

2022 Half Moon Bay Triathlons

Web Address: www.HalfMoonBayTri.com

Event Date: April 10, 2022

- Swim Start & Finish: Beach next to Boat Launch in Pillar Point Harbor
- Transition: PPH Parking Lot, Corner of Capistrano and Pillar Point Harbor Rd
- Bike Course Starts on: Capistrano, Pillar Point Harbor
- Run Course: Out and back on Half Moon Bay Coastal Trail
- Finish line & After party: Pillar Point Harbor next to Kayak and Canoe Rental

Event Distances & Start Times:

International/Olympic Triathlon - (500 participants)

Distance: .93 mile swim – 24.9 mile bike – 6.2 mile run

International race starts at 6:45 am:

- Wave 1: 6:45 AM Male/Female 29 & Under
- Wave 2: 6:49 AM Male/Female 30-39
- Wave 3: 6:53 AM Male/Female 40-49
- Wave 4: 6:57 AM Male/Female 50 & Over

All approx. timeframes based on start time above and results from last year:

- First biker out: 7:05
- First biker in: 8:05
- Last biker out: 7:40
- Last biker in: 9:30
- First runner in: 8:45
- Last runner in: 11:30

Sprint Triathlon – (400 participants)

Distance: .3 mile swim – 10 mile bike – 3.1 mile run

Sprint race starts at 7:30 am:

- Wave 1: 7:30 AM Male/Female 29 & Under
- Wave 2: 7:33 AM Male/Female 30-39
- Wave 3: 7:36 AM Male/Female 40+

All approx. timeframes based on start time above and results from last year:

- First biker out: 7:25
- First biker in: 8:15
- Last biker out: 8:00
- Last biker in: 9:15
- First runner in: 9:15
- Last runner in: 10:30

The schedule of events is as follows:

- Set up: April 9, 2022 at 7:00am
- Start of events: April 10, 2022 at 6:45am
- Tear down: April 10, 2022 at 12:00pm
- Cleanup will be completed by 5:00PM in Pillar Point Harbor Area

Expo Area/Time:

- Pillar Point Harbor
- Expo time 11am – 5pm on April 9, 2022
- Kids running and biking events/parade
- Promoting health & wellness

Swim plan:

- Waves will have no more than 150 athletes in each
- Swim Course: Pillar Point Harbor, Public beach near boat launch
- Sunrise in HMB on April 10, 2022: 6:42am

Volunteer plan:

(Volunteer map with locations marked for each person or group of volunteers will be developed in due time)

- Total of 100-120 volunteers needed approx.
- 5 at each water station (total of 4 aid stations on the run course are needed)
- Communications is by cell phone and they will have the run course directors contact info

Volunteer benefits:

- Volunteer teams and clubs that provide help at the event will receive \$20 per volunteer and this will be paid to each team individually. We have a requirement of a minimum of 10 individuals from each group to take part in the volunteering benefits. This could be at several locations for each day of events, such as aid stations, course marshals, awards, finish line, greeters, packet pickup, lane and track counters, transition, food, bag check, and many other great locations for community involvement. Waivers and assignments would be determined in advance of the event and training will be provided for each volunteer group or team.

Insurance Coverage from USA Triathlon:

- Certificates of insurance that will define additional insured and coverage for the weekend of events.

The individuals that are heading up this event are:

- Race Director: Ryan Coelho [REDACTED]
- Assistant race Director: Rachel Villegas
- Bike Course Director: Duke Kelso
- Run Course Director: Jordan Beekman
- Swim Course Director: John Trenev
- Medical Director: John Trenev

Hydration/Safety Aid Stations:

- There will be 3 aid stations on the run portion of the races with water and hydration drinks.

Escorts:

- Motor escort will lead out of first cyclists and sag the last cyclists for cleanup and safety
- There will be 8 motor escorts on the bike course to help the flow of the event and keep everyone safe

USA Productions Equipment:

- Cones, barricades, signage, utility vehicles, tenting, archways, generators, recycling containers, garbage containers, fencing, bike racks, stage, chairs, tables, etc.

Proper Markings:

- There will be proper marking and directional signage on all sections of all the courses

Overnight Security:

- Overnight security will be at the venue from 5PM until 4:00AM the night before the event.

Trash/Recycling collection in expo and event:

- Cardboard trash bins placed around the venue and run course in 2022 to avoid for trash that is left, we will also make the athletes aware that they must not leave trash on the trails or any of the courses during the event.

Tents on site

- 16x16 stage with a 15x15 tent
- 15 10X10 tents

Sound and use of sound equipment

- 2 announcers will be announcing the event and a band/DJ will play from 8AM-12pm with the volume at a low to moderate level. 2 sound set ups; one at transition and one at the expo venue

Participant Parking and Expo Parking

- Participants will park at no cost in Pillar Point Harbor at the Oceano dirt and parking lot

Notifications:

- Local residents and businesses will be aware of the event well in advance. We will use several methods of notifications to give people plenty of time to plan for the event to minimize minimal impact. These methods will be through email, signage, city communication channels, flyers dropped at homes, and other media sources.

Event Medical Plan:

- EMS/EMT- 6 EMS staff will be inside venue.
- Medical tent at the finish line for hydration and medical assistance with EMT/EMS Services.

John Trenev

GuardLife Rescue / Medical Director

Swim Course:

- There will be 14 deep water trained guards on course
 - 1 EMT/EMS at start
 - 4 EMT/EMS at swim exit
 - 15-18 Kayaks
 - 4 PWCs with sleds
 - 1 Inflatable Boat

Bike Course:

- All motor escorts (8) on the bike course are EMTs and have communication via radio with our on-course ambulance in the need of immediate assistance. In the case of an emergency 911 will be called first for transport needs.

Run Course:

- Each water/aid station (three total) on the run course will have one EMT with a small jump bag each (enough gear to handle basic injuries and begin care for a respiratory, cardiac, or diabetic emergency). They will be mobile as needed via mountain bike.

Finish Line:

- There will be two EMTs with full Basic Life Support equipment stationed at the finish line medical tent.

- There will be one roaming EMT/ Medical Group Leader. He will remain mobile either via a marked vehicle or a gator/ similar vehicle (to be discussed).
- Primary communications will be via two-way radio, with back communications via cell phone.
- All medical personnel, including the standby ambulance, shall be part of the pre-race briefing.

Medical Supplies / Equipment:

The EMTs on the course will have the following gear:

- Nitrile gloves
- Pocket mask
- Trauma Sheers
- Pen and Notepad
- Disinfectant wipes
- Basic airway adjuncts (OPAs and NPAs)
- Blood pressure cuff and stethoscope
- Saline solution
- Oral Glucose
- Emergency Blanket
- Antibiotic Ointment
- An assortment of bandaging materials
- Ice pack

The finish line staff will have all of the above, PLUS:

- BVM
- Manual suction
- Eye-wash kit
- Backboard with Spider Straps
- C-collars
- More extensive bandaging and splinting materials

The standby ambulance at the finish-line will provide:

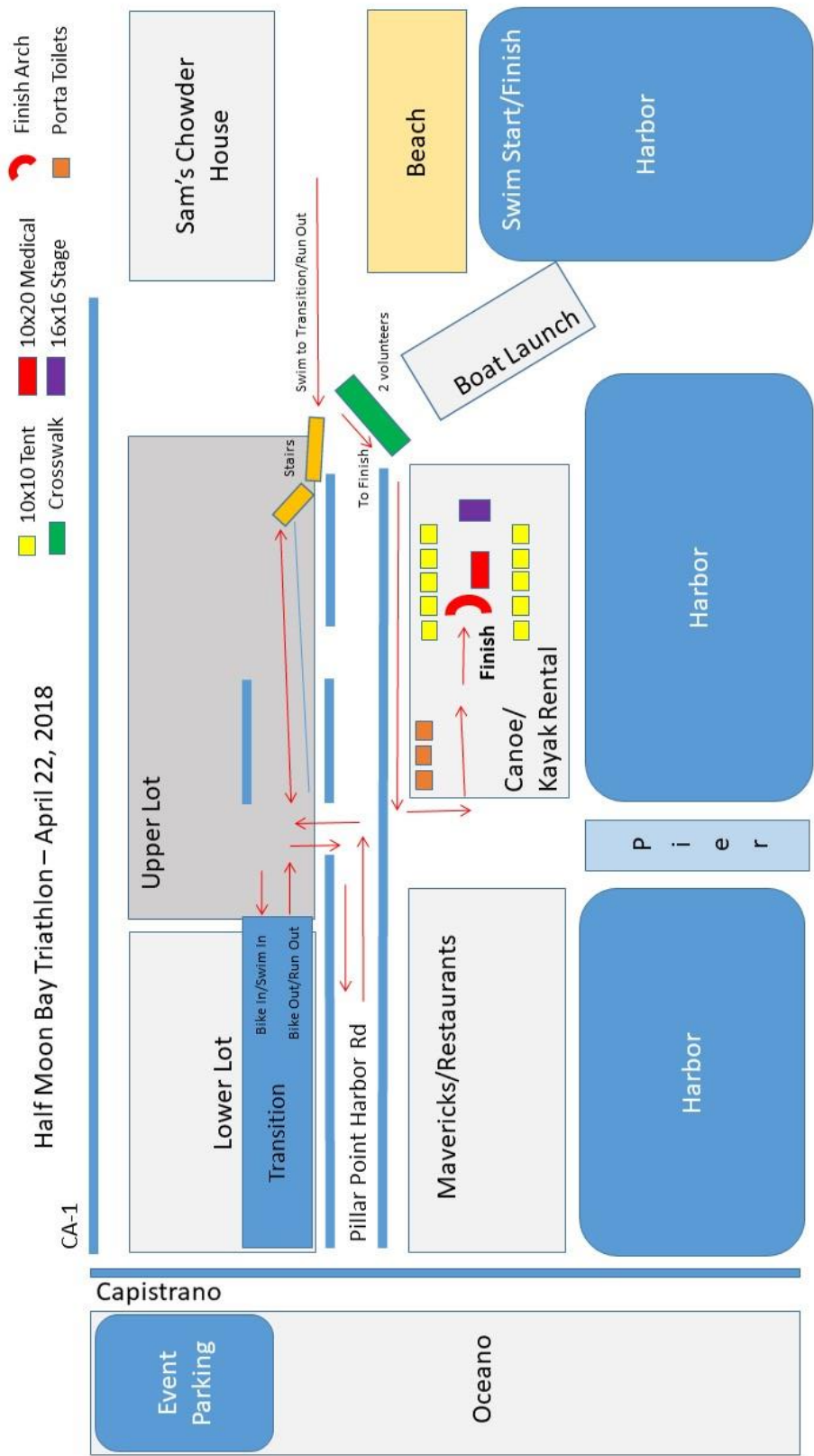
- Medical Oxygen with all adjuncts
- AED

Standby Ambulance providing ALS Services: AMR

Standby ambulance will assist on the bike course if needed but 911 will be called first if immediate medical assistance is needed.

Attached below are the course maps, venue area for transition, and finish line

Venue/Transition Plan



Swim Courses:

Sprint Swim:



Olympic Swim:

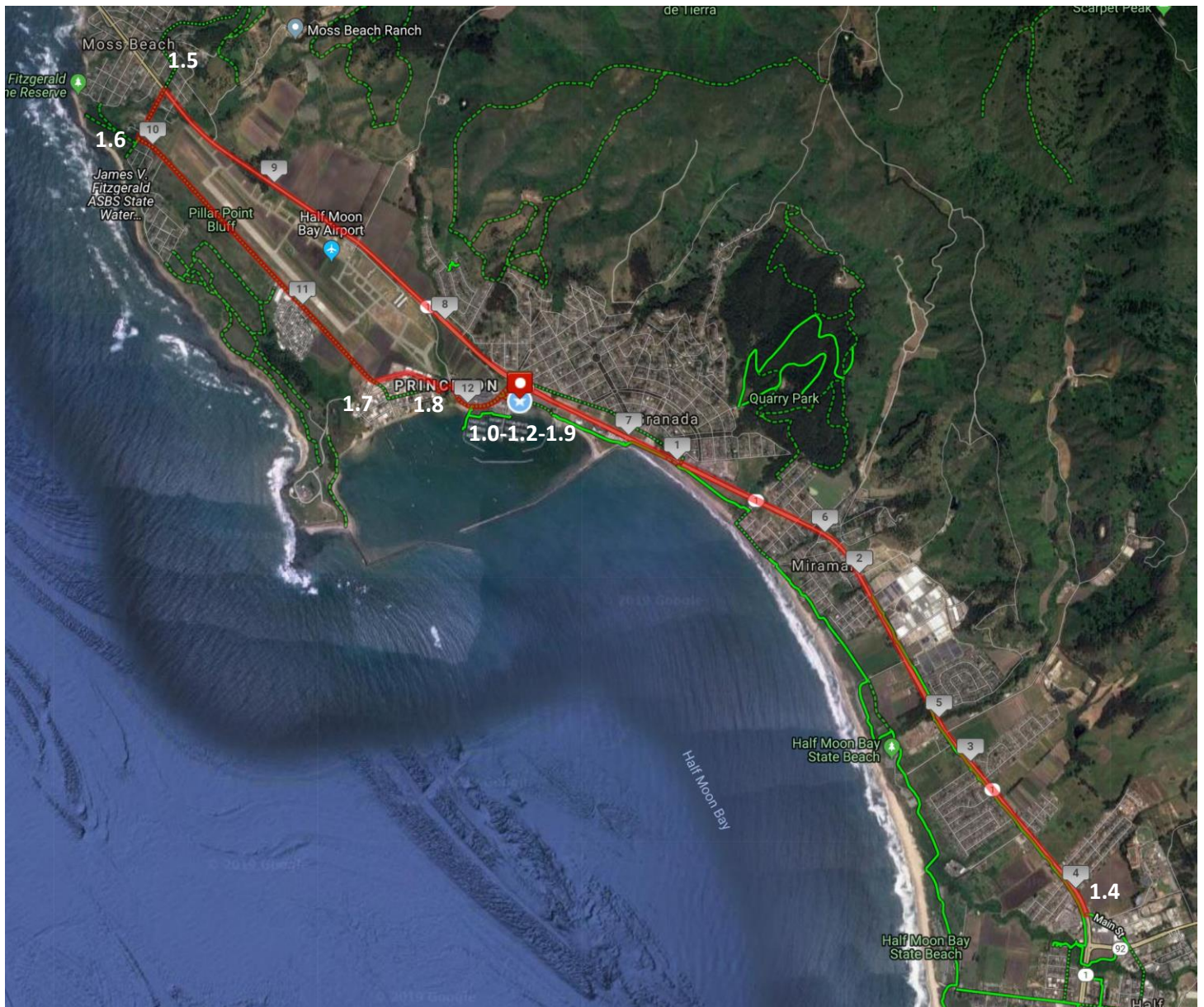


Bike Courses:

Sprint & Olympic Bike

Sprint: 1 Loop

Olympic: 2 Loops



<u>Serial</u>	<u>Mileage</u>	<u>Description</u>
1.0	0 mi	Route Start Pillar Point Harbor
1.1	0.16 mi	Right Turn right onto Capistrano Rd
1.2	0.24 mi	Right Turn right onto CA-1 S
1.3	3.75 mi	Turnaround at Main St
1.4	9.75 mi	Left Turn left onto Cypress Ave
1.5	10.00 mi	Left Turn left onto Airport St
1.6	11.12 mi	Left Turn left onto Cornell Ave
1.7	11.25 mi	Left Turn left onto Prospect Way
1.8	11.75 mi	Right Turn right onto Capistrano Rd edit
1.9	12.24 mi	Destination on right

HWY 1 & North Main – Turnaround



HWY 1 & Cypress Cross



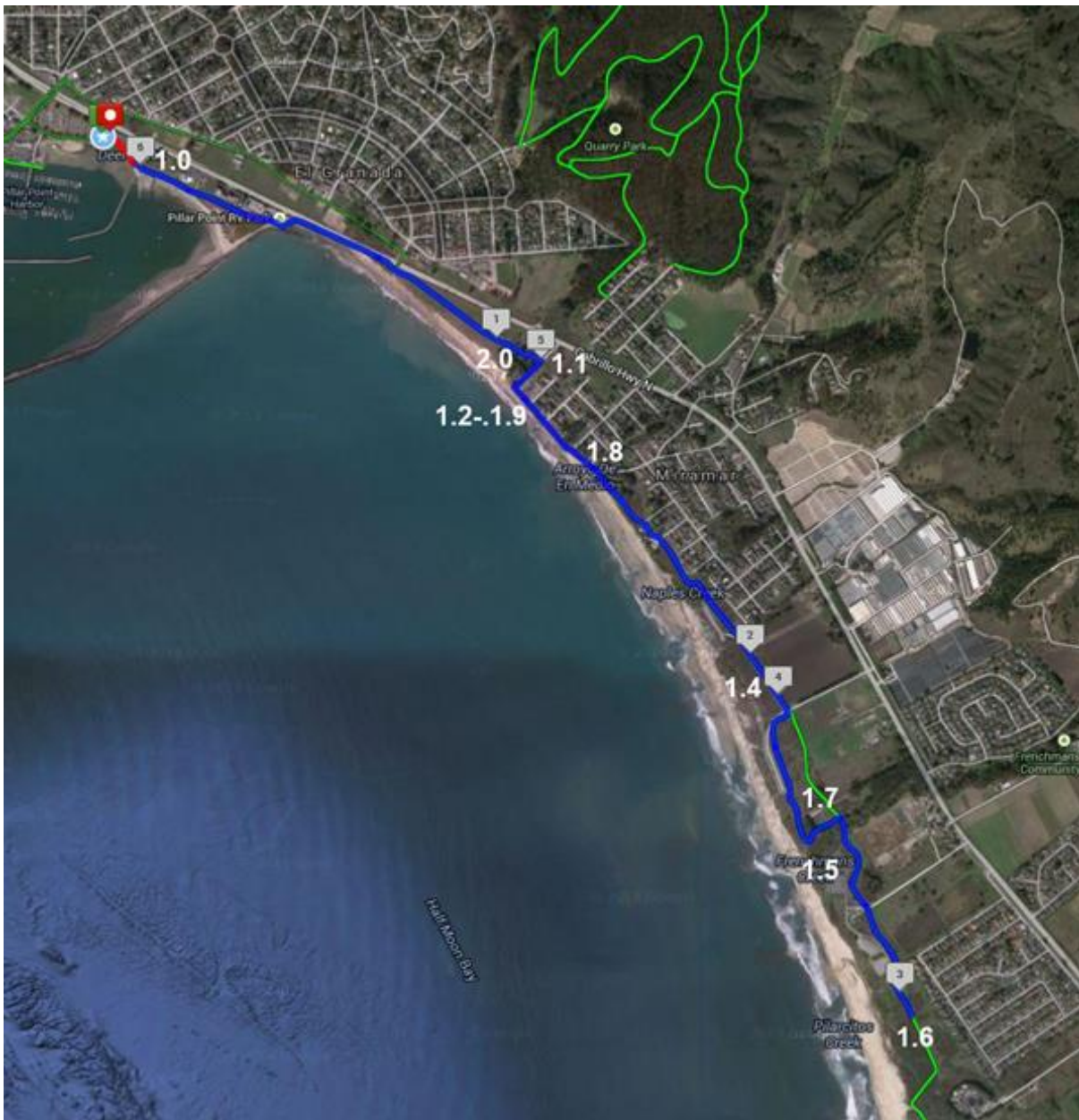
Run Courses:

Sprint Run:



<u>Serial</u>	<u>Mileage</u>	<u>Description</u>
1.0	0 mi	Route Start in Pillar Point Harbor on Half Moon Bay Coastal Trail
1.1	1.17 mi	Turn right onto Magellan Ave
1.2	1.25 mi	Turn Around at corner of Magellan Ave & Miranda Rd and head back
1.3	1.32 mi	Turn left on Half Moon Bay Coastal Trail
1.4	2.5 mi	Destination on right at Perched Beach in Pillar Point Harbor

Olympic Run:



<u>Serial</u>	<u>Mileage</u>	<u>Description</u>
1.0	0 mi	Route Start in Pillar Point Harbor on Half Moon Bay Coastal Trail
1.1	1.25 mi	Turn right onto Magellan Ave
1.2	1.34 mi	Turn left onto Mirada Rd
1.3	1.56 mi	Continue onto Half Moon Bay Coastal Trail
1.4	2.2 mi	Continue on Half Moon Bay Coastal Trail toward Young Ave
1.5	2.7 mi	Continue on Half Moon Bay Coastal Trail toward Venice Blvd
1.6	3.11 mi	Turnaround on Half Moon Bay Coastal Trail toward Venice Blvd
1.7	3.52 mi	Continue on Half Moon Bay Coastal Trail toward Young Ave
1.8	4.66 mi	Continue onto Mirada Rd
1.9	4.88 mi	Turn right onto Magellan Ave
2.0	4.97 mi	Turn left on Half Moon Bay Coastal Trail
2.1	6.2 mi	Destination on right at Perched Beach in Pillar Point Harbor