

Dear Athletes,

The Independence Day Triathlon, Tradewinds Trilogy #2, is THIS SATURDAY! Thanks for registering! This is to remind you of important information that you need to know before the event.

PACKET PICKUP - Friday, July 2, 3-6 pm

RACE CLINIC - Friday, July 2, 5:30 pm



City Bikes - Pembroke Pines

671 NW 100th Pl

Pembroke Pines, FL 33024

(954) 682-8889

Limited packet pickup will also be available race morning at the event site from 5:30-6:30 a.m.

**Bike check-in is race morning from 5:30am-6:45am.**

## START TIMES

Wave	Start	Categories	Cap Color
1	6:59	All Elite, All Open, All Para	RED
2	7:00	All Duathlon	no cap
3	7:02	Male 39 & Under	ORANGE
4	7:05	Male 40-44, All Clydesdales, All Fat Tire	PURPLE
5	7:08	Male 45-54	YELLOW
6	7:11	Male 55+	WHITE
7	7:14	Female 39 & Under, All Relays	BLUE
8	7:17	Female 40+, Female Fat Tire	PINK
9	7:20	All Aquabike	GREEN

## PARKING

The event will take place at the far southern end of Tradewinds Park at the Fritillary Shelter, so please enter the south entrance. Use the directions link below:

[3600 W Sample Rd, Coconut Creek, FL 33066](#)

## DROPPING OUT

If you cannot finish the race for any reason, please come to the finish line and let us know and return your chip. This way we know that you are OK and don't send a search crew out to find you.

## WATER STATIONS

Water stations will have water and BASE Performance sports drink. Aid stations will be located approximately every  $\frac{3}{4}$  mile throughout the course. There will be no aid station on the bike course.

## SWIM COURSE

The swim is a super safe lake swim with no waves or current. You will never be too far from the shore either as it is a small lake.

## BIKE COURSE

The bike course is a 2 lap course completely inside the park and closed off to all vehicular traffic. This is another reason the course is perfect for first timers! Be sure to do both laps so you aren't disqualified!

After the 1st lap, look for the lap/finish sign directing you into a parking lot to start your 2nd lap. This prevents everyone from having to make a tight u-turn.

Note that the Aquabike ends once you enter transition after the bike. You may continue and go through the finish chute to get your medal, but the clock will have stopped.

## RUN COURSE

The run course is a 2 lap run through the park on the paved walking paths. Be sure to do both laps or you will be disqualified!

Duathlon (run #1) - All duathletes will start at 7:00 a.m. just outside of the transition area. The first run will be  $\frac{3}{4}$  of a mile

[Click here for more information on the courses.](#)

## RESTROOMS

There is a permanent restroom facility right next to the transition area and another near the swim start. Additionally there will be some port-o-johns near the shelter.