

November 27, 2022

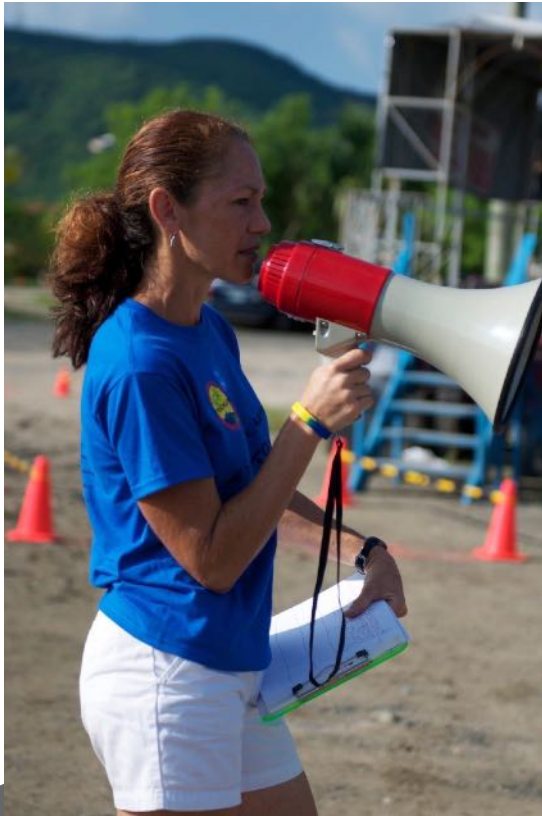


**BEAUTY & THE BEAST TRIATHLON
ST CROIX USVI**



DEAR Productions

2022 ATHLETE GUIDE



Welcome Letter

The Virgin Islands Department of Tourism welcomes you to sunny St. Croix! VI TRI and the Beauty & The Beast Triathlon committee are so glad you're here too!

For over thirty years, the sport of triathlon has been an integral part of our island tradition. Since 1984 athletes from all over the world have been swimming, cycling and running on St. Croix. Today, the Virgin Islands hosts more than a dozen multi-sport events each year.

Although this will be the final year that VI TRI will host the Beauty & The Beast Triathlon on St. Croix, the committee will not be cutting any corners on delivering a great experience for you. With a swim in the warm Caribbean Sea, a bike course that presents spectacular views from rolling hills to sea-level, a run that reaches the easternmost point of the United States and a colorful finish line with cultural Moko Jumbies to welcome you, there's no way you can finish this race without a huge smile on your face. Conquering the "Beast of the East" is something to be proud of!

We sincerely hope you enjoy your time here in St. Croix. We appreciate your shared love for our islands.

Good luck on the course!

Theresa Harper, Race Director



U.S. VIRGIN ISLANDS SM

st.CROIX st.JOHN st.THOMAS

**The Beauty & The Beast Triathlon
would not be possible without the generous
support of the
Virgin Islands Department of Tourism!**

2022



In 2021 we moved the Beauty & The Beast Triathlon from Fort Christianvaern to Cramer's Park on St Croix's scenic east end. It was a favorable change, so the running of the 2022 event will remain at Cramer's Park.

Because of the remote location of Cramer's Park, we strongly recommend that you either rent a vehicle or make prior arrangements with local taxis **well** in advance of race day. Plan on an early morning departure due to the travel time (It will take about 15 minutes from Christiansted)

Packet pickup will take place at the ever-popular Jump Up Street Party on Friday, November 25, between 6pm and 10pm. VI TRI will have a booth on King Cross St, across from Laced Legacy. Registered athletes will receive a \$20 voucher for a carbo-loading meal at a participating restaurant. Call 340-513-2707 if you can not find us.

Plenty of parking will be available in and around the race venue on Sunday morning.

There will be no aid stations on the bike course. Please bring your own hydration and nutrition.

The roads will open to traffic, but we expect it to be very minimal. Please be aware and respectful of drivers.

Please note there is little to no cell and cellular data service at the race venue. Please plan accordingly.

The awards ceremony will take place in the park immediately following the race. **YOU MUST BE PRESENT TO RECEIVE AWARDS, NO EXCEPTIONS.**

Stick around in the park following the event for lunch from Pepper Grill Food Truck and brews! FREE for athletes and available for a modest fee for families.

Athlete Check In

All athletes must check in/pick up their packets before the race.

Race numbers will NOT be given out on race morning.

