



ST. ANTHONY'S TRIATHLON

April 25-27, 2025

St. Petersburg, Florida

**OLYMPIC
SPRINT
RELAY
MEEK & MIGHTY**



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WETSUITS



April 2025

Dear St. Anthony's Triathlon Participants and Supporters,

Welcome to the 42nd St. Anthony's Triathlon Weekend in beautiful downtown St. Petersburg, FL. We look forward to this time of year and are thrilled to have you be a part of our exciting event along Tampa Bay.

The St. Anthony's Triathlon plays host to professional triathletes, those racing for the first time and children who combine their love for swimming, biking and running in a sport. The course takes athletes from our beautiful waterfront through some of our most picturesque neighborhoods.

The weekend of events also includes the St. Anthony's Triathlon Sports & Fitness Expo, which begins April 25, and is a showcase of the latest equipment for endurance athletes, weekend warriors and novices. All events will be held in Vinoy Park.

Professional athletes who have raced around the world will be a part of this year's race. We are excited to have back our **2024 champions**, Marc Dubrick and Lisa Becharas. As in years past, the St. Anthony's Triathlon will feature a talented pro field with past St. Anthony's participants, Olympians, Ironman competitors and world champions vying for a portion of the \$53,000 prize purse.

One athlete, **Dede Griesbauer**, began her professional career at our race in 2005. She returns this year as the oldest active pro triathlete. We look forward to seeing her in action.

Our Olympic-distance event has a reputation throughout the triathlon community as an essential race for any resume. This year's race also has been designated the **2025 North Florida State Championship Race** by USA Triathlon.

In addition, The **Sprint** was named to the 2025 USA Paratriathlon National Qualifier Series. The **Meek & Mighty** is now part of the 2025 USAT Youth State Series.

More than 3,000 athletes are expected to compete in all races this year, which demonstrates the tremendous popularity of the Triathlon. The first St. Anthony's Triathlon started with just 600 competitors. In 2024, athletes from 41 states, the District of Columbia, Puerto Rico and nine countries competed in the Triathlon.

Just as the Triathlon has grown, **St. Anthony's Hospital** has grown to serve our patients and their families since 1931. In 2024, we completed a project to add 13 new patient rooms to our Emergency Center with an emphasis on enhancing the experience for our behavioral health patients. In 2022 we added a 90-bed all-private room patient tower to the campus. Our continued growth is proof of our commitment to improving the health of our community.

St. Anthony's is proud to be a part of this weekend of athletic events that offers an exciting, competitive and interactive experience for the entire family. Thank you for making the St. Anthony's Triathlon a part of your competition schedule.

Yours in good health,



Scott Smith
President
St. Anthony's Hospital



Emery Ellinger III
Chairman of the Board
St. Anthony's Hospital



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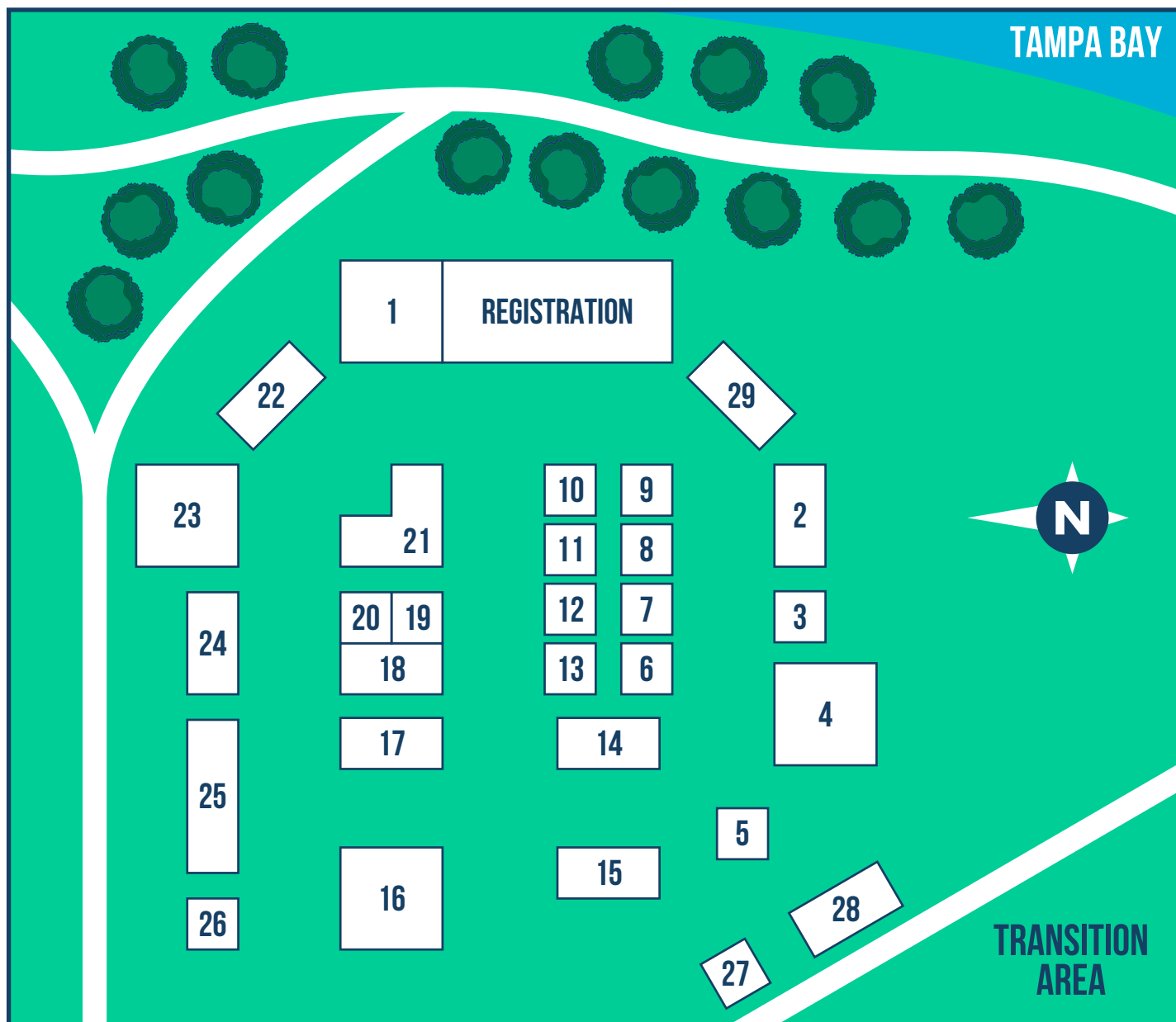
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2025 SPORTS & FITNESS EXPO

