



Hello Mermaid Athletes!

The BIG day is almost here! The weather is forecast shows partly cloudy with highs in the upper 60's for this Saturday.... perfect weather for a fun event! **NOTE: We extended the FRIDAY Packet Pickup Time in Capitola!** You can now pickup your packet anytime between 11:00am and 6:00pm in Capitola on Friday.

This race update has some **VERY IMPORTANT information to help make your race morning a safe and fun experience. Please review the information about **bike etiquette, setting up your transition area** and the specific course details that relate to your event. Especially for the MIGHTY MERMAIDS who are doing loops on both the bike and run course.

If you missed [Update #1](#) it is posted online! As a reminder of the FINAL START TIMES and PACKET PICKUP TIMES are repeated that information at the bottom of this email.

Bike Etiquette While Racing

We want everyone to have a fun, enjoyable and SAFE experience out on the bike course! This means you need to stay alert and be able to hear what's going on around you. **HEADPHONES ARE NOT ALLOWED ON THE COURSE! YOU WILL BE DISQUALIFIED IF YOU'RE SEEN RIDING WITH HEADPHONES.**

There are multiple starting waves for the event and it's common for the faster bike riders who are starting at a later time to catch and pass the riders ahead of them. If you are going to pass someone make sure to call out, "On your LEFT!" before you pass. If you are being passed, make sure to stay to the right and keep a straight line. It is crucial for everyone to ride **SINGLE** file and to the far **RIGHT** of the road at all times. Even when riding safe we can still have fun.... so stay positive, smile often, cheer each other on and ride strong!

SPRINT TRI & DU BIKE COURSE

The Sprint Triathlon and Duathlon will do ONE (1) LOOP of the bike course. If this is your first time on the bike course there is a 1 mile climb from mile 6 to the turnaround at mile 7. The climb increases as you approach the turnaround at mile 7. After you turnaround please use caution descending as the road is narrow and there are some potholes on the descent.

[Sprint Triathlon & Duathlon Bike Course](#)

MIGHTY MERMAID TRIATHLON

The Mighty Mermaid athletes will be doing loops on both the bike and the run. It is your responsibility to be familiar with the course and make sure you complete all the loops.- **Mighty Mermaid SWIM Course:** For the swim course there are five buoys that you will go around. Buoys 1, 2 and 3 you will

keep on your LEFT shoulder. Buoy 4 will be on your RIGHT shoulder and Buoy 5 will be on your LEFT shoulder. Please reference the swim course map to see where the buoys are placed. <[swim map](#)>

- **Mighty Mermaid BIKE Course:** The **MIGHTY MERMAIDS** will complete **TWO (2) LOOPS** of the bike course! For the safety of all participants there is a mandatory dismount at the start of the second loop on the bike. All Mighty Mermaid riders will dismount their bike at the transition "Mount / Dismount Line" which is indicated by the BLUE line at the transition. Volunteers will be instructing you to "Dismount" at the line. After you dismount, you will turnaround and head out for your second loop. Since both the Mighty and the sprint athletes are on the bike course at the same time the mandatory dismount provides the **SAFEST** spot for turning around and starting your second loop. Check out the online course maps to preview the route and see an elevation profile <[bike map](#)>

- **Mighty Mermaid RUN Course:** on your run you will go out to Pleasure Point Park on the path that follows East Cliff Dr. You will do three (3) loops along the portion from 41st Ave to 32 Ave. At the completion of each loop you will be given a wrist band by a volunteer. After your first loop you will have ONE wristband, after your second loop you will have TWO wristbands. At the completion of the 3rd loop the volunteer will send you back towards the finish line. Each loop is approximately 1 mile long.

<[run map](#)>

How to Rack Your Bike

We've put together a page with some great tips and hints for how to set up and rack your bike in transition. Each rack will hold 10 bikes, 5 bikes on each side. To give everyone equal amount of space, set up your transition towel, shoes, etc. to the **LEFT** of your bike when facing the rack. We have general areas marked off for each start wave and we ask that you try to rack your bike within your start wave area. If your area is full you can rack your bike in the next closest rack with an open spot.

<[Bike Rack Instructions](#)>

Parking in Capitola

Parking in City of Capitola is very limited. We recommend carpooling to the event if possible. There is a LARGE parking lot right next to the transition zone! There are several hundred spaces. **Athletes will be allowed to park for FREE until 12pm. After 12pm you will need to pay for parking. Capitola parking enforcement will be issuing tickets AFTER 12pm.** Spaces are on a first come first served basis. You can also park in the surrounding neighborhood in the non-permitted areas. Please reference our [parking map](#) for suggestions on where to park.

