

The background of the cover is a scenic photograph of a coastal area at dusk or dawn. In the foreground, there's a sandy beach with some people walking. In the middle ground, a prominent lighthouse stands on a rocky outcrop. The ocean is visible in the background, with waves breaking. The sky is a mix of soft pinks, oranges, and blues. The text is overlaid on this image.

Santa Cruz Triathlon

2023

Athlete Guide



September 24, 2023

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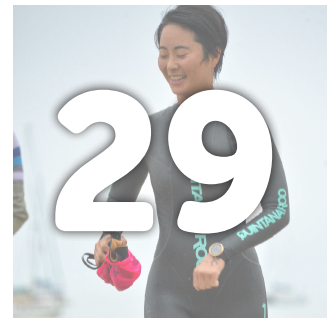
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Hey Athletes!

To everyone returning for another year of racing, welcome back! And to the athletes racing with us for the first time: You're going to love the Santa Cruz experience. It's the 41st year of the race and my sixth year as director for it. I gotta say, this one's been the most interesting to plan since I started.

The heavy rains from earlier this year may seem like a distant memory for most of us, but they've impacted events like ours quite a bit. While our bike course has traditionally followed West Cliff Drive, road closures and repairs have forced us to send folks down Delaware Avenue this year.

Thankfully, the run course will remain largely the same, running on the bike path with iconic ocean views. Want the details? Check out the course guidelines and turn-by-turn directions in this year's athlete guide.

Finally, I want to say thanks to everyone coming out to support this race. That includes all the athletes as well as spectators and volunteers. Events like this don't feel the same without the work of volunteers to make things happen and energy of the crowd to power the athletes along the course.

We're here despite the storms. You all are here despite any hiccups in your training and life. It's going to be a great day!

Welcome to Santa Cruz!

Crystal
Race Director, Santa Cruz Triathlon



Silver & Bronze Sponsors



New Leaf Market



Joby Aviation



Lighthouse Consulting Group

Quick Race Overview

Need to know the key details at a glance? This page is for you. Find all the important pieces of information here, including start locations, critical dates and contact info.

Key Dates

Sunnyvale Packet Pickup - Friday, Sept. 22 - 4-7 p.m.

Location: 1177 Kern Ave, Sunnyvale, CA 94085

Santa Cruz Packet Pickup - Saturday, Sept. 23 - 11 a.m.- 3 p.m.

Location: 231 Cathcart St, Santa Cruz, CA 95060

Race Day - Sunday, Sept. 24

Event Overview

Event	Start Time	Location	Distance
Olympic	8 a.m.	Main Beach Tower #3	1500M Swim 40K Bike 10K Run
Open Water Swim	8 a.m.	Main Beach Tower #3	1500M Swim
Olympic Relay	8:35 a.m.	Main Beach Tower #3	1500M Swim 40K Bike 10K Run
Aquabike (Swim/Bike)	8:35 a.m.	Main Beach Tower #3	1500M Swim 40K Bike
Sprint	9:35 a.m.	Cowell's Beach	750M Swim 20K Bike 5K Run
Aquathlon (Swim/Run)	9:45 a.m.	Cowell's Beach	750M Swim 5K Run

Contact for the Race

For all race communications, please reach the Santa Cruz Triathlon Race Team via email at santacruztriathlon@gmail.com. Our Race Team will get back to you as soon as we can. Do know that the closer we get to race day, the more emails and messages we receive that need immediate attention. On race day, the team will be focused on the event and may be slow to respond to any messages received.

Schedule of Events

Here's a detailed rundown of each day's events, locations and features.

Friday - Sunnyvale Packet Pickup

Time: 4-7 p.m.

Date: Friday, Sept. 22

Location:

Sports Basement Sunnyvale
1177 Kern Ave
Sunnyvale, CA 94085

Saturday - Santa Cruz Packet Pickup

Time: 11 a.m. - 3 p.m.

Date: Saturday, Sept. 23

Location:

Spokesman Bicycles
231 Cathcart St
Santa Cruz, CA 95060

Sunday - Race Day

6:00 a.m.

Transition Opens for All Olympic Athletes
Location: Depot Park

7:30 a.m.

Transition Closes for All Athletes
Location: Depot Park

7:45 a.m.

Pre-Race Instructions for Olympic, Aquabike and
Open Water Athletes
Location: Main Beach Lifeguard Tower #3

8:00 a.m.

Transition Opens for Sprint/Aquathlon Athletes
Location: Depot Park

Olympic Race and Open Water Swim Waves Start
Location: Main Beach at Lifeguard Tower #3

8:35 a.m.

Olympic Relay and Aquabike Swim Waves Start
Location: Main Beach at Lifeguard Tower #3

9:00 a.m.

Transition Closes for All Athletes
Location: Depot Park

9:20 a.m.

Pre-Race Instructions for Sprint and Aquathlon
Athletes
Location: Cowell Beach

9:35 a.m.

Sprint Waves Start
Location: Cowell Beach

9:45 a.m.

Aquathlon Waves Start
Location: Cowell Beach

11:00 a.m.

Award Ceremony
Location: Depot Park

12:00 p.m.

Transition opens for equipment pickup
Location: Depot Park

Rules

Swim Rules

Final instructions will be delivered prior to race start. Athletes must ensure they cross over the timing mat as they enter the wave start corral. To begin your swim, you must cross over a timing mat in a fenced-in area on the beach.

All racers are responsible for knowing their wave start time and must start in appropriate wave time.

All swim waves will start according to the schedule and will begin with or without you. It is mandatory that you start only at your designated time. All swimmers must wear the official race swim cap provided by the race and extra caps will be available on the beach.

If you need help during the swim, raise one arm or yell to a lifeguard for assistance.

Wetsuits are strongly recommended. Water temperatures usually range from 55° and 60° degrees. No other swim or flotation devices or snorkels may be used. Do not dive into shallow water. Upon exiting, swimmers will be guided to the transition area. Relay swimmers must proceed to the "tag zone" transition area. Aquathlon and Aquabike racers must cross the timing mat in transition before heading out onto the run or bike.

Bike Rules

Athletes on bicycles are required to wear a helmet that complies with USCP Safety Standards for bicycle helmets.

The approved helmet must be fastened at all times while on the bike, including while holding the bike through transition. Helmets must be on before the bike is removed from the rack in transition and can only be removed once the bike is returned to the rack.

Athletes must rack their bike in the transition area on a bike rack. Racking of bikes in the transition area is first-come, first-served. Please do not use more than one rack space for your transition area. Race officials and volunteers can and will move bikes and gear at their discretion if it is incorrectly racked or athletes use more than their allotted space. All bike racks must be used to maximum capacity.

The Olympic course is NOT a closed bike course. Cyclists should be aware of vehicular traffic, stay to the right, and stay in the bike lanes at all times where they are available. Upon exiting transition area, cyclists must obey ALL rules and traffic laws unless directed to do otherwise by a uniformed peace officer or race official. The USA Triathlon officials will be active on Highway 1 and will enforce all race rules.

No ear buds or personal audio devices are allowed on the course. (USAT rules and City of Santa Cruz requirement).



Run Rules

Athletes must have their bib number visible in front of their body during the run (bib pinned to shirt or attached to race belt).

No ear buds or personal audio devices are allowed on the run course, per USAT rules.

The run follows West Cliff Drive pedestrian paths to the turnaround/aid station on Swanton Avenue near Natural Bridges State Park. To ensure that every racer runs the same distance, running on the street (except in the start/finish area and in the bike lane on Swanton) is prohibited and may result in disqualification. Racers must run to the right at all times and be aware of nonrace pedestrian traffic on paths.

Packet Pickup Guidelines

Packet pickup will be at two locations this year. The first will be in **Sports Basement Sunnyvale** (1177 Kern Ave, Sunnyvale, CA 94085) from 4-7 p.m. on Friday, Sept. 22, and the second will be at **Spokesman Bicycles** (231 Cathcart St, Santa Cruz, CA 95060) from 11 a.m.-3 p.m. on Saturday, Sept. 23.

Race day packet pickup is available from 5:30-8:45 a.m. just outside of the Transition Area. This is available for a convenience fee of \$20, payable by cash or check.

Every athlete will receive a race number, timing chip, swim cap, T-shirt and other swag at packet pick up. Per USA Triathlon rules, **athletes CANNOT have someone else pick up their packet.** This is for insurance purposes and to preserve the integrity of the race.

