WELCOME BACK
It’s Been Too Long, Triathletes.

The Mack Cycle Escape to Miami Triathlon presented by Voler is generally the final event in the Life Time Tri Series calendar. Last year, Hurricane Irma had other ideas. After a two-year hiatus, we’re back, and we’re ready to wrap-up this season in style with you!

Viewed by many as one of the premier triathlons in the state, our Escape to Miami Triathlon enters its 14th year and brings our athletes a unique and intense course set in the vibrant heart and refreshing waters of beautiful Miami. There is no denying the scenic beauty that will accompany you from the epic start to glorious finish.

Whether you’re a first-timer or a 13-year veteran, we aim to give you an unforgettable race experience this time around. Following are a few ideas of what to expect during race weekend:

This year, Life Time Tri debuted a new Officiating Program. Race Rules have been updated and are designed to better educate all athletes, as well as move in line with the global standards across the sport. Please review the Rules Book in the Index, attend an Athlete Briefing and watch the rules video (click below) to ensure you’re in the know.

New to Escape is our quirky Team Challenge Competition – a fun, free, group racing concept for local teams to earn bragging rights and hardware! Click here for all the details and to enroll your team.

With so much in store, please take time to read through this Athlete Guide for all the important weekend information. Don’t forget to rest, eat well, hydrate, tune-up that bike and double-check that equipment pack list, too (page 26).

From all of us here at the Life Time Miami Office, we wish you a safe and exhilarating race.

Thank you again for joining us this year. We look forward to seeing you on that island. While many have tried, the question remains: WILL YOU ESCAPE?

The Life Time Tri Team

2018 Life Time Tri Rules | Reglas

Also new in 2018 is our Life Time Tri Championship race, with this event offering more than 200 qualifying slots into a spectacular NYC racing experience. Free bike shipping, $60k in prizes and VIP experiences are just the beginning. Learn more on page 21.

Contact Us

Race Venue / Packet Pick-Up / Expo
Margaret Pace Park | 1800 N. Bayshore Drive, Miami
Event Staff
Athlete Services: fievents@lt.life
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Schedule of Events

SATURDAY, SEPTEMBER 29, 2018
MANDATORY PACKET PICK-UP / BIKE CHECK-IN / EXPO
Margaret Pace Park | 1800 N. Bayshore Drive, Miami

10:00 AM   Packet Pick-Up, Bike Check-In and Expo Opens
11:00 AM   Athlete Briefing
12:30 PM   Athlete Briefing
2:00 PM    Athlete Briefing
3:30 PM    Athlete Briefing
5:00 PM    Athlete Briefing
6:00 PM    Packet Pick-Up, Bike Check-In and Expo Closes

SUNDAY, SEPTEMBER 30, 2018
RACE DAY / FINISH FESTIVAL
Margaret Pace Park | 1800 N. Bayshore Drive, Miami

4:30 AM    Transition Opens
4:45 AM    Ferry Begins Boarding (International distance)
7:00 AM    Transition Closes
           International Race Start
           Finish Festival Opens
8:45 AM    Sprint Race Start
11:30 AM   Awards Ceremony
           2018 Life Time Tri Championship On-Site Registration
1:00 PM    Finish Festival Closes
           Mandatory Bike Check-Out
           Post Race Party | The Wharf: 114 SW River Dr., Miami

Transition re-access times are subject to Race Staff approval.

Get the Athlinks App

Download the Athlinks mobile app to check race schedules, course information, tracking and much more. Once installed, select the Escape to Miami Triathlon from the event list.

Team Challenge

Grab your friends and enroll in the Tri Team Challenge - a free competition for all registered Sprint and International distance participants. Groups of 5-10 individuals form a team to compete for both awards and bragging rights!

The rules are simple, and scoring is automatic. Team rosters must be submitted online. Click here to learn more and to enroll.
Packet Pick-Up

All participants must pick up their own packet from the Expo on Saturday, September 29 from 10:00 AM until 6:00 PM.

- Proxy (third party) packet retrieval is not permitted.
- All relay team members must be present to pick-up their packet.
- There is no Race Day Packet Pick-Up option.
- Athletes are highly encouraged to attend one of the Athlete Briefings, emphasizing timelines, a variety of new rules and last-minute tips to ensure a successful race.
- All bags brought into the Expo are subject to search. We strongly encourage attendees to leave their bags at home or in the car.

Required for Check-In

In order to successfully complete the Packet Pick-Up process, each participant will need to provide:

- A current Driver’s License or Photo ID. Remember that participating athletes may pick up ONLY their own packet. NO EXCEPTIONS. This applies to all relay team members as well.
- Athlete Bib Number: Participants will be emailed their bib number prior to race week. They may also reference their bib number at the Packet Pick-Up kiosk.
- USA Triathlon membership cards are not required for this event.

Registration Changes & Deferrals

On-site registration WILL NOT be available during race weekend. For race changes, please visit the Solutions desk during Expo hours. All changes will incur a $30 fee. Registrations and changes are subject to availability.

Those unable to attend the event may request a deferral into the 2019 Escape to Miami Triathlon event. Deferrals must be requested by Friday, September 21 at 11:59 PM ET. All deferrals will be administered a $30.00 fee for the replacement of date-stamped athlete amenities that need to be re-purchased. There are absolutely no transfers/refunds allowed. We kindly remind you that Life Time Events does not condone bib transfers or purchases between individuals. Athletes found to be using another athlete’s bib will be automatically removed from the course and subject to denial from future events.

Registration Packet Items

The following items are customized for each individual participant. Please ensure you receive each of the following at the Packet Pick-Up area:

- Swim Cap
- Bib Number
- Safety Pins
- Athlete Wristband
- Tattoo (one for each arm)
- Timing Chip and Strap
- Bike/Helmet/Gear Bag Number
- Clear Transition Bag
- T-Shirt
- Goodie Bag

Timing Chips

Timing chips and straps will also be provided to you at the Packet Pick-Up desk.

- Please make sure that timing chips are affixed tightly and correctly to avoid any timing issues.
- IT IS YOUR RESPONSIBILITY TO BRING YOUR CHIP ON RACE DAY IN ORDER TO COMPETE!
- The chip should be affixed to your left ankle prior to the swim start and must be worn during the entire event.
- RELAY MEMBERS: You will pass the chip to your teammate after completing your race segment at the respective Relay Pen area.
- Should your chip fall-off during the race, please notify a member of the Life Time Race Staff.
- All timing chips must be returned to volunteers at the finish line! Missing chips/velcro straps will incur a $30.00 fee.
Bike, Helmet & Bag Stickers
The athlete packets will include a series of stickers, each used to identify the individual athletes and/or athlete gear:

- The adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. Simply join both ends of the adhesive around the center frame (the top tube) of the bike.
- Lost bike numbers cannot be replaced!
- The small adhesive helmet number must be affixed to the front of the helmet. A helmet must be worn while riding the Bike Course.
- The bike frame number will match the athlete wristband and is mandatory for bike check-out.

Run Bib Number
The race issued bib must be worn on the Run Course (not required for the Swim or Bike), and must be visible at all times.

- Safety pins will be provided at Packet Pick-Up for those not using a triathlon race belt.
- Please wear on the front of your running shirt or shorts (facing forward). For safety and security, the number MUST be visible while you run.
- Do not cut, fold, or alter your race number in any way apart from removing the bottom tear tags.
- Please fill out the emergency contact information on the back of the bib with a pen (not a marker).

Swim Caps
An official swim cap will be provided at Packet Pick-Up:

- This cap is provided for your safety during the swim and must be worn during the entire swim.
- Athletes will not be allowed in the swim staging area without it.
- Multiple waves will utilize the same cap color. Be alert to ensure you locate the correct start wave.
- Participants must start in their designated swim wave. Please follow race signage. NO EXCEPTIONS.

Participant Wristband
An athlete wristband will be affixed to all participants at Packet Pick-Up. Please note:

- All wristbands MUST BE WORN THROUGH THE DURATION OF RACE WEEKEND.
- Athlete wristbands must be presented in order to check-in your bike on Saturday, to enter/exit Transition and to claim your bike following the race.
- Do not remove your wristband until you have removed all gear from Transition and left the event site following the event.
- Relay Team swimmers and runners will wear a special wristband denoting “Relay Team.”

Body Marking Tattoos
All participants will receive a temporary tattoo sheet complete with their race number – one for each shoulder. Follow instructions accordingly.

- Please apply the tattoos prior to leaving your home or hotel on race morning. Body Marking volunteers will be available on race morning to assist using permanent markers – applying race age to the left calf.

Clear Transition Bag
A clear bag will be issued during Packet Pick-Up. All items entering Transition must be placed within this bag. No backpacks or other personal bags will be permitted to enter Transition. All items entering Transition are subject to security checks. Remember, if you see something suspicious, please alert race staff or security personnel immediately.

Beer Wristband
As an added convenience this year, you will be able to obtain your beer wristband during Packet Pick-Up if you so desire. Your age will be validated and a volunteer will put your wristband on at that time. Beer wristbands may not be removed prior to obtaining beer at the Finish Festival. If you would rather not wear this wristband throughout the race or if you lose this wristband at any time, please remember to bring your ID to the Finish Festival for age validation.
Race Venue & Logistics

Race Day requires all athletes, spectators, volunteers and staff to abide by a variety of special timelines, access points and security processes. Please review the following race venue details and map:

Transition Information
Participants must rack their bike on Saturday between 10:00 AM and 6:00 PM. Once Transition closes, athletes will no longer be allowed to rack their bikes. Otherwise, please note:

- Athletes must wear wristband in order to enter Transition, as well as to remove bikes after the event. Only athletes are permitted inside the Transition Area.
- Bike frame stickers must be applied prior to entering Transition.
- Overnight security will be provided.
- Check signs at the ends of each bike rack to locate your specific rack and setup space. Transition racks will be designated with individually numbered stickers.
- Once a bike has been checked into the Transition Area, it cannot be removed until after the start of the race (for the bike course).
- Bike number stickers will be checked against bib numbers and wristbands before bikes are permitted to exit Transition.
- Race Staff, Security and Volunteers will close and secure Transition during the race to ensure security.
- Bike tech support will be provided by Mack Cycle in Transition on Saturday, as well as along the race course on Sunday.
- Be courteous to fellow Athletes, event Volunteers and Staff. Harassment will lead to disqualification.

