- Left on PCH
- Right on Pier Ave. to the Hermosa Pier
- The race is located at the Pier Ave. at the beach in front of the pier.

Parking:

Parking will be available in the following locations:

- Lot A – located one block south of the Pier Ave at Hermosa Ave and 11th St.
- Lot B – located north of the Pier Ave on Hermosa Ave and 13th St.
- Garage C – located north of the Pier Ave on Hermosa Ave and 14th St.
- Lot D – Located on Ardmore Ave and Pier Ave
- Street parking also available by meter
- Parking fees will be charged

No parking will be permitted in the following areas:

- Hermosa Ave between 10th and 14th
- Pier Ave between Hermosa Ave and Ardmore
- 2nd Ave between Valley and Ardmore

Registration:

Race packet pickup will take place at Triathlon Lab on Saturday, June 22nd from 12:00pm – 4:00pm and is **STRONGLY RECOMMENDED**. Packet pickup will also be available Sunday morning from 5:15am – 6:30 am. The race will begin promptly at **7:00am**.

IMPORTANT: YOU MUST BRING YOUR ID AND YOUR USAT MEMBERSHIP CARD (IF YOU ARE A MEMBER) WHEN YOU CHECK IN!

CHECK IN WILL BE BY BIB NUMBER; PLEASE LOOK UP YOUR BIB NUMBER AND SIGN A WAIVER BEFORE YOU COME TO THE REGISTRATION TABLE.

No one will be allowed to pick up a packet for another race participant. No exceptions will be made.

Pre-Race Meeting:

A mandatory pre-race meeting will take place at 6:45am at the main stage to inform you about procedures and safety. All athletes are required to wear bike helmets! Some common disqualifications are glass in the transition area, helmet chinstraps not fastened and drafting. Also remember that riding is not allowed in the transition area. Handlebars must have bar end plugs, or you will be disqualified!

Race Course:

Swim: The swim is a ¼ Mile-Ocean Swim parallel to the beach, starting and finishing South of the Pier. Pay careful attention to pre-race announcements and the information board for correct wave starts. Wetsuits are recommended. Water temperature will be between 65-68 degrees.

Bike: The 10-Mile Bike course begins with a small climb up Pier Ave. and then heads up Valley Dr. toward Manhattan Beach. The course is generally a smooth loop along Valley Dr. and Ardmore Ave. between Gould and 2nd Street. You will do three complete laps before coming back down Pier Ave. To avoid confusion a brightly colored board will be placed at the intersection of Pier Ave. and Valley Drive. DO NOT TURN DOWN PIER AVE. UNTIL YOU HAVE COMPLETED 3 FULL LAPS. Please note: Use extreme caution on the bike. Valley and Ardmore are very narrow streets and passing will be difficult. Passing outside of the cone line will result in an immediate disqualification.

Run: The 3-Mile Run course begins by heading north on the Strand 1.5 miles out and then back. The run course is a paved run. Stay to your right.

Relay Teams: Each team will have one chip that will be passed from relay team member to member for each leg of the race. They relay team's bike must be on the rack until the swimmer tags the biker, and you must trade the chip at your team's position on the bike rack.

Post-Race Activities:

The race expo and awards will take place on the beach immediately following the event.

Awards will begin at 9:45 am. Please be sure to remove your bike from the transition area by 10:15am.

Don't forget the NEW Hermosa Beach Triathlon Hat: Exclusive Hermosa Beach Triathlon Hats will be sold for only \$20 at Early Packet Pickup on June 23rd and on Event Day, June 24th! **CASH ONLY.**



Trash: Please be sure to pick up all trash left behind in the transition area!

Please contact hermosabeachtri@mesp.com with any further questions.