VINOY PARK - ST. PETERSBURG, FLORIDA



BOOTH ASSIGNMENTS

- 1 MERCHANDISE
- 2 QAVAH
- 3 BABES TRI
- 4 BEYOND THE GYM (MASSAGE)
- 5 360 EATS
- 6 INTEGRITY MULTISPORT
- 7 GAME ON RACE EVENTS
- 8 CELMA MASTRY ONE STEP CLOSER 5K
- 9 ST PETE RUN FEST
- 10 FORM SWIM

- 11 PLAYTRI ST PETERSBURG
- 12 SPORTKINI
- 13 ALOHA LIFE GEAR
- 14 THE BIKERY
- 15 URBAN TRI GEAR
- 16 SWIM ZONE
- 17 INFO TENT
- 18 BOSTON BILLS
- 19 FAITH COMMUNITY NURSING
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- 21 ST PETE RUNNING COMPANY
- 22 VOLUNTEERS
- 23 MEEK AND MIGHTY REGISTRATION
- 24 WOODIES WASH SHACK
- 25 VENETO SPORTSWEAR
- 26 VISIT ST. PETE CLEARWATER
- 27 BUDDY BREW
- 28 COLONY GRILL
- 29 UNLIMITED BIKING

ST. ANTHONY'S TRIATHLON 2025 EVENT SCHEDULE

Thursday, April 24

6:00pm

Open Water Swim Clinic
Presented by Open Water Swim Coach Leo Briceno (Swim Start)

Friday, April 25

VINOY PARK

12-6pm

Athlete Check-In

12-6pm

Sports & Fitness Expo

3:00pm

Meek & Mighty Youth Specific Triathlon Clinic
Presented by USAT Level 3 Elite Coach Jennifer Hutchison

4:00pm

Beginner Triathlon Clinic
Presented by USAT Level 3 Elite Coach Jennifer Hutchison

5:00pm

Open Water Swim Clinic
Presented Open Water Swim Coach Leo Briceno (Swim Start)

Saturday, April 26

MEEK & MIGHTY (NORTH SHORE POOL)

6:00am

Athlete Check-In & Body Marking

6:15am

Transition Area Open

7:30am

Start (Adults 16+)

8:15am*

Start (Youth ages 11-15)

9:00am*

Start (Youth ages 7-10)

10:00am

Awards Party (Vinoy Park)

***Time Trial Start, so start times may be sooner than listed.**

Saturday, April 26

ST. ANTHONY'S TRIATHLON (VINOY PARK)

9am-5pm

Sports & Fitness Expo

12-5pm

Athlete Check-In

12-5pm

Bike Check-In (Vinoy Park)

1:00pm

Mandatory Pro Meeting (Vinoy Park – VIP Tent)

3:00pm

Novice/Beginner Clinic: "TIPS FOR A FAST AND FABULOUS RACE DAY"
Hosted by Jennifer Hutchison, USA Triathlon Level 3 Coach and Guest Coaches

4:00pm

Athlete Briefing (Awards Stage)
Presented by Mike Wattigny

Sunday, April 27

ST. ANTHONY'S TRIATHLON

5:15-6:45am

Transition Area Open

6:50am

Race Start (1201 North Shore Dr NE, St. Petersburg, FL 33701)

7am-3pm

Sports & Fitness Expo

8:35am

Approximate Sprint Start

8:40am

First Finisher Expected

9:30am

Post-Race Party Begins

11:00am

Professional/Elite Open Awards Presentation

11:30am

Age Group Awards Table open for Pickup

1:15pm

Race Course Closes

2025 OLYMPIC SWIM WAVES			
Wave	Time	Category	Cap Color
1	6:50	Pro Men	Orange
2	6:53	Pro Women	Orange
3	7:00	Open Age Group Male and Female	Light Blue
4	7:03	Charity and VIP Athletes	Red
5	7:08 AM to 7:55 AM	OLYMPIC - Age Group Athletes - Time Trial Rolling Start Athletes will line up and enter the water according to their predicted swim time and ability. Approximately 4 athletes every 5 seconds. *Athletes will have 65 minutes to complete the swim course*	NEON YELLOW
6	7:55 AM To 8:00 AM	Olympic – Special Olympics and Adaptive Athletes	Neon Orange

15 min delay

2025 SPRINT SWIM WAVES			
7	8:15 AM To 8:25 AM	USAT Paratriathlon Sprint Wave	White
8	8:25 AM to 8:40 AM	SPRINT - Age Group Athletes - Time Trial Rolling Start Athletes will line up and enter the water according to their predicted swim time and ability. Approximately 4 athletes every 5 seconds. *Athletes will have 35 minutes to complete the swim course*	Neon Green
9	8:40 AM To 8:45 AM	SPRINT- Special Olympics and Adaptive Athletes	Neon Orange

2025 MEEK AND MIGHTY SWIM WAVES			
1	7:30 AM to 8:10 AM	16+ Age Group	Blue
2	8:10AM to 8:20 AM	11 to 15 year olds	Red
3	8:50AM to 9:10 AM	7 to 10 year olds	White

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ATHLETE CHECK-IN

WHEN:

- Friday, April 25th from 12-6pm
- Saturday April 26th from 12-5pm

There will be no athlete check-in on race day, Sunday, April 27th. If you don't check in during Athlete Check-In, you won't be able to race. All packets must be picked up by 5pm on Saturday, April 26th.

