



ESCAPE
FROM ALCATRAZSM TRIATHLON



2019 ATHLETE GUIDE

JUNE 9, 2019

SAN FRANCISCO, CA



WELCOME ATHLETES

Dear Escapees,

Recognized as one of the most iconic triathlons in the world, the Escape from Alcatraz Triathlon returns to San Francisco on June 9th. 2019 marks the 39th year of this annual event and features two days of activities at the Fitness Festival. Sunday culminates with the showcase of some of the world's finest triathletes looking to accomplish the impossible – Escape from Alcatraz.

As those competing know, entry into this race is highly exclusive. With a limit of 2,000 competitors, the majority of participants must get lucky with a slot through the Random Drawing, which sees several thousand entries each year. Competitive divisions include: Professional, Age Group Amateur, Para-Triathlete, Open Relay, Actelion Corporate Escape, and U.S. Air Force Collegiate Escape.

Not for the faint of heart, the course features an adrenaline-packed jump, 1.5-mile swim, 18-mile bike, and 8-mile run. Those who love a challenge are drawn to the race year after year, as a strong finish here is at the top of every triathlete's bucket list. Once you cross that finish line, you are a finisher for life.

Now... ***ARE YOU READY TO ESCAPE?***

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WEEKEND SCHEDULE

FRIDAY, JUNE 7, 2019 | Sports Basement at Presidio

5:30 pm	Escape from Alcatraz Triathlon Pro Athlete Panel & Race Tips
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SATURDAY, JUNE 8, 2019 | Marina Green, San Francisco, CA

11:00 am	Fitness Festival Opens
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	Packet Pick-Up Begins
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1:00 pm	Athlete Meeting
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4:00 pm	Pro Athlete Meeting
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5:00 pm	Athlete Meeting
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	Packet Pick-Up Ends
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5:30 pm	Fitness Festival Closes
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SUNDAY, JUNE 9, 2019 | Marina Green, San Francisco, CA

4:00 am	Transition Area Opens
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4:30 am	Shuttles Depart for Pier 3
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6:00 am	Transition Area Closes
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	Last Shuttle leaves Marina Green
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7:00 am	Start Boat Departs from Alcatraz
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	Fitness Festival Opens
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7:30 am	Swim Start
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9:30 am	First Professional Finisher
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12:00 pm	Awards Presentation
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2:30 pm	Fitness Festival Closes
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MANDATORY PACKET PICK-UP

2019 MANDATORY PACKET PICK-UP

Saturday, June 8, 2019: 11:00 am – 5:00 pm

Marina Green

500 Marina Blvd.

San Francisco, CA 94123



No other athlete can pick up your packet, no exceptions. Every relay team member must pick up their own packet.

You will be **REQUIRED** to present a photo ID and either show proof of your USAT membership or have paid for a one-day license. Non-USAT members who did not pay for the fee at the time of online registration will need to pay the \$15 one-day license fee at Packet Pick Up. If you have misplaced your USAT membership card, you can download a temporary card by logging into your USAT account at www.usatriathlon.org.

RELAY TEAM

All members of a relay team must check in before we will release the relay race packet.

PACKET PICK-UP DOCUMENTATION

Please ensure you have everything you need to pick up your race packet:

1. Bring your Photo ID
2. Bring your USA Triathlon (USAT) Membership Card (if applicable)

MANDATORY WRISTBAND

A wristband will be affixed to your wrist when you check-in. This wristband designates you as an official entrant and is a mandatory security ID. No wristband, no transition area access, no race. You will not be allowed to remove your bicycle and gear from the transition area following the race without your wristband affixed to your wrist. Your wristband will also get you into the post-race food and massage tent on the day of your race. Please do not remove your wristband until after the race.

PRE-RACE ATHLETE MEETINGS

You are required to attend a pre-race meeting on Saturday during Packet Pick Up. The Race Director will highlight important race information. See Schedule for meeting times on Friday and Saturday.

BIKE CHECK IN & OUT



BIKE CHECK IN

Bike racking will be available during packet pick-up hours on Saturday and on Sunday from 4:00 am – 6:00 am.

To enter the transition area, each athlete must have their race number affixed to their bike and helmet and their wristband on their wrist. Bike check in will occur at the Bike In/Bike Out side of the Transition Zone.

Each athlete will have an individually numbered bike rack on which to rack their bike (will correspond with your bib number). Please make sure to store your gear under and near your bike and out of the way of your fellow competitors.

Sports Basement will provide mechanics just inside the Transition area starting at 4:30 am and until the last athlete shuttle leaves for Pier 3 at 6:00am. Bike mechanics will also be available on the bike course for small adjustments.

BIKE CHECK OUT

Following the race, the Transition area will slowly open for you to reclaim your gear beginning at approximately 11:15am. We know that many of you want to get your gear and head home after the race but we must respect the fact that athletes are still racing so you will not have access to transition before 11:00am. Please be respectful of this.

Bikes are allowed to exit transition while participants are still on the run course.

You must have your wristband and race number on to enter transition and remove your bike.

TRANSITION ZONE & ACCESS

The transition area **will open at 4:00 am and will close at 6:00 am. Any athlete who arrives after 6:00 am will NOT have access to the transition area.** Only athletes who are wearing their wristband and are body marked will be admitted. Additionally, you must have your bike frame number and your helmet number affixed before you will be allowed access to the Transition area on Sunday.

Bikes cannot leave the Transition area to warm up on Sunday morning once they are racked. Any bike not properly displaying the bike frame number will be removed from the transition area during the swim.



GEAR CHECK

At packet pick-up, all athletes will receive two transition bags. The first bag will be for swim exit and should be used to hold any items you will need for the short warm-up run to transition. This bag will be taken by Escape from Alcatraz Triathlon staff on Saturday after you have picked up your packet so be sure to bring your swim exit items with you on Saturday.

The second bag will be used for any items you need to have taken back from the boat. The only item in your gear check bag should be flip flops, clothing worn to the swim start or inhaler. **Please do not place valuables in your gear check bag.**

All gear check items will be available at the Bag Corral tent located just beyond the Escape from Alcatraz Triathlon Fitness Festival.

RELAY & CORPORATE ESCAPE INSTRUCTIONS

All relay and corporate escape team members will have access to the Transition area. **Bikes must be in the transition area by the time transition area access closes at 6:00 am.** All bikes for relay and corporate escape competitors will have a designated area to rack their bikes. Relay teams must pass the timing chip to their teammates within the designated timing chip exchange area.

On race day, enter the transition zone and wait within the timing chip exchange area. The timing chip must be passed during each transition, from swimmer to biker to runner. Do not leave the timing chip exchange area before your teammate has passed the chip or you will be disqualified. All relay swimmers will seed themselves based on their swim time. The swimmer and biker can meet the runner at the finish line where the runner will collect all finisher medals, one per team member.





SWIM COURSE

SWIM START

On Sunday morning, after setting up your transition area you will get on a bus headed to Pier 3. You will be ordered according to age group and boarded onto a large passenger ferry, The San Francisco Belle. The boat will stop near Alcatraz Island approx. 1.5 miles from the swim exit. All participants will jump from the ferry to start the race.

SWIM COURSE

On Sunday morning you will make your way down to Marina Green to set up your transition area. Once that is complete, you will board one of the buses bound for Pier 3 and the start boat, the Hornblower's San Francisco Belle.

Be sure to bring one of the plastic bags you were given at packet pickup with you to Pier 3 Sunday morning. Any items you bring or wear on you that morning (i.e. sweatshirt or sandals) and do not want to take onto the boat should be placed in the bag. Keep the items placed in this bag to a minimum and **DO NOT** bring valuables such as iPods and wedding rings. This bag will be taken from you at Pier 3 before you board the boat and transported back to Marina Green. You can retrieve your bag at the bag corral located on the east side of Marina Green after you finish (more details about the transition bags will be in the newsletter "Must Know Info").

This is a 'One Way' boat cruise so be sure to only bring items you need for the swim. If there are items you need to have on the boat, but will not need while swimming (i.e. glasses or asthma inhalers), the Race Staff will have a special collection bin for those items. This support is **NOT** for iPods, phones or similar devices. Again, please **DO NOT** bring iPods, phones or other items of value with you in the morning. Items left with the Race Staff can be retrieved at the Medical Tent adjacent to the finish line at Marina Green.

Here are a couple of other helpful tips for the boat ride out to the swim start:

- Depending upon the air temperature, don't put your wetsuit on too early as this may cause you to overheat. There is plenty of time to put on your wetsuit as we sail out to the start location.
- Booties are allowed and encouraged during the swim, but gloves are **NOT** allowed.
- Consider bringing two pairs of goggles in case one pair unexpectedly breaks.
- Wearing a personal swim cap under the one you receive in your race packet can help provide some additional warmth. If you consider wearing a neoprene cap (aka a 'squid lid') for the swim, be sure to try it with a couple of practice swims before Race Day. Some athletes find that when they cover their ears they can lose up to 30% of your balance and 'feel' of the water. Not to mention that the chin strap could restrict your breathing.

At 7:30am athletes will start to jump in order as dictated by Race Staff and positioning on the boat. Be sure to mentally visualize this swim and overcome any doubts you might have with positive self-talk, proper swim training and a no-excuse attitude. Some athletes have been hesitant to jump off the boat in the past,

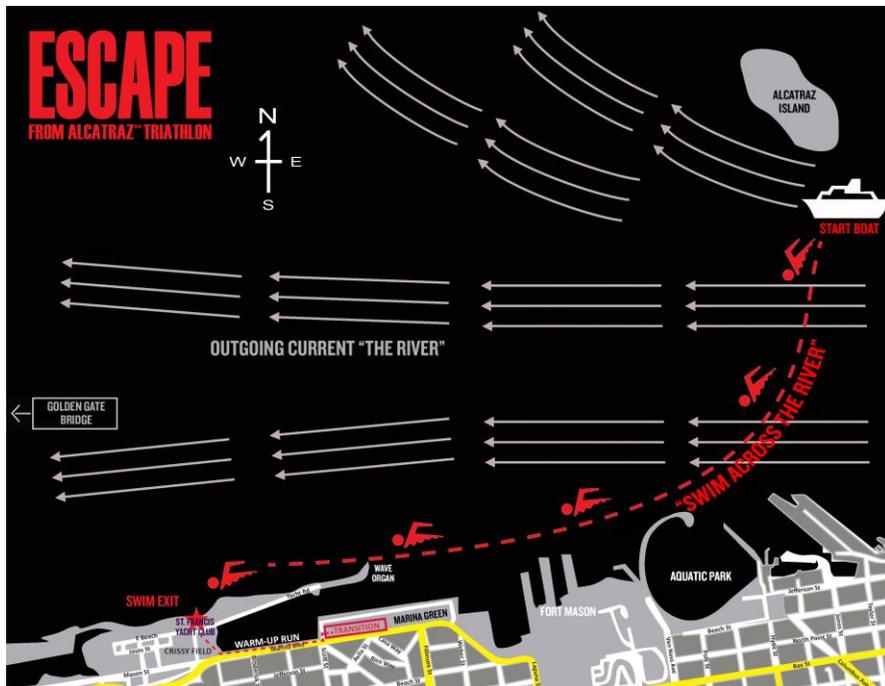


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DON'T BE. This is the moment you've been training for and you are READY!!

It will take approximately six to seven minutes for all 2,000 participants to jump and begin the race. When you jump into water it is a huge shock to your system, so be prepared for the cold water (55-58 degrees). In the days leading up to the race, you may want to go to Aquatic Park by Ghirardelli Square, about a half mile east of Marina Green, and get in the San Francisco Bay for 10 to 20 minutes to feel the water temp. You could also take a few cold showers or soak in some cold water.

There should be minimal chop because the race will start prior to the winds picking up, but one can never be sure about mother nature. The current on race morning will be pulling participants west (towards the Golden Gate Bridge). As a result, all participants will swim "across the river" (left to right - see below), and will be pulled in the correct direction, towards the front of the St Francis Yacht Club and swim exit.