Transition Race Day Access
Transition will open at 4:30 AM on race morning, when athletes are encouraged to pump their tires, fill their water bottles and set out their race gear. Transition will close at 7:00 AM for all participants.

Transition Security Measures
In order to enter the secured Transition area, all athlete items must be visible in the clear plastic bag provided at Packet Pick Up. Please exercise common sense and maintain possession of your bag while outside Transition at all times. Never leave bags unattended. No glass containers are allowed in the Transition area.

Transition Area Conduct
For safety reasons, you are not permitted to ride your bike inside the Transition area - you must walk or run your bike to the mount line to start the bike portion, and be off of your bike before crossing the dismount line. Signs will be clearly mark the “Mount” and “Dismount” lines. Please obey them for your safety and for the safety of spectators and other participants. Watch for other athletes as you move through the Transition Area and follow the instructions of race officials and volunteers. Helmets must be worn while riding.

Relay Team Details
Athletes participating in a Relay Team have a very specific set of instructions, differing from the individual athletes:

- ALL RELAY TEAM MEMBERS MUST BE PRESENT TO PICK UP YOUR PACKET. There will be one packet for the entire team, with contents to be shared among the team (swim cap, tattoos and race bib). Each athlete will receive a wristband, a goodie bag and a clear plastic bag.
- Only the biker of each relay team will be allowed to access the actual bike rack portion of the Transition Area (the Relay Pen is setup at the Run Out corner of Transition). Like all other athletes, the biker must rack their bike prior to the race start.
- On race morning, following the swim portion, the swimmer will pass their timing chip to their biker in the Relay Pen, located just inside the Transition area (see map on page 9). The biker will then proceed to their bike rack, grab their bike and exit onto the Bike Course.
- Upon completing the Bike Course, the biker will enter Transition, rack their bike, then proceed to the Relay Pen inside Transition where they will pass their timing chip to their runner.
- All timing chip switches must be done at the respective Relay Pen area only, NOT at the bike rack.
- If the swimmer and runner have bags or other items which won’t be used during their race, they can be handed-off to/from the Biker inside the Relay Pen. There is no need to use the Transition area for storage – especially since all Sprint and International athletes must wait to re-enter Transition until the end of the race.
- Only the runner will cross the finish line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Results Tent to receive their medals.
Parking
Public, metered parking is available in the public streets surrounding Margaret Pace Park. Parking at bagged meters or spaces marked with no parking signs is prohibited and violators will be towed.

Additionally, nearby parking garages include:

- Omni Garage/Hilton Hotel: 1601 Biscayne Blvd. Miami, FL $15 flat rate for athletes who present their participant wristband. - Re-entry will not be allowed and charge will occur for each ticket pulled. - Access to the garage will be available from Biscayne Blvd., N. Bayshore Drive or NE 17th Terrace.
- Marriott Hotel: 1633 N. Bayshore Drive Miami, FL Standard parking rates apply.

Miami-Dade Public Transit
Leave your car at home (or at a Metrorail stations) and ride with Miami-Dade Transit to the race. Hop on the Metromover Omni Loop and get off at the Adrienne Arsht Center Station for a quick walk to Margaret Pace Park. Metrobus, Metromover, and Metrorail services begin at 5:00 a.m. (select Metrobus routes run 24-hours a day). The cost is $4.50 for a full day to park at one of our Metrorail garages. Download the Miami-Dade Transit Tracker app for your smartphone and use the Trip Planner option to start planning your trip to the race today! Visit www.miamidade.gov/transit for more information.

Road Closures
This event will feature a series of road closures throughout race day: Sunday, September 30. Click here for a full list. Traffic will be directed and roads will be managed by the City of Miami and City of Miami Beach Police Departments.

Questions can be directed via email to flevents@lifetimefitness.com, via phone to 305.278.8668 or at www.escapetomiamitriathlon.com.

Thank you in advance for your anticipated support and we encourage you all to come out and cheer on the members of your community as they brave the waters just off of Margaret Pace Park and head inland from the infamous Escape Island!

Event Alert System (EAS)
This race will utilize the EAS system, encompassing a color-coded system to reveal current event conditions. Participants will notice flags posted in the Expo, within Transition, throughout the race venue and at each Aid Station along the Run Course. The EAS system is developed to help athletes understand changing race conditions due to weather-related, environmental or other man-made situations. EAS updates will be communicated through PA alerts, social media, web, emails, etc.

Donate Unwanted Tri Gear
Do you have unwanted swim caps, goggles, jerseys or jackets? Donate them to the Grenada Scholastic Swim Team, who don’t have adequate access to proper gear to utilize for training and competition. A collection bin will be located at the Full Circle Coaching tent during the Expo and on race day. Click here to learn more about the team.
Swim Course Details

The Mack Cycle Escape to Miami Triathlon hosts one of the nation's most unique Swim Course in the open waters of Biscayne Bay.

Lifeguards and support vessels will be lined-up throughout the course. If assistance is needed, please visibly raise and wave your hand and a staff member or rescue personnel will assist you.

International Distance Swim Course
- Start: 7:00 AM
- Distance: 0.93 miles (1,500 meters)
- Course Limits: International distance swimmers must exit the water by 8:25 AM (1 hour, 10 minutes after the final wave).

The International distance swim requires participants to travel by ferry to Escape Island, where swimmers are staged prior to their wave start. International distance swimmers will be loaded onto ferries at Sea Isle Marina, located immediately south of Margaret Pace Park. Directional signs and staff will guide athletes as they walk from Transition to the Marina. Ferry boarding begins at 4:45 AM.

Participants will be shuttled to Escape Island, which requires them to jump from the vessel into open water, then swim approximately 100 meters to the island while awaiting their start wave. Water will be provided on the island, but there are no other services available. Articles left behind on the ferries or Escape Island will be brought to the Information Tent located within the Finish Festival.

Athletes should stage themselves according to their wave assignment numbers prior to their start. Once each wave is released (beginning at 7:00 AM), athletes will swim across the bay, ensuring they complete the full 1,500 meter course. Those who bypass turn buoys will be disqualified. Upon exiting the water at Margaret Pace Park, please use caution as algae and rocks can be hazardous.

Sprint Distance Swim Course
- Start: 8:45 AM
- Distance: 0.25 miles (400 meters)
- Course Limits: Sprint distance swimmers must exit the water by 8:45 AM (40 minutes after the final wave).

The Sprint distance swim consists of a 400 meter, semi-circular course that starts just south of Margaret Pace Park (Sprint distance swimmers will not board the ferries). Buoys will line the entire course, which should remain on the left side through the duration of the swim.

Athletes should stage themselves according to their wave assignment numbers, and reflective of swim cap colors. To be safe we recommend all athletes arrive to the Start Area at least 20 minutes before their specific wave. The wave times are guidelines, and may move faster than times listed. Please use caution entering and exiting the water, as algae and rocks can be hazardous.

Swim Caps
Only the swim cap placed in your race packet may be worn during the swim. Do not trade your swim cap with another athlete as the caps are color-coded to assist race management with organizing the swim start. Your swim cap color dictates a specific start wave.

Wetsuits & Water Temperatures
The maximum legal wetsuit temperatures are now relative to two athlete "Divisions." Competitive athletes may wear wetsuits up to and including 78.0°F. Recreational athletes may wear wetsuits up to and including 83.9°F. Should water temperatures dictate wetsuits are not allowed for your division, this would also include neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like. Average water temperatures in Biscayne Bay measure 75-80°F.

Special Needs Table
A special needs table will be provided at the Swim Exit for anyone who wishes to place eye glasses, inhalers, medicine, etc. The table will be located on the right side as athletes exit the water. Those who wish to place items simply need to stop at the table prior to their respective swim start.

In the unlikely event that you may be stung by a jellyfish, look for vinegar sprays located at the Swim Exit Aid Station, as well as on Escape Island.
Wave Start Sequence

The Mack Cycle Escape to Miami Triathlon utilizes a wave start sequence for both race distances. Athletes MUST enter the water with their assigned wave.

It is important to note that wave times listed below are guidelines, waves will most likely move faster than times listed. We recommend all athletes arrive to the Start Area at least 15 minutes before their specific wave is scheduled to start.