Only Meek & Mighty athletes will be able to check in on Saturday, April 26th from 6:00-7:15am.

WHERE:

Vinoy Park

701 Bayshore Dr. NE,

St. Petersburg, FL 33701

WHAT TO BRING:

Photo ID & USAT license

WHAT WILL BE IN YOUR RACE PACKET:

- Athlete wristband – must be worn all weekend
- Bike and helmet Stickers
- Race bib – must be worn on the run
- Disposable Timing Chip
- Instruction Sheet & Parking Map

ATHLETE WRISTBAND:

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official participant and must be worn during the entire event. The wristband is required for medical identification purposes and allows you access to the transition area and post-race food and beverages. You won't be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist.

BIKE STICKERS:

The following stickers will be in your athlete packet:

- Adhesive bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. Don't affix the number to your bike frame until after you're prepared to enter transition on Saturday. Lost bike numbers cannot be replaced.
- Small adhesive helmet number must be worn on the front of your bike helmet.

RUN BIB:

Run number must be displayed during the run segment on the front of your body. Pin your run number to your shirt, swimsuit or race belt with the four safety pins provided in your race packet.

DISPOSABLE TIMING CHIP

Your timing chip is a long foam strap that you will wear around your ankle for the duration of the event. It has your race number on it and can be applied by removing the adhesive on one end. You can dispose of this timing chip after you've completed the race. In the event you lose your chip before the race, there will be extras at swim start.

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PRE-RACE INFORMATION

USA TRIATHLON:

St. Anthony's Triathlon is sanctioned by USA Triathlon. You must be a current USAT member to participate or you may purchase a one-day license (required to complete the online registration process). All USAT rules will be in effect during the event. Protests of penalties assessed for rules infractions must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race.

OPEN WATER SWIM CLINICS:

Coach Leo Briceno will be hosting open water clinics on Thursday, April 24th at 6pm and Friday, April 25th at 5pm. Please meet Coach Leo by the volleyball courts and everyone will walk down to the swim start together.

BIKE CHECK-IN:

Bike check-in on Saturday, April 26th at Vinoy Park from 12-5pm. You may also check-in your bike on Sunday, April 27th during transition hours of 5:15am -6:45am, but you must have your bike numbers affixed to your bike.

Athletes must be wearing their athlete wristband and have their bike stickers on the stem and the frame. While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from unpleasant weather. Full bicycle covers are forbidden due to safety hazards to athletes and volunteers. If bicycle covers are left on bikes over night, they will be taken off and left in transition once athletes have checked in their bikes. Transition will be open from 5:15am-6:45am on Sunday and athletes will have access to their bicycles.

You may have another competitor check in your bike once they've gotten their participant wristband. The bike must be checked in by 5pm on Saturday. Your athlete packet must be picked up and the bike number affixed before someone else can check it in.

BODY MARKING:

The Meek & Mighty event will still have body marking.

The sprint distance and Olympic distance events will no longer utilize body marking or race tattoos.

TRANSITION AREA ACCESS:

The transition area will be open on race day from 5:15-6:45am only. The transition area closes for all athletes at 6:45am. Any athletes, including **Sprint and Relay team members**, arriving after those respective times won't have access to the transition area. Only athletes wearing their wristband and bike stickers will be allowed access during that time period. You won't be allowed access to the transition area to reclaim your bicycle and gear until after the last athlete has started the run (approximately 12pm).

TIMING CHIPS:

You're required to pick up your timing chip during packet pick up. If you lose your chip, additional chips will be available on Sunday morning at the swim start. **Don't lose your chip.** Each chip is encoded with your specific registration data, so don't trade your chip with another athlete. The chip must be affixed to either ankle prior to the swim start and must be worn during the entire event. Athletes are responsible for crossing the timing mats at the beginning and end of each segment (swim start through run finish).

SWIM START:

The swim starts at North Shore Beach, approximately 0.4 miles north of the transition area. Participants should proceed to North Shore Beach for the start no later than 6:15am. St. Anthony's Triathlon will have a "Rolling Start." Athletes will self-seed based on individual abilities according to their expected finish time.

ESSENTIAL ITEMS TABLE:

There will be a table set up at the swim finish for the collection of your eyeglasses, medications or other essential items. Be sure to clearly mark all items left on the table with your name and race number. St. Anthony's staff and volunteers aren't responsible for anything left on the table after the event.

TRANSITION AREA CONDUCT:

For safety reasons, you won't be permitted to ride your bike in or out of the transition area. You must walk or run while on the grass in the transition area. Please watch out for other athletes as you move through the transition area and follow the instructions of race officials and volunteers.

SWIM COURSE:

Each athlete will have 65 minutes to complete the Olympic Distance Swim and 35 minutes to complete the Sprint Distance Swim. Note that the swim takes place in open water and conditions can vary from calm to rough. You should be prepared and able to independently complete the distance in the allotted time, as you won't be allowed to continue the race if you don't make the cut off. Athletes cutting any portion of the swim course will be disqualified.

BIKE COURSE:

Each athlete is required to wear an approved helmet during the bike segment. You must have your helmet securely fastened on your head before you mount and dismount your bike. Drafting and blocking (impeding the progress of passing cyclists) isn't permitted during the race. STAY TO THE RIGHT. USAT officials will monitor the bike course and strictly enforce these rules. Athletes will have 2 hours to complete the Olympic Distance bike course and 1 hour to complete the Sprint Distance bike course.

Please note that the bike course, while mostly paved roads, does have a short distance of bricks so use caution and be prepared to ride on them.

If you are given a penalty by a USAT official while on the bike course, you will continue on to the Penalty Tent located after bike dismount before you enter transition. You will inform the official of your race number

BIKE BOTTLE EXCHANGE:

One water bottle exchange station will be located midway through the Olympic distance bike course just past the golf course. Please discard all empty bike bottles and sports nutrition wrappers at this station. This will make our clean-up efforts much easier. Discarded bottles or gear won't be returned after the race.