Expo Area, Transition Area and Start Line

There are three separate areas for the race which include the expo area, transition area and the start line. The expo, which includes race day packet pickup and the finish line is located at the east end of Capitola Beach at [Esplanade Park](#). The Transition area is located at the top of Depot Hill in the [Upper Village Parking Lot](#). Plan on a 7 to 10 minute walk between any of the three areas. NOTE: On race morning you will NOT be allowed to drive into the transition area. All athletes will need to park outside of the transition area and walk in to rack their bikes. Please reference the following link for drop off areas on race morning. NOTE: The transition area is for athletes only! You must be an athlete to enter. No exceptions!

<[general event map](#)>

Awards

Awards are given out for both the top 3 overall winners and the top 3 age group winners for the Sprint Tri, Duathlon and Mighty Mermaid Tri. You must be present to claim your award. The awards will start at approximately 10:45 am at the bandstand.

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PACKET PICKUP TIMES AND LOCATIONS

We highly recommend you pick up your packet before race day!! Picking up your packet early is the BEST way to keep your race morning stress free. You'll get your bib numbers, wristband, timing chip and participant shirt! If this is your first race, you'll appreciate putting on your race numbers and bike numbers in the convenience of your home rather than putting them on race morning. **Please note:**

You must show ID to pick up your race packet. No Exceptions!

CAN A FRIEND PICK UP MY PACKET?

You can have a friend pickup your packet provided they bring a copy of your ID with them to packet pickup. A digital copy of your ID on their phone will also work. They will be able to pick up everything for you **EXCEPT** your wristband and timing chip. **** On race morning they will have to show your ID at the entrance to the transition in order to get your wristband and chip. This is a requirement of our event insurance and a USA Triathlon Rule. We absolutely CAN'T make exceptions. Please bring your**



ID's.

9/29 - THURSDAY - TITLE NINE LOS GATOS

Time: 10:00 a.m. to 6:00 p.m.

Address: [Title Nine Los Gatos](#) (218 N Santa Cruz Ave, Los Gatos, CA 95030)

All athletes need to bring a photo I.D.

**Packets will NOT be available prior to 10:00 a.m.

Google Map Directions: [Title Nine - Los Gatos](#)

9/30 - FRIDAY - CAPITOLA

Location: Esplanade Park - Capitola

Time: 11:00 a.m. to 6:00 p.m.

Address: 110 Monterey Ave, Capitola, CA

All athletes need to bring a photo I.D.

**Packets will NOT be available prior to 11:00 a.m.

Google Map Directions: [Esplanade Park](#)

10/1 - SATURDAY - CAPITOLA

Location: Esplanade Park - Capitola

Time: 6:00 a.m. to 7:30 a.m.

All athletes need to bring a photo I.D.

Directions: [Esplanade Park](#)

- If you are picking up your packet race morning, please register BEFORE going to the transition zone to rack your bike. You will need to get your packet and wristband in order to enter the Transition Zone.
- There are very strict parking rules within the City of Capitola. Do not park in 2 hour metered parking for longer than 2 hours or along streets where permits are required. You will be ticketed.

ID AND WRISTBANDS:

Wristbands are used to identify the athletes and serve as your ticket into the transition zone. Wristbands must be put on by our volunteers after they check your ID.

If you are picking up your race packet at one of the pre-race packet pick ups, we will put a wristband on you. If you don't want to wear the wristband for the day(s) prior to the race you can also opt to pick up your wristband race morning at the entrance to transition. If you choose to wait till race morning, you WILL need to bring your ID the morning of the race and show it to the volunteer at the transition zone entrance. They will verify your ID and give you a wristband. Likewise, if you had a friend pickup your packet you WILL need to bring your ID the morning of the race and show it to the check in volunteer at the transition zone entrance! Why do we do this? It's to make sure that only registered athletes are in the transition zone and to satisfy our insurance requirements.

FINAL *STARTING TIMES*

It is a 5 to 10 minute walk from the transition zone to the start line. All athletes should be out of the transition area 30 minutes prior to their start time!

Triathlon:**7:20 a.m.** - Mighty Mermaid Tri - All Ages, Athena, Relay
===== Break =====

7:55 a.m. - Sprint Tri - Family and Friends, Aquabike

8:00 a.m. - Duathlon - All Ages

8:00 a.m. - Sprint Tri - 49 & Under, Sprint Relay, Sprint Athena

8:05 a.m. - Sprint Tri - 50 & Over

8:30 a.m. - 5K Fun Run

Mermaid Beach Dash:

10:30 a.m. - girls 1 mile beach dash - Ages 6 to 12

Have a fun race!!

Carlo Facchino
Race Director