



**SUNDAY, NOVEMBER 17, 2019**

**Packet Pickup**      Saturday 11/16      8:00am-5:00pm      Adventure Center  
                                 Sunday 11/17      5:30am-7:20am      Adventure Center  
*MUST BRING VALID ID. Racers are not permitted to pick up anyone's packet but their own.*

**What comes with my race registration packet?**

- Race number (which will allow racer to check in to transition), swim cap (which determines their start wave), tshirt, and sponsor swag.

**Transition Area**      Opens Sunday 11/17 5:30am

- Racers are not permitted in the Transition Area before 5:30am.
- Racers must check in with a volunteer before entering Transition. Must bring race numbers and helmet with you to check in. A helmet is required to race. NO EXCEPTIONS.
- Bike racks are assigned by participant number.
- Spectators are not permitted in the Transition Area at any time. RACERS ONLY.

**Can I wear a wetsuit?** Yes, wetsuits are permitted.

**Race Route**

**Swim** ¼ mile swim in the Indian River Lagoon (*just past the end of the dock and back*). Swim is approximately 6-8' deep in the deepest parts, depending on tides. The swim is monitored by lifeguards. Your age group will determine your swim waves. Waves will be announced the week of the race and will correspond to your swim cap color.

**Bike** 12 mile bike ride through Sebastian (*S on IRD to US1, cross at US1 and bike south to Barber Street, U-Turn at Barber, use N bike lane to N IRD, return to Capt Hiram's south on Indian River Drive*). Helmets are required for the bike. Any bike is permitted, but a road bike is recommended. Bike Rentals are available through Bob's Bicycle Shop in Melbourne. Contact info can be found at <https://www.bobsbicycles.com/>

**Run** 3 mile run on Indian River Drive (*S on IRD 1.5miles and back to Capt Hiram's*)

**Party** After Party in SandBar immediately following the race. Live music, drink specials, breakfast buffet (racers eat free!), awards ceremony, sponsor recognition, and more! Party is open to the public, so feel free to invite your friends and family. Festivities kick off around 9:30am.

**Parking** Spectators and racers should park in the Capt Hiram's Hotel parking lot as close to US1 as possible or at Crabby Bills public parking. Please do not park on the East side of Indian River Drive or in the west lot closest to Indian River Drive.

**Hotel Discount**      30% off at Capt Hiram's Resort and Best Western Plus  
**Registration**      [www.hiram.com/triathlon](http://www.hiram.com/triathlon)  
**Social Media**      Facebook and Instagram      @capthiramstri