<table>
<thead>
<tr>
<th>Wave</th>
<th>INTERNATIONAL DISTANCE</th>
<th>Cap Color</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Premiers&lt;br&gt;Male 19 &amp; Under thru 39&lt;br&gt;Collegiate&lt;br&gt;First Responders&lt;br&gt;Save the Children&lt;br&gt;Relays</td>
<td>White</td>
<td>7:00 AM</td>
</tr>
<tr>
<td>2</td>
<td>Male 40-79 Clydesdale</td>
<td>Neon Green</td>
<td>7:07 AM</td>
</tr>
<tr>
<td>3</td>
<td>Female 19 &amp; Under thru 79&lt;br&gt;Athena&lt;br&gt;Paratriathletes&lt;br&gt;Friends &amp; Family&lt;br&gt;First Timers</td>
<td>Pink</td>
<td>7:15 AM</td>
</tr>
<tr>
<td>4</td>
<td>Paratriathlete&lt;br&gt;First Responders&lt;br&gt;Save the Children&lt;br&gt;Male 30-39&lt;br&gt;Relays</td>
<td>Red</td>
<td>8:45 AM</td>
</tr>
<tr>
<td>5</td>
<td>Female 30-39</td>
<td>Light Pink</td>
<td>8:48 AM</td>
</tr>
<tr>
<td>6</td>
<td>Male 29 &amp; Under&lt;br&gt;Male 50 &amp; Over&lt;br&gt;Clydesdale&lt;br&gt;Relays</td>
<td>Neon Yellow</td>
<td>8:51 AM</td>
</tr>
<tr>
<td>7</td>
<td>Female 29 &amp; Under&lt;br&gt;Female 40-49&lt;br&gt;Athena</td>
<td>Purple</td>
<td>8:54 AM</td>
</tr>
<tr>
<td>8</td>
<td>Male 40-49</td>
<td>Light Blue</td>
<td>8:57 AM</td>
</tr>
<tr>
<td>9</td>
<td>Female 50 &amp; Over&lt;br&gt;Friends &amp; Family&lt;br&gt;First Timers</td>
<td>Neon Orange</td>
<td>9:00 AM</td>
</tr>
</tbody>
</table>

Bike Course Details

The Escape to Miami Triathlon Bike Course takes athletes through Miami’s revamped Wynwood Design District, over the bay into Miami Beach using the Julia Tuttle Causeway, and past the Miami Beach Golf Club and it's well know mansions along Alton Road.

International Distance Bike Course Description
- Distance: 24.8 miles (40k)
- Total Loops: 2
- Course Cut-Offs: All cyclists must be clear of the Bike Course by 10:25 AM (3 hours, 10 minutes after the final wave start).

Sprint Distance Bike Course Description
- Distance: 13 miles (21k)
- Total Loops: 1
- Course Cut-Offs: All cyclists must be clear of the Bike Course by 11:15 AM (2 hours, 15 minutes after the final Sprint start).

Mount/Dismount Lines
Once completing the swim, athletes will enter the Transition area to drop their swim gear and grab their cycling equipment. Once exiting Transition, athletes must run with their bike until reaching the “Mount Line,” where they will begin riding. Following the completion of the Bike Course, athletes must dismount their bikes at the designated “Dismount Line” and proceed back into Transition on foot. Failure to comply may result in a penalty.

Directional Signage
Please pay attention to various directional and informational signs placed throughout the Bike Course, including the following:

There will also be three sharp U-TURNS along the Bike Course:
- Alton Road & Michigan Ave in Miami Beach
- Mount Sinai Hospital & Alton Road
- North Federal Hwy & NE 47th Street

Protect the Island

In an effort to preserve the natural marine environment at Escape Island, areas with submerged vegetation will be closed to athletes. Additionally, trash cans will be provided for any last-minute items that need to be discarded prior to the swim start.
Barricades with a directional arrow will be at each turnaround point on the bike course. Please note:

- The turnaround for the International distance Bike Course (to begin the second loop) will be at NE 2nd Ave & NE 19th Street.
- Course signage alerting all bikers of “Sprint/International Split Ahead” and “International Lap 2: 100 feet.”
- When entering this split zone, all International distance bikes need to stay LEFT and all Sprint distance bikes need to stay RIGHT.

Finally, please pay special attention to orange road markings (sprayed on ground) which denote hazards such as potholes, cracks and/or areas of concern.

**Bike Course Support**

There are no aid stations or bottle exchanges along the bike course (either distance). Please be prepared with your own fluids for the duration of the ride.

In the event participants may require mechanical assistance, Mack Cycle mechanics will be available in Transition for basic support during bike check-in and on race day.

While athletes should be expected to handle minor mechanical issues (flat tires, dropped chains), should you encounter larger issues on course, please report to the nearest staff member or police officer – who will dispatch a bike course mechanic for assistance. Please be patient as tech teams may be inundated.

Event staff will provide a SAG vehicle following the last athlete, providing transportation back to Transition for anyone unable to finish the bike portion.

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**Virtual Course Tour**

Get ready for race day with a virtual tour of the entire Mack Cycle Escape to Miami Race Course, courtesy of Fox Business. Click the links below for a custom aerial tour.

> International Course
> Sprint Course

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**Miami Challenge**

If you plan on racing both the Mack Cycle Escape to Miami Triathlon presented by Voler as well as the renowned South Beach Triathlon, we have the perfect challenge for you...

The first 300 athletes to qualify for the Life Time Tri Miami Challenge receive the following:

- Miami Challenge finisher medal (in addition to your individual finisher medals).
- Competitive Series Awards presented to the top three overall females and males in the International distance.

Click here to learn more and enroll in the Miami Challenge.
BIKE OUT: Margaret Pace Park
WEST on NE 18 ST
RIGHT onto NE 2nd AVE
RIGHT onto NE 36th ST
Use on ramp to 195/JULIA TUTTLE CSWY (EB)
Stay RIGHT onto ALTON RD (SB)
Turn-a-Round to LEFT at MICHIGAN AVE
Return ALTON RD (NB)
Slight LEFT to continue on ALTON RD (towards Mt Sinai)

RIGHT onto 195/JULIA TUTTLE CSWY (WB)
Exit RIGHT (2B) onto NE 38th St
RIGHT onto FEDERAL HWY (NE 2nd Ave)
Approximate TURN-AROUND to LEFT at NE 47th St
Return SOUTH on FEDERAL HWY/NE 2 Ave
*International First Loop Turn-Around at NE 19th St
LEFT onto 18th St
LEFT on N. BAYSHORE DRIVE
BIKE IN: Transition area at Margaret Pace Park
*International Bike Course is a 2 loop course

2018 BIKE MAP
Route
Sprint: 21 KM/13 Miles
International: 40 KM/24.8 Miles
Get On The Bus

4:00 AM. Dead silence. 100% focus. This is the scene as athlete shuttles depart Midtown Manhattan to Riverside Park at the Life Time Tri Championship event. This new format recognizes and rewards the fastest amateur athletes across the Life Time Tri Series. Qualifying into this world-class event includes big perks: free bike shipping, a $60K prize purse and a VIP race experience within the heart of the world's most iconic city. Learn more: LifeTimeTri.com

July 21, 2019
LifeTimeTri.com
#LTTChamp
The Escape to Miami Triathlon culminates with both a gorgeous and challenging Run Course. Runners pass the Adrienne Arsht Center before climbing the MacArthur Causeway and running along cruise ship row. Before making a U-turn and proceeding to the Finish Line, runners have one last glimpse off to their right of where it all started — Escape Island.

**International Distance Run Course**
- Distance: 6.2 miles (1 longer loop)
- Turnaround: International distance runners will turnaround at Mile 3, across from Star Island on the MacArthur Causeway.
- Course Cut-Off: All runners must finish the Run Course by 11:45 AM (4 hours, 30 minutes from the last International wave start).

**Sprint Distance Run Course**
- Distance: 3.1 miles (1 short loop)
- Turnaround: Sprint distance runners will turn around at Mile 1.5, just after Aid Station B at Parrot Jungle Trail on the causeway.
- NOTE: Just after the turnaround, all wheelchair/AWD participants will merge back onto the MacArthur Causeway shoulder to return westbound over the bridge, while able-bodied runners will continue straight towards the sidewalk. All athletes will merge back together at North Bayshore Drive.
- Course Cut-Off: All runners must finish the run course by 12:35 PM (3 hours, 35 minutes from the last Sprint wave start).

**Aid Stations & Restrooms**
Aid Stations will be provided throughout the race venue and course, including a water station inside Transition. Run Course Aid Stations will be available at approximately:
- Mile 0 Outside Transition
- Mile 0.6 North Bayshore Drive, behind the Arsht Center
- Mile 1.5 Jungle Island (Sprint turnaround)
- Mile 2.3 Fountain Street
- Mile 4.6 Jungle Island
- Mile 5.2 North Bayshore Drive

Public Restrooms and/or Portos will be located at each Aid Station, in the Finish Festival and inside the Transition area.

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**Gatorade Endurance Energy Gels**
Gatorade Endurance Energy Gels will be available at each Run Course Aid Station. Gatorade Endurance Energy Gels provide 20g of carb energy, natural flavors, a light texture and taste. Take them just before, or on course, and chase with water.

**Gatorade Endurance Formula**
Lemon-Lime Gatorade Endurance Formula will be available on course at all aid stations. Endurance Formula has nearly two times the sodium and three times the potassium of traditional Gatorade. It also contains no artificial flavors and has a light taste. Learn more about Gatorade Endurance Formula [here](#).

**Medical Support**
Baptist Health South Florida will provide comprehensive medical care for all participants during the event. Should you experience any medical issues, please notify the nearest Race Official or Aid Station volunteer who will dispatch appropriate medical attention. Be sure to hydrate well with expected heat. In the event of lightning along the course, immediately seek shelter under a permanent structure.

**The Big Finish**
What to do when you cross the Finish Line? Throw those arms up and SMILE! The paparazzi are waiting.

As a reminder, only the Relay Team runner will cross the Finish Line, thus receiving their finisher medal in the Finish Chute. Remaining team members can report to the Results Tent within the Finish Festival to receive their medals.

Under the idea of safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or through the Finish Chute.
Endurance athletes take things farther. Gatorade® Endurance Formula is designed for the specific demands of endurance athletes. On course at over 300 races.

NO ARTIFICIAL FLAVORS
WITH A LIGHTER TASTE

Available in Lemon-Lime, Orange and Cherry. Sold exclusively at Run, Bike, and Tri shops. Online at GATORADEENDURANCE.COM.
Join now! SavetheChildren.org/TeamSave

Team Save the Children offers athletes of all abilities a chance to join us in a race while raising much-needed funds to help children.
Finish Festival

Celebrate your finish at the Finish Festival! Athletes will be able to refuel and rehydrate with water, snacks, beer and more! The Finish Festival will be bustling with a live band, race sponsors and vendors sampling their products.