Please bring the following to show at every packet pickup:

- Valid USAT membership card for annual members (athletes who registered for 1-day license don't need to bring proof)
- Picture ID. No picture ID, no race

Specific instructions for relay teams at packet pickup:

- Each member of the relay team must present their picture ID
- Each member of the relay team can only pick up their portion of the packet
- Each member of the relay team must have a valid USA Triathlon membership card or have purchased a one-day USA Triathlon membership specifically for the Santa Cruz Triathlon
- Picture ID. No picture ID, no race

Spectator Guidelines

We welcome any and all spectators to our wonderful race! Friends, family and fans of the sport make the event all the more exciting for athletes come race day.

Swim Spectating

For the swim (both Olympic, Sprint and every other event), we encourage spectators to stand along the sand with their athletes. There will be designated areas for athletes to enter and exit the water. We ask that spectators steer clear of athletes to avoid any collisions.

Bike Spectating

For the bike, we don't recommend that spectators try to find their athletes along the bike course. Logistics, traffic crossings and timing make this nearly impossible. The two ideal spots that we recommend for catching a photo of your athlete are below:

Depot Park Parking Lot

This is an ideal space since there is plenty of standing room and EVERY ATHLETE on the bicycle will ride by twice. Once on the way out and once on the way back. This is a protected area that will be safe for cyclists and spectators. Most importantly, there are bathrooms available for everyone to use.

Corner of Bay Street and West Cliff Drive

This is an excellent spot with an incredible amount of athlete action. Athletes on the Olympic course will ride by here on the way out as well as on the way back. Sprint athletes will pass by this intersection several times during the race as they do two loops on the course.

This spot will be very crowded with cyclists, runners, volunteers and spectators. Because of that, please use caution when spectating in this area and be aware of your surroundings.

Spectator Guidelines



Run Spectating

Every athlete will finish on the run Cowell's Beach. Because of that, we recommend spectators come to Cowell Beach and stand on the sand to watch their athlete run across the finish line. Please note that this area is limited in space and is usually packed with volunteers and athletes. Because of that, we ask that spectators please listen to volunteer directions throughout the event.

Open water swim athletes and aquabike athletes will finish their events at other areas. Please refer to the course guidelines for more instructions.

Spectator Guidelines

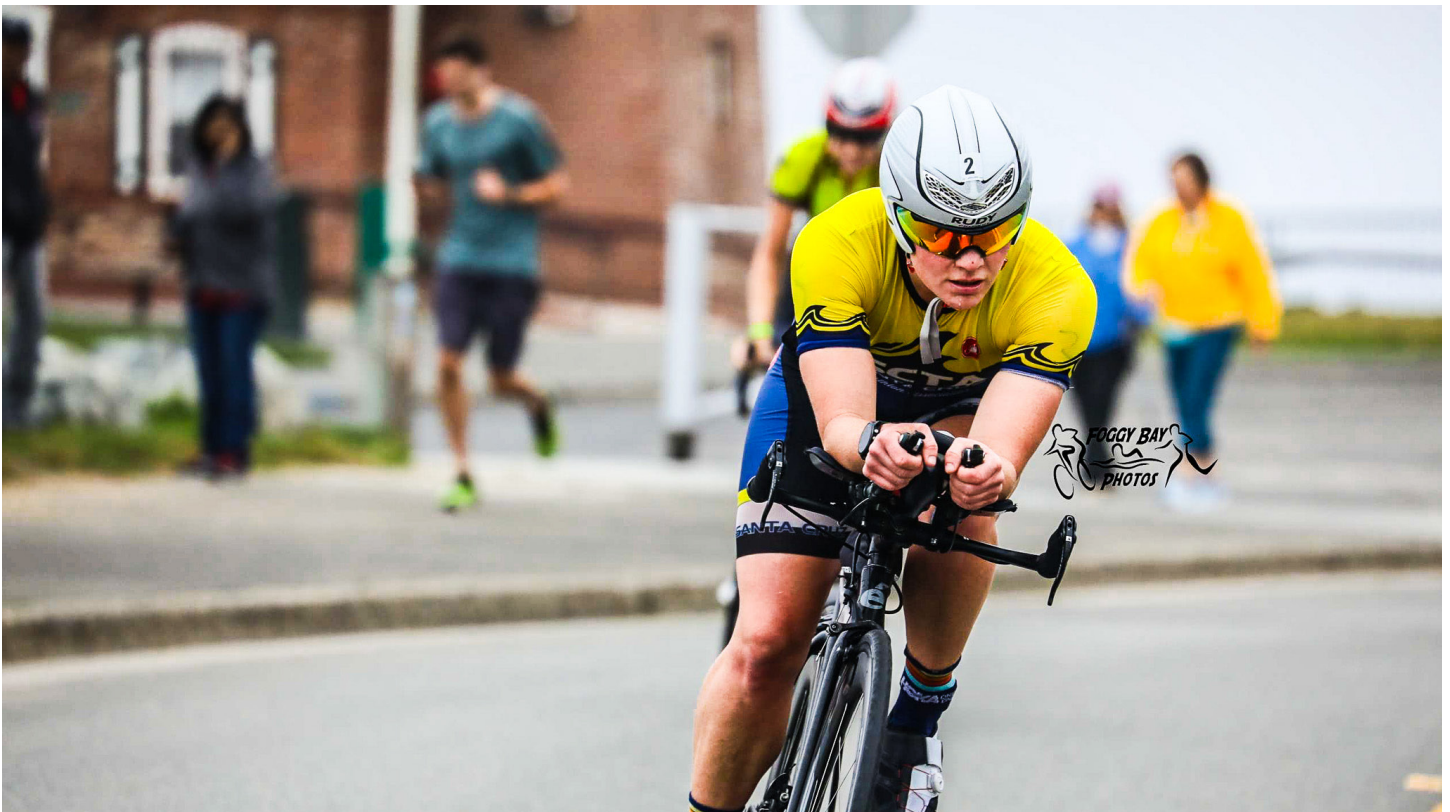
Athlete Injury and Emergency Contact

Because of the inherent risks in triathlons, there are emergencies that happen during the course of the race.

Under nearly all circumstances, we can not release information about athletes to family, friends, or anyone else not designated as the emergency contact of the athlete.

We take extraordinary efforts to ensure the safety and privacy of every athlete. But because of that, we need to follow established protocols and can't give information as quickly and openly as spectators would like during an emergency. Athlete information such as whether they are still on the course, what the status of an injury is, and whether an athlete is receiving emergency care cannot be released. That includes mothers, fathers, spouses, siblings, friends and anyone else **NOT DESIGNATED** as the emergency contact for athletes.

This means that athletes must be clear about who their emergency contact is during registration. More importantly, please let your family and friends know who your emergency contact is during the race so they can connect to receive immediate information.



Race Day Guide

Here's everything you need to know on race day as a participant, from where to go to when to show up.

Directions

Directions to Transition Area at Depot Park ([119 Center St, Santa Cruz, CA 95060](#))

From Hwy 1 or Hwy 17
Exit at Ocean Street heading south
Right onto Broadway
Left onto Center Street
Find parking in the adjacent neighborhoods,
paying attention to parking meter directions

Directions to Parking at Santa Cruz Boardwalk ([400 Beach St, Santa Cruz, CA 95060](#))

From Hwy 1 or Hwy 17
Exit at Ocean Street heading south
Right on San Lorenzo Blvd.
Left on Riverside Ave.
Follow city signs to Boardwalk parking areas

Parking

Parking is limited on race day so please plan to arrive early. We recommend that athletes park on the Santa Cruz Municipal Wharf or Santa Cruz Boardwalk Parking.

Limited street parking is available as well. Please follow the guidelines for street parking, including when and how to pay for parking.

Body Marking

ALL ATHLETES MUST BE BODY MARKED BEFORE ENTERING TRANSITION.

Athletes must be marked with their race number on their upper portion of both arms and on their left calf.

Volunteers will be doing body marking outside of transition beginning at 6 a.m. when transition first opens and at 8 a.m. when transition re-opens for Sprint and Aquathlon athletes.

Race Day Guide

Transition

Transition for all athletes opens up at 6:00 a.m. and closes at 7:30 a.m. for all athletes.