Yes, there is marine life in San Francisco Bay including seals, sea lions and sharks. The half dozen different types of sharks within San Francisco Bay are usually small, three to four feet in length, and hang out well below the surface of the water and have no interest in Escape participants. Larger sharks do live outside of the Bay where the water is saltier. Sharks of any significant size do not generally come into the Bay because of the brackish water composition (half salt and half fresh water runoff). The San Francisco Bay has 500 miles of Sierra snow melt running into it, so between the fresh water and the silt, the big sharks usually stay away from the Bay's waters. Harbor seals and sea lions may come by to see what swimmers are up to due to their curious temperaments, but the sheer numbers of swimmers, lifeguard vessels, and support boats keep them at a distance.

If you need help while swimming, there will be more than 100 water craft in the Bay to assist you. Should you simply need a minute to rest and reorient yourself, you can hold on to a kayak. Get settled, take a moment



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and keep going as this will not disqualify you. If you need to be repositioned, you will be put on a small boat and repositioned. You **MUST** listen to and abide by ALL the aquatic personnel in the water as they are there to assist you and keep you on course. There is a one hour cut off time for the swim. Anyone remaining after 60 minutes will be picked up and assisted to 200 yards off-shore where they will be allowed to finish the race without penalty.

SWIM COURSE RULES

If you drop out before the swim, you will be considered a DNF and not be allowed to continue the race. If you do not finish the swim course before the 8:30 am cut-off, you will be picked up and brought to shore to continue the race. Please be sure to notify race officials if you decide to end your race and return your timing chip to race officials.

SWIM CAPS

The official swim cap, **which you will receive at Packet Pick-Up**, **MUST** be worn during the entire swim. If you have a latex allergy, you may bring a non-latex swim cap and you should alert a USAT official that you will be wearing one. If possible, wear the cap we give you over your non-latex cap.

WETSUIT INFORMATION

This race is wetsuit legal and is highly advised. The water is approximately 55° Fahrenheit or 12° Celsius. Athletes can wear skull caps and booties but gloves are **NOT** allowed.

BIKE COURSE

THE WARM-UP RUN

Upon exiting the water at the San Francisco Yacht Club, triathletes proceed to a mini-transition area where they have the option to dry off and put on running shoes for the half mile warm-up run to the Marina Green. This run will take them beside the St. Francis Yacht Club, South on the Little Marina Green, and East on the sidewalk of Marina Blvd to the main transition area at Marina Green.

BIKE COURSE

Following a successful swim from Alcatraz and a quick warm-up run to the transition area at Marina Green, you are now ready for the second leg of your ESCAPE - the Bike.

When discussing the bike course, the first important fact to mention is there is no advantage to riding a triathlon/time trial bike on this particular course. Kona coast: Yes. San Francisco: No. Aero bicycles may look cool, but you can still look cool and have better handling on a traditional road configuration. If you must, a nice set of carbon rim wheels could help you climb the steep hills or a tiny pair of aero bars will have you dialed in for those rare aero moments.

The first mile of the bike course is flat, so it's very important to start fueling up now before the Golden Gate Bridge and those HILLS! You may be cold for the first 20 to 30 minutes of the bike portion, but keep pushing

you'll warm up soon. Zip tie hand warmers* (available at Sports Basement) to your handlebars when you set up your transition area race morning and they will be producing heat by the time you arrive after the swim.

Within the second mile of the bike course you are climbing. This course is hilly and technical; we strongly advise that you get your bike tuned up 'to the nines' prior to arriving in San Francisco. Make sure your shifting components are running smoothly and your brakes are true and centered with fresh brake pads. Inspect your tires and replace if needed. Leave yourself plenty of time to ride on them while still having enough good rubber left for June 9th. Sports Basement has a retail location less than a mile away from Marina Green with passionate bike technicians who can help with any last minute adjustments or equipment.

There is 1,200 feet of climbing and descending on the bike course. This is in addition to 10 left hand turns and 10 right hand turns over the 18 miles, so be advised that you will be turning or shifting every few minutes. By mile 2.5 you have climbed from sea level to 300 feet. At mile 5.5 you will reach the Legion of Honor, the highest point of elevation on course at 380 feet.