RUN COURSE:

Water stations are located at the run start and at every mile on the run course. Each station will be stocked with water and Gatorade. Maurten Gels and Base Gels will be available at two different aid stations on the Olympic distance run course. You must complete the entire course and circle the traffic cones at the run turnaround. A timing mat will be placed at the turnaround to ensure each athlete completes the entire run course.

FINISH:

The run course officially closes at 1:15pm. All participants still on the course at this time will be asked to move to the sidewalk. The finish clock will remain on and times recorded until 1:30pm. Participants continuing on their own will assume all risks and must adhere to local traffic laws. Official individual finishers will receive a finisher's medal.

DROPPING OUT:

Please notify a race official immediately if you drop out of the race.

UNSPORTSMANLIKE CONDUCT:

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during the race or at any time during event weekend will result in your immediate disqualification.

TIMING AND RESULTS:

Official race results will be available prior to the awards presentation. Report any discrepancy to a race official prior to the start of the awards presentation. Athletes who don't wear the timing chip during the entire event won't be scored.

MEDICAL CARE:

St. Anthony's Hospital will provide comprehensive medical care for all participants during the event. The biggest risk to athletes during the race is the potential of heat-related injuries associated with inadequate hydration prior to and during the event. Be sure to drink plenty of fluids throughout the race weekend.

COURSE SAFETY:

Because St. Anthony's Triathlon is conducted within an urban environment, it's virtually impossible to keep the entire course closed to traffic. Be aware of your surroundings, obey the instructions of the traffic control officers and volunteers and be considerate of others during the competition.

AWARDS PARTY:

Be sure to stay for music, great food and cold beer. The awards presentation will begin at approximately 11am for the Professionals and Elite Open Age Group. There is no age group award ceremony. Athletes who placed top five in the Olympic distance, and top three in the sprint can pick up their awards at the awards pickup table and take photos on the podiums.

SPRINT & OLYMPIC TRIATHLON RELAY

Check-In:

Relays consist of 2 or 3 athletes. Every member of the team doesn't have to be present at the same time to check in. However, all members must check in individually for their assigned leg/segment during packet pick-up on Friday (12-6pm) or Saturday (12-5pm). Packets won't be available and check-in isn't allowed on race day. Relay members will check in under their individual name and pick up their individual packet. A photo ID is required. Any substitutions will be required to pay the \$30 change fee, must be accompanied by another team member or team captain and show USAT membership or one-day status.

Timing Chip:

A relay timing chip will be assigned to the swimmer at the athlete check-in. The relay chip fastens with Velcro and can be removed and exchanged. Relay team members must pass the chip to their teammate after completing their segment of the race.

Relay Transitions:

The swimmer will head into transition and hand off the timing chip to their cyclist at their spot on the bike rack. The cyclist will complete the bike course, then come back into transition and rack their bike. The cyclist will then head to the runner relay pen outside of transition to pass the chip on to the runner. We have changed this for 2025 to be easier for teams, however, we would like to limit the amount of times relay athletes go into and out of transition if possible. Once the swimmer has started, the cyclist should head into transition and wait for them.



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ST. ANTHONY'S MEEK & MIGHTY



TRIATHLON

DISTANCES/ORDER OF EVENTS

			
AGES	Pool Swim	Bike	Run
7-10	100 yards	3.6 miles	1/2 mile
11-15	200 yards	5.4 miles	1 mile
16 +	200 yards	5.4 miles	1 mile



ST. ANTHONY'S
TRIATHLON

ST. PETERSBURG, FLORIDA

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MEEK & MIGHTY

Adults 16+ 7:30am

Swim 200yds – Bike 5.4 Mi – Run 1Mi

Kids 11-15 8:10am

Swim 200yds – Bike 5.4 Mi – Run 1Mi

Kids 7-10 8:50am

Swim 100yds – Bike 3.6 Mi – Run .5Mi

Time Trial Pool Start:

Athletes will be seeded into waves. **The first wave will consist of adults 16+, the second wave will be ages 11-15 and the last wave will be ages 7-10.** The first wave will begin at 7:30am and athletes will line up in numerical order, starting with the lowest number to the highest in each respective wave. There will be many staff and volunteers present to assist with lining up the athletes in preparation for their start. A timing mat will be near the pool at the start location. Athletes start one at a time. As they cross the timing mat, their time will begin. **Each athlete will be individually timed using the timing chip that was picked up during registration.** When all athletes from Wave 1 have exited the water, we'll wait an additional five to 10 minutes to start Wave 2. We'll follow the same procedure for Wave 3. The approximate start time for Wave 2 will be 8:10am and the approximate start time for Wave 3 will be 8:50am.

Bike Check-In:

All athletes will be required to check their bike into transition by 7:20am on race morning at the North Shore Pool parking lot. Bikes can't be removed until the last cyclist from Wave 3 has exited transition. This should be shortly after 10am. Event specific details will be sent out to all participants in early April.

