Las Olas International Triathlon | Duathlon | Aquabike

MARCH 6, 2022 | LAS OLAS
EVENT SCHEDULE

Packet Pickup:

Thursday, March 3, 2022 11am-6:30 pm  Saturday, March 5, 2022 11am-5pm
Friday, March 4, 2022 11am-6:30 pm  City Bikes – Pembroke Pines
City Bikes – Aventura
671 NW 100th Pl  20335 Biscayne Blvd
Pembroke Pines, FL 33024  Aventura, FL 33180
(954) 682-8889  (305) 682-8889

Sunday, March 6, 2022 - Race Day

- 5:30-6:30 am – Bike Check-In & LIMITED Late Packet Pickup (Please pick up your packet early at City Bikes)
- 7:15 am – Transition Closes
- 7:15 am – International Triathlon & Aquabike Begin*
- 7:15 am – Duathlons Begin (both distances)
- 7:45 am – Sprint Triathlon Begins*
- 9:20 am – Aquabike Awards Ceremony
- 9:30 am – Sprint Duathlon Awards Ceremony
- 9:45 am – Sprint Triathlon Awards Ceremony
- 10:10 am – International Duathlon Awards Ceremony
- 10:30 am – International Triathlon Awards Ceremony

The Las Olas Triathlon will be a time trial start, but will be organized into groups of 20-30 people. Line up to start only when it is your group’s time to line up. This way we don’t have 1000 people trying to line up at the same time. When it is time for your group, the announcer will call you to get in line. Once you reach the front of the line, tell the person with the tablet your race number. Once that person says “Go”, run, then swim, like you stole something

If you miss your group, no problem, just go with the next one. Racers will be spaced 3 seconds apart.

*Waves (groups): TBD
International Triathlon & Aquabike – Start is ½ mile north or south of the swim exit, depending on the direction of the current.

All Duathlon (start next to transition)

Sprint Triathlon- Start is ¼ mile north or south of the swim exit, depending on the direction of the current.
LAS OLAS BOULEVARD:

Las Olas Boulevard is one of South Florida's most architecturally unique districts. You will be able to sample authentic food in over 30 al fresco dining options. Shop till your heart's content in the more than 65 eclectic shops featuring fashion, accessories, gifts and more. Art and history fill Las Olas Boulevard, as there are 10 major international galleries and 2 world class museums to explore. www.lasolasboulevard.com

RIVERWALK FORT LAUDERDALE:

The Riverwalk Fort Lauderdale is rich with lush tropical waterfront and includes 10 parks. The Riverwalk was created in 1988 to enhance and nurture the outdoor recreation areas by the downtown riverwalk district. It is a haven for all of the wonderful things about Fort Lauderdale. www.goriverwalk.com

HUGH TAYLOR BIRCH STATE PARK:

Known as Fort Lauderdale's “Central Park" it is the perfect place for relaxation and exercise. It also is home to gopher tortoises and lots of other wildlife. It boasts of boat access from the intercostal waterway too. The park is a vibrant host to the community of Ft. Lauderdale. You'll find the locals enjoying the shade of the large palms and oaks all around the park. www.floridastateparks.org/HughTaylorBirch

BONNET HOUSE MUSEUM AND GARDEN:

Accredited by the American Association of Museums and listed on the national Register of Historic Places, this 35-acre historic estate on Fort Lauderdale Beach is an extraordinary blend of art, history and nature. The whimsically-designed house was built in 1920 and was home to artists Frederic and Evelyn Bartlett. But unlike lavish show-palaces of the era, Bonnet House was a very personal, intimate creation intended just for family and close friends. It’s been perfectly preserved in its 1930's and 40's period of significance, full of delightful surprises. www.bonnethouse.org
IMPORTANT INFO

Race Numbers:

PLEASE DO NOT ALTER YOUR RACE NUMBERS IN ANY WAY (cutting down, display incorrectly, etc.)! THE USAT OFFICIALS WILL PENALIZE YOU IF YOU DO. There are three race numbers in your race packet that you are required to display during the event. The bicycle frame number is the large sticker and should be wrapped around your seat post or frame so that the number is upright and visible from both sides of your bicycle. The small sticker is the helmet number and must be affixed to the front of your helmet. The run number must be displayed during the run segment on the front of your body. We recommend using a triathlon race belt to attach your number so you don’t swim and bike with the race number pinned to your clothes.

