The background of the cover is a scenic photograph of a coastal town at dusk. A prominent lighthouse stands on a cliff overlooking the ocean. The sky is a mix of soft pinks, oranges, and blues. The foreground shows a rocky coastline with some people walking along the shore.

Santa Cruz Triathlon

2024

Athlete Guide



September 22, 2024



Title Sponsor

Table of Contents



Director Message



Quick Overview



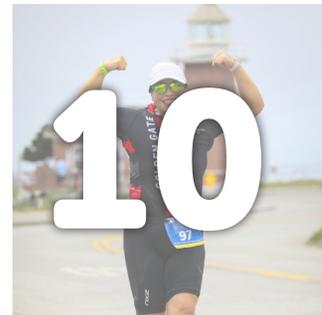
Event Schedule



Rules/Packet Pickup



Spectator Guide



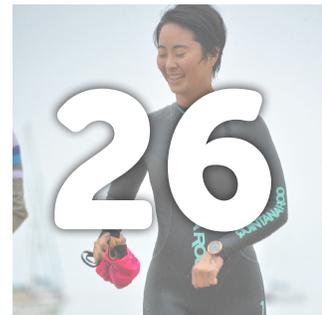
Race Day Guide



Olympic Guide



Sprint Guide



Relay Guide



Aquabike Guide



Open Water Swim



FAQ

Race Director Message



Hey Athletes!

I'm Dave Reid, the new race director for the Santa Cruz Triathlon. While it's my first year leading the charge for this event, I'm happy to be part of a team successfully executing this event for the 42nd time since its inception.

For us, the challenge remained the same as last year: Planning a route for racers that gave the most beautiful experience while navigating the construction happening along West Cliff Drive. We are closer to the original race route this year but still had to do a detour on the bike course.

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.

I'm looking forward to making it an amazing race day for returning racers, athletes racing our race for the first time, and newly christened triathletes who selected this to be their coming out party!

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!

Dave
Race Director, Santa Cruz Triathlon

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. 20 - 4-7 p.m.

Location: 1177 Kern Ave, Sunnyvale, CA 94085

Santa Cruz Packet Pickup - Saturday, Sept. 21 - 11 a.m.- 3 p.m.

Location: 231 Cathcart St, Santa Cruz, CA 95060

Race Day - Sunday, Sept. 22

Event Overview

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

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. 21

Location:

Spokesman Bicycles
231 Cathcart St
Santa Cruz, CA 95060

Sunday - Race Day

6:00 a.m.

Transition Opens for All Athletes (Olympic, Relay, Sprint, Aquabike)

Location: Depot Park

8:20 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.

Olympic, Relay, Aquabike and Open Water Swim Waves Start (Rolling Start)

Location: Main Beach at Lifeguard Tower #3

8:30 a.m.

Pre-Race Instructions for Sprint Athletes

Location: Main Beach Lifeguard Tower #3

8:45 a.m.

Sprint Waves Start (Rolling 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

Swim Rules/Rolling Swim Start Explainer

This years event will be using a **Rolling Swim Start**, with 5-7 athletes starting every 5 seconds.

Athletes will fill into the corral area behind the start line then funnel into lanes. A distinct beep will differentiate when folks start. The key to a rolling start is that it is self seeding based on your expected swim time. Faster athletes should start in the under 25 minutes or 25-30 minute area while slower athletes should self seed toward the back.

By seeding yourself in the right area you will ensure a safe swim where you aren't getting swum over during your event. Your race starts when you cross the timing mat. We will have the swim areas defined, you will be able to warm up then self seed next to similar swim time athletes.

WHEN IN DOUBT, START A BIT SLOWER. It is better to swim around folks then get swum over. This start protocol is to improve safety and swim experience for all athletes. It will require you to race your race, as you won't know where your age-group competition is, but we value your safety above all else and look forward to everyone getting across the finish line.

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 where clearly marked 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. 20, 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. 21.