Finish Line Policy
For safety and fairness, families and spectators must remain off the race course, and may not enter the Transition area or the Finish Line chute at any time. Please be respectful of all participants. Event Staff may disqualify any athlete who brings family or friends into Transition or across the Finish Line.

Post Race Food
Water, Gatorade, cookies and bananas will be provided in the Finish Chute. A gourmet lunch will also be provided by Deliver Lean in the Athlete Food tent within the Finish Festival.

Beer Garden
Complimentary Michelob ULTRA beers will be available for all spectators and athletes in the Beer Garden. Must be 21 years and older with valid ID (or present their beer wristband). Athletes may obtain their required beer wristband at the designated ID Check tents located in the Finish Festival area on Saturday during Expo hours and also on race day before and during the event.

Athlinks Results
Race results will be updated regularly online throughout the day. Please visit the Athlinks Results Tent after you finish for your personal time. You can also access your results directly from your mobile phone using the free “Athlinks” app in both iOS or Android stores. Once loaded, simply search for “Escape to Miami Triathlon” within the event listings.

Shirt Exchanges
If you need to exchange your shirt for a different size, you may do so on Race Day at the results area after the race. Shirt size exchanges will be based on availability.

Official Post Race Party at The Wharf
Celebrate your Escape with a FREE mojito at The Wharf (114 SW N. River Drive) after the race on Sunday. Simply present your race bib or finisher medal to receive your complimentary libation. Plus, relax and enjoy additional specials and entertainment at this premier outdoor event space situated on the historic Miami River.

Lost And Found
Lost and Found items should be turned in or claimed at the Information Tent. Unclaimed items will be relocated to the Life Time office following the event, and donated after 30 days to a local charity.

Children / Pets
Parents, please supervise your children at all times. The race site and course are busy and potentially dangerous areas. We recommend you leave pets at home. If there are any pets on site, we will ask to make sure they are leashed at all times.

Volunteers
This event requires hundreds of volunteers to dedicate their time during the big weekend. Please remember to thank them as you come across their services! The event would not be possible without them. If you’re available, consider joining us for one of the following roles: Bike Check-in, Transition, Aid Stations, Run Course Pointers or Bike Check-out. Click here for full details and to RSVP.

Free Race Photos!
Athlinks provides free race photography before, during and after each Life Time event. Be sure your race numbers (body marking, bike and bib numbers) are visible at all times so you can be identified. After the event, check your Athlinks results profile following the event for your downloadable media.
Awards | Championship

Awards
All finishers will receive a Finisher’s Medal. Top performing individuals in all Competitive divisions will earn additional awards. The Awards Ceremony begins at 11:30 AM in the Finish Festival, with awards issued to top three female and male finishers in these categories:

- Pro (International only)
- Overall
- Premier (International only, Masters and Open)
- Age Groups (19 & Under through 80+)
- Collegiate
- Athenas/Clydesdales
- First Responders
- Paratriathletes
- Relay Teams
- Tri Team Challenge (see below)

Should you win an award but can’t stay for the awards ceremony, simply email us at flevents@lt.life and we will mail it to you.

Life Time Tri Championship Qualification
Escape to Miami is the fifth qualifying event into the 2019 Life Time Tri Championship race, to be held July 21, 2019, within the 2XU New York City Triathlon. This unique, race-within-a-race competition will attract hundreds of participants from across the nation into a variety of special race weekend events, culminating with a shot at winning big on race day.

The International distance race offers 210 qualifying spots for the Championship event. Top five female and male performers from these divisions will earn guaranteed entry:

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International Division Championship Implications

Want to join Gaby in NYC next year? This year, the top five finishers from all Competitive divisions will earn guaranteed entry into the 2019 Championship event.

The first 50 qualifiers to register on-site for the 2019 Championship will earn complimentary bike shipping to/from New York City (entry fee: $338, credit cards only). Otherwise, qualifiers have until June 10, 2019 to claim their spot.

Tri Team Challenge
The Tri Club Championship is a new, free, opt-in competition for all registered Sprint and International distance participants. Individual participants form teams, who compete using cross-country style scoring. Groups of 5-10 individuals form a team to compete for awards and bragging rights! The rules are simple, and scoring is automatic. Click here to learn more and opt-into the competition.

Life Time Tri Championship
Congratulations to Gaby Bunten of St. Paul, who won the women’s overall title in the inaugural Life Time Tri Championship race on July 1 in New York City! Gaby’s 2:12:26 scored her a cool $1,500 and access to all Life Time Tri Series events.
2018 RULES SUMMARY

Experienced triathletes will notice a variety of changes to the Life Time Tri Officiating Program in 2018. While safety and fairness remain paramount, portions of the Officiating Program were redesigned to better educate the entire field of athletes while also applying better global standards across the sport. A highlight of these rules is noted below, with a full rules set and descriptions identified under separate cover. Athletes are highly encouraged to review these in detail to ensure a successful race experience.

On-site Presence

A full team of Race Officials will be on-site and integrated with athletes throughout the entire weekend - from Packet Pick-Up to Transition and through the Awards Ceremony.

Wetsuit Temperatures

Legal wetsuit temperatures are now relative to one of two athlete “divisions,” originally selected during registration.

“Recreational” division participants may wear wetsuits in waters up to and including 83.9°F.

“Competitive” athletes (those competing for awards) are able to wear wetsuits in waters up to and including 78.0°F, in line with global standards. If approaching weekend water temperatures are of concern, athletes may elect to change divisions at Packet Pick-Up. Full details are listed on page IV of the Rules Book.

Draft Zone

Moving toward the global short course standard, Life Time Tri will move to a 9m draft zone. Athletes must keep four (4) bike lengths of space between them, or complete their pass in 20 seconds, to avoid a “drafting” penalty.

Penalty Card

When a penalty is being issued (and when deemed safe along the course), the Official will call out the athlete’s race number and present this black and white penalty card.

Penalty Tent

Athletes receiving a penalty will be directed to a Penalty Tent, located on the Run Course. Athletes must check-in here to serve their 3-minute time penalty.

Other Common Rules

- Be a good sportsman. Always.
- Don’t endanger anyone, including yourself.
- Cell phones, headphones and cameras are not allowed during the race.
- Participants may not receive assistance, in any way, from anyone other than active racers, volunteers or official Race Staff.
- Keep it clean. Please don’t litter.
- Flotation devices are not allowed in the swim.
- Wear a helmet -- before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Always ride on the right and pass on the left (with exception to a portion of the Chicago Triathlon course).
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don’t forget to celebrate. We’ll help you with that!

QUESTIONS? Contact Rosalyn Popham, Life Time Tri Head Official at rpopham@lt.life or Athlete Services: events@lt.life
Los triatletas experimentados notarán varios cambios en el programa de reglas de Life Time 2018. La seguridad e imparcialidad permanecen primordiales; sin embargo, partes de las regulaciones fueron rediseñadas para educar mejor a todos los atletas y a la vez aplicar mejor lo estándares globales en todos los deportes. En este paquete se encuentra un resumen de estas reglas identificadas con descripciones separadas. Se pide a los atletas que las revisen en detalle para garantizar una experiencia exitosa en la carrera.

### REGLAS DEL 2018

- Sé un buen deportista, Siempre.
- No ponga en peligro a nadie, incluyendo a usted mismo.
- Los teléfonos celulares, auriculares y cámaras no están permitidos durante la carrera.
- Los participantes no pueden recibir asistencia, de ninguna forma, de cualquier persona que no sean corredores activos, voluntarios o personales oficiales de la carrera.
- Mantenga limpio. Por favor no tire basura.
- Los artículos de flotación no están permitidos en la natación.
- Use un casco: antes, durante y después de la carrera.
- Camine su bicicleta a la línea de montaje, y asegúrese de estar completamente fuera de su bicicleta antes de la línea de desmontaje.
- Siempre conduzca por la derecha y pase por la izquierda.
- Los números son obligatorios durante la corrida.
- Solo los atletas registrados pueden cruzar la línea de llegada.
- Las penalizaciones son 3 minutos en la carpa de penalidad.
- No te olvides de celebrar. ¡Nosotros te ayudaremos con eso!

### Zona De Distancia

Para avanzar hacia un estándar global de distancias cortas, Life Time Tri cambiará la zona de “drafting” a una distancia de 9 metros. Los atletas deben tener un espacio de cuatro (4) bicicletas de distancia entre ellos, o completar su pase en 20 segundos, para evitar una penalización de “drafting.”

### Temperaturas De Wet Suit

Las temperaturas legales de wet suit ahora dependen de las “divisiones” que los atletas originalmente seleccionaron durante la inscripción.

*“La división “recreativa” permite a los participantes usar wet suit en aguas igual o mayores a 83.0°F. “La división “competitiva” (aquellos que compiten por premios) permite a los atletas usar wet suit en aguas igual o mayores a 78.0°F, de acuerdo con los estándares globales. Si hay alguna preocupación con respecto a la temperatura del agua al acercarse el fin de semana de la carrera, los atletas pueden elegir cambiar de división en Packet Pick Up. Los detalles completos se encuentran en la p.4 del Libro de Reglas.

### Equipo Oficiales

Un equipo completo de oficiales de carrera estarán presentes durante todo el fin de semana - desde la recogida de paquetes, transición y a través de la Ceremonia de Premiación.

