



SPRINT TRIATHLON SERIES

2023 Athlete's Guide

Dear Athletes,

On behalf of the Dana Jones Fitness Evolution, I would like to extend a warm welcome to all of our participants, their families and their friends. Thank you so much for wanting to participate in our 9th Annual Sprint Triathlon (Duathlon) Series. The generous support of our local community is a key aspect of this race. Also, keep in mind that we are racing in the community – we're using the city's pool, riding on city's streets and riding and running along the Santa Rosa Creek Trail. Please be respectful of the great setting and please be kind to anyone you see on these trails. Finally, this race would not be possible without the help of our volunteers who are willing to show up early on a Sunday morning to staff the course. Please be sure to thank them as you go through your race day. We hope you have a fulfilling experience and take home some fantastic memories and great stories to share.

Best of luck,

Dana Jones

Team DJFE Race Director

SCHEDULE OF EVENTS

Saturday, April 22, 2023

12:00 pm - 4 pm - Packet pickup at Echelon Cycle & Multisport (125 Fifth Street, Santa Rosa, CA)

Sunday, April 23, 2023 – Race Day!

8:00 am - Packet pick-up 8:00 - 8:30 am - Finley Aquatic Center, 2060 W. College Ave, Santa Rosa, CA
Park your bikes and set up for the race.

8:45 am - Pre-race meeting on Swim deck

9:00 am – Sprint Triathlon Swim start

9:00 am – Duathlon Start at the **START/FINISH** Line

9:20 – 9:30 am – Mini Sprint start (Children only in Lane 1-3 unless you are a beginning swimmer)

12:00 PM– All events should be completed.

11:59 PM – All virtual results need to be submitted.

RACE DAY PARKING

Parking will be at **Finley Community Center**.

Directions: From 101, go West on College Ave, which will turn into W. College Avenue for 1.4 miles. You will turn left into the Finley Community Center/Aquatics Parking lot. You will park closest to the pool. There will be volunteers in the parking lot to direct you safely.

Monday, April 24, 2023

3:00 pm – Results are posted.

RACE DAY CHECKLIST

- Swim cap
- Goggles
- Bathing suit or tri
- Towels
- Running Shoes
- Jacket or Sweatshirt
- Socks
- Water/Hydration Drink
- Bicycle
- Bicycle Water Bottles
- Bicycle Helmet
- Bike pump
- Cap/Visor/Sunglasses

RACE Numbers

You will have your bib assigned to you when you register and will be in your race packet.

What you will receive:

- Finisher medal
- Athlete goody bag

SWIM

Swim Course Rules & Instructions

1. Length: length of the swim leg of the triathlon is 400 yards (16 lengths of the pool or 8 round-trip laps) or 100 yards (4 lengths of the pool or 2 round-trip laps..
2. There will be a wide range of swimmers participating in the Mini Sprint Triathlon. The fastest swimmers will take less than 10-12 minutes (sprint) and 5-6 minutes (mini sprint); if you are a slower swimmer – that's OK! Swimmers should swim with others of similar speed. Slower swimmers should stick the right most lane when facing the Octopus wall. **See diagram below.**
3. Start: There will be a 1 minute warning, a 30 second warning, a 10 second countdown for the start. Start in the water, diving is not allowed!!! At the start, the fastest swimmer in your lane goes first, followed 5 seconds later by next fastest, and 5 seconds later by third fastest and 5 seconds later by 4th swimmer.
4. Swimming Stroke. Any stroke is OK: freestyle, backstroke, breaststroke, dog paddle. Can the swimmer rest at the turn? Yes, go ahead and hang on the wall, enjoy the view.
5. Circle swimming. Swim on the right half of the lane in each direction – on the right side of the black line at the bottom of the pool. This means you will be swimming counterclockwise around the black line. The lane rope should always be next to your right shoulder.
6. Lap counting. You are responsible for your own lap counting; please do not cheat.
7. Passing. The best and safest way to pass is at the ends of the pool. Do not pass in the middle, you run the risk of colliding with a swimmer coming from the other direction. If you need to pass a slower swimmer, start by tapping their foot as you catch up to them. This is the signal to them that you want to pass. The slower swimmer should continue swimming to the end of the pool and pause at the wall. The slower swimmer can assist the process by staying on the right side of the lane at the wall. Once the faster swimmer has passed, the slower swimmer can proceed with swimming behind the faster swimmer.
8. Turns. Turns at the end of the pool can be either open turns or flip turns. If you are doing flip turns you should be careful to avoid a collision with swimmers that may be close behind you. As you are approaching your turn, check to see that no swimmers are coming off the wall and then cross over to the left half of the lane as you begin your flip turn. Push off the wall in the right half of the lane.
9. Exiting the pool: You may exit the pool at the end of your lane by climbing up the wall. If you climb over the wall, be careful to watch for the starting blocks so you don't hit your head. You may also use the ladder at the side of the pool. If you use the ladder to exit, you might have to cross through other lanes to get to the side wall. Be