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SPRINT SWIM COURSE



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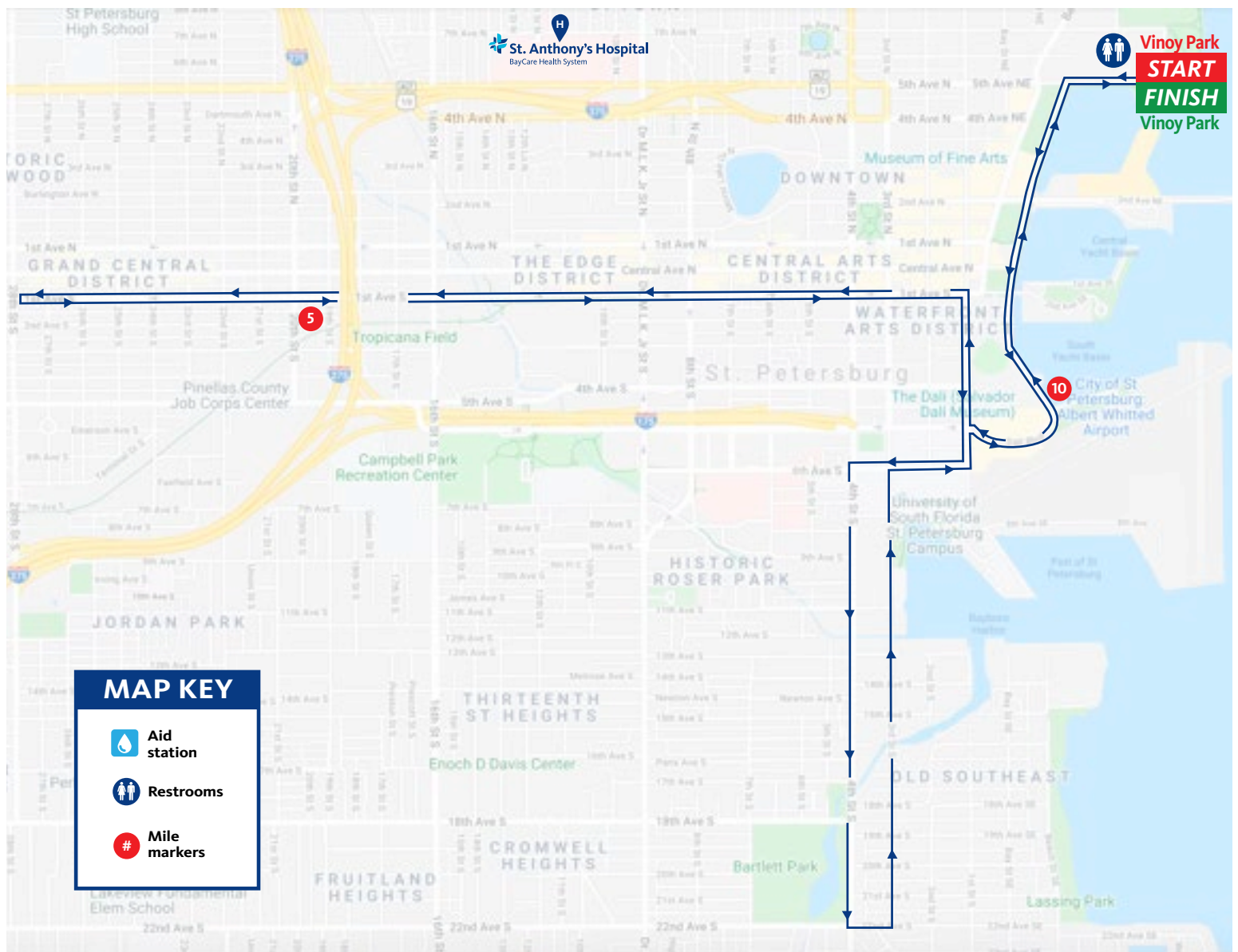




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SPRINT BIKE COURSE



TURN-BY-TURN DIRECTIONS

START: BIKE MOUNT

- Turn left onto Bayshore Drive Northeast.
- Turn right onto First Street South.
- Turn left onto First Avenue South.
- Head west on First Avenue South toward Second Street South.
- Continue west on First Avenue South toward 16th Street South.
- Turn around at 28th Street South.
- Turn right onto First Street South.
- Turn right on Sixth Avenue South.
- Turn left onto Fourth Street South.
- Turn left onto 22nd Avenue South.
- Turn left onto Third Street South.
- Turn right onto Sixth Avenue South.
- Turn left onto First Street South.
- Turn right onto Fifth Avenue Southeast/Dali Boulevard.
- Turn right onto Fifth Avenue Northeast.

END: BIKE DISMOUNT

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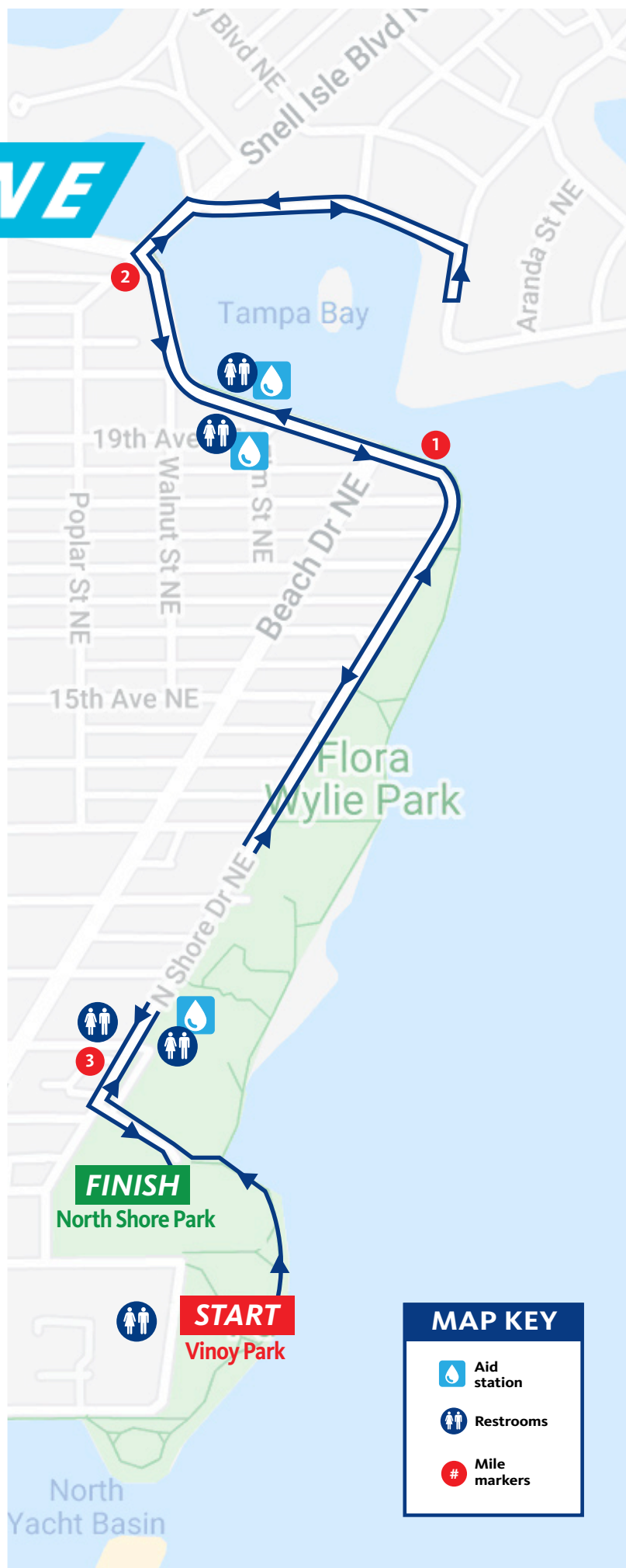
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SPRINT RUN COURSE