Immediately after the Legion of Honor there is some very rough asphalt. Stay in control as you descend downhill to the Lincoln Park Golf Course. This is not where the race will be won, but it could be where you lose it. Maintain control as you descend 0.8 miles from the VA hospital to the Great Highway. There is new asphalt on this portion so enjoy it, but use caution and stay in control. It is a good idea to wait to pass until you have reached Golden Gate Park.

Location of Speed Humps in Golden Gate Park:



Source: San Francisco Municipal Transportation Agency

John Blanchard / The Chronicle

An ongoing challenge the course will present you with are 3 ¼ inch high speed humps along JFK Drive in Golden Gate Park. There will be a total of nine (9) speed humps that you will navigate as you head back out of Golden Gate Park. Be sure to watch you speed as there is a gentle downhill on JFK Drive. After exiting Golden Gate Park, you are greeted with a 360 foot climb over 0.8 miles up to the VA



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Hospital. On Clement Street, in between 35th and 39th, you will notice that there are three speed humps to keep traffic speeds down. Please watch your speed as you make your way back to transitions. We don't want anyone to hit these speed bumps too fast and possibly hurt themselves.

As in previous years, there will be no aid stations on the bike course. However, there will be plenty of water at the transition aid station at Marina Green.

An important note on passing: If you need to pass, do so on the left and courteously advise the athlete(s) of your maneuver. If you pass on a downhill, remain in control and use caution. If you pass on the uphill, make sure you have what it takes to complete the pass in a timely manner.

Hot Tip: Do not cross the yellow line as the road serves as the out and back for the bike course. This will help ensure that you do not endanger a fellow athlete or volunteer. Keep in mind the best and safest way to gain position within your age group is during the run.

We want each and every one of you to complete the bike course, but there are limitations on how long we can have the roads closed. You must complete the bike course by 10:30 AM. Those still on the course at this time will be picked up by our sweep/sag vehicle. You will NOT be disqualified. The sweep/sag vehicle will drop you off on the last mile of the bike course where you can finish and continue to the run.

Please remember to view and print the [COURSE MAP](#) and bicycle elevation chart available on our website. Also, do not come to this race without checking out the instructional videos located in our [RACE TIPS](#) section of the website. There is a great deal of insight and information that could be helpful on race weekend.

Mile By Mile Bike Course Tips

Mile 1 - Spin your legs out, take in 100 calories.

Mile 2 - Get ready to climb to 300 feet.

Mile 3 - Descending and climbing stay focused, keep your line.

Mile 4 - Climbing, conserve energy, stay in the saddle.

Mile 5 - Still climbing to the Legion of Honor. Get out of saddle as you make it to the top.

Mile 6 - Rough asphalt immediately after Legion of Honor.

Mile 7 - Smooth asphalt on Clement Street, good time to take in some water prior to the downhill.

Mile 8 - New smooth asphalt by Cliff House, enter Golden Gate Park.

Mile 9 - Gentle climb up MLK Drive, good time to push the pace. Take in calories if comfortable. Take in 100 calories if possible and comfortable.

Miles 10 & 11 - Gentle downhill take in 100 calories; take in beauty of Golden Gate Park. Be aware of the speed humps along JFK drive.

Mile 12 - Tough 0.8-mile climb from Balboa and Great Highway to VA Hospital.



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Mile 13 - Downhill and uphill, pass Legion of Honor again. Watch for rough asphalt after the Legion of Honor as you enter the Sea Cliff district.

Mile 14 - Downhill through Sea Cliff neighborhood. Keep your line, stay in control.

Mile 15 - Final climb up to Golden Gate Bridge. Ride it like you stole it. Stay focused.

Mile 16 - Downhill past Golden Gate Bridge. Stay focused, keep your line as you descend and keep bike in control.

Mile 17 - Continue downhill, be careful on the last downhill on Crissy Field Ave as you enter Crissy Field.

Mile 18 - Spin your legs out, don't push too high a gear, take in 100 calories, visualize your transition routine, stay on the rivet and be in the moment.