RECOMMENDED FRIDAY CHECK IN: Check in and packet pickup will take place Friday, November 25th during Jump Up in downtown Christiansted at the Beauty & The Beast booth between 6PM and 10PM. Vouchers for a “carbo-loading” meal will be in your packets. (you may redeem your vouchers at any participating restaurant from 11/25 to 11/27). Please call 340-513-2707 if you are lost or have an issue.

SATURDAY CHECK IN: An additional check in will take place Saturday at the race venue, Cramer’s Park, between 10AM and 2PM. There will be no food service on Saturday at Cramer’s.

Your packet will contain your swim cap, t-shirt, timing chip, race numbers (bike, helmet, bib and body), colored wristband plus other great gift items from us and local vendors.



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St Croix!



Award Divisions

Olympic Overall

1st – Male & Female

2nd – Male & Female

3rd – Male & Female

Olympic Relay

1st Place

2nd Place

3rd Place

Sprint Overall

1st – Male & Female

2nd – Male & Female

3rd – Male & Female

Sprint Relay

1st Place

2nd Place

3rd Place



BEAUTY & THE BEAST TRIATHLON
ST CROIX USVI

Awards: Cookie Momster, Harrington Embroidery, Synergy Lights

Raffle Prizes: Mutiny Island Vodka, Virgin Islands Triathlon Federation, ib designs (Must be present to win! No exceptions)



Find us at the Finish Line!!

**Enjoy a complimentary pint of cold beer
in your finisher's "medal".**

**Leatherback Brewing Company proudly
produces authentic Virgin Islands craft
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the community and culture around well-
crafted beer and to celebrate and
steward our Caribbean life!**

**Located at 9902 Industrial Way off Melvin Evans
Highway.**

2022

ST. CROIX TRIATHLON



WELCOME TO YOUR NEXT GREAT PERFORMANCE

The U.S. Virgin Islands welcomes you to experience one of the longest-running triathlons on record. Navigate our beautiful waters, conquer the beast and cycle by supporters cheering across the island.



St. Croix St. John St. Thomas



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Event Schedule

Thursday November 24th - HAPPY THANKSGIVING!

Time	Event	Location
11AM	Free - Turkey Trot 5-Mile Run	Coconuts On The Beach, Frederiksted

Friday November 25th

Time	Event	Location
6PM to 10PM	Jump Up - Packet Pickup and Carbo-Loading	Christiansted Center

Saturday November 26th

Time	Event	Location
10AM to 2PM	Packet Pickup	Cramer's Park
11AM to 2PM	Rental Bike Pickup	Cramer's Park

Sunday November 27th

Time	Event	Location
5:30AM	Transition Opens	Cramer's Park
7AM	Race Begins	Cramer's Park
11AM	Post-Race Lunch Served	Cramer's Park
11AM	Awards Ceremony	Cramer's Park

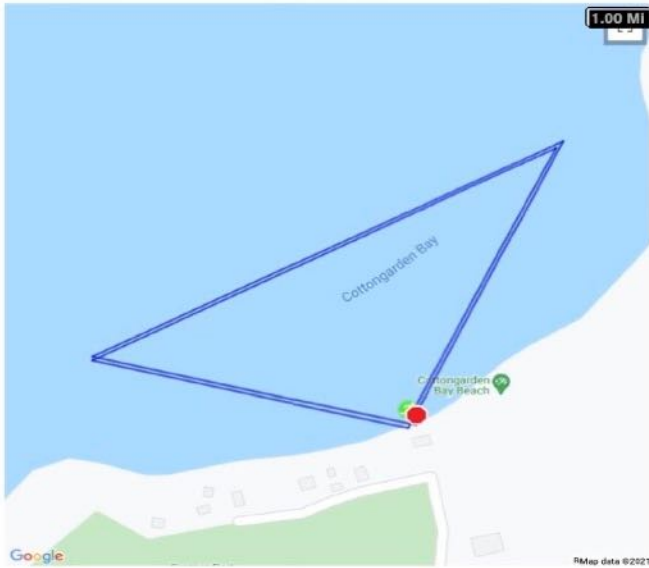
Wave Start & Course Cutoff Times

Event	Swim Start	Cut-off Times From Start Of Race
Men Olympic	7:00 AM	Swim: 1:00, Bike: 3:00, Run: 4:00
Women Olympic	7:05 AM	Swim: 1:00, Bike: 3:00, Run: 4:00
Olympic Relay	7:25 AM	Swim: 1:00, Bike: 3:00, Run: 4:00
Men Sprint	7:45 AM	Swim: :30, Bike: 1:30, Run: 2:30
Women Sprint	7:50 AM	Swim: :30, Bike: 1:30, Run: 2:30
Sprint Relay	8:00 AM	Swim: :30, Bike: 1:30, Run: 2:30

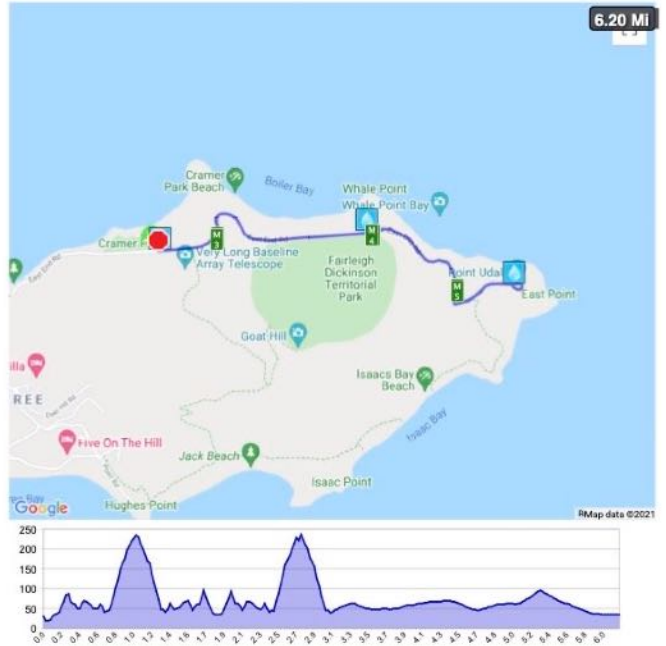


Olympic Race Courses

Olympic Swim



Olympic Run



Olympic Bike



2022 Beauty & The Beast Triathlon

All athletes are responsible for knowing the rules and for knowing the full course.



Swim:

- The water is expected to be near 82°F. The use of neoprene in the form of wetsuits, swim tops, swim shorts, gloves or booties may not be worn and will disqualify you from position awards.
- Your color-coded swim cap issued by us must be worn on the swim.
- No propulsive devices may be used.

Bike:

- All waves are non-draft legal – **NO DRAFTING!** You must maintain at least 3 bike lengths from the rider in front of you.
- Bikes must have functioning brakes on the front and rear and bar ends must be plugged. Check them before you leave your home or hotel!
- In the VI we ride on the left. This means that you will overtake and pass riders on the right. Please be courteous and let others know when you're passing. When not passing, keep left.
- **No headphones on the bike course, no exceptions.**

Run:

- Athletes must run on the left side of the road during the race. (Prior to the race, train on the right) All runners must run around the monument at the top of Point Udall before coming back down the hill.



DEAR Productions

In addition to our sponsors, we would like to thank our Race Supporters

Race Day Photographers

St Croix Rescue

David Crowther

Water Safety Volunteers

VI Dept of Sports, Parks & Rec

SportStats Timing Company

Aid Station & Course Volunteers

Beauty & The Beast Triathlon Committee

VI Department of Public Works

VI Police Department



VI TRI



**BEAUTY & THE BEAST TRIATHLON
ST CROIX USVI**



Pre-Race Information



Swim Safety

St Croix offers many places to swim prior to the race. If you need a place to swim, ask any hotel concierge for recommendations. Always train with at least one other person (especially in the open water). While swimming, please wear a brightly colored swim cap and ensure that your family members and/or friends know where you are. While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Athletes are further advised to exercise caution and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.

Bike Safety

ON ST. CROIX WE RIDE OUR BIKES AND DRIVE OUR CARS ON THE LEFT, BUT WE RUN ON THE RIGHT. It is critical you remain aware of this during your training rides and runs!

We strongly recommend that you ride or drive the course ahead of time. Use **EXTREME** caution on the many descents and heed cautions written on the roadway.

Please ride single file as much as possible.

Never leave your expensive bike unattended or in an unlocked car.

As you are one of St Croix's invited guests, please respect and obey the traffic laws during your training practices.