ST. ANTHONY'S
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MAP KEY

-  Aid station
-  Restrooms
-  Mile markers

TURN-BY-TURN DIRECTIONS

START: RUN OUT

- Turn left onto the sidewalk in Vinoy Park.
- Exit onto the path to Bayshore Drive Northeast.
- Turn right onto North Shore Drive Northeast.
- Continue onto Coffee Pot Boulevard Northeast.
- Turn right onto Snell Isle Boulevard Northeast.
- Turn right onto Brightwaters Boulevard Northeast.
- Turn right to stay on Brightwaters Boulevard Northeast.
- Turn around on Brightwaters Boulevard Northeast.
- Turn left to stay on Brightwaters Boulevard Northeast.
- Turn left onto Snell Isle Boulevard Northeast.
- Turn left onto Coffee Pot Boulevard Northeast.
- Continue onto North Shore Drive Northeast.
- Turn left onto Bayshore Drive Northeast.

END: FINISH LINE!



IN & OUT

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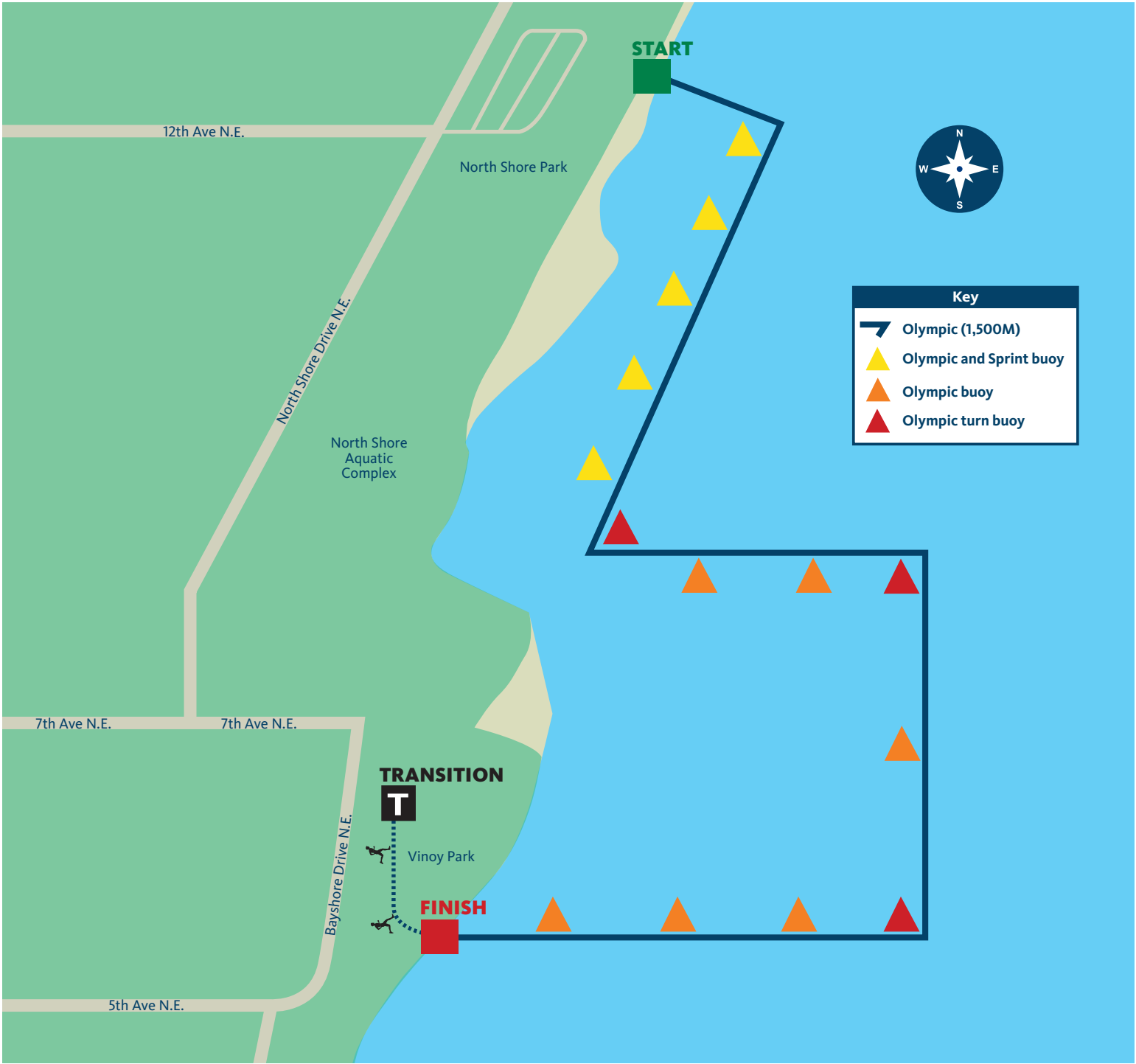
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OLYMPIC SWIM COURSE