BIKE COURSE RULES

- Helmets must be on **AND** fastened before you mount your bike. USAT rules require you to wear your helmet at ALL times when on your bike at an event, including before or after the race – if spotted riding without your helmet you will be disqualified.
- Do not mount your bike until you are out of the transition area and past the mount/dismount line.
- **ABSOLUTELY NO RIDING IN THE TRANSITION AREA.**
- **STAY RIGHT ON THE BIKE COURSE UNLESS YOU ARE PASSING. DO NOT RIDE ABREAST FROM ANOTHER COMPETITOR UNLESS YOU ARE PASSING.**
- Do not litter.
- No headphones, cell phones, or devices of any kind that play music.
- If you have a flat move your bike off to the right side of the course.
- Emergency conditions may occur during the race. Please pay attention to your surroundings and follow the directions of course marshals, Police and safety personnel.
- Drafting and blocking (impeding the progress of passing cyclists) are not permitted during the race.

USAT officials will be monitoring the bike course and strictly enforcing these rules. Failure to obey the instructions of any USAT official may result in your disqualification or a time penalty. Upon completion of the bike segment you must re-rack your bike in your space. Failure to do so will result in a disqualification.

IMPORTANT INFORMATION

You **MUST** have bar ends (plugs) on your bike – all bikes will be checked after transition is closed. Failure to have bar ends (plugs) will result in your bike being removed from the transition area and your disqualification.

NO BIKE BOTTLE EXCHANGE

There is no water bottle exchange on the bike course so please make sure you have enough liquid with you on your bike when you start the bike portion of the race.

ELEVATION MAP



RUN COURSE

RUN COURSE

Upon returning to transition from the bike course, dismount your bicycle at the dismount line. Volunteers will be present to indicate the location of the dismount line. Run or walk your bicycle back to your numbered bike rack position. Your cycling helmet must remain secure until after you rack your bicycle. Rack your bicycle by the nose of the seat, prepare for the run, and proceed to the "run out" exit of transition. Make sure you have the proper clothing for the weather conditions as well as your bib number, which must be visible and facing front.

The breathtaking run course of this event can challenge even the most seasoned athletes as you run from road surface, to park trails, to gravel, to sand, to the infamous Sand Ladder and on to the grassy finish line at Marina Green. The run surfaces will be asphalt, chip trail, sand, sand steps, and grass so please pay attention to your pace and the runners around you as some of the course is narrow with athletes running in two different directions. By now you will have warmed up, but keep moving. If you need to stop and warm up, do so but remember safety first.

The first mile of the run course is flat and stacked with spectators providing a much needed adrenaline rush to propel you out of the Marina area and into Crissy Field. Take the time to enjoy the crowd, after all, they're cheering for you! As soon as you enter Crissy Field, you are reminded of one of the many reasons you entered this race as one of the most photographed object in the world looms in front of you: the Golden Gate Bridge. As you approach the aid station at Mile 1, you will encounter regular Sunday morning joggers, walkers, dogs, and other San Francisco locals enjoying the day. The run course here is open to the public so stay focused.

The first run aid station is staffed with always enthusiastic Sports Basement employees. Around 1.75 miles into the run you start the climb up to the Golden Gate Bridge towards the aid station at Mile 2. This is the time to



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pace yourself, shorten your stride, swing your arms and let the legs follow. Keep an eye out for other runners passing as they come down the stairs in the homestretch on their return to the finish line. The stairs up to the Golden Gate Bridge are narrow so this is not the place to pass people. You will also run through an old Civil War era brick tunnel where you will duck and need keep an eye out for other runners coming the opposite direction. When exiting the tunnel, enjoy the view and continue to pace yourself accordingly as you have about a quarter-mile to go before you pass underneath the Golden Gate Bridge and get a break from the climb.

After you pass Golden Gate Bridge, you will run onto the Land's End trail. The Land's End trail is rolling and beautiful; stay focused, but take the time to enjoy the scenery. Again, keep in mind that this is an out and back course so watch out for other competitors.

As you wind around the trail and the historic remains of the retired US Army Base Presidio, the trail has you passing the aid station at Mile 3. This is the highest point of elevation on the run course (300ft). At this point, you transition to the bike lane of the asphalt road that offers a short, winding and fast downhill and also a nice smooth surface change.