Race day packet pickup is available from 5:30-7:30 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 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

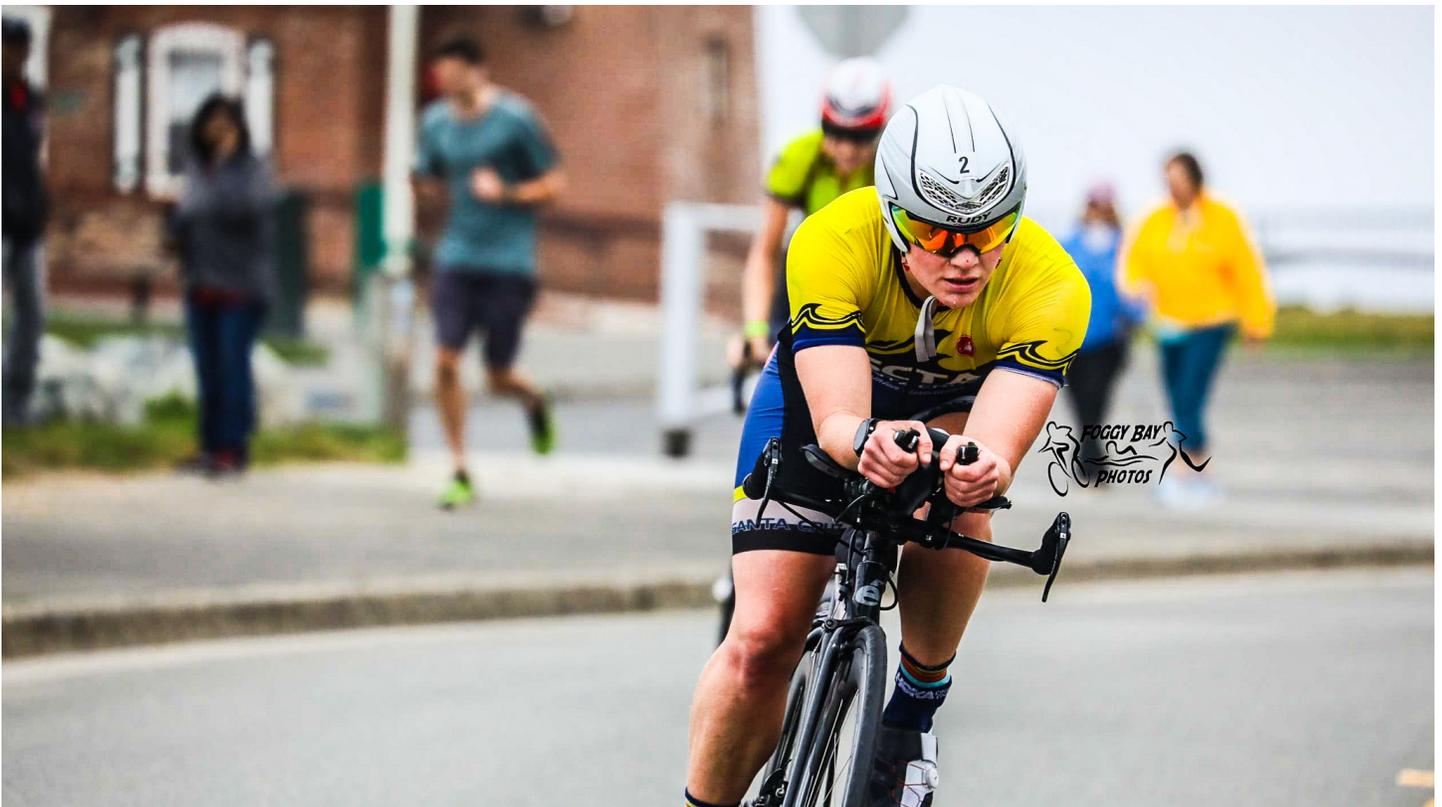
Athlete Injury and Emergency Contact

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

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

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 8:20 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.