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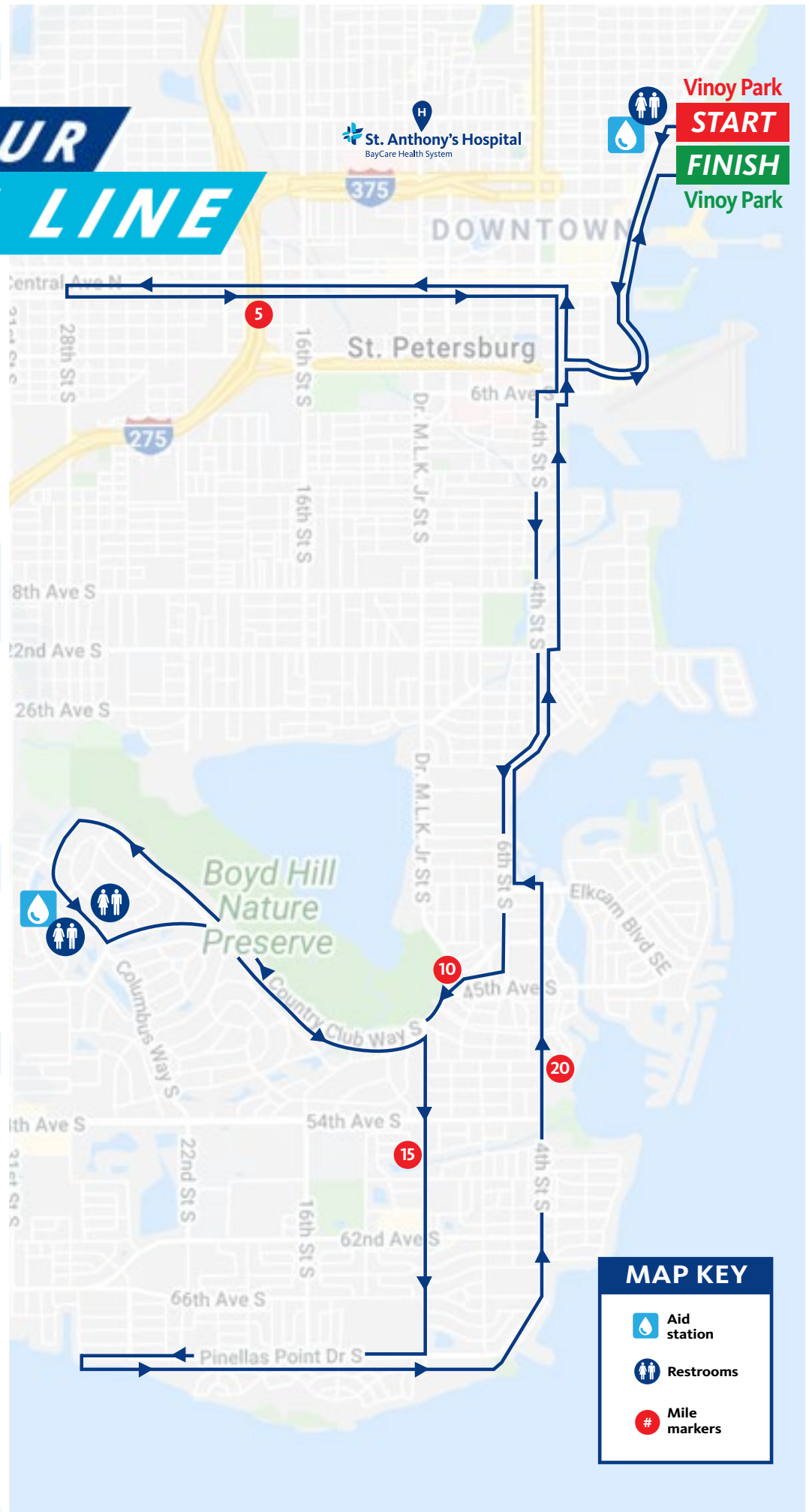
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OLYMPIC BIKE COURSE


ST. ANTHONY'S
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TURN-BY-TURN DIRECTIONS

START: BIKE MOUNT

- Turn left onto Bayshore Drive Northeast.
- Turn right onto First Street South.
- Turn left onto First Avenue South.
- Head west on First Avenue South toward Second Street South.
- Continue west on First Avenue South toward 16th Street South.
- Turn around at 28th Street South.
- Turn right onto First Street South.
- Turn right on Sixth Avenue South.
- Turn left onto Fourth Street South.
- Turn right onto 45th Avenue South.
- Turn left on Ninth Street South/Dr. Martin Luther King Jr. Street South.
- Continue straight onto Country Club Way South.
- Turn left onto Alcazar Way South.
- Turn right onto Fairway Avenue South.
- Turn right to stay on Fairway Avenue South.
- Turn left onto Green Way South.
- Turn right onto Fairway Avenue South.
- Turn left to stay on Fairway Avenue South.
- Turn left onto Alcazar Way South.
- Turn right onto Country Club Way South.
- Turn right onto Ninth Street South/Dr. Martin Luther King Jr. Street South.
- Turn right onto Pinellas Point Drive South.
- Turn around at 70th Street South and Pinellas Point Drive South.
- Turn left onto 39th Avenue South.
- Turn right onto Sixth Street South.
- Turn right onto 22nd Avenue South.
- Turn left onto Third Street South.
- Turn right onto Fifth Avenue Southeast/Dali Boulevard.
- Turn right onto Fifth Avenue Northeast.

END: BIKE DISMOUNT



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- **EXTREME SHINE**

Offer applies to Wipeout & Pipeline Membership levels ONLY. New Memberships ONLY.