careful and considerate of other swimmers in the lanes next to you as you cross them. Walk (don't run) to the transition area where you will either tag your biker (team relays) or change to biking gear.

10. Timing: Timing is a personal preference; there will be no official race clock due to the nature of this being a fun triathlon.

11. Safety: Always swim on the right side of the lane. Keep the lane divider near your right shoulder. Pass only at ends of the pool. No diving into pool, no running on deck. Watch out for the lifeguard structure at north end of pool. Please be safe, be courteous and have fun.

Pool Lane Diagram

Black gate – Exit to T1

Lane 10 – Novice & Experienced Swimmers	Octopus Wall
Lane 9 – Novice & Experienced Swimmers	
Lane 8 – Novice & Experienced Swimmers	
Lane 7 – Novice & Experienced Swimmers	
Lane 6 – Novice & Experienced Swimmers	
Lane 5 – Novice & Experienced Swimmers	
Lane 4 – Equipment Lane - Snorkels	
Lane 3 – Beginners & Youth Swimmers	
Lane 2 - Beginners & Youth Swimmers	
Lane 1 - Beginners & Youth Swimmers	

SWIM TO BIKE TRANSITION (T1)

Place your bike in an available rack position before the swim. After the swim, you will be directed through the pool exit gate to Transition Area #1. Locate your bike and change into your biking gear. Locker rooms may not be available. All swim gear must be brought outside the facility once you are done with the swim leg.

Your bike helmet must be securely fastened before you proceed to the exit of T1. Helmets on the bike are mandatory.

NOTE: T1 is open to athletes only. This is for security and safety of all involved. Please inform family and friends to stay out of T1 (aka bike rack area).

