



## **2019 RACE GUIDE**

### **WELCOME**

Welcome to the fourth annual Tri The Gulf. The Mobile Bar Foundation is proud to once again host this event on beautiful Dauphin Island, Alabama, “Sunset Capital of Alabama.” We are grateful that you have chosen to participate in this event. We are committed to providing the best race experience to all of the athletes that will be traveling from across Alabama and 19 other states to participate. We want you to have fun and help us generate funds to enable us to help some of Mobile’s and Southwest Alabama’s persons in need.

While on Dauphin Island, we hope you will take the time to check the Island out. Historic Fort Gaines is on the east end of the Island. The Estuarium is a water science museum that is fascinating to people of all ages. The Mobile Bay Ferry should be operating between the Island and Fort Morgan (located in Baldwin County). There are beautiful beaches, parks and a bird sanctuary on the Island, plus a number of places where you can enjoy great, fresh seafood. Bellingrath Gardens is close by on the mainland. Mobile, with all of its history, great cuisine and beauty, is only 40 minutes away.

Prior to the night before the race, please take a minute to read through this entire race guide. Please take time to familiarize yourself with the courses, key times, etc. Everything you need to know about the triathlon is posted on the triathlon’s web site: [www.trithegulf.com](http://www.trithegulf.com). The few minutes taken to read this guide thoroughly can make your race experience all the better.

This event is a massive undertaking that would not be possible without the support of our sponsors and volunteers. On race day, please be sure to express thanks to our sponsors and volunteers for their support of the triathlon.

Don Davis  
Race Director and Chairman, Triathlon Host Committee

Mobile Bar Foundation

## **SCHEDULE OF EVENTS**

### **THURSDAY, OCTOBER 17, 2019 - PACKET PICKUP**

11:00 a.m. - 7:00 p.m. ProHealth Fitness Center, Mobile Infirmary Medical Center  
Campus, 166 Mobile Infirmary Blvd., Mobile, AL

### **FRIDAY, OCTOBER 18, 2019 - PACKET PICKUP**

11:00 a.m. - 7:00 p.m. ProHealth Fitness Center, Mobile Infirmary Medical Center  
Campus, 166 Mobile Infirmary Blvd., Mobile, AL

### **FRIDAY, OCTOBER 18, 2019 - EXPO**

11:00 a.m. - 7:00 p.m. ProHealth Fitness Center, Mobile Infirmary Medical Center  
Campus, 166 Mobile Infirmary Blvd., Mobile, AL

### **SATURDAY, OCTOBER 19, 2019 - LATE PACKET PICKUP**

5:00 a.m. - 6:30 a.m. Isle Dauphine Club, 100 Orleans Drive, Dauphin Island, AL

### **SATURDAY, OCTOBER 19, 2019 - DROP OFF OF BICYCLES AT TRANSITION AREA**

5:00 a.m. - 6:30 a.m. Athletes can drop off their bicycles at the Transition Area, go park  
their cars and then ride a shuttle from the parking lot to the  
Transition Area. At 6:30 a.m. this feature will end.

### **SATURDAY, OCTOBER 19, 2019 DAUPHIN ISLAND BRIDGE CLOSES**

6:30 a.m. - 7:15 a.m. The Dauphin Island Bridge closes to enable cones to be placed on  
the Bridge for the triathlon. When cone placement is finished, the  
Bridge will reopen to law enforcement escorted one-way traffic  
back and forth across the Bridge until use of the bike course  
concludes (approximately 10:00 a.m.)

### **SATURDAY, OCTOBER 19, 2019 - CHECK-IN, TIMING CHIP PICKUP, BODY MARKING AND TRANSITION AREA**

5:00 a.m. - 7:00 a.m. Check in, timing chip pickup, body marking and Transition area  
open

### **SATURDAY, OCTOBER 19, 2019 - RACE DIRECTOR'S SAFETY MEETING**

7:00 a.m. - 7:15 a.m. Safety meeting at beach side

### **SATURDAY, OCTOBER 19, 2019 - NATIONAL ANTHEM**

7:20 a.m. - 7:25 a.m. National Anthem and Dauphin Island Mayor Jeff Collier starts the  
event

**SATURDAY, OCTOBER 19, 2019 START OF EVENT**

7:30 a.m. The event starts at the Transition Area with the Cycle-Run athletes. These athletes will depart in numeric sequence every 5 seconds.

**SATURDAY, OCTOBER 19, 2019 START OF SWIM COURSE**

7:35 a.m. The Swim Course will commence at beach side. Aqua Bike athletes will start in numeric order and depart every 5 seconds. Triathletes will follow. Triathletes will “self-seed” (you determine when you will enter the swim course) based upon their estimated swim course time.