What to Bring

Remember: the race is on an island in the middle of the Caribbean. If you're thinking about leaving your special nutrition, race kit, or electrolytes at home because you think there will be adequate supplies on the island...think again. We will have plenty of CO2 cartridges for sale but will only have a limited selection of nutrition products and tri-specific apparel. If you have a favorite nutrition product, bring it. We will have Honey Stinger gels on the run course and in your swag bag. We highly recommend wearing sunscreen during your entire visit to our sunny island. Please be kind and use only "reef-safe" products.

Pre-Race Information

Emergency Contact Information for VI TRI

Athletes are required to check-in at the venue during the dates and times listed in the Athlete Check-In section and on the Event Schedule. Athlete check-in will not be available outside the posted times. Should an athlete have a legitimate, verifiable emergency that prevents them from picking up their materials, VI TRI will try to accommodate the athlete to the best of our ability if VI TRI is informed.

To inform VI TRI of any emergency during race week, athletes must call the emergency phone number **340-513-2707**. Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made via the emergency phone number.

Timing Chip

Your timing chip must always be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to the race director or timekeeper. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you lose your timing chip during the event, you are responsible for obtaining a replacement from the timing company. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

Failure to wear your timing chip on race day, to return your chip after the event, or to pay a \$60 replacement cost of your lost timing chip will disqualify you from future VI TRI events and tick us off. After the race, if you realize you still have your chip, please mail it in a package envelope within five business days to VI TRI at PO Box 24331 Christiansted, VI 00824.

Tech Tips and Tricks

Again, remember, we are on a small island with very limited bike repair supplies. Please have your bike inspected, tuned up and road ready before you leave home. Athletes are ultimately responsible for their own bikes, however, race officials may, at their discretion, make final judgment as to the soundness of the bikes. There will be a few pumps available in the transition area on race morning, but we recommend that you bring your own, if possible. For security and safety reasons, bikes will not be allowed out of transition once transition closes on race morning. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. Only athletes with bib numbers will be allowed in the transition. Families and friends must wait on the outside of the transition fencing.

Climate

Leave that wetsuit at home! Ocean/sea water will make you significantly more buoyant than pools and lakes. The water temperature generally hovers around 82°F, so you're not going to need a wetsuit. Air temperatures in November are typically in the mid-80s by mid-day.



Race Day Information

Race Morning Procedure

Athletes may enter transition area beginning at 5:30am. Bring your timing chip, swim cap, goggles, bike and run gear. Athlete Check-In will not be offered on race day. You will not be permitted in the transition area on race day without your wristband, swim cap, timing chip and "body marked" race number. If you have misplaced any of these items, please see the transition director for a replacement.

Bike Aid Stations

Bike Aid Stations: There will be no aid stations on the bike course. You must bring your own hydration and nutrition.

Run Aid Stations

There will be 3 aid stations on the run located one mile apart. These aid stations will offer Gatorade, water, ice, and gels.

Road Closures

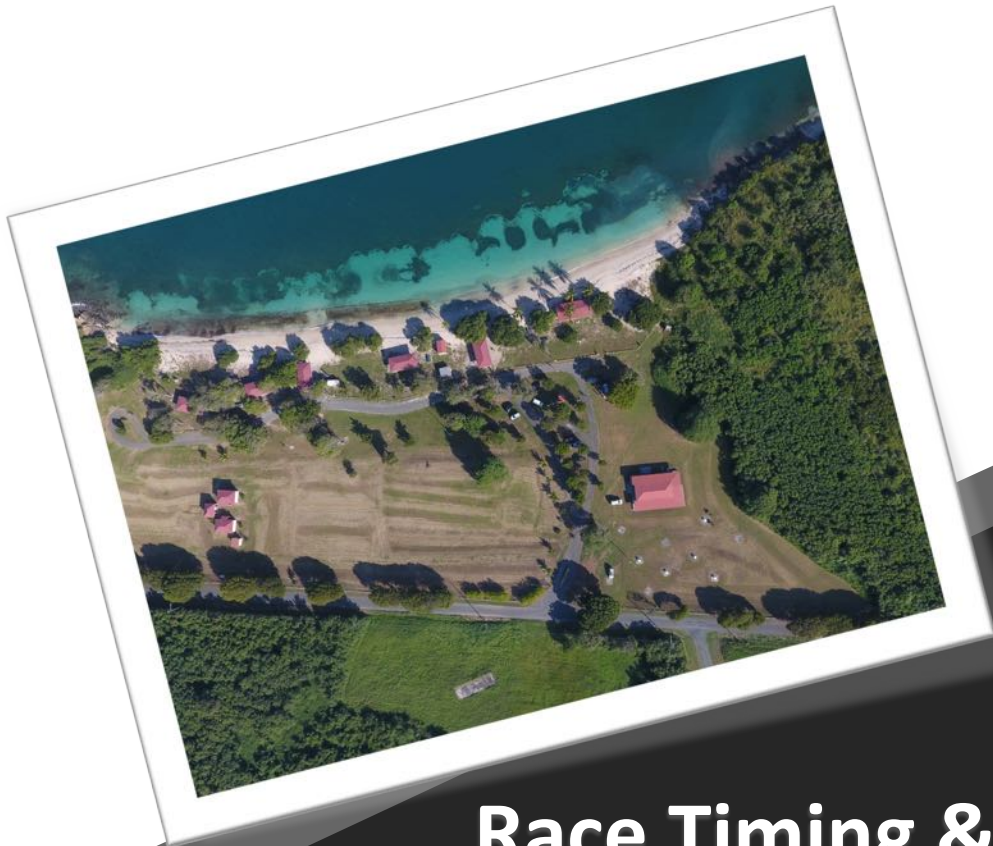
The roads will be open on both the bike and run courses and will be manned by police at all key intersections.