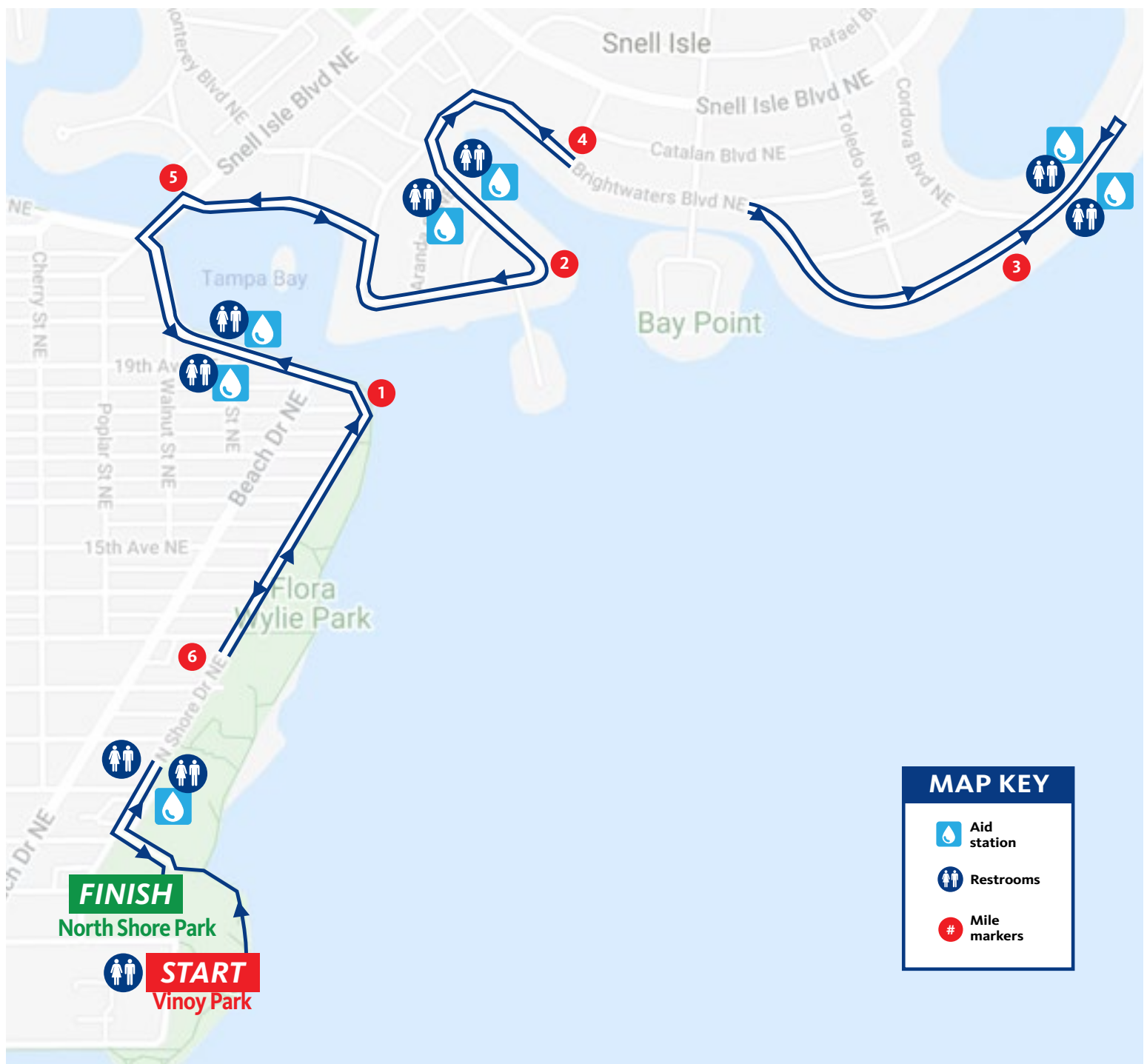
FIND YOUR FINISH LINE

ST. PETERSBURG, FLORIDA | SATRIATHLON.COM

OLYMPIC RUN COURSE



ST. ANTHONY'S
TRIATHLON



TURN-BY-TURN DIRECTIONS

START: RUN OUT

- Turn left onto the sidewalk in Vinoy Park.
- Exit onto the path to Bayshore Drive Northeast.
- Turn right onto North Shore Drive Northeast.
- Continue onto Coffee Pot Boulevard Northeast.
- Turn right onto Snell Isle Boulevard Northeast.
- Turn right onto Brightwaters Boulevard Northeast.
- Turn right to stay on Brightwaters Boulevard Northeast.
- Turn right to stay on Brightwaters Boulevard Northeast.
- Take a slight right to stay on Brightwaters Boulevard Northeast.
- Turn around on Brightwaters Boulevard Northeast.
- Turn left to stay on Brightwaters Boulevard Northeast.
- Turn left onto Snell Isle Boulevard Northeast.
- Turn left onto Coffee Pot Boulevard Northeast.
- Continue onto North Shore Drive Northeast.
- Turn right onto North Shore Drive Northeast.
- Turn left onto Bayshore Drive Northeast.

END: FINISH LINE!



RACE WITH THE DOGS



RACE LIKE MAD



St. Pete MAD DOGS

JOIN US



USAT MOST COMMONLY VIOLATED RULES AND PENALTIES

HELMETS:

No modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover must be on the helmet when competing.

CHIN STRAPS:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap until you have re-racked your bike.

OUTSIDE ASSISTANCE:

No assistance other than that offered by race and medical officials may be used.

TRANSITION AREA:

All equipment must be placed in the properly designated and individually assigned bike corral. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. Bringing ANY glass containers into the transition area will result in disqualification.

DRAFTING:

- Drafting – Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.
- Position – Keep to the right side of the lane unless passing.
- Blocking – Riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.
- Overtaken – Once passed, you must immediately exit the draft zone from the rear before attempting to pass again.

COURSE:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

UNSPORTSMANLIKE CONDUCT:

Foul, harsh, argumentative, or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators, or fellow athletes is forbidden.

HEADPHONES:

Headphones, iPods, etc. are not to be worn at any time during the race. Use may be subject to disqualification.

RACE NUMBERS:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete who is not competing.

WETSUITS:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USAT up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants who wear a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

ABANDONMENT:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

BAR-END PLUGS:

Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury.