



2022 Half Moon Bay Triathlon

Athlete Information Guide

Race Day: May 1, 2022

Pillar Point Harbor



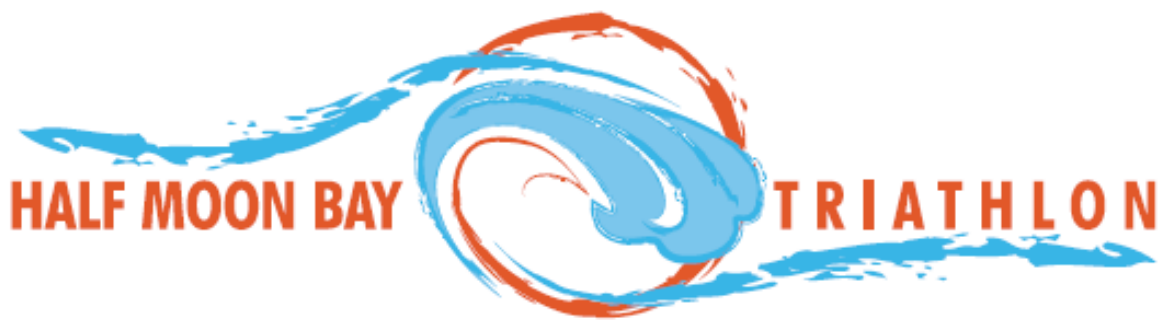


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WELCOME

Dear Athletes,

It's been 2 years for us in terms of event layoff and it seems like 10 unfortunately. We are excited to get things back in motion for the 7th Annual Half Moon Bay Triathlon taking place in the beautiful Pillar Point Harbor and surrounding coastline. We want to thank the City of Half Moon bay and the San Mateo Harbor District for their support around this great event.

Our goal is to create the athlete experience around the incredible coastline area that highlights gorgeous pacific ocean. Half Moon Bay is a special place where fishing and farming converge on California's spectacular coastline. We aim to satisfy your competitive spirit while providing access to one of the region's visual and culinary gems.

We want to thank our athletes for their participation in the 2022 Half Moon Bay Triathlon as we help everyone achieve their goals on this great day of multi-sport events.

Again, we would like to thank the Half Moon Bay area for supporting this event and helping individuals achieve their goals around swimming, biking, running and healthy living.

Keep Smiling :)

2022 SCHEDULE OF EVENTS



Saturday, April 30, 2022

Start	End	Event	Place
11am	5pm	Expo/Package Pickup/Registration	Pillar Point Harbor
2:30pm	3:30pm	Course Overview / Q&A	Pillar Point Harbor

Sunday, May 1, 2022

Start	End	Event	Place
5am		Transition Open	Pillar Point Harbor
5am	6:30am	Registration Open	Pillar Point Harbor
6:45am		Olympic Race Starts (See All Below)	Pillar Point Harbor
7:45am		Super Sprint Race Starts (See All Below)	Pillar Point Harbor
8am	12pm	Food, Beer, and Music	Pillar Point Harbor
10am		Super Sprint Awards Ceremony	Pillar Point Harbor
10:45am		Olympic Awards Ceremony	Pillar Point Harbor

2022 RACE DAY WAVE SCHEDULE



Olympic Wave Starts:

Men/Women and Clydesdale/Athena

6:45am 29 and under, Elites, Challenged
6:50am 30-39
6:55am 40-49
7:00am 50 and over, Relays

Super Sprint Wave Starts:

Men/Women and Clydesdale/Athena

8:00am 29 and under, Elites, Challenged
8:03am 30-44
8:06am 45 and over, Relays

Other Olympic Wave Starts:

Paddle, Duathlon, Aquabike, and Aquathlon

6:40am Paddle Board
7:05am Duathlon
7:00am Aquabike & Aquathlon

Other Super Sprint Wave Starts:

Paddle, Duathlon, Aquabike, and Aquathlon

7:55am Paddle Board
7:50am Duathlon Start
8:06am Aquabike & Aquathlon

PLEASE NOTE: WAVES MAY CHANGE GOING INTO RACE WEEKEND!

IMPORTANT PRE-RACE INFORMATION

Athlete Check-In

Please bring the following items with you to packet pickup:

- Photo Identification

Athlete Registration

USAT card to show proof of current USAT membership or \$15 USD (cash only) to purchase a one-day license. If you are a USAT member and forget your card, you will be required to complete the USAT waiver and purchase a \$15 USAT one day license if you're not pre-registered.

Athlete Wristband

An event wristband will be affixed to your wrist at packet pickup. This band will identify you as an official participant and must be worn for access into the transition area and food, beer and post-race athlete recovery areas. You will not be allowed to remove your bicycle and/or gear from the Transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after the event, as it will identify you as a participant.

Race Tattoos & Bibs

Athletes will be responsible for applying the race tattoos (bib number) that is provided in your packet. Remember it is mandatory that you wear your colored swim cap, apply your adhesive bike bib and wear your run bib during the run portion of the race.

Transition Area

Racks will be first come first serve and athletes will be given a wristband at packet pickup this will be required for in and out of transitions. We will have reserved racks for tri clubs and teams that have more than 5 athletes racing.

Transition Location

Pillar Point Harbor

- Transition Diagram: [Click Here](#)
- Directions to Transition/Race Start: [Click Here](#)

Water Temp / Weather

Protected swim area and in a safe location of Pillar Point Harbor

- Avg Temps:: 58-60 degrees
- Weather expected to be partly cloudy, for details: [Click Here](#)

Registration Includes

- Custom Silicone Swim Cap
- Custom Event T-Shirt
- Custom Finishers Medal
- Custom Race Bibs
- Race Tattoos
- Free Post-Race Feast and Beer!!!
- Great Music & Entertainment

IMPORTANT PRE-RACE INFORMATION

Parking Locations

Parking will be available in the following location near Pillar Point Harbor and a short walk to transition.

Locations for Parking:

Parking Map: [Click Here](#)

Directions

Saturday Expo & Packet Pickup Location

Pillar Point Harbor
99 Johnson Pier Half Moon Bay, CA 94019
Google Map: [Click Here](#)

Swim Start/Finish Line Area

Pillar Point Harbor
99 Johnson Pier Half Moon Bay, CA 94019
Google Map: [Click Here](#)

Divisions

Individual entry

Age Groups for the individual division will be as follows:

13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, female Athena (over 165 lbs), male Clydesdale (over 220 lbs.).

Divisions (cont.)

Aquabike

Swim-Bike Format — Your finish line will be at bike in but we would like you to cross the finish line at the tower in Village Green Park for your medal and other post race items.

Relay Teams

2 or 3 person teams — Relay teams of two or three that can enter the event and compete together. So get together with a couple of friends and start training for one of the most rewarding experiences of your life.

Aquathlon

Swim-Run Format — The Half Moon Bay Aquathlon incorporates a swim-run format with a safe harbor swim course in Pillar Point Harbor and a run course along the beach on the coastal trail.

Duathlon (Run-Bike-Run)

Run-Bike-Run Format — The Half Moon Bay Duathlon incorporates a beautiful bike course along the coast, one transition, and a run course along the beach on the coastal trail.

Paddle Triathlon

Paddle-Swim-Run Format —

- Sprint: 1 mile Paddle - 12 Mile Bike - 5k Run
- Olympic: 2 mile Paddle - 40k Bike - 10k Run

EVENT PARKING

Event Parking is located next to the Oceano Spa & Hotel parking lot across from transition. Parking will start at 5am and you will have direction from our staff. There is no fee for this parking.

Please follow direction and do not park in the Oceano parking lot or on Hwy 1 which is part of our bike course.



TRANSITION AREA



TRANSITION MAP:

There will be one transition that will be located in Pillar Point Harbor, this will be a secure transition from start to finish and participants will only be allowed in transition. You must be wearing a wristband that will be given out at packet pickup to get in and out of transition along with your bike bib and run bib to remove your bike from transition after the race. Restrooms will be across the street from transition next to the Kayak Rental and finish line area.