Parking

There will be plenty of parking at the venue. Please park respectfully and where directed by volunteers.

Course Description

Please note that in the US Virgin Islands, directions are often given as "Drive east to the pink house with two goats and three chickens in the yard," rather than using road names. With that said, the roads will be well marked on race day and Police and volunteers will be at all key turn locations. See pages 12-17 for the full course descriptions.



Race Timing & Cut-Offs

Race Timing and Cut-Offs

Cut-off times are in place for permitting, safety and respect of our community & volunteers. **There are no cut-off times for the Sprint & Sprint Relay races.** The Olympic race will officially end 4 hours after the start of the event. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race, which will include the transition times.

The following cut-off times apply for each segment of the race:

Swim Cut-Off

Olympic athletes will have 1 hour to complete the .9-mile swim. Athletes who take longer than 1 hour to complete the swim will receive a DNF.

Bike Cut-Off

Olympic athletes will have 3 hours from their start time to complete the swim and the bike. Any athlete exceeding that time will result in a DNF. The bike course will officially close 3 hours after the last wave start.

Run Cut-Off

Olympic Individual and relay team athletes will have 4 hours to complete the entire race. Athletes who take longer than 4 hours to complete the entire course will receive a DNF. The racecourse will close 4 hours after the last wave start (7:25 AM). Any athletes who do not pass the cut-offs or finish by 11:25 AM will receive a DNF.

VI TRI reserves the right to remove an athlete from the course and assign a DNF to the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time and average speed up to that point.



Swim Course Information

Swim Course Description

Athletes will begin by swimming from the beach. Beach and water conditions on race morning will determine if the start will happen from the sand or from the water and will be announced at the start of each wave. Athletes will start with their assigned waves.

Olympic athletes will swim 1500 meters (.9 miles) in a 2-loop counter-clockwise direction back to the exit area on the beach.

Sprint athletes will swim 750 meters (.5 miles) in a 1-loop counter-clockwise direction back to the exit area on the beach.

Swim Course Rules

- Athletes must wear the official swim cap provided by VI Tri.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties), wetsuits, neoprene shirts, neoprene shorts or neoprene swim skins are allowed.
- Clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee, is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during the swim but may be worn upon completion of the swim.
- Swim goggles or facemasks may be worn. Snorkels are allowed.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by kayaks and/or paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close 1 hour after the wave start. Each athlete will have 1 hour to complete the .9 mile swim. Individual athletes who take longer than 1 hour to complete the swim will receive a DNF. VI TRI officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.



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THANK YOU



Bike Course Description

Olympic and Sprint

Olympic, Olympic Relay: 24.8 miles; Sprint, Sprint Relay: 12.4 miles)

The biggest thing to remember - KEEP LEFT!

Athletes will leave the transition area and mount their bikes on the road.

Athletes will begin by making a right out of Cramer's Park and traveling west.

Mile .6 - Make a sharp left turn onto South Shore Rd.(Highway 60)

Mile 6.6 - ALL ATHLETES SLOW DOWN!