Following this downhill road section, you will be directed off road onto a trail that will bring you down to Baker Beach. Use as direct a route as possible when descending to the beach and do not run too wide as you will run extra distance that will not maximize your energy expenditure and time conservation. When you hit the beach you will naturally feel bogged down as the energy return is minimal when running on the sand. Do not run 'deep' or 'heavily' and do not push off from the sand using your calf muscles expecting normal return and bounce. Instead skip lightly across the soft sand using more hips and less hamstring and calf muscles, similar stride or gate as a snowshoer would use.

At the Mile 4 aid station, you will turn and head back towards the Sand Ladder. Utilize this aid station as an opportunity for calories before your climb up the infamous Sand Ladder. The Sand Ladder is approximately a 400-step staircase made of sand and wooden beams and is located near Mile 4.5 of the run course. Use the wooden beams of the steps to push off as you climb and touch every one with your own rhythm. Use the cables and the wooden posts of the Sand Ladder railing to your advantage, there is no shame in getting some help. Take it slow to avoid burn-out. If you're not careful you can waste a great deal of energy on this portion. Even the Professionals will walk up the Sand Ladder while using the cables to pull themselves up. Once you reach the top of the Sand Ladder, it is not "all downhill" to the finish line. You still have about five to ten minutes of climbing until you hit the aid station at Mile 5 (originally passed at Mile 3) and the highest point of the run course (300ft) for the second time... Now it is all downhill!

Following this last push uphill, you are now on your way back through the beginning of the run course passing by aid stations at Miles 6 and 7. Once you pass the aid station at Mile 6, the final 10-20 minutes of your run will be flat and with a tail wind to help push you to the finish line. Don't let the wheels fall off as the natural tendency is to slow down. Stay focused on form and breathing. Repeat a positive mantra if needed to get you to the Marina Green finish line.

You are about to experience a 'finish line feeling' unlike any other in the sport of triathlon.



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The finish chute and finish line are located at Marina Green adjacent to transition and the Fitness Festival Expo. Friends and family will have the opportunity to sit in grandstands on either side of the finish chute to cheer on their favorite athletes, but remember please for safety sake only athletes in the finish chute, no friends and family.

As you cross the finish line, enjoy the moment, absorb the power of your accomplishment, feel the passion around you, feel it, embrace it, pass it on- life is good.

You will enter the finish corral and then move on towards the athlete pavilion where you will receive your finisher's medal and water. This is also where you will return your timing chip, warm up and receive medical or massage assistance if necessary. As you enter the finish corral, be aware of other participants crossing the finish line as well as any cameras and/or press. We want to make sure everyone can cross the finish line easily and that cameras are not blocked from the finish line view. Go get some warm clothes on and head to the athlete food area the expo and awards ceremony.

RUN COURSE RULES

- No headphones, cell phones, or devices of any kind that play music.
- Emergency conditions may occur during the race. Please pay attention to your surroundings and follow the directions of course marshals, Police and safety personnel.
- Respect the land and our waterways. Do not litter. Trashcans are available at every aid station.

ELEVATION MAP





COURSE CUT-OFFS

The race course will officially close **4.5 hours** after the start of the last swim wave.

Swim Course: Closes one hour and 10 minutes after last swim wave

Bike Course: Must be completed by 11:00 AM. Athletes must be off Kelly Drive by 11:00 AM.

All participants not meeting these cutoff time limits will be disqualified and, if they continue, will assume all risks and must adhere to local traffic laws. Any participant who is still on the course past the respective cut off time will be directed back to the transition zone.

AID STATIONS

There is an aid station at the run start and there are five aid stations on the course (Just past Mile 1, just past Mile 2, Mile 3, Mile 4 and Mile 5). Each station will be stocked with water and Science in Sport Go Electrolyte Lemon Lime and Orange sports drink. There will not be any aid stations on the bike course.

FINISH LINE & FITNESS FESTIVAL

POST RACE CELEBRATION

All official individual finishers and relay teams will receive a custom finisher's medal. If competing as a relay, the runner will collect medals for each member of the team.