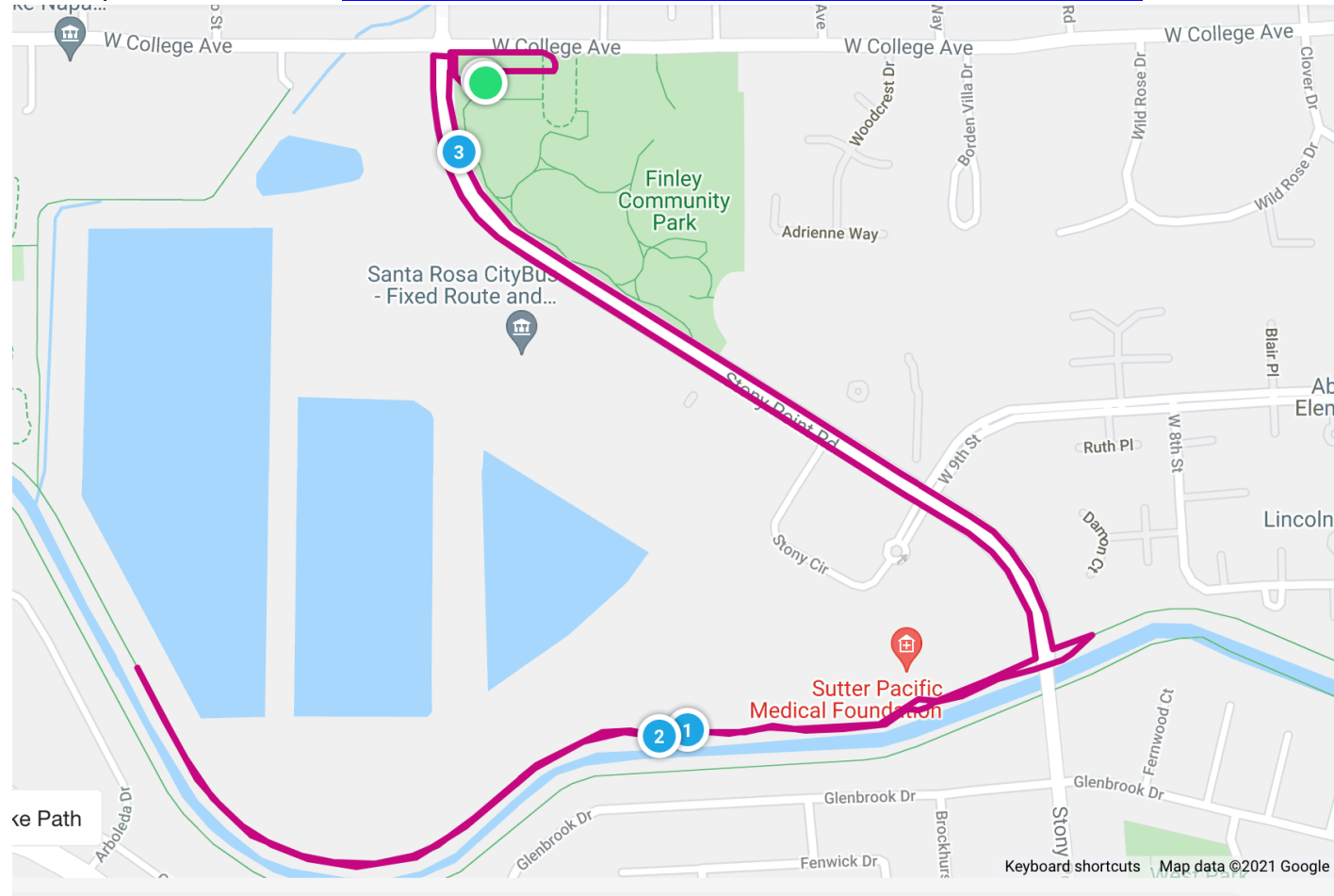
NOTE TO TEAMS: Team swimmers will proceed directly to the bike mount line at the exit.

RELAY TEAMS:

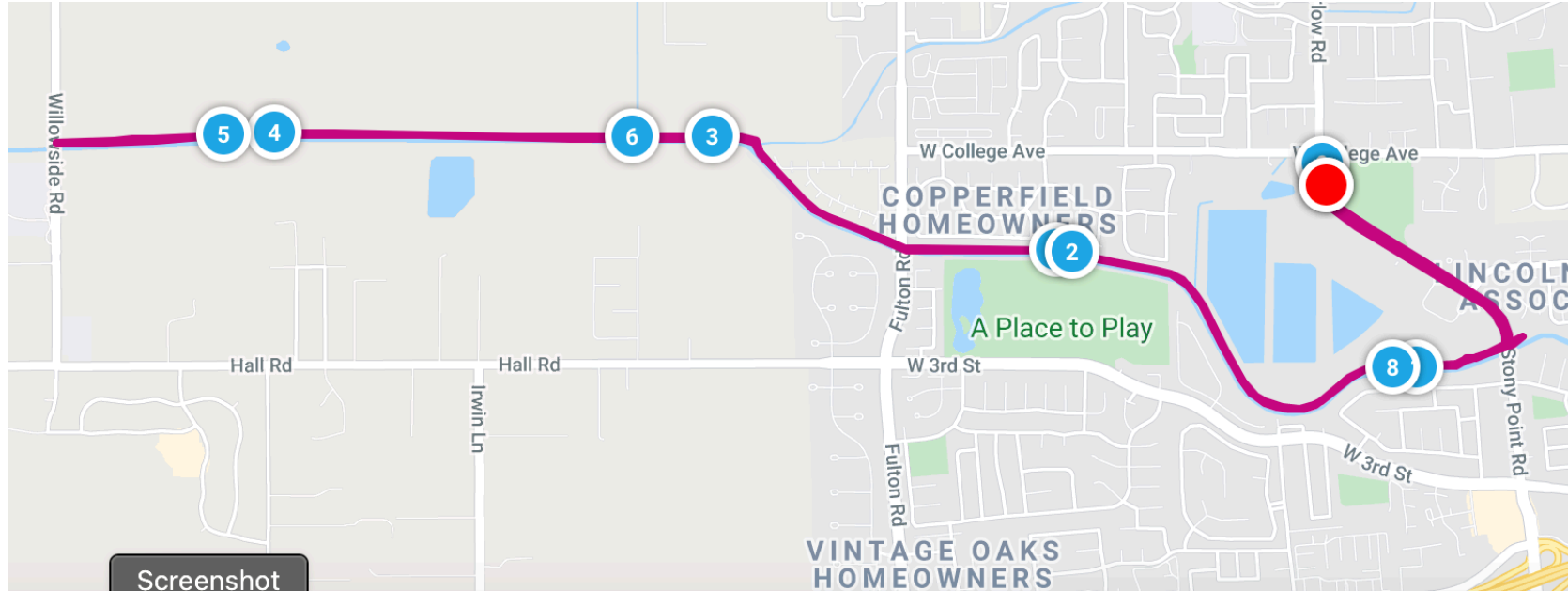
The relay swimmer wears the assigned swim cap. The relay cyclists are at their assigned rack area awaiting the swimmer. Cyclist will stand next to their bike. When your swimmer reaches you and gives you a high five, you may move on to the mount/dismount area and start your bike ride. The runner is to be in the same position prepared to receive a high five from the cyclist. The runner can then start the run course. The runner must wear the race number on the front of their body during the run course. Swimmers, when you have finished, move quickly out of the area to reduce congestion.

BIKE

Mini Sprint bike route: <https://www.mapmyrun.com/routes/view/2129651236>



Regular Sprint/Duathlon (Leg #2) bike route: <https://www.mapmyrun.com/routes/view/1717974449>



Course Summary

The bike course is a paved mostly flat 3-mile ride (mini sprint) or 9 mile ride (sprint). The bike course will be clearly marked and staffed during the race.

PLEASE NOTE: We will be using a public trail, so it is important to use all the rules for proper bike safety, which include: Do not ride above 15 mph, the posted speed limit. Call out when passing people that are walking in the same direction (on your left), carefully approach people with dogs; startled dogs and people will step into your direction. Staying at least 2 feet from the pavement edge is advised in order to avoid loose gravel. It is the cyclist's responsibility to be completely familiar with the course. Due to the short distance, there will be no aid stations on the bike course. Cyclists are expected to carry whatever water, sports drink, or food they'll need.

Bike Course Rules & Instructions**

1. A helmet is required during the entire bike portion including in and out of transition areas. The cyclist's helmet must be securely fastened during the entire cycling leg and have a race number affixed to the front.
2. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be left with a race volunteer (located at the major intersections of the bike course).
3. For your safety, headsets, headphones, ear buds, cellphones, etc. are not allowed during any portion of the bike leg.
4. Please remember that the bike course will be open to traffic before and during the race. Members of the local community use these roads every day. Realize that you are an ambassador for the sport and our event. This applies while training and during the race.