SPRINT ATHLETES: Mile 6.6 - CAUTION! Make a U-turn at the intersection (Hwy 60/Hwy 624) and head east on South Shore Rd. (Highway 60) and head back to Cramer's Park

OLYMPIC ATHLETES: Mile 6.6 - Turn left onto (Highway 624)

Mile 7.4 - Turn left onto Southside Rd (Highway 62)

Mile 12.4 - CAUTION! Make a U-turn and head east on Southside Rd (Highway 62)

Mile 17.5 - Turn right onto (Highway 624)

Mile 18.3 - Turn right onto South Shore Rd (Highway 60)

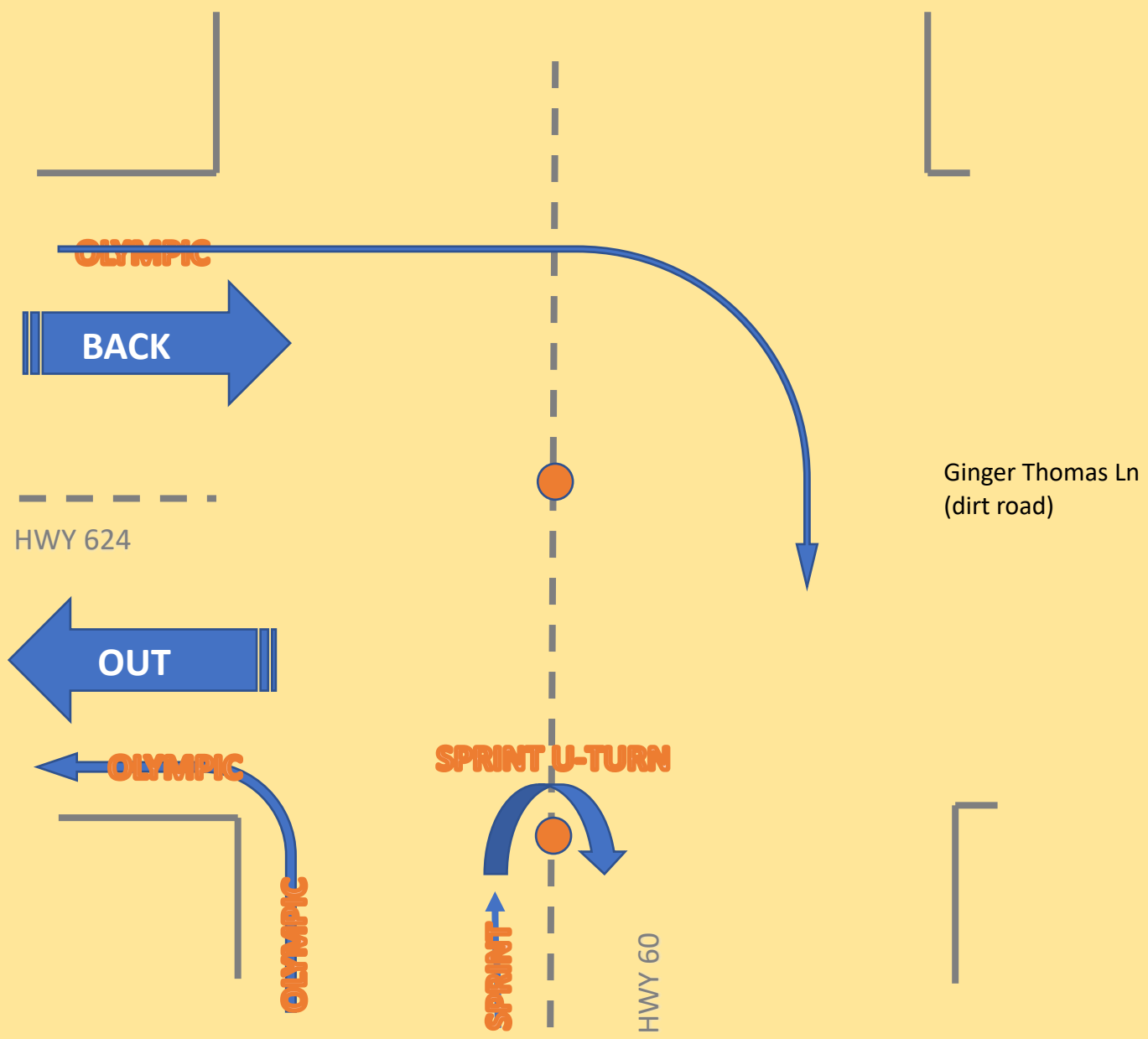
Mile 23.9 - CAUTION! Steep downhill begins with a sharp turn at the bottom!