### Otras Reglas

- Sé un buen deportista, Siempre.
- No ponga en peligro a nadie, incluyendo a usted mismo.
- Los teléfonos celulares, auriculares y cámaras no están permitidos durante la carrera.
- Los participantes no pueden recibir asistencia, de ninguna forma, de cualquier persona que no sean corredores activos, voluntarios o personales oficiales de la carrera.
- Mantenga limpio. Por favor no tire basura.
- Los artículos de flotación no están permitidos en la natación.
- Use un casco: antes, durante y después de la carrera.
- Camine su bicicleta a la línea de montaje, y asegúrese de estar completamente fuera de su bicicleta antes de la línea de desmontaje.
- Siempre conduzca por la derecha y pase por la izquierda.
- Los números son obligatorios durante la corrida.
- Solo los atletas registrados pueden cruzar la línea de llegada.
- Las penalizaciones son 3 minutos en la carpa de penalidad.
- No te olvides de celebrar. ¡Nosotros te ayudaremos con eso!

### Carta De Penalidad

Cuando se está penalizando (y cuando se considere seguro en la carrera) el oficial llamará el número del atleta y presentará una carta blanca y negra.

### Carpa De Penalidad

Los atletas que recibían una penalidad serán dirigidos a una carpa de penalización, ubicada en la ruta de correr. Los atletas deben registrarse aquí para servir su tiempo de 3 minutos.

¿PREGUNTAS? Póngase en contacto con Rosalyn Popham, Life Time Tri Head Oficial en rpopham@lt.life o Servicios de atleta: events@lt.life
Frequently Asked Questions

Packet Pick Up

Can I pick up a race packet for a friend or coworker?
No. Each participant is required to pick up his or her own packet. No exceptions! You must have your photo ID with you to pick up your race packet.

Where is race Packet Pick-Up?
Packet Pick-Up will be held at Margaret Pace Park (1800 N. Bayshore Drive, Miami) Saturday from 10:00 AM to 6:00 PM.

Is there Packet Pick-Up race morning?
No. All race packets must be picked up prior to race day at the Expo at Margaret Pace Park.

Can I pick up race packets for my relay team members?
No, each member of the relay team needs to show their ID in order to pick up their own packet.

Do I need a driver’s license or USAT license for Packet Pick-Up?
A valid photo ID (current driver’s license, certified state ID or passport) is required at Packet Pick-Up. We do not require a USA Triathlon one-day or annual member license.

What will be included in the race packets?
Race packets will include the following: Race numbers for your bike and helmet; swim cap; race information; and rules and sponsor-related materials. You will also pick up your T-shirt and timing chip at the Expo along with your packet.

Which equipment is needed for the swim?
Swim caps (provided in the race packet) and swimsuits are required for the swim portion. Goggles or a face mask are optional, as are wetsuits. Competitive athletes may wear wetsuits up to and including 78.0°F. Recreational athletes may wear wetsuits up to and including 83.9°F. Inflatable, swim fins and propulsion devices are not allowed. See the attached Event Rules for full details.

Bike

What equipment is mandatory for the bike section?
A bike, helmet and close-toed shoes are required. Your bike must be in good working condition with your bike race number properly attached. Your bike helmet must be professionally certified, and it must have your number sticker properly attached. We recommend having your bicycle checked through a reputable bike shop prior to the event. We also advise to bring equipment for changing a flat tire or making minor bike adjustments.

Will drafting be allowed?
No. You must stay four bike lengths behind the rider in front of you. When passing, you need to complete the pass within 20 seconds. If you are being passed, you must drop back four bike lengths from the person passing you. Riding side by side with another rider is also illegal. If you are caught drafting, you will be penalized. See the Event Rules for more information.

Are you allowed to use a mountain bike?
Yes. You may use a mountain bike, hybrid/city bike, road bike, single-speed bike or triathlon bike. No motorized bikes, fixed-gear bikes or recumbent bikes are allowed. Fairings (windshields) are not allowed.

Run

How many Aid Stations will be on the Run Course?
Aid stations will be approximately every mile on the run course.

What mandatory equipment do I need for the run?
It is required to have your race number and timing chip during the run. Race numbers are to be attached on the front of your body and the timing chip must be securely strapped to your left ankle.
Are headphones and/or mobile phones allowed when racing?
No. Headphones, headsets, iPod, mp3 players and personal audio devices of any kind are not to be carried or worn at any time during the race. Mobile phones may be carried, but must be stored out of sight and only used during emergency situations.

Transition
What is the Transition Area?
The Transition Area is a common area where participants rack their bike, run and swim gear before and during the race. It is also your assigned spot where you will Transition from swim to bike and bike to run. Relay teams have a designated area outside Transition where they exchange their timing chip strap from swimmer to cyclist and cyclist to runner.

Who is allowed in the Transition?
Only race participants (with an athlete wristband), Transition volunteers and Race Officials are allowed inside Transition. Family members and friends are unable to access this secured facility.

What time does Transition open and close on race morning?
Transition opens at 4:30 AM and closes at 7:00 AM.

Timing Chips
Where should I place my timing chip?
The strap with the timing chip must be worn on the left ankle.

How does chip timing work?
A computer chip encoded with the athlete's name, race number and wave start is attached to a strap each athlete SECURELY wears on their left ankle. “Scanners” located on mats positioned throughout the course “read” the chips and records the time as each athlete steps on the mat. For this reason, athletes must be careful to step/ride near the mats along the course. In addition, an athlete who starts any wave after the first swim wave begins, must take care not to step on a mat in or around the Transition area accidentally as he/she waits for their wave to begin. The chips go “live” after Sunday’s mandatory Packet Pick-Up and will record every instance an athlete steps on a mat; if such a time is recorded that is earlier than an athlete’s scheduled wave, accidentally or intentionally, the athlete may be disqualified.

If I lose my chip, will I be timed for the race and where can I get another chip?
You must have a chip to participate. If you lose your chip before the race begins, contact race personnel at the Swim Start to obtain a replacement chip. Athletes will incur the cost of a lost timing chip - currently a $30 fee.

What do I do with my timing chip if I decide to stop racing?
Please return all timing chips to race personnel. If you end up picking up your packet and timing chip on Saturday, but do not race Sunday, please contact flevents@lt.life for instructions.
RACE CHECKLIST
Pack It Up. Rock It Out.

GENERAL ITEMS
Special foods or drinks
Extra shoes
Plastic gear bag (issued at Packet Pick-Up)
Necessary medications (inhalers, etc.)
Warm-up suit/warm clothes
Umbrella or rain gear
Timing chip band
Multi-tool kit
Electrical tape
Race tattoos

Arm warmers or leg warmers
Light wind vest
Sunglasses
Sunblock

RUN GEAR
Run bib
Race belt
Socks
Running shoes with quick laces
Hydration belt or water bottle
Hat or visor

SWIM GEAR
Swimsuit or tri race kit
Race issued swim cap
Goggles
Wetsuit or swim skin

TRANSITION NEEDS
Towel or mat
Extra water bottle
Sunscreen
Anti-chafe cream

BIKE GEAR
Bike frame sticker
Helmet
Cycling shoes
Bike/tri shorts or tri race kit
Pump
Water bottles
Nutrition bag
Flat repair kit (tire, tube, tire levers, CO2)

PRE / POST RACE
Extra clothes
Extra shoes/flip flops
Recovery nutrition
Sunscreen
Thank You To Our Sponsors

- MACK CYCLE
- VOLER
- 2XU
- Save the Children
- CHERRISH.
- speedo
- FOXI BUSINESS NETWORK
- ENDURANCE
- Baptist Health
- TECHNOGYM
- TRIBIKE TRANSPORT
- ATHLINKS

LIFE TIME
HEALTHY WAY OF LIFE
The conduct and rules set forth here are directed toward all athletes who participate in Life Time Tri events. The following is intended to be a guide for athletes on appropriate and unacceptable conduct at events. It is intended to provide fair play, encourage safety and show respect for all participating. Life Time Tri wishes to emphasize a continued quest to develop well-educated athletes within the sport of triathlon. Note: An abbreviated Rules Summary is listed on p12.

I. General Athlete Conduct

1. Athletes not adhering to any of these rules may incur a three (3) minute time penalty per infraction, a possible DISQUALIFICATION or even a suspension from Life Time Tri events.

2. Athletes are expected to treat other athletes, volunteers, race staff, officials and spectators with respect. Any unsportsmanlike conduct may result in a DISQUALIFICATION.

3. Unsportsmanlike conduct on behalf of an athlete towards another athlete, volunteer, race staff, official or spectator, including but not limited to tampering with equipment, will not be tolerated. The athlete on whose behalf they are acting will be DISQUALIFIED and may also be banned from future Life Time Tri events.

4. Knowledge of the entire prescribed swim, bike and run course is the responsibility of each athlete. No adjustments in time or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. An athlete who departs from the course must re-enter at the same point. Any athlete not completing the course in its entirety will be DISQUALIFIED.

5. Athletes must obey all applicable traffic and local laws unless otherwise instructed by race staff or Law Enforcement Officers. Failure to do so may result in a DISQUALIFICATION.

6. No athlete shall endanger themselves, other athletes, volunteers, race staff, officials or spectators. Athletes who intentionally present a danger to anyone may result in a DISQUALIFICATION.

7. Athletes are required to have the race-appropriate body markings, as well as helmet and bike frame numbers visible.

8. Littering or abandoning any personal equipment or gear outside of transition, or a designated aid station, intentional or otherwise, will not be tolerated. Athletes doing this will receive a 3-minute time penalty and a gross infraction may result in a DISQUALIFICATION.

What’s New?

Experienced triathletes will notice a variety of changes in Life Time’s Officiating Program -- all designed to properly educate the field while also applying better global standards across the entire sport. Key differences include:

ON-SITE PRESENCE
A full team of Officials will be on-site during the weekend, from Packet Pick Up through the Awards Ceremony.