OLYMPIC SWIM COURSE

Olympic Swim Course (Pillar Point Harbor):

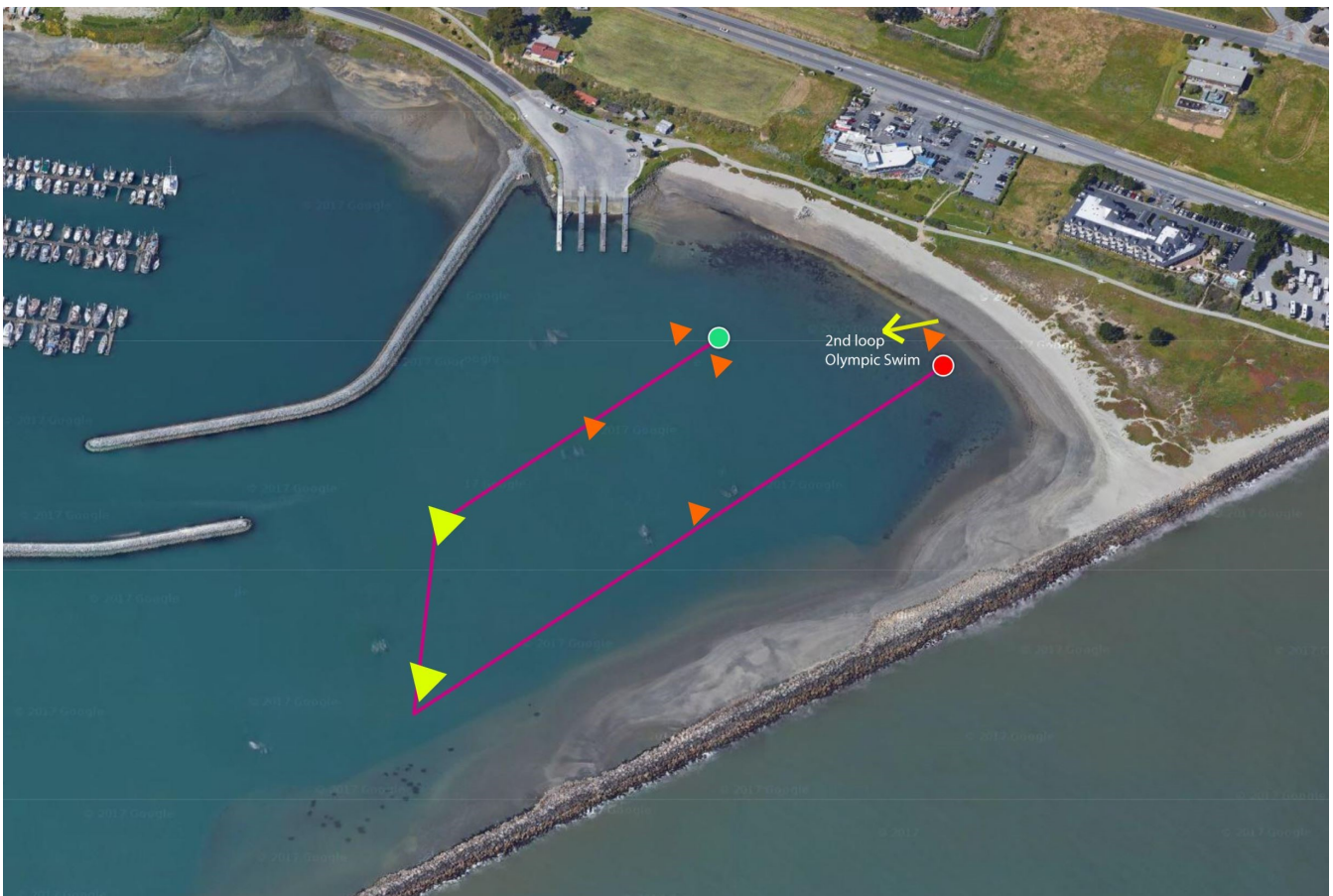
Based on success of the Salmon Season that is still open going into May of 2022, we have changed the swim course to 2 loops this year to simplify and keep everyone safe with boats that may be entering the water.

Course Markings:

- 2 Loops with small beach run around orange buoy on beach
- Turns are marked as yellow buoys and orange for sighting

Your .93 Mile Swim will start in deep water and in age group waves. Water surface temperature is about 56-58 degrees and wetsuits are highly recommended. The swim course will be lined with large buoys, numerous lifeguards, kayak teams, and our Guard Life medical team. You will have a short run back to transition.

Your swim to bike run or walk will be approx. .3 miles in length and you can bring your shoes down to the beach before your swim. We will have an area that will be sectioned off based on bib number.



SPRINT SWIM COURSE

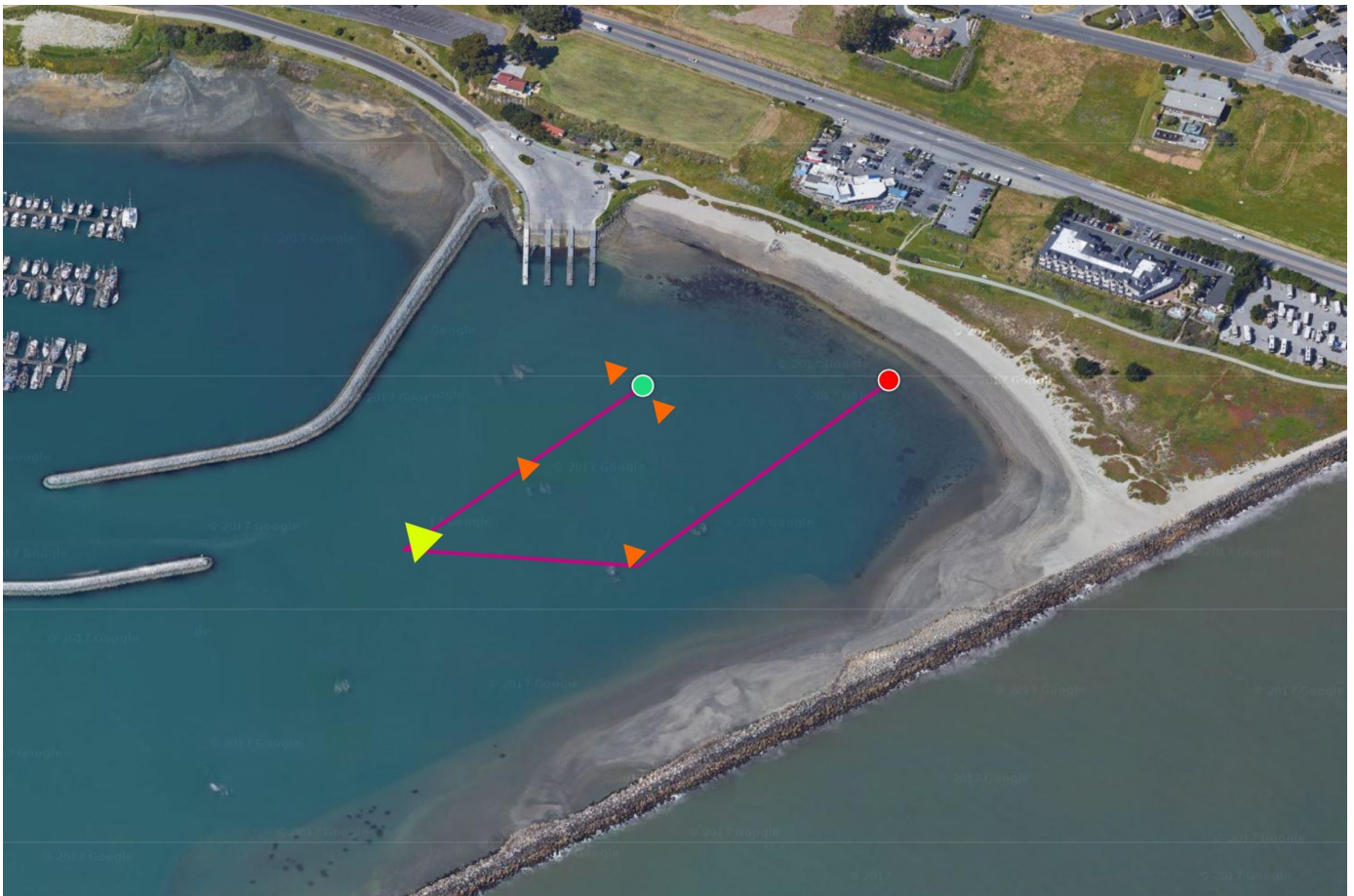
Super Sprint Swim Course (Pillar Point Harbor):

Course Marking:

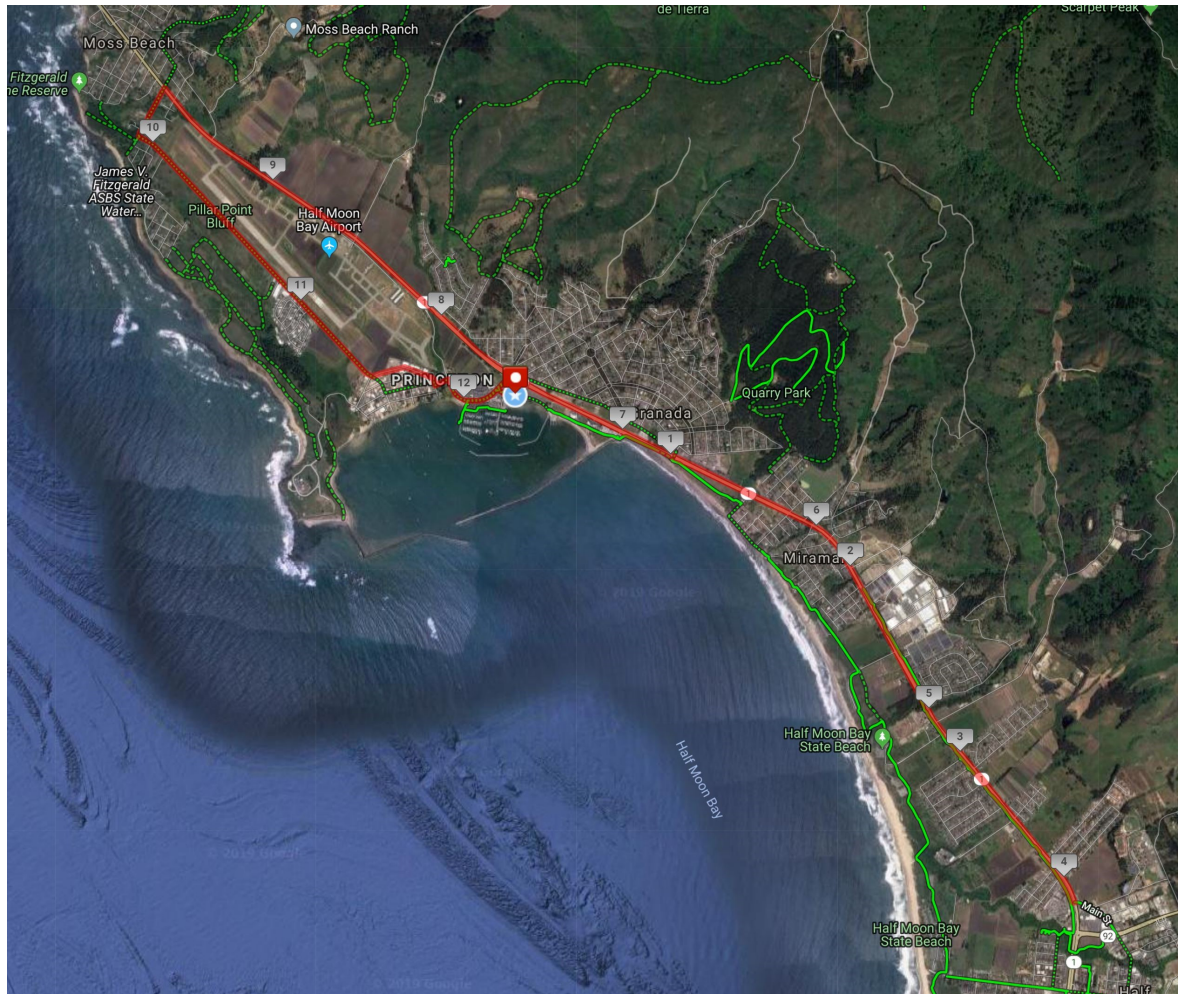
- Yellow buoys are your hard turns and orange for sighting

Your .35 mile swim, the water temperature will be approx. 56-59 degrees and wetsuits are recommended. The course will be lined with large buoys, numerous lifeguards and safety crew.

Your swim to bike run or walk will be approx. .3 miles in length and you can bring your shoes down to the beach before your swim. We will have an area that will be sectioned off based on bib number.



BIKE COURSES



Sprint & Olympic Bike Course:

New bike course based on permit changes and requirements by City of HMB and SM Sheriff's Office.

- 2 Loop Olympic Bike Course & 1 Loop Sprint Bike Course
- Turn Around will now occur at North Main St

[Click here](#) to view an online bike course

Your 12 Mile and 40k bike course will head out and back on Hwy 1 with minimal elevation gain and one aid station at mile 12 approx. for the Olympic athletes only. Please stay on the shoulder during the event. We will have minimal cones in between intersections for cyclists to make a pass but again please stay within the shoulder as there will be motorists that will be using Hwy 1 during the bike portion of the event. Obey the Rules of the Road during the event. Intersections will be on flash and officers will be holding traffic during the event but the roads are not closed to traffic.