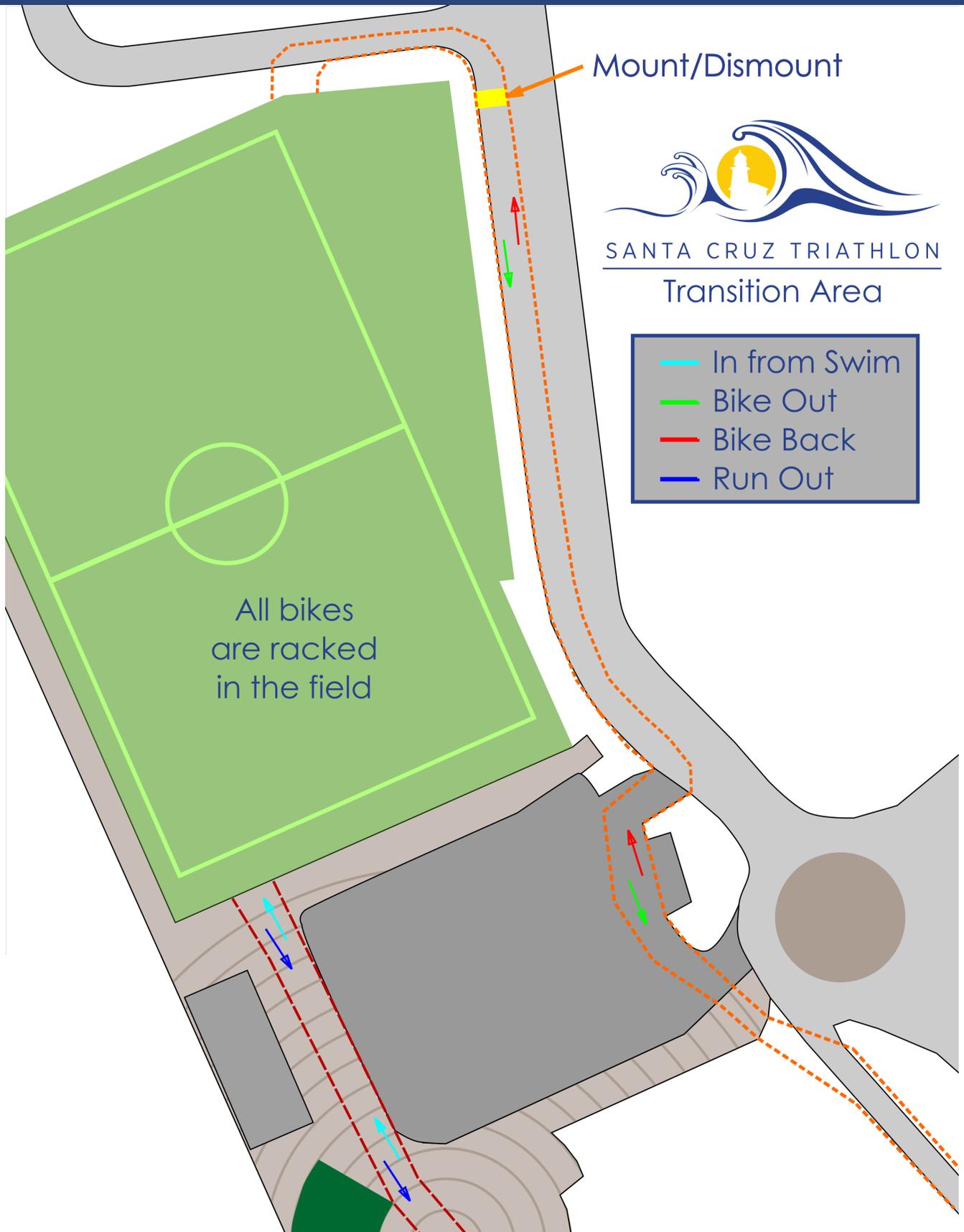
NOTE: NO FOOD OR DRINK CONSUMPTION while in transition. There is a zero-tolerance policy for eating and drinking inside the transition area. No food or drinks may be consumed or opened within the fenced area of the soccer fields/transition area.

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



Race Day Guide

Swim Wave Start Times

Here is an overview of our planned start times for the swim waves. This years event will be using a Rolling Swim Start, with 5-7 athletes starting every 5 seconds.

Athletes will fill into the corral area behind the start line then funnel into lanes. A distinct beep will differentiate when folks start. The key to a rolling start is that it is self seeding based on your expected swim time. Faster athletes should start in the under 25 minutes or 25-30 minute area while slower athletes should self seed toward the back.