Transition will open up again at 8:00 a.m. for Sprint and Aquathlon athletes and closes at 9:00 a.m. for all athletes.

Transition will open up again at 12:00 p.m. for athletes to begin gathering their gear. We ask that athletes not try to collect their gear sooner since people will still be moving through transition as racers.

We're happy to announce that we will have our biggest area for athletes in the history of the race. Transition will be the Scott Kennedy Fields at Depot Park, offering a softer surface for athletes to run on during transition.

Only athletes, properly numbered and with an athlete's bracelet, will be allowed in and out of the transition areas. Please identify all additional equipment, such as your wetsuits, with name or race number.

NOTE: NO FOOD OR DRINK CONSUMPTION while in transition. There is a zero-tolerance policy for eating and drinking inside the transition area. No food or drinks may be consumed or opened within the fenced area of the soccer fields/transition area.

Athletes may have nutrition inside transition, but it may not be consumed. **If you are seen eating or drinking within transition, you will be disqualified.**

This is because of city ordinances that prohibit food and drinks on the field to preserve it for the long term. The only exception to this rule is water. Once athletes exit the transition area, they will be permitted to consume food and drinks during the race.

Athletes must show their bib numbers to race officials when they exit, ensuring that it matches with their bike sticker and other items.

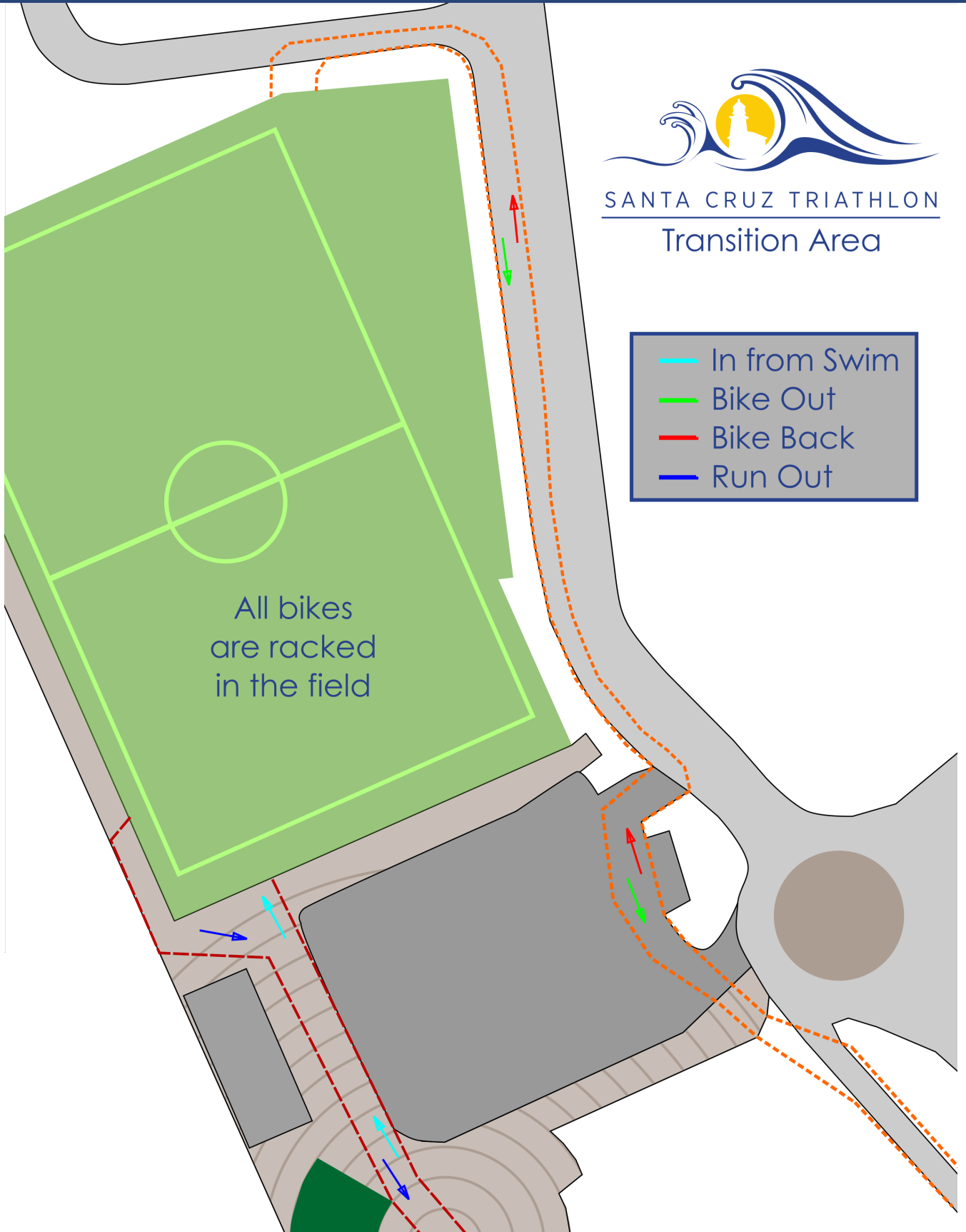
Race Day Guide



SANTA CRUZ TRIATHLON Transition Area

- In from Swim
- Bike Out
- Bike Back
- Run Out

All bikes
are racked
in the field



Race Day Guide

Swim Wave Start Times

Here is an overview of our planned start times for the swim waves. Waves will leave at five minute intervals. The start and intervals times are subject to change by the Santa Cruz Triathlon Race Team but will not start earlier than the posted times.

Olympic, Relay, Aquabike (Swim/Bike), Open Water Swim Wave Start Time

Age Group	Start Time	Location
Men 29 and Younger	8 a.m.	Main Beach Tower #3
Open Water Swim	8 a.m.	Main Beach Tower #3
Women 39 and Younger	8:05 a.m.	Main Beach Tower #3
Men 30-39	8:10 a.m.	Main Beach Tower #3
Women 40+	8:15 a.m.	Main Beach Tower #3
Men 40-44	8:20 a.m.	Main Beach Tower #3
Men 45-49	8:25 a.m.	Main Beach Tower #3
Men 50+	8:30 a.m.	Main Beach Tower #3
Relay and Aquabike (Swim/ Bike)	8:35 a.m.	Main Beach Tower #3

Race Day Guide

Swim Wave Start Times

Here is an overview of our planned start times for the swim waves. Waves will leave at five minute intervals. The start and intervals times are subject to change by the Santa Cruz Triathlon Race Team but will not start earlier than the posted times.

Sprint and Aquathlon (Swim/Run) Wave Start Times

Age Group	Start Time	Location
Men 39 and Younger	9:35 a.m.	Cowell Beach
Men 40 and Older	9:40 a.m.	Cowell Beach
All Women, Sprint and Aquathlon (Swim/Run)	9:45 a.m.	Cowell Beach

Race Day Guide

Timing Chips

Please ensure that you turn in your timing chips at the finish line. Our partners at SVE timing use them to ensure race results are complete.

Athletes who do not turn in their timing chip will be charged \$65 to cover the cost of a replacement chip. If you forgot to turn in your chip, they can be mailed to:

Chips can be mailed to:

SVE Timing
389 Magladry Court
Hollister, CA 95023

Open Water Swim athletes must turn in their timing chips to volunteers as soon as they cross the timing mat in the Cowell's Beach Main Parking Lot.

Aquabike athletes must turn in their timing chips in transition to our Santa Cruz Triathlon Race Team.

Gear Pick Up

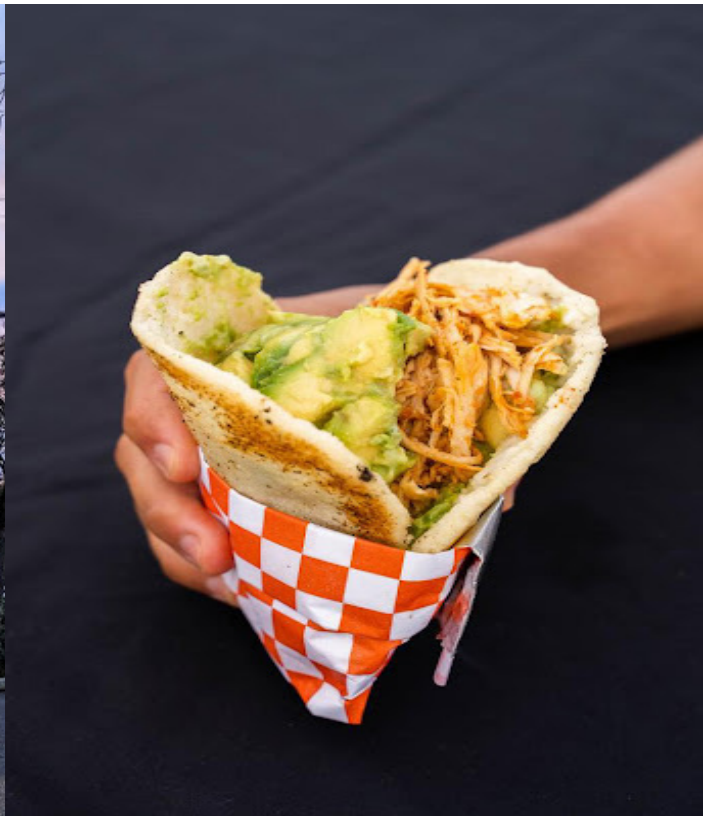
The Santa Cruz Triathlon Race Team will open the transition area at 12:00 p.m. for athletes to pick up their items in transition. There is a separate entry and exit gate for gear pickup. Athletes looking to pick up their gear must enter and exit through this gate.

Athletes must show their bib numbers to race officials when they exit to ensure that it matches with their bike sticker and other items.

Athletes without stickers/bibs will not be permitted to leave with a bike. Athletes who lose their bib must show adequate proof that the gear belongs to them.

All this is done to protect against equipment theft on race day.

Race Day Guide



Post-Race Activities

You're done with the race. Now what? The awards ceremony will begin around 11:00 a.m. at the Parking Lot adjacent to Depot Park.

This year, we're bringing in our friends at Pana Food Truck to sell food to athletes and spectators. **Bring your wallets or phones to purchase delicious arepas.**

For athletes after the race, there will be free food in the designated athlete area, including bananas, muffins, berries, electrolyte drinks and water.

Course Guideline



Aid Stations

Bike

For the Olympic bike course, Water and Gatorade Endurance Formula in plastic bottles will be available in Davenport at the turn-around point.

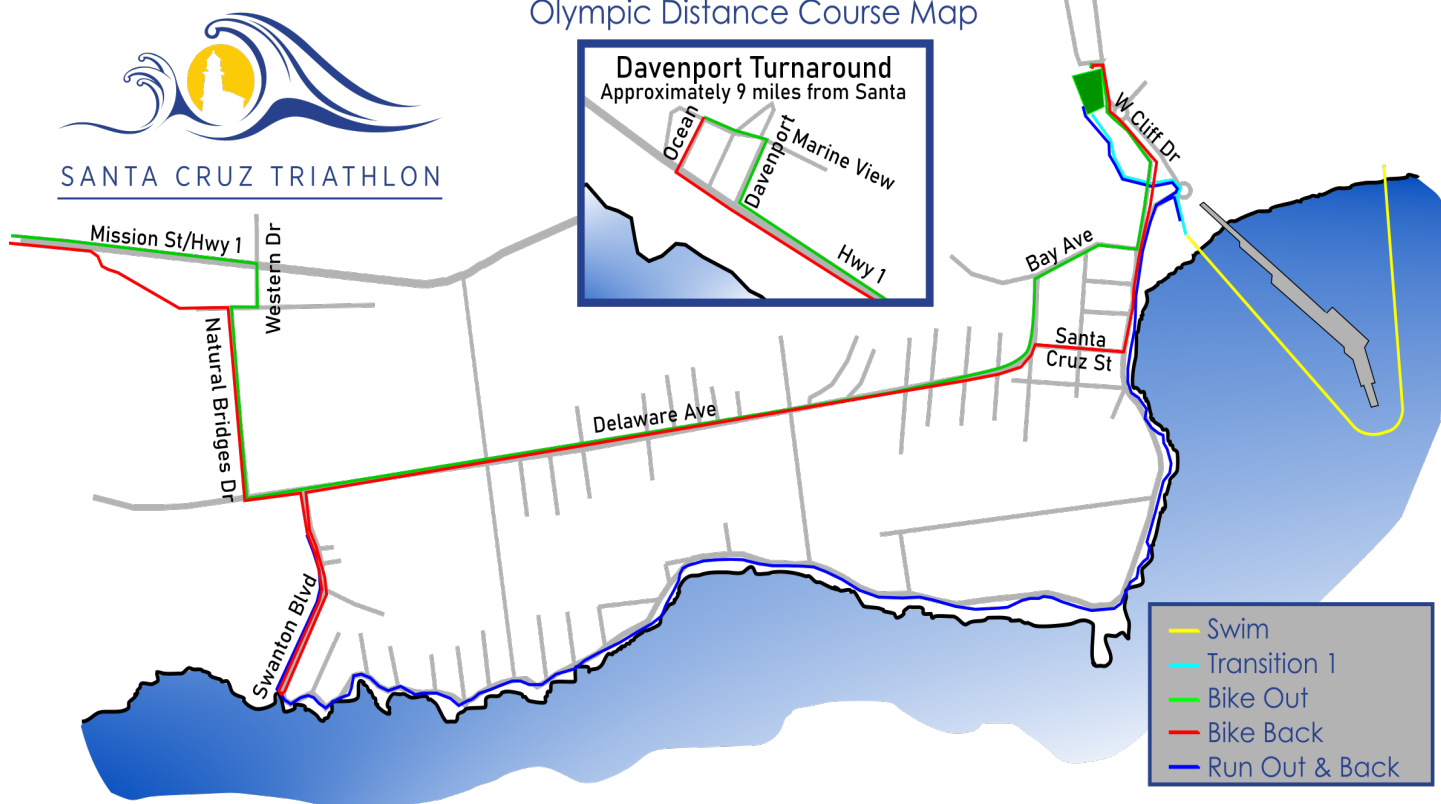
Run

There will be water stations available at mile 1.5, the turn-around point at mile 3, and at mile 4.5.

Course Guideline

Olympic Overview (1500M Swim, 40K Bike, 10K Run)

Olympic Distance Course Map



Olympic Swim

Athletes in the Olympic race will queue up for their race on Main Beach near lifeguard tower 3, east of the Santa Cruz Municipal Wharf.

When your wave is called, enter the corral and ensure that you step across the timing mat to activate your timing chip.

At end of a countdown, the race will begin on the beach where athletes will run into the water, and swim clockwise around the wharf. Athletes will swim approximately 1,500 meters, finishing their swim at Cowell Beach

Transition 1

Once athletes exit the water, they will run across the sand. After making their way across the sand, then on concrete asphalt through Cowell Beach Main Parking lot, and across

Beach Street to the bike path which leads to transition at Depot Park. There, they will find where their bicycle is racked.

Once they find their bike and put on the appropriate equipment (HELMET!), they will **WALK/RUN** with their bike through the transition area exit until they reach the bike mount line. Once athletes cross the bike mount line, they can mount their bike.

NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, anyone **RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice.

Course Guideline

Olympic Bike

After mounting their bicycles, athletes will make their way south on Center Street through the Depot Park Parking Lot before turning uphill onto West Cliff Road. Within approximately a quarter mile, athletes will make a hard right onto Bay Street and ride for one block before turning left onto Laguna, which then turns into Delaware.

Athletes will ride their bikes on the street through the Westside of Santa Cruz. Please use caution as you ride since it is a residential community. Specifically, be on the lookout for pedestrians on the road or vehicles that might be on the road.

From the Westside of Santa Cruz, athletes will navigate a series of turns that bring them to Highway 1 where they will turn left. Athletes will ride up Highway 1 approximately 10 miles to the city of Davenport. At Davenport, cyclists will turn right on Davenport Avenue, then left on Marine View Avenue, and left onto Ocean Street before turning left back onto Highway 1.

From there, athletes will ride approximately 10 miles back to Santa Cruz. **They will take a sharp turn right onto Schaffer Road followed by an immediate left onto Mission Street.** Please use caution when turning and slow down for safety.

The course continues down Swanton Boulevard where they will ride down and do a U-turn to ride back up Swanton Boulevard before right on to Delaware Avenue. Use caution in this area as cyclists on the Olympic course will begin to merge with cyclists on the Sprint course.

Athletes will navigate through the Westside of Santa Cruz back to transition.

For a turn-by-turn list of directions, please see below for the Bike Turn By Turn.

Transition 2

Once athletes finish the bike course, they will dismount their bikes at the dismount line near transition and **RUN/WALK** their bikes back to transition.

Athletes will find their designated spot in transition where they will rack their bicycles. Upon securing their bike, athletes will put on their running gear and exit transition to the run course.

NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, anyone **RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice.

Course Guideline

Olympic Run

Athletes will leave transition and follow the bike path underneath the trestle bridge to Beach Street. Athletes will run up the hill along Beach Street toward West Cliff Drive where volunteers will direct them to the run path.

At the top of the hill, they will turn left and head onto the paved path parallel to the road. Athletes will run along the West Cliff, enjoying the scenic views of the ocean, Lighthouse Point and beaches. They will run approximately 2.5 miles to the end of West Cliff where they will turn right onto Swanton Boulevard. Runners continue approximately .25 miles before reaching the turnaround point and following the route back along West Cliff.

As runners pass the Dream Inn, they will head down the hill before making a sharp right into the Cowell Beach Parking Lot and crossing the finish line.

For a turn-by-turn list of directions, please see for the Run Turn By Turn.

Olympic Bike Turn by Turn

South on Center Street
Enter Depot Park Parking Lot
Exit the lot through the bike path onto West Cliff Road to cross the trestle
Turn right on Bay Street
Turn left on Laguna Street
Turn right on Delaware Avenue
Turn right on Natural Bridges Drive
Turn right on Mission Street Extended
Turn left on Western Drive
Left onto Highway 1
Right onto Davenport Avenue
Left onto Marine View Avenue
Left onto Ocean Street
Left onto Highway 1
Right onto Schaffer Road followed by an immediate left onto Mission Street
Right on Natural Bridges
Left onto Delaware AVE
Right onto Swanton Boulevard
U-turn left at the end of Swanton Boulevard
Ride back up Swanton Boulevard
Right on Delaware
Right on Santa Cruz Street
Left on West Cliff Drive
Ride through Depot Park Parking Lot
Up Center Street until dismount line

Course Guideline

Olympic Run Turn by Turn

Exit out of transition, heading south along the bike path toward Beach Street
Turn right to run up the hill on Beach Street toward West Cliff Drive
Turn left onto West Cliff Drive
Run on the paved bike path until Swanton Boulevard
Turn right onto bike lane Swanton Boulevard
Run until designated turnaround spot on Swanton Boulevard
Run back down Swanton Boulevard
Left on West Cliff Drive back onto the bike path
Hard right into Cowell Beach Parking Lot
Cross the finish line

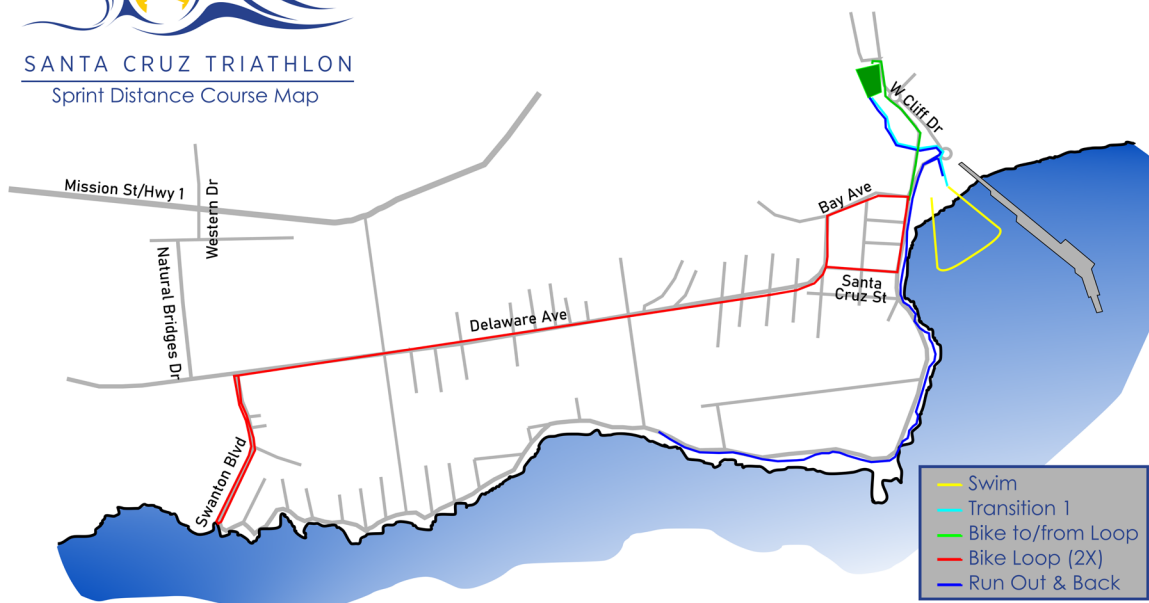


Course Guideline

Sprint Overview (750M Swim, 20K Bike, 5K Run)



SANTA CRUZ TRIATHLON
Sprint Distance Course Map



Sprint Swim

Athletes in the Sprint race will queue up for their race on Cowell's Beach, west of the Santa Cruz Municipal Wharf. The race will begin on the beach where athletes will run into the water, swimming counter-clockwise around three buoys before exiting the water. There will only be ONE LAP for this swim. Athletes will swim approximately 750 meters at Cowell Beach.

Transition 1

Once athletes exit the water, they will run across the sand. After making their way across the sand, then on concrete asphalt through Cowell Beach Main Parking lot, and across Beach Street to the bike path which leads to transition at Depot Park. There, they will find

where their bicycle is racked.

Once they find their bike and put on the appropriate equipment (HELMET!), they will **WALK/RUN** with their bike through the transition area exit until they reach the bike mount line. Once athletes cross the bike mount line, they can mount their bike.

NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, anyone **RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice.

Course Guideline

Sprint Bike

There are TWO LAPS for the Sprint bike course. It is up to each athlete to ensure that they complete both laps of the race. Volunteers on the course are not responsible for tracking of how many laps athletes have completed.

After mounting their bicycles, athletes will make their way along south on Center Street through and across the Depot Park Parking Lot before turning to go uphill onto West Cliff Road. Within approximately a quarter mile, athletes will make a hard right onto Bay Street and ride for one block before turning left onto Delaware.

Athletes will ride their bikes on the street through the Westside of Santa Cruz. Please use caution as you ride through this residential community. Specifically, be on the lookout for pedestrians on the road or vehicles that might be on the road.

From there, athletes will make a left onto Swanton Boulevard where they will ride down and do a U-turn to ride back up Swanton Boulevard and turn right on to Delaware Avenue. Use caution in this area as cyclists on the Olympic course will begin to merge with cyclists on the Sprint course.

Sprint athletes will navigate back through the Westside of Santa Cruz, turning right on Santa Cruz Street and left onto West Cliff Drive. At West Cliff Drive and Bay Street, turn left to begin THE SECOND LAP of the sprint course. If you miss the turn, please use caution when braking and reorienting yourself back onto the course. Be cautious and courteous of cyclists riding behind you.

Sprint athletes will follow the same course through the Westside of Santa Cruz, bringing them back to West Cliff Drive and Bay Street where they will navigate back to transition. Stay on the right hand side to head back to transition

For a turn-by-turn list of directions, please see below for the Bike Turn By Turn.

Transition 2

Once athletes finish the bike course, they will dismount their bikes at the dismount line near transition and **RUN/WALK** their bikes back to transition.

Athletes will find their designated spot in transition where they will rack their bicycles. Upon securing their bike, athletes will put on their running gear and exit transition to the run course.

NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, anyone **RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice.

Course Guideline

Sprint Run

Athletes will leave transition and follow the bike path underneath the trestle bridge to Beach Street. Athletes will run up the hill along Beach Street toward West Cliff Drive where volunteers will direct them to the run path.

At the top of the hill, they will turn left and head onto the paved path parallel to the road. Athletes will run along the West Cliff, enjoying the scenic views of the ocean, Lighthouse Point and beaches. They will run just past Woodrow Avenue where there is a run turnaround point.