NEW WETSUIT TEMPERATURES
The maximum legal wetsuit temperatures are relative to athlete “Divisions.” Competitive athletes may wear wetsuits up to 78.0°F. Recreational athletes may wear wetsuits up to 83.9°F.

ON-COURSE DIALOGUE
While experiencing a rule infraction, Officials will communicate (when safe) with the athlete in the moment, identifying the penalty and advising on how to serve it.

NEW DRAFT ZONE
Moving toward global short course standards, Life Time will move to a 9m draft zone, where athletes keep 4 bike lengths of space between them and make a pass in 20 seconds.

PENALTY TENT
Athletes receiving penalties will be directed to a Penalty Tent (located on the Run Course) where they will check-in and must serve a 3-minute stand down.

QUESTIONS?
Ask the Officiating Team while at the race venue, or email Rosalyn Popham, Head Official at: rpopham@lt.life"
9. Listening devices, head phones, ear buds, Bluetooth products and the like are not allowed at ANY time during the race. Athletes using these items during the race are subject to a 3-minute time penalty, risk their audio device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION. Life Time Tri is not responsible for any lost or damaged items. Confiscated items will be available to the athlete once the race is complete.

10. Athletes may not use communication devices of any type in a distractive manner during the race. Communication devices consist of, but are not limited to: cell phones, smart watches and two-way radios. A “distractive manner” includes but is not limited to: making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for the purpose of using the device like a bike computer. Athletes using a communication device during the race in a distractive manner are subject to a 3-minute time penalty, risk their communication device(s) being confiscated for the duration of the race and are subject to a DISQUALIFICATION.

11. Life Time Tri is not responsible for any lost or damaged items confiscated and confiscated items will be available to the athlete once the race is complete. Athletes may possess a cell phone as long as it is out of sight, used for emergency situations only and is used in a safe manner which does not present a hazard to themselves or others.

12. Cameras, phone cameras, video cameras, GoPros™ and the like are prohibited unless permission is given by Life Time. Athletes wishing to use these items need to contact the Head Official at least five (5) days prior to the event. Athletes using these items without prior approval will be DISQUALIFIED.

13. Signage, flag poles longer than 2’, selfie sticks, balloons or other items that could be deemed a distraction or safety hazard in transition or carried on the course will not be permitted. Such items need to be removed/discarded immediately or may result in a DISQUALIFICATION.

14. Athletes are not allowed to accept outside assistance from anyone other than volunteers, race staff and other athletes still actively racing. Examples of outside assistance include: non-participants supplying nutritional items, providing or receiving gear, escorting an athlete along the race course, pacing or supplying any aid not available to all other athletes at the event. Athletes using outside assistance will receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

15. Athletes may not provide any equipment to a fellow competing athlete if it results in the donor athlete being unable to continue with his/her own race. Such equipment includes but is not restricted to: complete bicycles, frame, wheels, helmet and shoes. Should this occur, both athletes will be DISQUALIFIED.

16. Athletes shall not work together to improve their performance or efficiency.

17. Athletes who begin the race in an incorrect starting wave may be DISQUALIFIED.

18. Offensive language spoken or written is not allowed. Offensive language written on a sign, clothing or body will need to be removed or may result in a DISQUALIFICATION at the discretion of the Head Official.

19. Public nudity and public urination/defecation are not allowed. Athletes who violate this will be DISQUALIFIED and may also be fined by local law enforcement. Local decency laws apply.

20. Any athlete who appears to be intoxicated or under the influence of drugs will be immediately pulled from the race and DISQUALIFIED.

21. Course officials and medical personnel reserve the right to remove any athlete from the course if determined medically-necessary.

22. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. Life Time Tri supports TrueSport and random testing may occur at any of its events. For more information visit: https://www.usada.org/substances/prohibited-list/

23. Unauthorized bib selling or cheating in any form is not allowed. Should you witness this, please report the activity with as many details as possible to events@lt.life or any Race Official. Situations will be investigated to the best of their ability.
II. Transition Area Conduct

1. Glass items are a hazard and not allowed in transition. Glass items need to be removed immediately or the athlete possessing these items may be DISQUALIFIED.

2. Athletes must rack their bike in a way that does not block or interfere with the progress of another athlete.

3. If an event uses bike racks labeled with individual bike numbers, the wheel down must be on the side of the rack where the athlete’s bib number is labeled. Athletes are required to use this rack space for the entire race. Athletes who do not rack their bikes in the proper location may receive a 3-minute time penalty, and a gross infraction may result in a DISQUALIFICATION.

4. Gear must be placed under the athlete’s bicycle or the bicycle tire next to them, not be in the general walkway, bike rack ends or along the transition area fence. Items in these areas will be removed.

5. Athletes are not to interfere with another athlete’s equipment in the transition area. Athlete’s found tampering with another athlete or event equipment will be DISQUALIFIED.

6. Riding a bike in transition before, during or after the race is not allowed and may result in a DISQUALIFICATION.

7. Athletes who arrive late or remain in transition after race staff have officially deemed it “closed” for the race may be DISQUALIFIED.

III. Swimming Conduct

1. Race bib numbers are not to be worn during the swim.

2. Athletes may use any stroke to self-propel themselves through the water, including treading water and floating. Athletes may use inanimate objects such as course buoys, boats or ropes to rest upon during the swim, as long as no forward progress is made. If forward progress is made aided by those items, a 3-minute time penalty will be issued. Should the athlete have received an unfair advantage, the athlete will be DISQUALIFIED.

3. Flotation devices, pull buoys, aquatic flotation belts, fins and webbed gloves are not allowed during the swim portion. Athletes using these or similar items will be DISQUALIFIED.

4. All athletes must swim to the outside of all swim course buoys on the prescribed course.

5. Athletes are required to use the event issued swim cap as the outermost cap during the swim portion. Failure to wear it, or altering the event-given swim cap may result in a DISQUALIFICATION.

6. Goggles and face masks are not required, but strongly encouraged.

7. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with a medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

8. Legal wetsuit temperatures are now relative to one of two athlete divisions, originally selected during event registration:

   A. "Recreational" division participants are those opting into non-competitive waves (ie. First-Timers’, Friends & Family, Early Bird, Charity Waves, etc.). Recreational participants may wear wetsuits when the water temperature measures 83.9°F (28.8°C) or below.
B. “Competitive” division athletes are those competing for awards (ie. Age Groups, Paratri, Athena/Clydesdale, First Responders, Relays, etc.). Competitive participants are able to wear wetsuits when the water temperature is 78.0°F (25.5°C) or below.

9. Wetsuits, neoprene or rubberized speed suits, lava shorts, neoprene-type pants and the like are not allowed in water temperatures of 78.1°F (25.6°C) or higher for Competitive athletes, or temperatures of 84.0°F (28.9°C) or higher for Recreational athletes.

10. Should approaching water temperatures be of concern to those registered in Competitive divisions, athletes may elect to move into a Recreational division, subject to availability. Requests must be submitted before the close of Packet Pick Up.

11. Wetsuits are forbidden for all athletes when water temperatures reach 84.0°F (28.9°C) or above.

12. Neoprene booties and neoprene swim caps are allowed when the water temperature is 65.0°F or below.

13. Wetsuits are mandatory for all participants when the water temperature is 60.6°F (15.9°C) or below.

14. The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5mm. Athletes not adhering to this will be DISQUALIFIED.

15. Official water temperatures will be taken at least two hours prior to the race start on event day.

16. Uninflated personal safety flotation devices (such as the Swim IT®) are allowed. However, should the athlete deploy their device, they must retire from the race and their results will be listed as a DNF (Did Not Finish).

IV. Cycling Conduct

1. Race bib numbers are optional while on the bike.

2. Unless otherwise prescribed for a specific race venue, athletes must ride their bikes on the right side of the road so as not to block the progress of others. Athletes passing on the right side of other athletes will incur a 3-minute time penalty for an ILLEGAL PASS.

3. Athletes are not to cross-over the roadway’s center line while on the bike course. Athletes riding over the center line and endangering themselves or others may be DISQUALIFIED.

4. Drafting occurs when one athlete rides closely behind another, reducing their exerted effort and energy. Drafting is not allowed on the cycling portion of the event. Athletes must keep at least four (4) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 9 meter draft zone, to avoid a 3-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.

5. Athletes must keep 35 meters between them and moving motorized vehicles to avoid a 3-minute time penalty for DRAFTING.

6. If passing another cyclist, athletes must complete their pass within 20 seconds to also avoid a 3-minute time penalty for DRAFTING.

7. Once an athlete enters into the draft zone, they MUST complete the pass and not back out. Athletes who fail to complete a legal pass within 20 seconds or back out of the draft zone once entered will incur a 3-minute time penalty for DRAFTING.

8. Once an athlete has been passed they will need to immediately fall back four (4) bike lengths before repassing to avoid a 3-minute time penalty for being OVERTAKEN.

9. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.
10. Athletes riding to the left without passing another athlete will incur a 3-minute time penalty for POSITION.

11. Athletes riding to the left and obstructing other athletes from passing will incur a 3-minute time penalty for BLOCKING. Side-by-side riding is not allowed.

12. The bike position rules are in effect at all times during the race with the exception of the immediate area around Aid Stations, the mount/dismount line, sharp turns or U-turns, extreme inclines and descents and in times where athletes need to proceed with caution due to unforeseen events.

13. Closed-toed shoes are required for the bike portion of the event. Athletes not observing this may be DISQUALIFIED. Barefoot biking is not allowed.

14. Athletes are not allowed to mount their bicycles until their entire bicycle has moved beyond the mount line. Athletes need to fully dismount their bicycle prior to crossing the dismount line. Athletes mounting their bikes early or dismounting their bikes late will result in a 3-minute time penalty.

15. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED. See the BICYCLE HELMET REQUIREMENTS section for complete helmet specifications.