By seeding yourself in the right area you will ensure a safe swim where you aren't getting swum over during your event. Your race starts when you cross the timing mat. We will have the swim areas defined, you will be able to warm up then self seed next to similar swim time athletes. **WHEN IN DOUBT, START A BIT SLOWER.** It is better to swim around folks then get swum over. This start protocol is to improve safety and swim experience for all athletes. It will require you to race your race, as you won't know where your age-group competition is, but we value your safety above all else and look forward to everyone getting across the finish line. earlier than the posted times.

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

Event	Start Time	Location
Olympic, Relay, Aquabike and Open Water Swim	8 a.m. for Rolling Start	Main Beach Tower #3
Sprint	8:45 a.m. for Rolling Start	Cowell Beach

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.

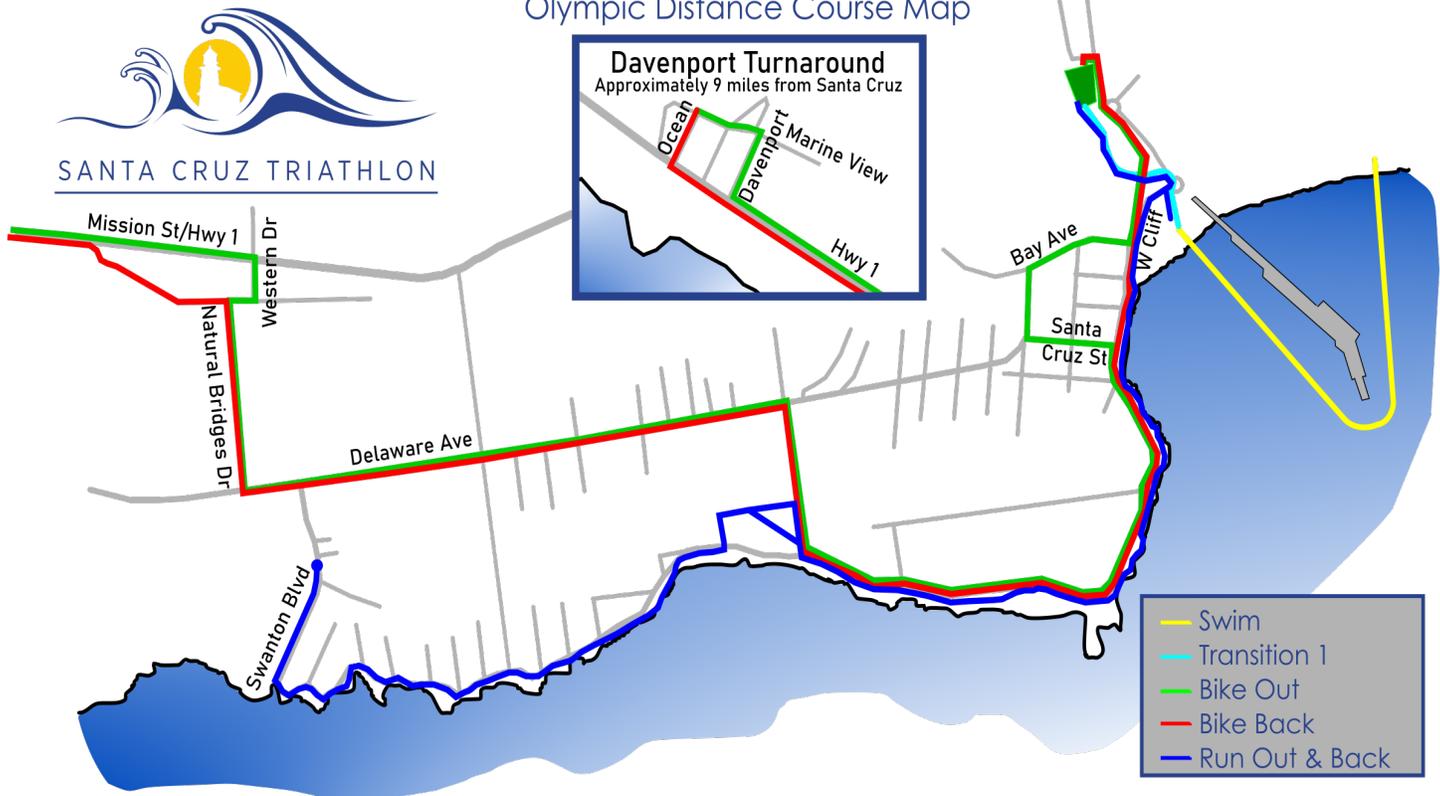
Run

There will be water stations available at mile 1.5, the turn-around point at mile 3, and at mile 4.75.