OLY RUN COURSE

Olympic Run Course:

Miramar Bridge is Out!

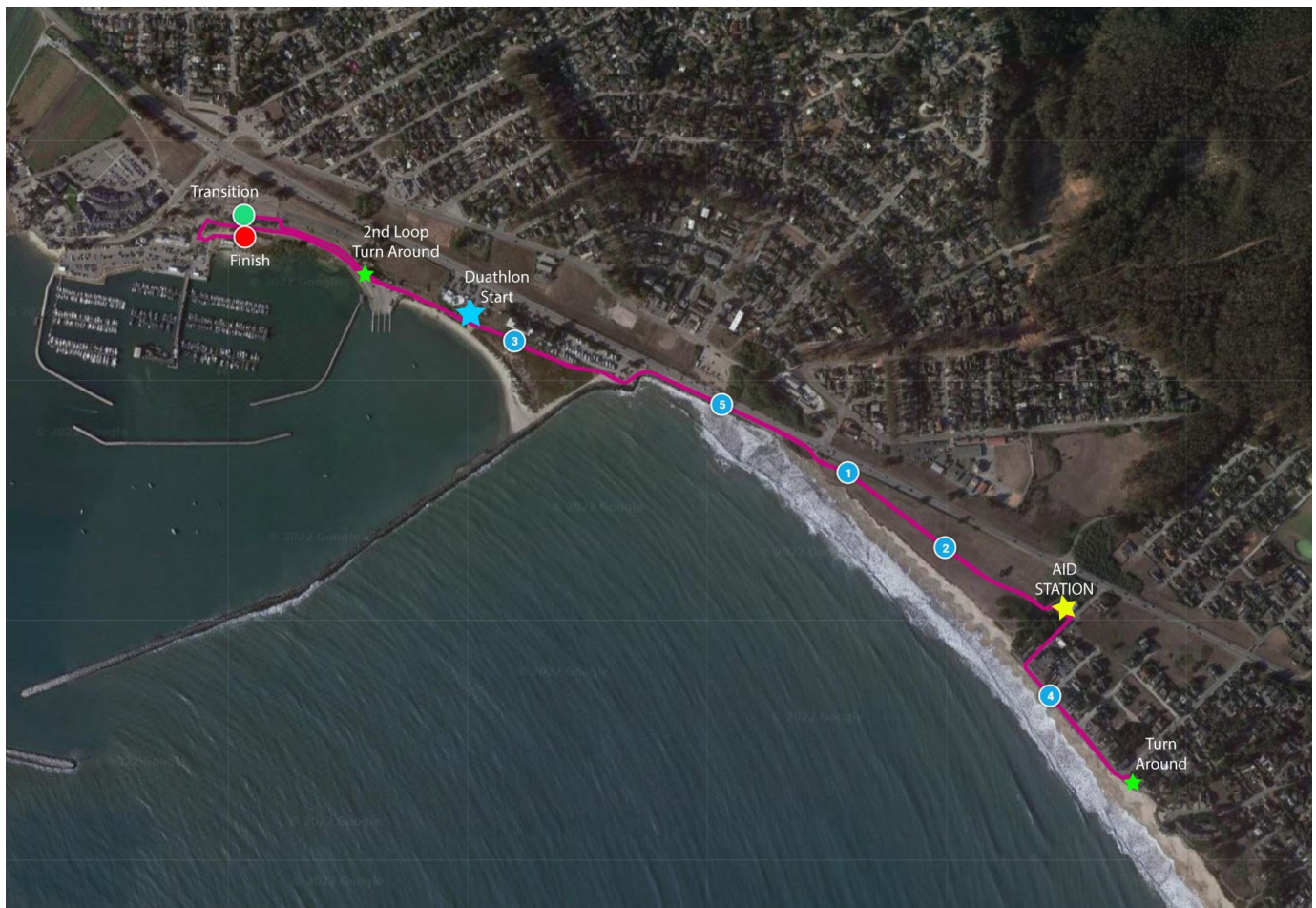
Change in course for Olympic, please review image and online course below.

Course will consist of 2 loops for all Olympic events. Aid Stations at either of the out and back.