There, they will make a U-turn and trace the route back along West Cliff Drive.

As runners pass the Dream Inn, they will head down the hill before making a sharp right into the Cowell Beach Parking Lot and crossing the finish line.

For a turn-by-turn list of directions, please scroll below for the Run Turn By Turn.

Sprint Bike Turn by Turn

South on Center Street
Enter Depot Park Parking Lot
Exit the lot through the bike path onto West Cliff Road to cross the trestle
Turn right on Bay Street
Turn left on Laguna Street
Turn right on Delaware Avenue
Left onto Swanton Boulevard
U-turn left at the end of Swanton Boulevard
Ride back up Swanton Boulevard
Right on Delaware
Right on Santa Cruz Street
Left on West Cliff Drive

Left on Bay Street for second lap of Sprint bike portion

Turn left on Laguna Street
Turn right on Delaware Avenue
Left onto Swanton Boulevard
U-turn left at the end of Swanton Boulevard
Ride back up Swanton Boulevard
Right on Delaware
Right on Santa Cruz Street
Left on West Cliff Drive

Stay on the right hand side to head back to transition

Ride through Depot Park Parking Lot
Up Center Street until dismount line

Course Guideline

Sprint Run Turn by Turn

Exit out of transition, heading south along the bike path toward Beach Street

Turn right to run up the hill on Beach Street toward West Cliff Drive

Turn left onto West Cliff Drive

Run to the designated turnaround spot on West Cliff Drive, just past Woodrow Avenue

Run back down Swanton Boulevard

Left on West Cliff Drive back onto the bike path

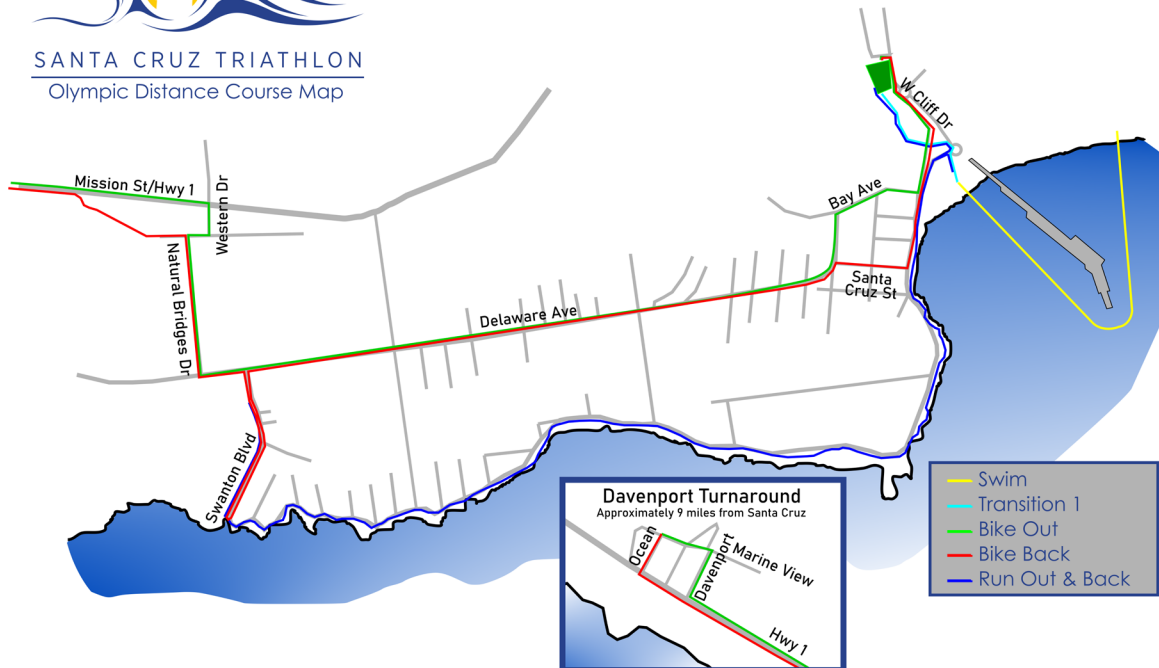
Hard right into Cowell Beach Parking Lot

Cross the finish line



Course Guideline

Olympic Relay Overview (1500M Swim, 40K Bike, 10K Run)



Olympic Relay Swim

Athletes in the Olympic race will queue up for their race on Main Beach near lifeguard tower 3, east of the Santa Cruz Municipal Wharf. When your wave is called, enter the corral and ensure that you step across the timing mat to activate your timing chip.

At end of a countdown, the race will begin on the beach where athletes will run into the water, and swim clockwise around the wharf. Athletes will swim approximately 1,500 meters, finishing their swim at Cowell Beach

Transition 1

Once athletes exit the water, they will run across the sand. After making their way across the sand, then on concrete asphalt through Cowell Beach Main Parking lot, and across Beach Street to the bike path which leads to transition at Depot Park.

This is where the swim athlete hands off the strap to the bike athlete. The swim athlete will find their bike athlete in transition and put the ankle strap onto their ankle.

Once they find their bike and put on the appropriate equipment (HELMET!), they will **WALK/RUN** with their bike through the transition area exit until they reach the bike mount line. Once athletes cross the bike mount line, they can mount their bike.

NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, anyone **RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice.

Course Guideline

Olympic Relay Bike

After mounting their bicycles, athletes will make their way south on Center Street through the Depot Park Parking Lot before turning uphill onto West Cliff Road. Within approximately a quarter mile, athletes will make a hard right onto Bay Street and ride for one block before turning left onto Laguna, which then turns into Delaware.

Athletes will ride their bikes on the street through the Westside of Santa Cruz. Please use caution as you ride since it is a residential community. Specifically, be on the lookout for pedestrians on the road or vehicles that might be on the road.

From the Westside of Santa Cruz, athletes will navigate a series of turns that bring them to Highway 1 where they will turn left. Athletes will ride up Highway 1 approximately 10 miles to the city of Davenport. At Davenport, cyclists will turn right on Davenport Avenue, then left on Marine View Avenue, and left onto Ocean Street before turning left back onto Highway 1.

From there, athletes will ride approximately 10 miles back to Santa Cruz. **They will take a sharp turn right onto Schaffer Road followed by an immediate left onto Mission Street.** Please use caution when turning and slow down for safety.

The course continues down Swanton Boulevard where they will ride down and do a U-turn to ride back up Swanton Boulevard before right on to Delaware Avenue. Use caution in this area as cyclists on the Olympic course will begin to merge with cyclists on the Sprint course.

Athletes will navigate through the Westside of Santa Cruz back to transition.

For a turn-by-turn list of directions, please see below for the Bike Turn By Turn.

Transition 2

Once athletes finish the bike course, they will dismount their bikes at the dismount line near transition and **RUN/WALK** their bikes back to transition.

This is where the bike athlete hands off the strap to the run athlete. The bike athlete will find their run athlete in transition and put the ankle strap onto their ankle.

Athletes will find their designated spot in transition where they will rack their bicycles. Upon securing their bike, athletes will put on their running gear and exit transition to the run course.

NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, anyone **RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice.

Course Guideline

Olympic Relay Run

Athletes will leave transition and follow the bike path underneath the trestle bridge to Beach Street. Athletes will run up the hill along Beach Street toward West Cliff Drive where volunteers will direct them to the run path.

At the top of the hill, they will turn left and head onto the paved path parallel to the road. Athletes will run along the West Cliff, enjoying the scenic views of the ocean, Lighthouse Point and beaches. They will run approximately 2.5 miles to the end of West Cliff where they will turn right onto Swanton Boulevard. Runners continue approximately .25 miles before reaching the turnaround point and following the route back along West Cliff.

As runners pass the Dream Inn, they will head down the hill before making a sharp right into the Cowell Beach Parking Lot and crossing the finish line.

For a turn-by-turn list of directions, please see for the Run Turn By Turn.