Mile 24.2 - SLOW DOWN! Sharp right onto East End Road towards Cramer's Park

Mile 24.8 - Dismount on the road! You're tired but it's time to run.

MILE 6.6

SLOW DOWN IN THIS INTERSECTION!





Bike Course Rules

Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer.

The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification. Bike on the LEFT!

No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Race Director, appear to present a danger to any athlete may be disqualified.

Helmets, bike shoes, and other cycling gear may be placed on the bike or on the ground within 2 feet of the bike. Shoes and shirt must be worn at all times.

A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

Cameras, phone cameras, and video cameras are prohibited unless permission is given by VI TRI. If permission is given by VI TRI, it is the athlete's responsibility to notify the Race Director prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

Athletes must wear a bike helmet number on the front of their helmet.

No individual support is allowed on the course. Ample aid and food stations will be provided before and after the bike portion. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

Be nice to our island and do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in disqualification.

Athletes must be individually responsible for repair and maintenance of their own bike and carry their own repair supplies. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

Athletes may walk their bikes, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.



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Located in Sunny
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Bike Course Rules cont.

Bike inspection is not mandatory and will not be provided. Athletes are ultimately responsible for their own bikes. However, Race Officials may, at their own discretion, make final judgment as to the soundness of the bike.

Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

Headsets or headphones are not allowed during any portion of the bike course.

Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards. Athletes using a mirror without permission will be disqualified.

Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the race. A "distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and holding a device in your hands. Using a communication device in a distracting manner during the race will result in disqualification.

Drink Responsibly

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Run Course Information

Olympic, Olympic Relay: 10K (6.2 miles); Sprint, Sprint Relay: 5k (3.1 miles)

Athletes will head east out of transition and, at approximately 1 mile, begin the climb up the infamous “Beast Of The East”, Point Udall. ***Point Udall is the easternmost point of the United States!*** At approximately mile 1.5 you will run around the monument and back 1.5 miles to transition.

Sprint athletes will run into the park and through the finish line.

Olympic athletes will be directed to a turn-around for a final 3-mile run to Point Udall and back.

Athletes may run, walk, or crawl. After running The Beast Of The East – twice! – yeah, crawling will be good.

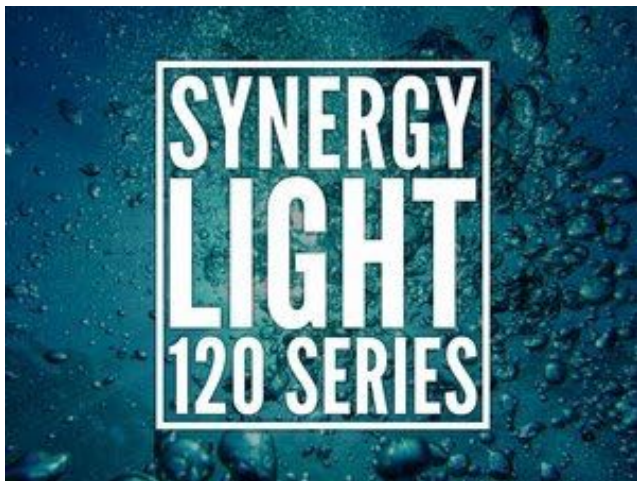
Athletes must wear their VI TRI-issued race bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Failure to wear the race number may result in disqualification.

This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

Athletes are expected to follow the directions and instructions of all race officials and public authorities.

The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.





THANK YOU



Rules, Rules and More Rules

It is the athlete's responsibility to know all aspects of the swim, bike and run.

Race officials shall have authority to disqualify any athlete.

Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.

Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any VI TRI event in the future.

If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any VI TRI event in the future.

VI TRI reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings.

Relay Rules

Each member of a relay team must check-in and pick up his/her own packet.

Relay teams will rack their bikes in a specific area identified by a sign.

Only ONE timing chip will be issued to each relay team. The swimmer of the team will be given the chip at check-in.

The timing chip will be passed from one athlete to another and must be placed and worn on the left ankle.

Relay tags will take place in transition at the bike rack.

Swimmer must pass the timing chip to the cyclist BEFORE the cyclist removes the bike from rack.

Cyclist must rack the bike BEFORE passing the timing chip to the runner.