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 and then making another left onto Santa Cruz Street. From there, athletes will bank right onto West Cliff Drive.

Athletes will make their way along West Cliff Drive, past Lighthouse Field State Beach before making a right onto Woodrow Avenue and then left onto Delaware Avenue and 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 Natural Bridges Drive where they will ride down and do a right onto Delaware Avenue. Athletes will navigate through the Westside of Santa Cruz and backtrack the way they rode out through the Westside of Santa Cruz.

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. Because of construction on West Cliff Drive, there will be a detour up Woodrow Avenue and follow instructions from volunteers to get back onto West Cliff.

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 left onto Santa Cruz Street
Turn right onto West Cliff Drive
Turn right onto Woodrow Avenue
Turn left 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 Avenue
Turn right onto Woodrow Avenue
Turn left onto West Cliff Drive
Ride through Depot Park Parking Lot
Up Center Street until dismount line

Course Guideline

Olympic Run Turn by Turn

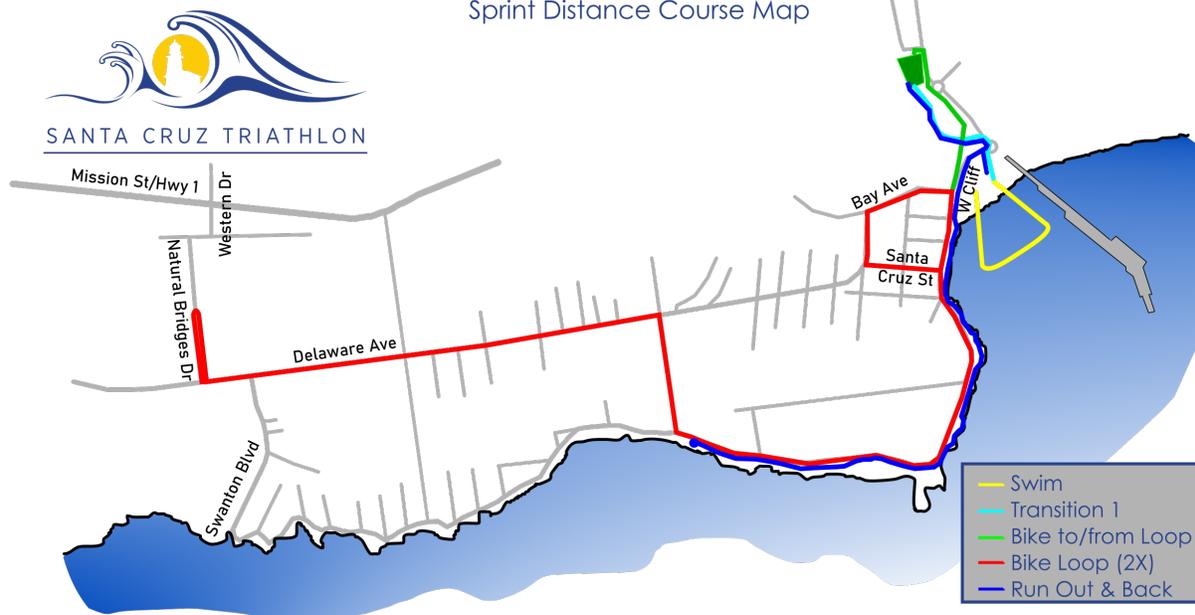
Exit out of transition, heading south along the bike path toward Beach Street
Turn right to run up the hill on Beach Street toward West Cliff Drive
Turn left onto West Cliff Drive
Turn right onto Woodrow Avenue
Turn left on Oxford Way
Turn left onto David Way
Turn right onto West Cliff Drive
Run on the 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
Left onto David Way
Right onto Oxford Way
Turn right through the trail to connect to Woodrow Avenue
Take a right down Woodrow Avenue
Left back onto West Cliff Drive and follow the running path
Hard right into Cowell Beach Parking Lot
Cross the finish line



Course Guideline

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

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 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 Laguna and then making another left onto Santa Cruz Street. From there, athletes will bank right onto West Cliff Drive.