**SATURDAY, OCTOBER 19, 2019 AFTER THE EVENT PARTY**

Finish of triathlon Proceed from the Finish Line to the Isle Dauphine Clubhouse where we will have a wonderful after-the-event party with food provided by Greers Foods and Wintzells Oyster House and beer provided by the Fairhope Brewery. Note: only 2 beers permitted per adult participant. Non-alcoholic fruit smoothies, water and soft drinks are also available. Volunteers must purchase any alcoholic beverages from the Pirates Bar & Grill. Triathletes and volunteers must wear their wristbands to gain access to the food and beverages provided by the Triathlon. Spectators must purchase food and beverages from the Pirates Bar & Grill.

**SATURDAY, OCTOBER 19, 2019 AWARDS CEREMONY**

10:00 a.m. to 10:30 a.m. Awards ceremony will commence at the Isle Dauphine Club pool.

**PACKET PICK UP**

You must pick up your own packet. **NO EXCEPTIONS.** Relay team members should come together to pick up their packet. At packet pick up you **MUST** furnish photo identification and your USAT annual membership card. If you purchased a one-day USAT membership during the registration process, we will have a record of the same.

At packet pick up you **MUST** complete and execute two release documents in the presence of a representative of the triathlon. *Allow yourself time to complete this process.* You can download these documents in advance and complete them in advance of packet pick up. However, you must execute the documents in the presence of a representative of the triathlon.

If the participant is under the age of 19 years (“age of majority” or adulthood in the State of Alabama) the participant **AND** one of his/her parents or legal guardian must also execute the release documents in the presence of a representative of the triathlon.



## RACE CHECK LIST

### HAVE YOU REMEMBERED TO:

#### Pre-Race

- Confirmed all travel arrangements and reservations in time for packet pick up and athlete check-in
- Confirmed status of bike shipment/rental
- Directions to hotel or other accommodation
- Directions to packet pickup and site of triathlon
- Read and understand course and venue information
- Photo identification
- Valid USAT membership card - if member (if you paid for a one-day membership there is no need to bring a card)
- Bike services/tune up
- Attend packet pick up - review contents of packet - be sure you have everything
- Plan your nutrition

#### Race Day - SWIM

- Checked-in and obtained timing chip
- Affix timing chip to LEFT ankle
- Swimsuit/wetsuit (if applicable)
- Swim goggles (bring an extra pair)
- Swim cap (in packet)
- Ear plugs/nose plug (optional)
- Disposable footwear to use before race (optional)

#### Race Day - BIKE

- Bike pump
- Extra nutrition
- Extra water bottles
- Basic bike repair kit (bar-end plugs, CO2 cartridges, spare tire, valve stem, basic tools)
- Bike number affixed to bike (in packet)
- Vaseline, sunscreen
- Helmet [with helmet number (in packet) affixed]
- Sunglasses
- Bike shoes

- Socks

#### Race Day - RUN

- Fuel belt (optional)
- Race bib - affixed to either a race belt or to top with safety pins
- Hat or visor (optional)
- Running shoes
- Socks
- Sunglasses
- Water bottle

#### Miscellaneous

- Body Glide
- Towel(s)
- Post-race clothing

## **GET TO THE ISLAND EARLY - DO NOT TRY TO TAKE FERRY**

As noted above, the Dauphin Island Bridge will close at 6:30 a.m. for set of the bike course on the Bridge. It is imperative that you be on the Island before the Bridge closes. We will not delay the triathlon's start for you to arrive. Also - the Mobile Bay Ferry does not commence operations until mid-morning. Do NOT plan on taking the Ferry from Baldwin County over to the Island.

## **PARKING**

Parking is available at the Dauphin Island Elementary School and Dauphin Island Park and Beach Board's parking lot located adjacent to each other on Bienville Boulevards on the western end of the Island. Look for road signs to direct you to the parking lots. Volunteers will also be on site to direct you. These parking lots are approximately one (1) mile from the Isle Dauphine Club campus. Parking along the sides of Orleans Drive (part of the bike and run courses) is NOT permitted. You can ride your bike from the parking lot to the Isle Dauphine Club campus (would be a good warm up exercise). Do NOT ride your bike to the campus if you do not have adequate lighting on your bike. Orleans Drive (entry street to the Club has some dark areas).

## **SHUTTLE**

Two shuttles will be running between the parking lots and the Isle Dauphine Clubhouse between 5:00 a.m. and 6:30 a.m. The shuttles will resume operations after the Awards Ceremony.

## **LIMITED BIKE DROP OFF AT ISLE DAUPHINE CLUBHOUSE**

Between 5:00 a.m. and 6:30 a.m. we will permit persons to drive their motor vehicles to the Transition Area to drop off their bikes and then go park their cars. These vehicles must keep moving. No unloading of motor vehicles or stopping to check the air pressure of bicycle tires will be permitted in the drop off location. This will be strictly enforced.

## **PRE-EVENT HYDRATION AND NUTRITION**

We will have some pre-event hydration and nutrition available at the Transition Area prior to the start of the event.