Body Marking:

You should have your race number written on your left bicep with a marker so that you can be identified by officials and photographers during the race when you don’t have a race bib on. Please have a friend use a marker and write your number there BEFORE applying sunscreen.

Swim Cap:

The swim cap placed in your race packet must be worn during the swim. Do not trade your swim cap with another athlete, as the caps are color coded to assist race management in organizing groups at the swim start. The cap must be worn during the entire swim and taken back to the transition area with you. A variable time penalty will be assessed to anyone leaving their cap on the course. Sometimes latex swim caps are used. In that case, please inform the officials if you have a latex allergy and you will be allowed to swim without a swim cap or with your own. A brightly colored swim cap is often used as swim caps are also a safety feature to make you more visible to the lifeguards.
Dropping Out:

Please notify a race official and return your timing chip at the finish line if you drop out of the race. YOUR TIMING CHIP MAY ONLY BE RETURNED AT THE FINISH LINE! DO NOT GIVE IT TO ANYONE ELSEWHERE ON THE COURSE.

Bike Check-In:

Bike check-in is on race morning only between 5:30 and 6:30 a.m.

Transition Security:

Only registered racers will be allowed to enter the transition area at any time, before, during, or after the race. This is for the protection of your equipment, so please obey all of the rules and respect the security guards who are there protecting your stuff! If you lose your race number please go to the information tent for assistance in retrieving your bike. ANYONE CAUGHT TRYING TO JUMP, CLimb, OR CROSS THE TRANSITION SECURITY FENCE AT ANY TIME WILL BE IMMEDIATELY DISQUALIFIED-EVEN AFTER THE EVENT! You may only enter transition at the 2 guarded entrances-NO EXCEPTIONS! We are serious about securing your valuables! You should be too!

DO NOT LEAVE ANY OTHER VALUABLES IN TRANSITION, especially small items that can be smuggled out (including bicycle computers).

Wetsuits & Water Temps:

It is very unlikely that the water temperature will be below 78 degrees, which is the USAT cutoff for allowing wetsuits in the swim.
This event is sanctioned by USA Triathlon and all rules must be followed accordingly.

Variable time penalties are 2 minutes for the first offense, 4 minutes (6 total) for the second offense, and disqualification for the third. Time penalties are doubled for the Half Iron (Long Course) distance races.

These are most commonly violated rules:

Helmets are mandatory while riding the bike (BEFORE, DURING, and AFTER the race). Helmet must be buckled or strapped on. This is a DISQUALIFICATION penalty.

Headphones are not allowed at any time. It is a variable time penalty for Unauthorized Accessories.

No drafting will be allowed while on the bike. You must stay 3 bike lengths away from the person in front of you. You have a 15 second window to execute a pass. Pass only on the left while on the bike.

No blocking – Stay to the right side except when passing.

Do no cross the yellow line around corners on the bike.

No outside assistance will be allowed in the transition area. You also may not have someone else pace you to the finish line on the run.

Handlebar ends must be plugged to lessen the chance of injury in a fall. This is a DISQUALIFICATION penalty. Please ask for a plug from one of the bike shop vendors.

You may not leave anything on the course (i.e. water bottles, gel wrappers, SWIM CAPS). Everything should return with you to the transition area or be disposed of at an aid station.

You must run or walk your bike out of and into the transition area. You may not ride in the transition area.

Your bike must be racked on the bike rack assigned for your race number. It must be racked either by the seat or brake levers.

You must wear your running race number on the front of your body during the run segment. Your bike number must be clearly visible at all times on your bike.

You must apply the helmet number to the front of your helmet. You must also be body marked with your race number.

You MUST wear the swim cap given to you at packet pickup.

Athletes’ age groups are determined by their age on December 31st of the current year.
The swim course may be reversed depending on the ocean current. In that case the swim exit remains the same, but the start will be moved to the appropriate distance south of the swim exit instead of north.

Athletes may transfer to the duathlon at any time if they don’t like the swim conditions or just simply change their mind. Don’t do the swim if you have any doubt in your abilities or are uncomfortable in any way.
The cycling portion of the Triathlon will take athletes north and south along A1A. Sprint racers will ride 1 lap for 10 miles total. International racers will ride 2 laps on the bike for 20 miles total.
Sprint racers will enjoy a scenic 5k (3.1 mile) run course. International racers will run 2 laps for a total of 10k (6.2 miles).