V. Cycling Requirements

1. Only two-wheeled bicycle models will be allowed for competition. All bikes must have a working brake on both wheels, as well as a free-wheeling crankset mechanism. Fixed gear bikes are not allowed and subject to DISQUALIFICATION. Note: Freewheel systems allow the bicycle to roll forward while the pedals remain stationary. Fixed-gear systems do not have the ability to “coast” when pedaled backwards and are not allowed.

2. Trikes, tandems and other non-standard bicycles are not allowed. Athletes will not be allowed to race with these bikes and will be DISQUALIFIED.

3. For reasons of safety, athletes are responsible for having all handlebar ends on their bike solidly-plugged to avoid injury. Once the race has begun, athletes with bikes found to be missing end plugs will not be allowed on the course and will be DISQUALIFIED. If needed, bar end plugs can be acquired from the transition bike tech tent at race site.

4. Bikes and wheels need to be propelled entirely by human power. Bike motors and Ebikes are illegal and subject to DISQUALIFICATION from the event and expulsion from future Life Time Tri events.

5. No fairings or other shield intended to reduce air drag is allowed on the bicycle. Anything fitting this description needs to be removed prior to the start of the race or the athlete will be DISQUALIFIED.

6. Any athlete using a bike or cycling equipment deemed to provide an unfair advantage or to be unsafe will need to have the bike replaced or equipment corrected prior to the start of the race or the athlete will be DISQUALIFIED.

7. Recumbent bicycles are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a recumbent bike are not eligible for awards. Athletes using a recumbent bike without approval will be DISQUALIFIED.

VI. Helmet Requirements

1. When riding the bicycle, all athletes are required to wear a helmet with the chin strap securely fastened at all times at the race venue, including before and after the race, or they may be DISQUALIFIED.

2. Helmets must be manufactured for cycling use and have a certification from any of the following agencies: CPSC, Snell B-90, Snell B-95, CEN, EN1078, ASTM 1447-12, Canadian Standards Association (CSA), Standard Australia/Standards New Zealand (AS/NZS), or Japanese Industrial Standard (JIS). Athletes using helmets from an agency other than those listed above will not be allowed to race and will be DISQUALIFIED.

3. No skateboard or other non-cycling helmets are allowed. Athletes
using these types of helmets will not be allowed to race and will be DISQUALIFIED.

4. Helmets are not to be altered from its manufactured state or the athlete may be DISQUALIFIED.

VII. Running Conduct

1. Bib numbers are mandatory and must be visible on the run course.

2. Running, walking or crawling is allowed.

3. Rules pertaining to Outside Assistance and communication and listening devices are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for full details.

4. Rules pertaining to littering or abandoning equipment or gear outside of a designated aid station are in full effect during the run portion. See the GENERAL ATHLETE CONDUCT section for details.

VIII. Finish Line Policy

1. Only registered athletes are allowed to enter the Finish Chute and cross the Finish Line. For the safety of all, and so each participant can celebrate their accomplishment, athletes should not bring family or friends in the Finish Chute or across the Finish Line. Athletes not following this policy will be DISQUALIFIED.

IX. Penalty Assessment

1. Athletes who do not comply with the rules will be notified while on the course, when safely appropriate, if a penalty is being issued.

2. When a penalty is being issued, the official will call out the athlete's race number and show them the black and white PENALTY card illustrated below. It is the athlete's responsibility to stop at the Penalty Tent located on the run course. The exact location of the Penalty Tent will be included in the event Athlete Guide and communicated at the Athlete Briefings. It is the athlete's responsibility to know where the Penalty Tent is located and to serve their penalty time.

3. All time penalties are additive and require the athlete to check-in with a race official at the Penalty Tent, where they will remain for 3 or more minutes, depending on how many penalties were issued. If an athlete was issued a penalty and does not stop at the Penalty Tent, the athlete will be DISQUALIFIED.

4. Any athlete receiving three (3) or more penalties will be DISQUALIFIED.

5. For relay teams, it is the responsibility of the swimmer and biker to inform the runner if a penalty needs to be served, as the Penalty Tent is located on the run course.

6. Any penalty being issued beyond the location of the Penalty Tent will be served directly with the race official at the point of infraction.

7. Assessed time penalties will be included in splits when there are primes or awards for fastest swim, bike or run times. Athletes must complete the race in order to win the prime.

8. Athletes who continually receive multiple penalties at any Life Time Tri event risk the possibility of declined entry to future Life Time Tri events.

9. The Head Official shall have the authority to disqualify any athlete.

X. Protests & Appeals

1. Protests against the conduct of an athlete or the legality of their equipment must be formally filed in writing with the Head Official either in person or via e-mail within one (1) hour of the athlete crossing the finish line.
the finish line. Protests will require a $75 USD deposit and will be refunded only if the protest is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

2. Appeals requesting a review to a decision already made must be formally filed in writing with the Head Official either in person or via e-mail within 5 days of the event. Appeals will require a $75 USD deposit and will be refunded only if the appeal is successful. If needed, a Competition Panel will be formed and a judgment will be rendered as soon as possible.

3. Observations and judgment calls made by the race officials cannot be protested or appealed.

XI. Registration Restrictions, Categories and Suspensions

1. Athletes will race under their age as of December 31st of the race year.

2. Athletes need to be 18 years or older on race day to register. Athletes under the age of 18 on race day need approval of a parent/guardian and Life Time Events to register.

3. Age Group Athletes who wish to compete at a higher competitive level should be registered in the Premier Category when offered. Approval from Life Time Triathlon is needed to register in this category.

4. Athletes racing under someone else’s name/registration, or providing false information will be suspended from Life Time Tri for one year from discovery. Athletes racing and not properly registered will not be allowed to race and may be turned over to law enforcement officials.

5. Other actions such as blatant disregard for the rules, gross unsportsmanlike conduct, violence, failure to notify race staff when withdrawing from a race are also acts warranting suspension.

6. Life Time Tri has adopted the International Olympic Committee’s guidelines for transgender and sex reassignment athletes.

PARATRIATHLETE RULES

Paratriathletes will follow all the same rules as the Age Group athletes with the following exceptions listed below. Athletes not complying with these rules will be DISQUALIFIED unless otherwise indicated.

I. Paratri Classifications

1. For ease of registering and racing, paratriathletes will be classified into one of these three categories:

   A. PTWC/Wheel Chair/Sit: Athletes require the use of a recumbent handcycle for the bike portion and a racing wheelchair for the run portion. PTWC athletes are allowed up to 2 handlers and wetsuits are allowed at any water temperature.

   B. PTS/Stand: Athletes may use an approved prosthesis or support device for the bike and run portions. PTS athletes are allowed one (1) handler and wetsuits are only allowed in water temperatures 78.0°F and below.

   C. PTVI/Visually Impaired: Athletes with partial or total blindness must use a tethered guide for the swim portion, must ride a tandem bicycle for the bike portion and must have a tethered guide for the run portion. PTVI athletes are required to have one (1) guide of the same sex as the athlete who does not currently hold a Pro/Elite triathlon license and wetsuits are only allowed in water temperatures 78.0°F and below.

2. Athletes with miscellaneous conditions such as, but not limited to: intolerance to extreme temperatures, organ & tissue transplantations, joint replacements, kidney dialysis, hearing impairments and/or cognitive impairments are not eligible for paratriathlon competition.

3. Athletes can be reclassified in the paratri division or placed into the able body Age Group category at the discretion of the Head Official.

II. Paratriathlete Conduct

1. Handlers may aid their athlete by assisting or carrying the athlete
from the swim exit to the transition area, assist with prosthetic or support devices, lift athletes in and out of handcycles and wheelchairs, help with clothing and wetsuits as well as repair flats and other equipment while in transition only. Handlers may not take action to propel an athlete forward unless there is an unusual circumstance and the additional assistance is approved by the Head Official.

2. Handlers and guides are subject to all competition rules and conduct.

3. Aside from transition, no guide dogs or therapy animals are allowed on the course at any time.

4. Any request for an impairment adaption to any piece of equipment must be submitted to the Head Official at least 20 days prior to the event with clear photos and an explanation. Decisions will be rendered 10 days prior to the event.

5. Paratriathletes who use catheters or urinary diversions devices must use a catheter bag at all times.

### III. Para Tri Transition Conduct

1. PTWC athletes may only use a wheelchair or day chair to get from the swim exit to the transition area, as well as while in transition. No hand cycles are allowed from the swim exit to the transition area.

2. PTS athletes may only use crutches or prosthetic devices to get from the swim exit to the transition area, as well as while in transition. One handler may accompany the athlete to and from the mount/dismount line as long as they do not impede the progress of any other participant.

3. Bicycles, tandem bicycles and tricycles cannot be used from the swim exit to the transition area.

4. All PC athletes must come to a complete stop at the mount and dismount line before proceeding.

### IV. Paratri Swimming Conduct

1. When there is a multiple loop swim course, paratriathletes are not required to exit the water before completing additional loops.

2. Prosthetic and orthotic devices are not allowed for any paratriathlete during the swim, as these are considered propulsive devices.

3. PTWC athletes shall have both legs bound together during the swim portion. The athlete may use a brace as long as it does not provide flotation. The binding or brace must remain in place until the athlete exits the swim.

4. PTVI athletes must be tethered to their guide with an elastic tether at any point on the body for the entire swim portion. At no time may the guide lead the athlete or move them forward by pulling or pushing. Guides must swim next to the PTVI athlete with no more than a 60-inch (1.5m) separation between them. When a violation of these rules occur the PTVI athlete and the guide will both incur a 3-minute time penalty.

5. Snorkels are only allowed with a verified medical condition and approval of the Head Official. Athletes need to contact the Head Official at least five (5) days prior to the event with their medical note. Athletes using a snorkel are not eligible for awards. Athletes using a snorkel without prior approval will be DISQUALIFIED.