## **TRANSITION AREA SECURITY**

Only registered racers that have their custom wrist band on will be allowed to enter the transition area at any time, before or after the event. This is for the protection of your equipment, so please obey all of the rules and respect the security staff that are there protecting your stuff !!! Neither the USAT, nor the Mobile Bar Foundation, provide insurance of your property. If you lose your wrist band or your bike number comes off of your bicycle during the race, seek out a leader of the triathlon (will be wearing blue polo shirts that have the triathlon's logo on shirt) for assistance.

ANYONE CAUGHT TRYING TO IMPROPERLY ENTER THE TRANSITION AREA WILL BE DISQUALIFIED from the triathlon.

### **ATHLETE CHECK-IN, TIMING CHIP PICK-UP AND BODY MARKING**

Upon arrival at the event site and after you have picked up your packet, athletes should proceed to the check-in station. This will be adjacent to the entrance to the Transition Area. At this point you will identify yourself and be referred to the timing chip station. At the timing chip station you will identify your event number and receive your timing chip. **THE TIMING CHIP SHOULD BE AFFIXED AT YOUR LEFT ANKLE.** Consider affixing a “safety pin” to the timing chip strap to help avoid it coming off during the event.

Before you enter the Transition Area your body must be marked. You can self-mark yourself prior to the event or you can get marked at the event. Your event number will be written on your left and right upper arms and on the calf of your left leg.

### **ENTRY TO TRANSITION AREA**

You will NOT be permitted to enter the Transition area if: (1) your bicycle is missing one or both handle bar plugs or (2) if you have a mirror at the end(s) of your bicycle handle bars or a mirror on your helmet. You will be referred to the bike maintenance tent to address the issue.

### **TRANSITION AREA**

The bike racks in the Transition Area are marked in numeric sequence. Find the rack that corresponds with the event number. You can place your bike at any point on the rack. Bicycles should be racked in opposite direction on the bike rack. You should place your other gear to one of the sides of your front tire (will be down - touching the ground). Your gear should not extend beyond the front tire. Your extra gear can be placed at the fence line of the Transition Area at your own risk during the course of the event.

Cycle-Run athletes will have a designated rack to utilize.

Relay athletes will have a designated rack to utilize. Relay athletes should remain under the relay tent in the Transition Area until it is their time to participate in the triathlon. The timing chip should be exchanged between relay team members under the tent.

### **SWIM CAPS**

ALL athletes that are swimming must wear the swim cap provided to them in their packet. The swim cap may be taken off after the athlete has passed over the timing mat at the conclusion of the swim course and is headed towards the Transition Area.



## **WET SUITS**

In 2016 the Triathlon was NOT “wet suit legal.” In 2017 and 2018, the water temperature was 77 degrees F and these events were wet suit legal. If the temperature is 78 degrees F or higher, wetsuits will not be permitted. We will announce the water temperature while the Transition Area is open.

## **SWIM START**

Aqua bike athletes will commence the swim course first in numeric order. All triathletes will be permitted to “self- seed” for the swim course. Signs will mark the different time groups. Athletes will enter the water every 5 seconds.

## **BIKE MAINTENANCE**

We are pleased that Adventure Earth Bike Store and Infinity Bicycles will be providing bike maintenance and support at the triathlon. Their tents will be located adjacent to the Transition Area. They will also be providing bike support during the event.

## **EVENT HYDRATION**

All athletes are **STRONGLY ENCOURAGED** to have a source of hydration on their bicycles. We will have limited hydration available at the northern terminus of the Dauphin Island Bridge during the bike course. We will have hydration stations at miles one and two of the run course. Cold water and other hydration products and ice cold towels will be available at the Finish Line.

## **REMOVING BIKES AND GEAR FROM TRANSITION AREA AFTER COMPLETION OF RACE**

**NO ONE** will be permitted to enter the Transition Area for the purpose of removing their bicycle and/or gear as long as there are athletes on the bike course. **NO EXCEPTIONS.** After all athletes have completed the bike course, the Transition Area director will permit a limited number of athletes to enter the Transition Area for the purpose of removing their bicycles and gear.

## **DROPPING OUT**

If you drop out of the race, please notify a race official and return your timing chip at the finish line. **PLEASE DO NOT GIVE THE TIMING CHIP TO VOLUNTEERS ANYWHERE ON THE COURSE. FAILURE TO RETURN YOUR TIMING CHIP WILL RESULT IN A \$50 LOST CHIP FEE.**

## **FINISHERS MEDALS - TIME RESULTS**

You will receive a finisher's medal at the Finish Line. If you are an Aqua Bike athlete - go to the Finish Line after you complete your ride and pick up your finishers medal at the same time you are turning in your timing chip.

## **SPECTATORS AND ANIMALS**

This is a very family-friendly event. Spectators are welcomed to attend. At the after-the-event party, spectators can purchase food and beverage from the Pirates Bar & Grill. No dogs or other pets are allowed on the premises. Service animals are permitted.