Athletes will make their way along West Cliff Drive, past Lighthouse Field State Beach before making a right onto Woodrow Avenue and then left onto Delaware Avenue and through the Westside of Santa Cruz.

Athletes will ride down to Natural Bridges Drive and take a right, riding down the street until they see a designated U-turn. Athletes will make a U-turn and retrace the route along Natural Bridges. They will make a left onto Delaware Avenue, retracing their steps down Woodrow Avenue and 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. It is an active race course where cyclists will be 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.

For a turn-by-turn list of directions, please scroll 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 short of Woodrow Avenue where there is a run turnaround point.

There, they will run around 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 left onto Santa Cruz Street
Turn right onto West Cliff Drive
Turn right onto Woodrow Avenue
Turn left on Delaware Avenue
Turn right on Natural Bridges Drive
U-Turn left at turnaround point on Natural Bridges Drive
Bike down Natural Bridges Drive
Left onto Delaware Avenue
Turn right onto Woodrow Avenue
Turn left onto West Cliff Drive
Left on Bay Street for second lap of Sprint bike portion
Turn left on Laguna Street
Turn left onto Santa Cruz Street
Turn right onto West Cliff Drive
Turn right onto Woodrow Avenue
Turn left on Delaware Avenue
Turn right on Natural Bridges Drive
U-Turn left at turnaround point on Natural Bridges Drive
Bike down Natural Bridges Drive
Left onto Delaware Avenue
Turn right onto Woodrow Avenue
Turn left onto West Cliff Drive
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 until designated turnaround spot on West Cliff Drive, just before Woodrow Avenue

Follow running path on West Cliff Drive

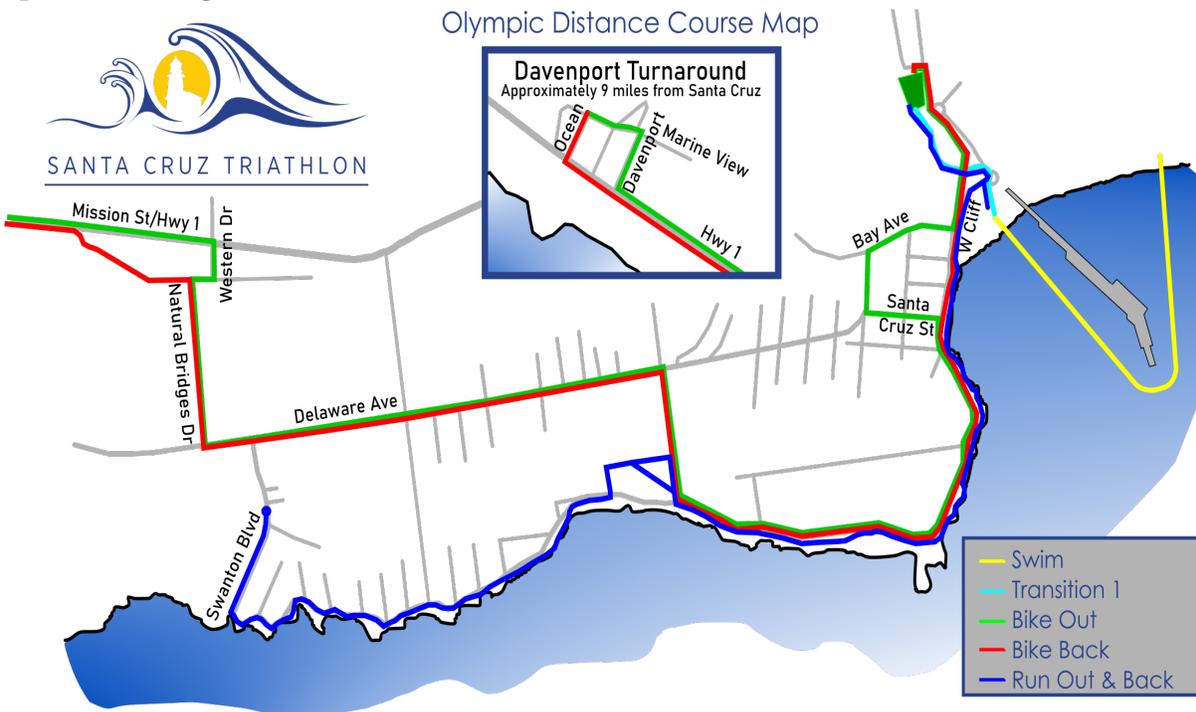
Hard right into Cowell Beach Parking Lot