Olympic Relay Bike Turn by Turn

South on Center Street
Enter Depot Park Parking Lot
Exit the lot through the bike path onto West Cliff Road to cross the trestle
Turn right on Bay Street
Turn left on Laguna Street
Turn right on Delaware Avenue
Turn right on Natural Bridges Drive
Turn right on Mission Street Extended
Turn left on Western Drive
Left onto Highway 1
Right onto Davenport Avenue
Left onto Marine View Avenue
Left onto Ocean Street
Left onto Highway 1
Right onto Schaffer Road followed by an immediate left onto Mission Street
Right on Natural Bridges
Left onto Delaware AVE
Right onto Swanton Boulevard
U-turn left at the end of Swanton Boulevard
Ride back up Swanton Boulevard
Right on Delaware
Right on Santa Cruz Street
Left on West Cliff Drive
Ride through Depot Park Parking Lot
Up Center Street until dismount line

Course Guideline

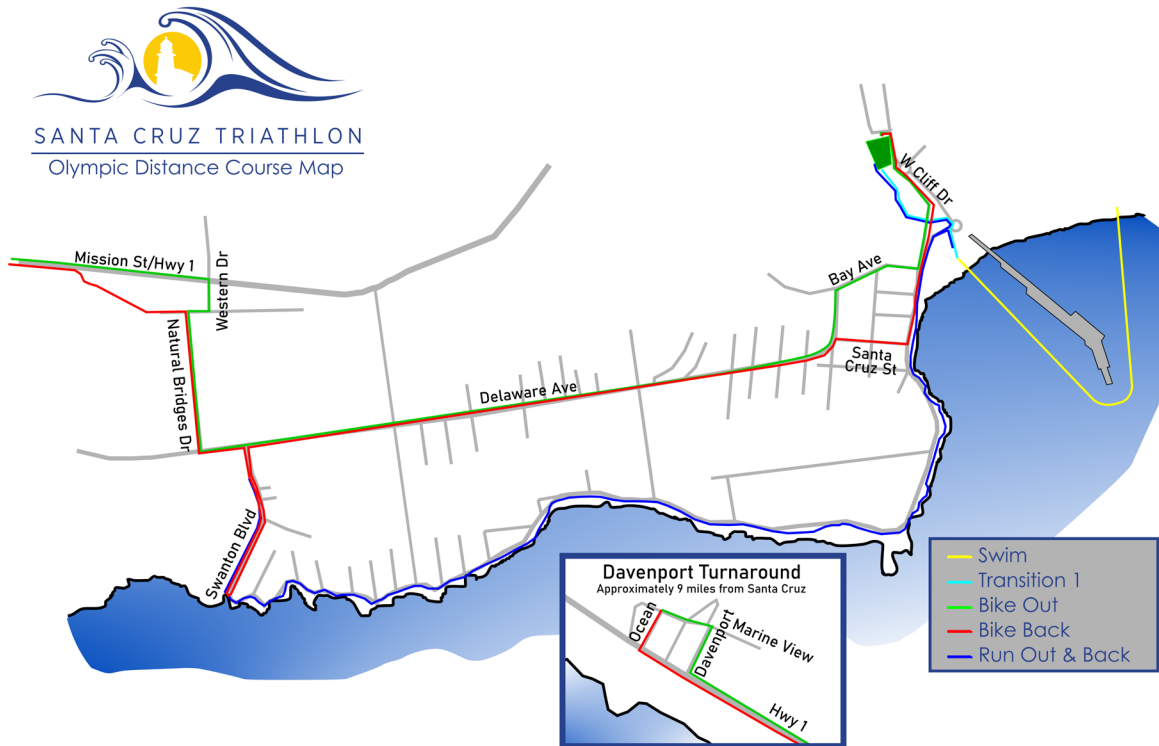
Olympic Relay Run Turn by Turn

- Exit out of transition, heading south along the bike path toward Beach Street
- Turn right to run up the hill on Beach Street toward West Cliff Drive
- Turn left onto West Cliff Drive
- Run on the paved bike path until Swanton Boulevard
- Turn right onto bike lane Swanton Boulevard
- Run until designated turnaround spot on Swanton Boulevard
- Run back down Swanton Boulevard
- Left on West Cliff Drive back onto the bike path
- Hard right into Cowell Beach Parking Lot
- Cross the finish line



Course Guideline

Aquabike Overview (1500M Swim, 40K Bike)



Aquabike Swim

Athletes in the Olympic race will queue up for their race on Main Beach near lifeguard tower 3, east of the Santa Cruz Municipal Wharf. When your wave is called, enter the corral and ensure that you step across the timing mat to activate your timing chip.

At end of a countdown, the race will begin on the beach where athletes will run into the water, and swim clockwise around the wharf. Athletes will swim approximately 1,500 meters, finishing their swim at Cowell Beach

Transition 1

Once athletes exit the water, they will run across the sand. After making their way across the sand, then on concrete asphalt through Cowell Beach Main Parking lot, and across

Beach Street to the bike path which leads to transition at Depot Park. There, they will find where their bicycle is racked.

Once they find their bike and put on the appropriate equipment (HELMET!), they will **WALK/RUN** with their bike through the transition area exit until they reach the bike mount line. Once athletes cross the bike mount line, they can mount their bike.

NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, anyone **RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice.

Course Guideline

Aquabike Bike

After mounting their bicycles, athletes will make their way south on Center Street through the Depot Park Parking Lot before turning uphill onto West Cliff Road. Within approximately a quarter mile, athletes will make a hard right onto Bay Street and ride for one block before turning left onto Laguna, which then turns into Delaware.

Athletes will ride their bikes on the street through the Westside of Santa Cruz. Please use caution as you ride since it is a residential community. Specifically, be on the lookout for pedestrians on the road or vehicles that might be on the road.

From the Westside of Santa Cruz, athletes will navigate a series of turns that bring them to Highway 1 where they will turn left. Athletes will ride up Highway 1 approximately 10 miles to the city of Davenport. At Davenport, cyclists will turn right on Davenport Avenue, then left on Marine View Avenue, and left onto Ocean Street before turning left back onto Highway 1.

From there, athletes will ride approximately 10 miles back to Santa Cruz. **They will take a sharp turn right onto Schaffer Road followed by an immediate left onto Mission Street.** Please use caution when turning and slow down for safety.

The course continues down Swanton Boulevard where they will ride down and do a U-turn to ride back up Swanton Boulevard before right on to Delaware Avenue. Use caution in this area as cyclists on the Olympic course will begin to merge with cyclists on the Sprint course.

Athletes will navigate through the Westside of Santa Cruz back to transition.

For a turn-by-turn list of directions, please see below for the Bike Turn By Turn.

Transition 2/Finish

Once athletes finish the bike course, they will dismount their bikes at the dismount line near transition and RUN/WALK their bikes back to transition.

Aquabike athletes are finished with their race once they cross the dismount line. They can receive their medals in the transition area from the Santa Cruz Triathlon Race Team.

Timing Chips

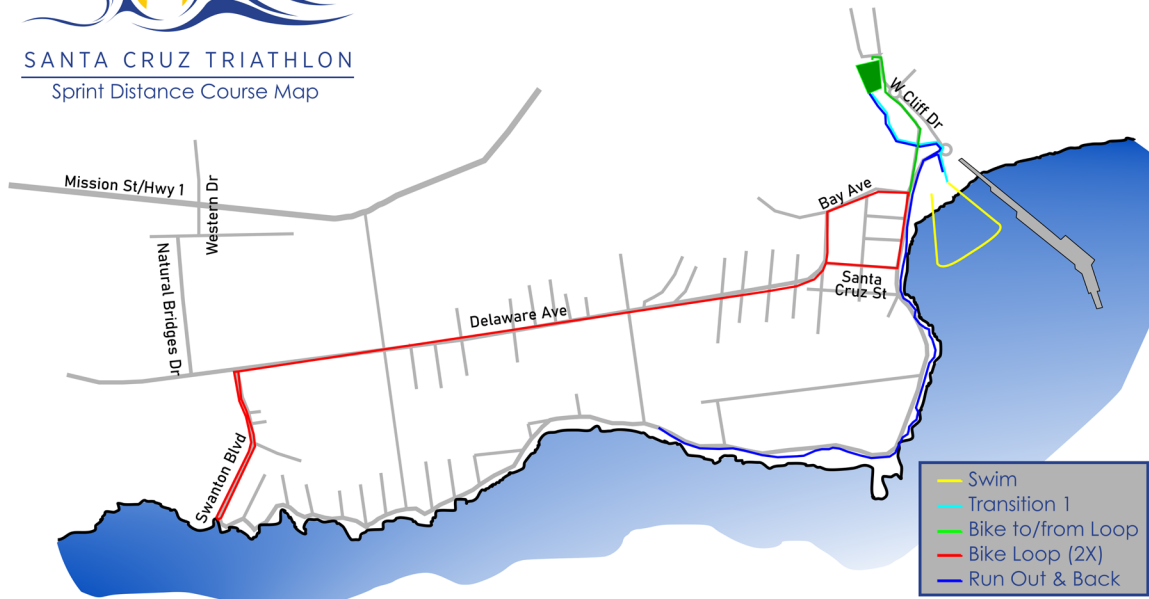
Aquabike athletes will turn in their timing chips in transition to our Santa Cruz Triathlon Race Team.