### V. Para Tri Cycling Conduct

1. Athletes are only allowed to be supported on the bike by pedals, the saddle and handlebars.

2. Ridged prosthetic devices are not allowed to be mounted to any part of the bicycle except for the two situations described below:

   A. Athletes not wearing a prosthesis may use support for the thigh if the thigh is not affixed to the bicycle.

   B. Athletes are allowed to mount Ankle Foot Orthosis (AFO) as leg braces to the foot plate area.

3. If using a recumbent handcycle:
The recumbent handcycle should be arm powered with three wheels and an open frame of tubular construction, conforming to the general principles of the International Cycling Union (UCI) construction for bicycles with the exception that the chassis frame is not required to be straight.

The recumbent handcycle cannot measure more than 98.4 inches (250cm) in length or 27.6 inches (70cm) in width.

Maximum frame tube dimension is 31.5 inches (80mm) with any ribs or insertions between the tubes be for strengthening purposes only.

The single wheel is not required to be the same diameter as the double wheels, but all wheel diameters must be a minimum of 16 inches (406mm) and a maximum of 24.5 inches (622mm). The front wheel(s) must be steerable. The distance between the double wheels must be between 21.7 inches (55cm) and 27.6 inches (70cm). The single wheel shall be driven through a system comprising of handgrips and a conventional cycle drive train with hand grips replacing foot pedals and force exerted by the upper body only. Modified hub attachments are allowed. Wheels must be of spoke construction as solid disc wheels and wheel covers are not allowed.

If the recumbent handcycle has two rear wheels it must be fitted with a safety bar between the two wheels that prevents another athlete's bike from entering this space. The safety bar must be a round tube with a minimum diameter of 0.70 inches (18mm) and cannot extend outside the width of the two rear wheels while having solidly plugged bar ends. The safety bar should be fitted to be 0.50 inch (13mm) to 0.70 inches (17mm) behind the rear wheels and be positioned 10.6 inches (270mm) to 11.4 inches (290mm) from the ground while ensuring that safe functioning is not affected by normal road conditions.

All recumbent handcycles must have a braking system on the front wheel(s) and a separate breaking system on the back wheel(s). The braking system on the double wheel must act upon both wheels.

The shifting device on the recumbent handcycle may be located within the extremities of the handlebars or to the side of the athlete’s body.

The athlete’s eye line must be above the crank housing when the rider’s hands are on the handgrips, the shoulder blades are touching the backrest and the head is touching the headrest.

To protect the athlete, the largest chain ring must have a solid guard securely fitted and covering over half of the ring circumference (>180°) and which faces the rider.

The rider shall remain seated in the recumbent position with their body weight supported through the seat and backrest. The angle of the back must be a minimum of 30° and a maximum of 45°.

To ensure rear-view vision, all recumbent handcycle athletes must have a mirror fixed to their helmet or the front of the handcycle.

4. If using a tandem bicycle:

The tandem bicycle shall only have two wheels of equal diameter which conforms to the principles of UCI construction for bicycles and is built for only two riders with a system comprised of pedals and chains. The tandem bike must measure no longer than 8.9 feet (2.70m) and be no wider than 20 inches (0.5m).

The guide or ‘pilot’ will ride in front while the PTVI athlete will be seated behind the guide, both athletes shall face forward in the traditional cycling position. The front wheel of the tandem bike must be steerable by the guide.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Athletes must wear an approved bicycle helmet at all times while seated in the recumbent handcycle. See HELMET REQUIREMENTS for more details.

VI. Paratri Running Conduct

1. Running shoes or approved prosthetics on affected limbs are allowed and recommended, but not required.

2. If using a racing wheelchair:

The racing wheelchair must have one small wheel with a brake attached on the front and two larger wheels in the back.
No part of the actual chair can extend past the hub of the front wheel and must not extend into the hubs of the two rear wheels. No part of the chair is allowed to protrude past the vertical plane of the back edge of the rear tires. The maximum height the main body of the chair can be from the ground is 19.7 inches (50cm).

The maximum diameter of the small front wheel when inflated cannot be larger than 19.7 inches (50cm), and the maximum diameter of the two large rear wheels cannot be larger than 27.6 inches (70cm) when inflated.

Only one round hand rim is allowed on each large wheel unless special exemption is requested.

Only hand operated, mechanical steering devices are allowed. Athletes must be able to turn the wheel manually side to side.

No mechanical gears or levers are allowed that may be used to propel the chair. Propulsion by any other method than pushing on the wheels or push-rims is a DISQUALIFICATION.

Mirrors are allowed, but not required.

Competitors must ensure that no part of their limbs can fall to the ground during the event.

Athletes must wear an approved bicycle helmet at all times while seated in a racing wheelchair. See HELMET REQUIREMENTS for more details.

A paratriathlete being overtaken shall not obstruct or impede the passing of another athlete once the front wheel of the passing athlete is within sight.

Racing wheelchairs may be measured in transition and are subject to re-examination at any time.

3. Guides are not allowed to lead or propel the PTVI athlete by pushing or pulling. Paratriathletes and guide partners displaying this behavior will both incur a 3-minute time penalty.

4. PTVI athletes and guides must be tethered during the run with a non-elastic tether or an elbow lead. Paratriathletes and guides must not be separated more than 20 inches (0.5m) at any times. The guide may not lead the athlete or move them forward by pulling or pushing.

Athlete and guide partners displaying this behavior will both incur a 3-minute time penalty.

VII. Para Tri Finish Line Policy

1. PTWC Paratriathletes are considered finished when the center of the axle of the leading wheel crosses the vertical plane of the finish line.

2. For PTVI athletes, guides shall be no more than 20 inches (0.5m) away from the athlete they are guiding and may not precede the athlete across the finish line.

PROFESSIONAL RULES

1. Professional athletes must hold a National Triathlon Federation Pro card from the country in which they live and provide the card to Life Time Tri prior to race weekend.

2. Professional athletes holding a Pro card are prohibited from competing in an age group category.

3. Athletes should familiarize themselves with the current World Anti-Doping Agency Prohibited Substance List. Athletes are responsible for understanding and complying with those banned substances and methods prohibited in triathlon. The Life Time Tri Series supports TrueSport and random testing may occur at any of its events. For more information visit: https://www.usada.org/substances/prohibited-list/

4. Professional athletes will follow all the same rules as the Age Group athletes with the following exceptions listed below:

5. Professional athletes must keep at least six (6) bike lengths of clear space between themselves and the cyclist ahead of them, maintaining a 12 meter draft zone, to avoid a 1-minute time penalty for DRAFTING. The draft zone is measured from the front edge of the front wheel of the leading athlete to the front edge of the front wheel of the athlete directly behind.
6. Professional athletes must keep 35 meters between them and moving motorized vehicles to avoid a 1-minute time penalty for DRAFTING.

7. If passing another cyclist, professional athletes must complete their pass within 25 seconds to also avoid a 1-minute time penalty for DRAFTING.

8. Once a professional athlete enters into the draft zone, they MUST complete the pass and not back out. Professional athletes who fail to complete a legal pass within 25 seconds or back out of the draft zone once entered will incur a 1-minute time penalty for DRAFTING.

9. Once a professional athlete has been passed, they will need to immediately fall back six (6) bike lengths before repassing to avoid a 1-minute time penalty for being OVERTAKEN.

10. A pass is considered complete when the leading wheel edge of the passing rider breaks the plane of the leading wheel edge of the rider being passed.

11. Professional athletes will NOT be allowed to slipstream. Prior to entering the six (6) bike length (12 meter) draft zone, Professional athletes must noticeably move to the left prior to beginning the pass.

12. Professional athletes are not allowed to slot-in or pull between two other athletes unless there is more than eight (8) bike lengths of open space.

13. There is no “Stagger Rule” in use at Life Time Tri events.

14. All professional athlete penalties will be one (1) minute. A second penalty will result in DISQUALIFICATION.

15. Wetsuits are mandatory for professional athletes when the water temperature is 60.6°F (15.9°C) or below. Professional athletes are allowed to wear wetsuits when the water temperature is 68.0°F (20.0°C) or below. Wetsuits are illegal when the water temperature is 68.1°F (20.1°C).

**Rules Summary**

Don’t feel like reading all that? Try this abbreviated version:

- Always promote good sportsmanship.
- Don’t endanger anyone.
- Cell phones, headphones and cameras are not allowed.
- Triathlon requires all five of your senses.
- You may not receive assistance, in any way, from anyone other than other active racers, volunteers or race staff.
- Keep it clean. Don’t litter.
- If water temperatures are 78.0°F or below, wetsuits are legal for Competitive division participants.
- If water temperatures are 83.9°F or below, wetsuits are legal for Recreational division participants.
- Flotation devices are not allowed during the swim.
- Wear a helmet - before, during and after the race.
- Walk your bike to the Mount Line, and be sure you are completely off your bike before the Dismount Line.
- Don’t draft. Keep four bike lengths between cyclists while riding, or complete a pass within 20 seconds.
- Always ride on the right and pass on the left.
- Bib numbers are mandatory on the Run Course.
- Only registered athletes may cross the Finish Line.
- Penalties will warrant 3-minutes in the Penalty Tent.
- Don’t forget to celebrate!
- Have questions? Ask the Race Official team. They’ll be happy to chat throughout race weekend.

**Disclaimer**

These rules and expected code of conduct can be amended at the discretion of the Head Official for any unforeseen reason or situations due to weather or course conditions and will be communicated prior to the start of the race. Life Time Tri reserves the right to remove any athlete at any time from the race course.

Please contact Life Time staff with questions or comments:

- Rosalyn Popham, Head Official: rpopham@lt.life
- Life Time Tri Athlete Services: events@lt.life
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