There will be aid stations provided every mile for your 10k run course with water, electrolyte sports drink, and gel available at each aid station. This flat and fast course on a paved trail right along the Pacific Ocean. The best volunteers in the world will be cheering you on and supporting your accomplishments.

[Click here](#) to view a printable run course map

[Click here](#) to view an online run course



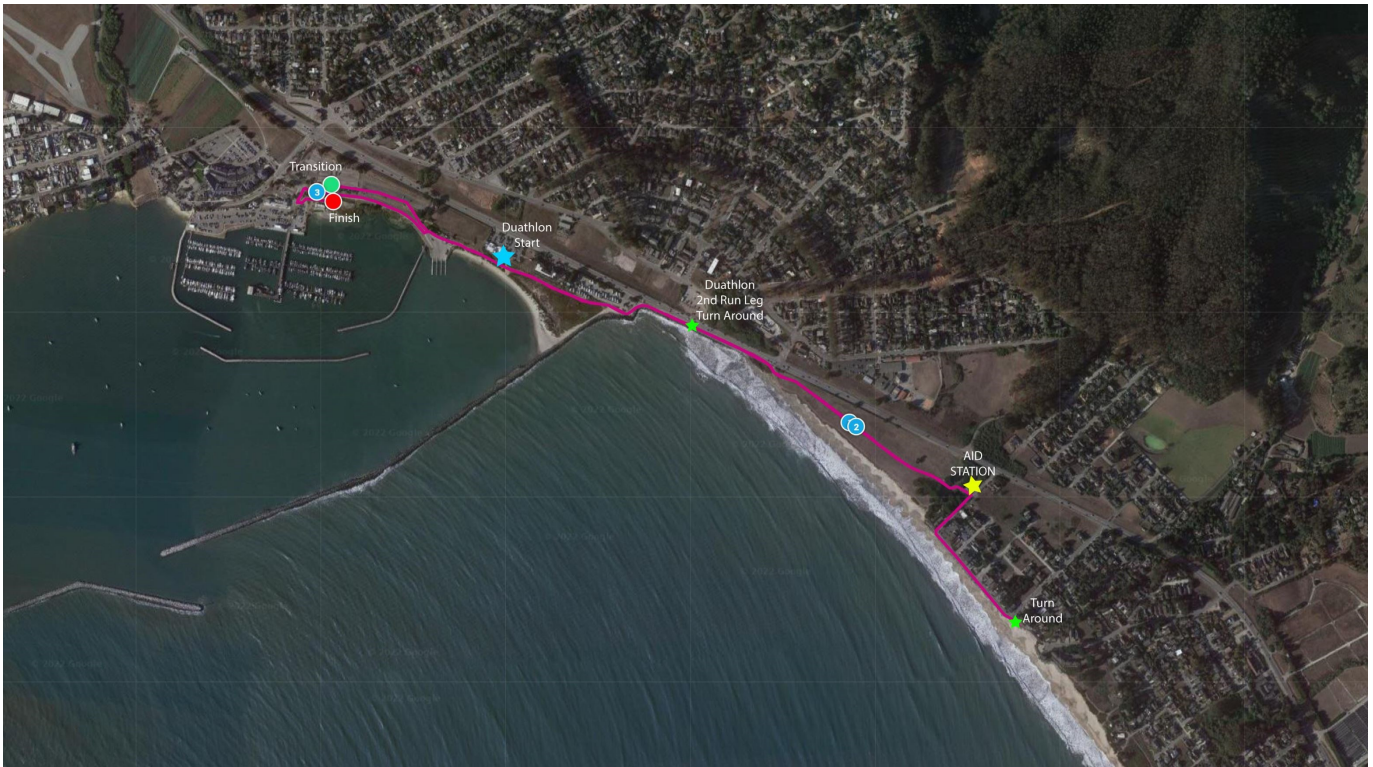
SPRINT RUN COURSE

Super Sprint Run Course:

Aid stations will be located every mile along this 3.1 mile run course that is flat and fast. Water, Electrolyte Hydration, and Gel will be available at each aid station.

[Click here](#) to view a printable run course map

[Click here](#) to view an online run course



PADDLE COURSE

AND SUP RENTAL INFORMATION

Olympic Swim Course (Pillar Point Harbor):

A 2 Mile paddle - 4 loops, will start in paddle group waves at 6:40 AM. For larger images,

Super Sprint Swim Course (Pillar Point Harbor):

Your 1 Mile paddle will start in paddle group waves at 7: AM.