Aquabike Bike Turn by Turn

South on Center Street
Enter Depot Park Parking Lot
Exit the lot through the bike path onto West Cliff Road to cross the trestle
Turn right on Bay Street
Turn left on Laguna Street
Turn right on Delaware Avenue
Turn right on Natural Bridges Drive
Turn right on Mission Street Extended
Turn left on Western Drive
Left onto Highway 1
Right onto Davenport Avenue
Left onto Marine View Avenue
Left onto Ocean Street
Left onto Highway 1
Right onto Schaffer Road followed by an immediate left onto Mission Street
Right on Natural Bridges
Left onto Delaware AVE
Right onto Swanton Boulevard
U-turn left at the end of Swanton Boulevard
Ride back up Swanton Boulevard
Right on Delaware
Right on Santa Cruz Street
Left on West Cliff Drive
Ride through Depot Park Parking Lot
Up Center Street until dismount line

Course Guideline

Aquathlon Overview (750M Swim, 5K Run)



Aquathlon Swim

Athletes in the Sprint race will queue up for their race on Cowell's Beach, west of the Santa Cruz Municipal Wharf. The race will begin on the beach where athletes will run into the water, swimming counter-clockwise around three buoys before exiting the water. There will only be ONE LAP for this swim. Athletes will swim approximately 750 meters at Cowell Beach.

Transition 1

Aquathlon athletes **MUST GO THROUGH TRANSITION** before heading out onto the Run Course.

Once athletes exit the water, they will make their way across the sand, then on concrete asphalt through Cowell Beach Main Parking lot, and across Beach Street to the bike path which leads to transition at Depot Park. There, they will find where their gear is located.

Course Guideline

Aquathlon Run

Athletes will leave transition and follow the bike path underneath the trestle bridge to Beach Street. Athletes will run up the hill along Beach Street toward West Cliff Drive where volunteers will direct them to the run path.

At the top of the hill, they will turn left and head onto the paved path parallel to the road. Athletes will run along the West Cliff, enjoying the scenic views of the ocean, Lighthouse Point and beaches. They will run just past Woodrow Avenue where there is a run turnaround point.

There, they will make a U-turn and trace the route back along West Cliff Drive.

As runners pass the Dream Inn, they will head down the hill before making a sharp right into the Cowell Beach Parking Lot and crossing the finish line.

For a turn-by-turn list of directions, please scroll below for the Run Turn By Turn.

Course Guideline

Aquathlon Run Turn by Turn

Exit out of transition, heading south along the bike path toward Beach Street

Turn right to run up the hill on Beach Street toward West Cliff Drive

Turn left onto West Cliff Drive

Run until designated turnaround spot on West Cliff Drive, just past Woodrow Avenue

Run back down Swanton Boulevard

Left on West Cliff Drive back onto the bike path

Hard right into Cowell Beach Parking Lot

Cross the finish line



Course Guideline

Open Water Swim (1500M Swim)



Open Water Swim

Athletes in the Olympic race will queue up for their race on Main Beach near lifeguard tower 3, east of the Santa Cruz Municipal Wharf.

When your wave is called, enter the corral and ensure that you step across the timing mat to activate your timing chip.

At end of a countdown, the race will begin on the beach where athletes will run into the water, and swim clockwise around the wharf. Athletes will swim approximately 1,500 meters, finishing their swim at Cowell Beach

Once athletes exit the water, they will run across the sand. After making their way across the sand, then on concrete asphalt through Cowell Beach Main Parking lot, and across Beach Street to the bike path which leads to transition at Depot Park.

Once athletes cross the timing mat near the parking lot, they will have finished the open water swim race.

Open water swim athletes can collect their medals from a designated volunteer near the timing mat of the swim finish.

Timing Chips

Open Water Swimming athletes will turn in their timing chips to volunteers as soon as they cross the timing mat in the Cowell's Beach Main Parking Lot.

These are the most frequently asked questions about the race. If you have an additional questions, email santacruztriathlon@gmail.com.

What is the race refund and/or transfer policy?

All race entries are nontransferable. All athletes agree to our refund and transfer policy at the completion of online registration.

For those with medical reasons who cannot race, they can email santacruztriathlon@gmail.com and receive 50% credit toward next year's race.

Can I race for someone else?

Under USA Triathlon rules, participants found racing under another person's name will be disqualified and could be barred from USA Triathlon membership for one full year. Participants could also be barred from racing in future Santa Cruz Triathlons.

Can I have a friend pick-up my race packet?

Per USA Triathlon rules, you cannot have someone else pick up your packet. We offer three packet pickup options for your convenience.

I am not a USA Triathlon member and do not want to be a member, why do I have to join?

USA Triathlon sanctions the Santa Cruz Triathlon, and USA Triathlon membership is required for all racers. This sanctioning provides sponsor benefits and insurance coverage. Racers are able to receive points for their national ranking.

You can purchase the one-day membership during registration. If you have a USA Triathlon membership card, you must bring it to pick up your race packet; otherwise you will be

required to purchase a one-day USA Triathlon membership.

I am worried that I cannot make the race cut-off times because my wave starts later- can I start in an earlier wave?

Under race rules you must start with your assigned wave start. The Race cutoff times are dictated by the limited time window that we are allowed to have the roads closed.

Swim course closed by 10:45 am.

Bike course cut-off 11:30am.

Course declared closed by 12:30pm.

In past years, nearly 100 percent of racers have met these cutoff times, so we feel confident that you will be successful!

Are bike inspections mandatory?

Bike inspections are not mandatory. Spokesman Bicycles, located in Downtown Santa Cruz, is a sponsor and offers a complimentary bike inspection. Bikes can be taken there during the month of September to get a bike check free of charge. All competitors are strongly urged to take advantage of the free bike inspection.

Spokesman Bicycles
231 Cathcart St., Santa Cruz

For better assistance, please call in advance (831) 429-6062. Walk-ins are ok too.

Do I need a wetsuit for the swim?

A wetsuit is strongly recommended and encouraged for the swim course but not required. The water is cold (55-60 degrees), there can be a current, and there can be swells and chop. A wetsuit offers advantages of warmth and buoyancy.

How does the wave start work for the swim?

Due to the volume of swimmers, we start in waves at 5-minute intervals.

The first wave will start at 8 a.m. The start waves are written in this athlete guide.

Are there assigned bike racks in the transition area?

No, bike rack positions are first-come, first-serve. However, they are grouped by distance and/or type of race, i.e., Olympic/Sprint/Aquathon/Open and so forth.

Can I ride my bike in the transition area?

No, it is against the rules to ride your bike in transition. You may only ride your bike when you are past the mount line and before the dismount line on the bike course.

You may only walk or run with your bike when in the transition area.

Where is the race?

The Santa Cruz Triathlon starts at Depot Park, 119 Center St., and finishes at Cowells Beach, Santa Cruz, CA. The transition area is located at Depot Park.

Where can I park?

You can park in the neighborhood surrounding the transition area. The streets immediately surrounding the finish area will be closed. Please be considerate of noise when parking

in this residential area, we want to be able to stage this event for many years. The nearby Santa Cruz Beach Boardwalk has several public lots and the daily parking fee is \$10. If you park in a spot with a city meter you should note that parking meters are enforced on Sundays so plan accordingly. Use the Park Mobile App for parking convenience.

Who does the event benefit?

All the profits from this event support Santa Cruz County high school, college athletics and other Santa Cruz County programs.

More than \$1.5 million has been donated in the 40 years the race has run. Students from the organizations receiving money from the race serve as volunteers on race day. They appreciate your participation in this event!



The Dream Inn

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LIFE AID



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**Spokesman
Bicycles**