Post-Race Information

Leatherback Brewing Company Tent

Our local Leatherback Brewing Company has sponsored a beer tent for participating athletes. You must be 18 or older to legally drink alcohol in the VI. Athletes must have on an official wristband in order to receive one draft beer. You're going to LOVE Leatherback so don't forget to bring a few extra dollars, as additional beer may be purchased. Leatherback's brews will also be available for purchase by spectators.

Awards Ceremony

Awards will be given out immediately following the race. We have some AMAZING awards that you MUST BE PRESENT to receive. We will not mail awards so, again, you must be present if you've earned an award and would like to receive it.

Post-race lunch will be provided by Pepper Grill Food Truck for athletes and may be purchased by spectators for \$20.

Timing & Results

Timing services are provided by Sportstats. Results are posted live at Sportstats.ca. If there is an issue with your timing, please e-mail info@vitf.org.

Lost & Found

After the conclusion of the event, please contact info@vitf.org to locate any missing items and to arrange for the return. Shipping fees will apply. All unclaimed items will be donated after 30 days.

Volunteers & Sponsors

We would like to extend a huge thank you to all of our volunteers who helped make this year's race possible. We could not have hosted this weekend without the support and assistance of our community.



Other Notes

Medical Policy

All medical expenses incurred are the sole responsibility of the athlete and not VI TRI, Inc.

Particular dangers that you may encounter include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. EMS will be located at the race site. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

At Athlete Check-In, you are required to notify the race director, in writing, if there is any change in your medical status / condition after your application has been processed. You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Finish Line Policy

For the safety and security of athletes, officials and others in transition, friends and/or family members will not be allowed to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

Climate Reminders

Race-day air temperatures are expected to be in the mid-to-high 80s. Please remember to hydrate well in the days leading up to the event. There will be three aid stations on the course that you will pass by 7-10 times. You will find Aquafina water, Gatorade and Honey Stinger gels at all aid stations. Be sure to take something during the race!

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Athlete Check List

BEFORE LEAVING HOME:

- Bike tuned up and properly packed
- Pack personal nutrition items and race kit
- Pack sunglasses, helmet, bike shoes and running shoes
- Remove CO2 from flat kit (cannot fly)

PRE-RACE:

- Photo I.D. for athlete Check-In
- Attend Athlete Check-In
- Study the racecourse and plan your nutrition

RACE DAY – SWIM:

- Timing Chip and Strap
- Goggles (consider a spare pair)
- Defog
- Race Day Swim Cap (provided at check-in)
- Ear Plugs/Nose Plug (optional)

RACE DAY – BIKE:

- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle And Straw
- Flat Repair Kit
- Bar-end plugs
- CO2 Cartridge(s)
- Spare Tire
- Spare Tubes
- Tire Levers
- Patch Kit

RACE DAY – BIKE CONTINUED:

- Valve Extenders
- Body Lube
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

RACE DAY – RUN:

- Fuel Belt
- Race Belt or Safety Pins
- Bib Number (provided at check-in)
- Hat/Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

MISCELLANEOUS:

- Body Glide
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Chapstick
- Post-Race Clothing
- Extra Tri Kit for practice
- Smile! Look at where you get to race in November!



Frequently Asked Questions

Nutrition: Q. What nutrition products are available to buy and on course? A. Limited quantities of gels will be available for purchase before the race at Island Life Adventures and Stamina Sports. Honey Stinger gels will be available on the run course. Gatorade will be available in transition and on the run course. If you have any special nutritional needs, we strongly recommend you bring them with you as many products are difficult to find on a small island.

CO2: Q. I can't fly with CO2, will it be available on island? A. Yes, Island Life Adventures, Stamina Sports and VI Triathlon Federation will have plenty of CO2 cartridges available for purchase. Remember, when you're done, you can't fly back with it either. Consider donating it back to us at the end of your race. We'll recycle it and use that money for our Junior Tri VI program.

Race kits, apparel and memorabilia: Q: What apparel and memorabilia will be available for sale? A. The VI Triathlon Federation will have local tri gear available for sale at packet pick up and by request. Instead of a lot of race memorabilia, we would prefer that you take advantage of the many awesome restaurants and island tours we have available. Take lots of pictures, they last way longer than a t-shirt, right?

Bike services: Q. Can I get basic bike repairs done? A. Yes, Island Life Adventures will have bike techs available who can help you with minor repairs, bike assembly and disassembly. Please call them in advance to set up an appointment: (340) 725-7433

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ST CROIX, VIRGIN ISLANDS - NOVEMBER 27, 2022