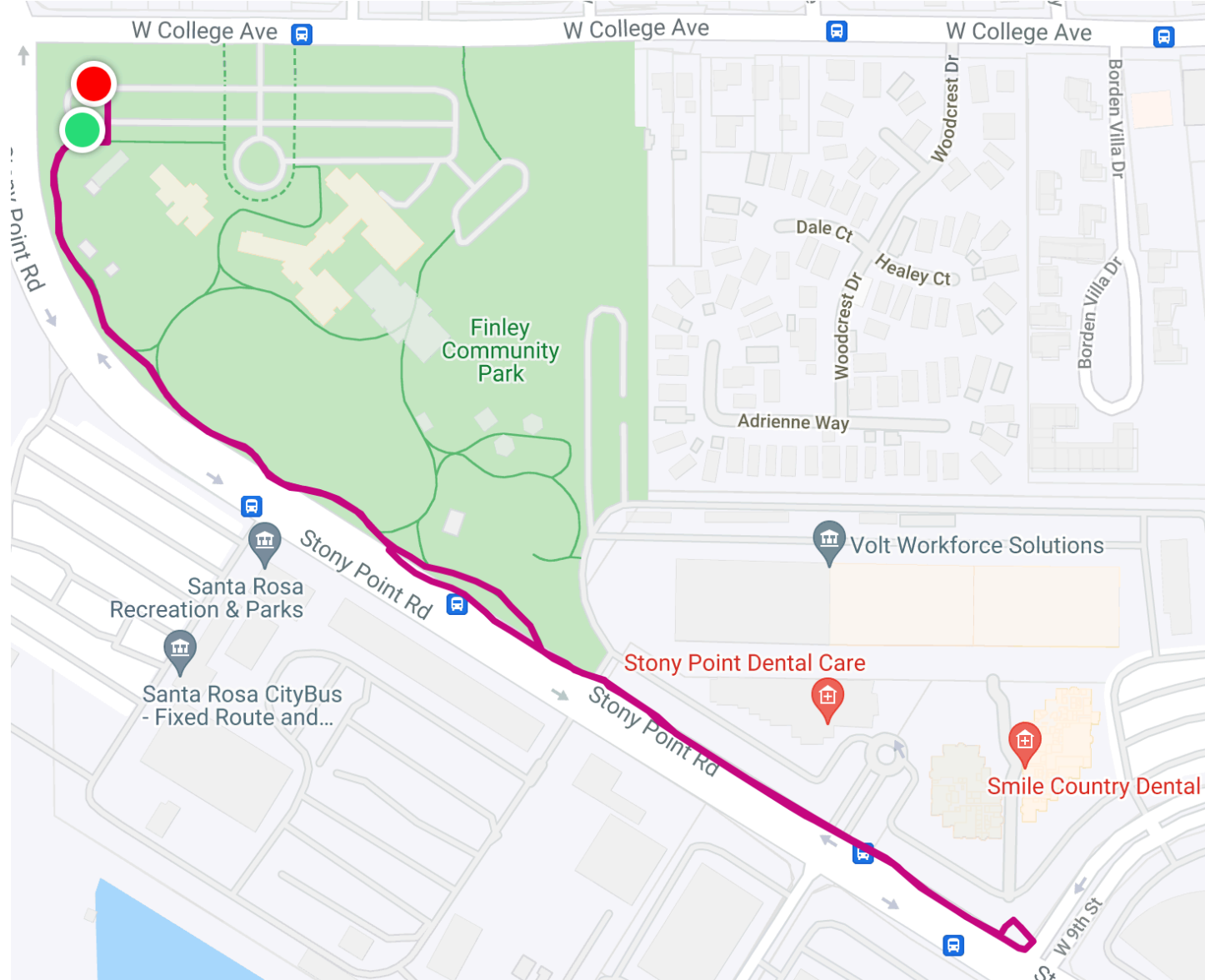
**Cyclists are responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Please be sure your bike is in proper working condition prior to the race.

BIKE TO RUN TRANSITION (T2)

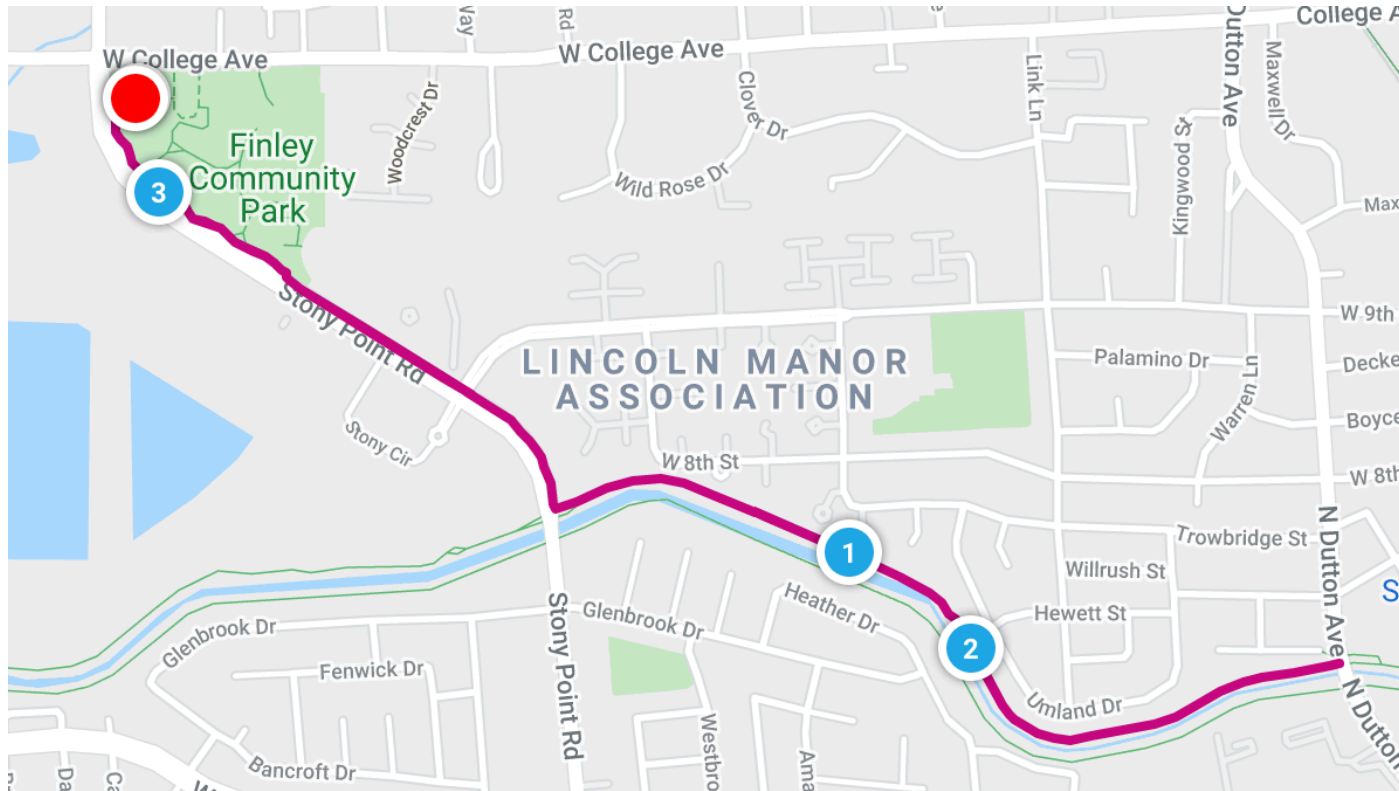
Begin to slow your bike as you reach T2 and dismount at the indicated point. Locate your transition bag and change into your running gear. Remember, you placed this bag in T2 before beginning the race. All bike gear (including your helmet) must be placed in your numbered gear bag before you leave T2. Once you have changed into your run gear, place your bike-to-run bag on the grid before leaving Transition Area #2

RUN

Mini Sprint Run/ Duathlon (Leg #1) – 1 mile: <https://www.mapmyrun.com/routes/view/941745771>



Sprint Run/Duathlon (Leg #3)– 3.1 miles: <https://www.mapmyrun.com/routes/view/522619412>



Run Course Rules & Instructions

1. You may run, walk, or crawl. No other form of locomotion is allowed.
2. Athletes must follow the directions and instructions of all race personnel at all times.
3. Be sure to say 'thanks' to those volunteers; they're making this race happen for you.

Bicycle & Gear Pick-up

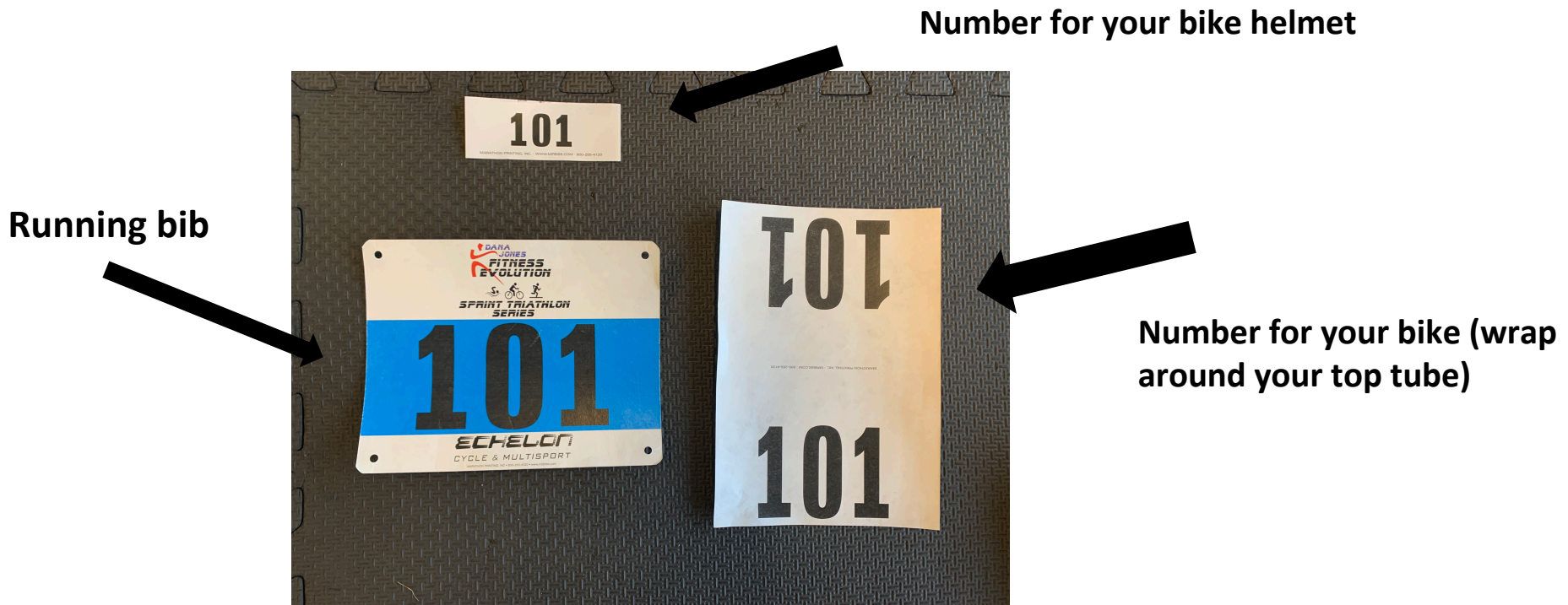
You must reclaim your bike and gear at T2 by 11:30 (T2 closes at this time and race organizers cannot be responsible for your bike and gear after this). Your race number must match your bicycle number in order for you to leave the transition area.

Lost & Found

It will be located at the information booth.

This is a fun, beginning triathlon, at this time there are no awards for timed results.

Race Number Placement



**Correct placement of bike
number**



Correct placement for your running bib