Cross the finish line



Course Guideline

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



The Olympic Relay follows the same course as the Olympic Individual race. The only difference is that racers exchange their timing strap to the next team member in the transition area. To facilitate easy of exchange, there is a dedicated area in transition for Relay racers to set up their equipment.

Transition 1

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.

Transition 2

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.

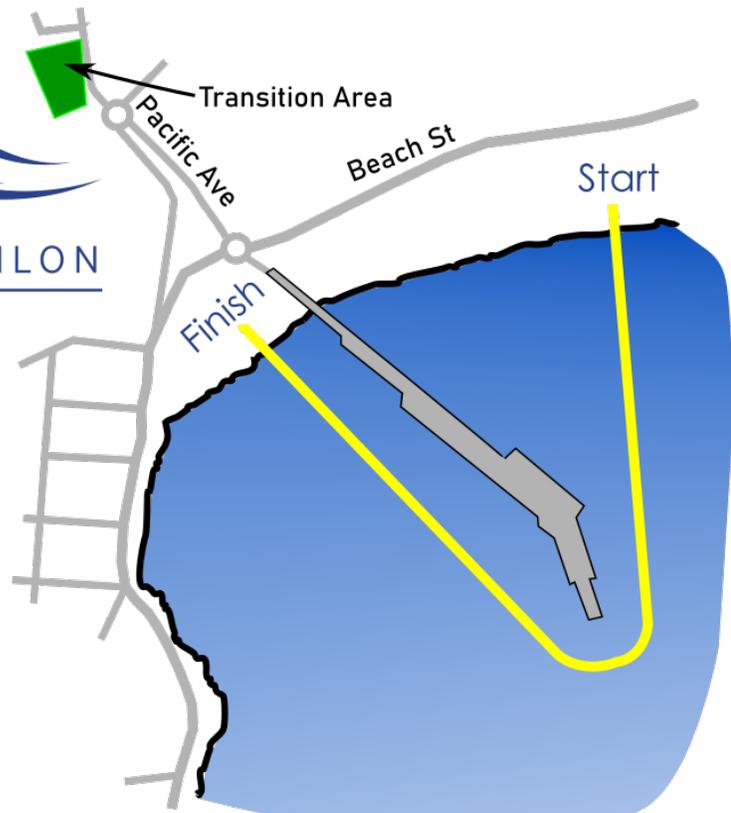
NOTE: There is no riding your bike through transition. Anyone caught riding their bike in transition **WILL BE DISQUALIFIED** from the race and pulled off course by race officials immediately without further notice. Similarly, **ANYONE RIDING WITHOUT A HELMET WILL BE DISQUALIFIED** from the race and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

Course Guideline

Open Water Swim (1500M Swim)



Open Water Swim
Course Map



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.

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.

What is a rolling start?

A rolling swim start allows athletes to select

when they start the swim according to their predicted race finish times. This ensures a safer swim for all athletes.

Athletes will fill into the corral area behind the start line then funnel into lanes. A distinct beep will differentiate when folks start.

I am worried that I cannot make the race cut-off times. What are the cutoff times?

Cutoff times are as stated below:

Swim course closed by 10 am.

Bike course cut-off 11:45am.

Course declared closed by 1:15pm.

In past years, nearly 100 percent of racers have met these cutoff times.

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. 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.

Are there assigned bike racks in the transition area?

No, bike rack positions are first-come, first-serve. The exception is that relay teams will have a designated area.

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!