The swim course will be lined with large buoys, numerous lifeguards, kayak teams, and our Guard Life medical team. You will have a short run back to transition.

Your swim to bike run or walk will be approx. .3 miles in length and you can bring your shoes down to the beach before your swim. We will have an area that will be sectioned off based on bib number.

USA TRIATHLON RACE DAY RULES



USA Triathlon provides comprehensive insurance coverage to sanctioned events. The coverage provides liability coverage to protect the race director, sponsors, volunteers, Triathlon annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon protects each participant for the day of the event. When athletes purchase a USA sanctioned event and is officials, and participants. The athlete excess medical coverage only available after the injured party has filed with any primary insurance policies.

Most Common Violates Rules & Penalties

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. 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. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. 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 hand side of the lane of travel 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.

Penalty: Variable time penalty

USA TRIATHLON—CONT.

6. 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.

Penalty: Referee's discretion

7. Unsportsmanlike-Like 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.

Penalty: Disqualification

8. Headphones: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. 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 that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon 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 may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. 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.

Penalty: Variable time penalty

Athlete Excess Medical Policy

1. Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
2. Athlete completes a medical claim form. Athletes can contact the race director for the form or email eventservices@usatriathlon.org. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form.
3. Athletes will pay a deductible. All athletes using USA Triathlon insurance will pay anywhere from \$250 (two-hundred and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.
4. Coverage limitations. Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased a USA Triathlon annual or one-day membership and were injured through participation in a USA Triathlon sanctioned event.
5. USA Triathlon has a full-time risk management team available to answer any specific coverage questions. Athletes or race directors can call or email the group benefits department at 770-449-5559 and ask for [Sean Lankie](#).

TRAVEL & HOTEL ACCOMMODATIONS



Several hotels are within walking distance or no more than 5 miles from the start line

Half Moon Bay Lodge

400 S. Cabrillo Hwy
Half Moon Bay, CA 94019

Beach House Hotel Half Moon Bay

4100 N. Cabrillo Hwy
Half Moon Bay, CA 94019-0129

Comfort Inn, Half Moon Bay

2930 N. Cabrillo Hwy
Half Moon Bay, CA 94019

Coastside Inn

230 Cabrillo Hwy So
Half Moon Bay, CA 94019

Pacifica Beach Resort

525 Crespi Dr.
Pacifica, CA 94044

Holiday Inn Express & Suites, Pacifica

519 Nick Gust Way
Pacifica, CA 94044

America's Best Value Inn & Suites

3020 N. Cabrillo Hwy
Half Moon Bay, CA 94019

The Ritz-Carlton, Half Moon Bay

1 Miramontes Point Road
Half Moon Bay, CA 94019

Ocean View Inn & Restaurant

8425 Cabrillo Hwy
Montara, CA 94037

Half Moon Bay Inn

401 Main St.
Half Moon Bay, CA 94019

INTERNATIONAL AIRPORTS

SFO Airport: [Click Here](#)

OAK (Oakland Int.) Airport: [Click Here](#)

SJC Airport: [Click Here](#)

VOLUNTEER & SPECTATOR INFORMATION

Team and Individual Volunteers:



Volunteers are the key to success in making the event come together. We are looking for tri clubs and teams to come out and provide pre and post race support for the event and at same time promote your tri club. If you're not a triathlete, swimmer, or runner and would like to participate in some way to help with the event, grab your friends and family and be a part of the events.

Areas we need help:

- Course Marshals, Award Ceremony, Aid Stations, Body Marking, and many other great locations

Benefits of Volunteering:

- 50% OFF voucher for a future race
- Official volunteer t-shirt
- Free Lunch
- Fulfill community service hours
- A great time out
- Team up with friends, family and make it a community event!
- Groups larger than 15 will receive more benefits and possible charitable donations

Contact us today and thanks for volunteering:

volunteer@usaproductions.org

Spectator Information:

Pillar Point Harbor

There will be great locations in and around Pillar Point Harbor to watch the swim, transition, and run portion of the race as well as enjoy the day of activities. DJ and Live music will be available at the main stage.

- Swim Start
- Swim Finish
- Transition
- Finish Line, Expo, Awards Ceremony

Spectator Map: [Click Here](#)