- The finish line area will be filled with spectators, family and friends and the energy level will be high. Please enjoy the moment and do not elbow your way, or shoulder your way, past others in this area.
- Finish strong and run completely through the finish line arch.
- Your picture is being taken for you. Look happy, raise your arms and get into it. You don't have to look at your watch if you don't want to we will be keeping time for you.
- Keep moving through the finish line chute. It's important that you walk a bit before stopping. Medical personnel will be watching you and volunteers will be assisting you. If you feel sick, faint or need any assistance, don't hesitate to ask for help for any of our volunteers.
- Be sure to drink plenty of water after you finish – Chilled bottles will be provided as you exit the finish corral.



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- Exit the finish line area and walk towards the great entertainment and food at the post event fitness festival. We will be posting results continuously throughout the day, enjoy the great food.
- Most importantly, relax, hang out with your family and friends and high-five yourself for a great accomplishment and a job well done!

FITNESS FESTIVAL

Located at the finish line, the 25th Annual Fitness Festival & Expo will take place on Saturday and Sunday at the Marina Green. This event is free and will showcase the latest products and services from the health and fitness industry. Festival elements include 40 vendor booths, a food court, beer garden, and experiential displays all designed to entertain the 20,000 spectators who annually congregate on the Bay Area's Marina Green to participate in the event.

VOLUNTEER INFORMATION

VOLUNTEER AT THE ESCAPE FROM ALCATRAZ TRIATHLON!

Help support your community and hundreds of triathletes by volunteering at the 2019 Escape from Alcatraz Triathlon! With over 450 volunteer positions available, there is a spot for everyone. Be a part of all the action and join the Race Crew today!

Have a group interested in volunteering? We can accommodate you! For Race Crew inquiries please contact the Volunteer Coordinator **Michelle Ellison** – volunteer@escapealcatraztri.com

EACH VOLUNTEER RECEIVES

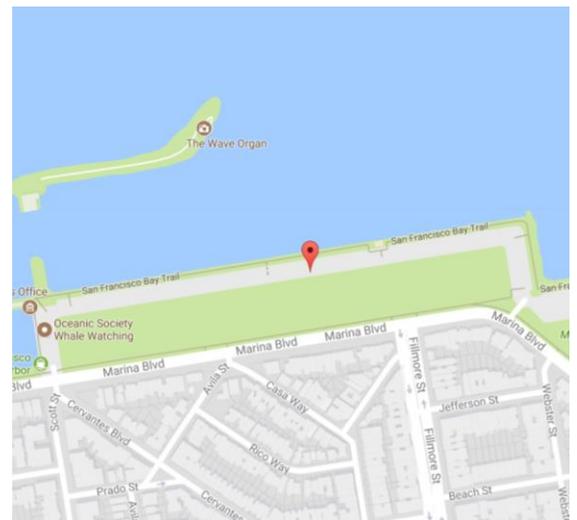
- Official Race Crew T-Shirt
- Refreshments, snacks & a shift meal
- Entry into a smaller pool for race entry
- 15% discount on race entry fee if selected
- Satisfaction of helping others and your community

EXPO AND PACKET PICKUP LOCATION

[Marina Green](#)

500 Marina Blvd.

San Francisco, California, CA 94123



SPECTATOR TIPS



BEST PLACE TO VIEW

The Swim

Watch the world's best triathletes emerge from the San Francisco Bay at the Marina Green Beach on the Golden Gate Bridge side of the St. Francis Yacht Club. Cheer them on along Marina Blvd as they make their way to the transition at Marina Green.

The Bike

Mounting their bikes at Marina Green, participants will begin their 18-mile ride heading west to Crissy Field. You can cheer on your favorite athlete as they cycle along Marina Blvd. For all you future triathletes, you can bike your way through the Presidio or Golden Gate Park and await riders at the Palace of the Legion of Honor.

The Run/Finish

Serving as the bike and run transition as well as the Finish Area, Marina Green is THE best seat in the house for the Escape from Alcatraz Triathlon. You will be able to support and cheer on athletes as they run along Marina Blvd. Grand stands will line the Finish Chute giving a perfect view of the Finish Line where you will be able to join the celebration as athletes complete their ESCAPE from Alcatraz!

Please note that spectators will not have access to the start boat for the swim start. The start boat is for athletes and staff only.

PARKING

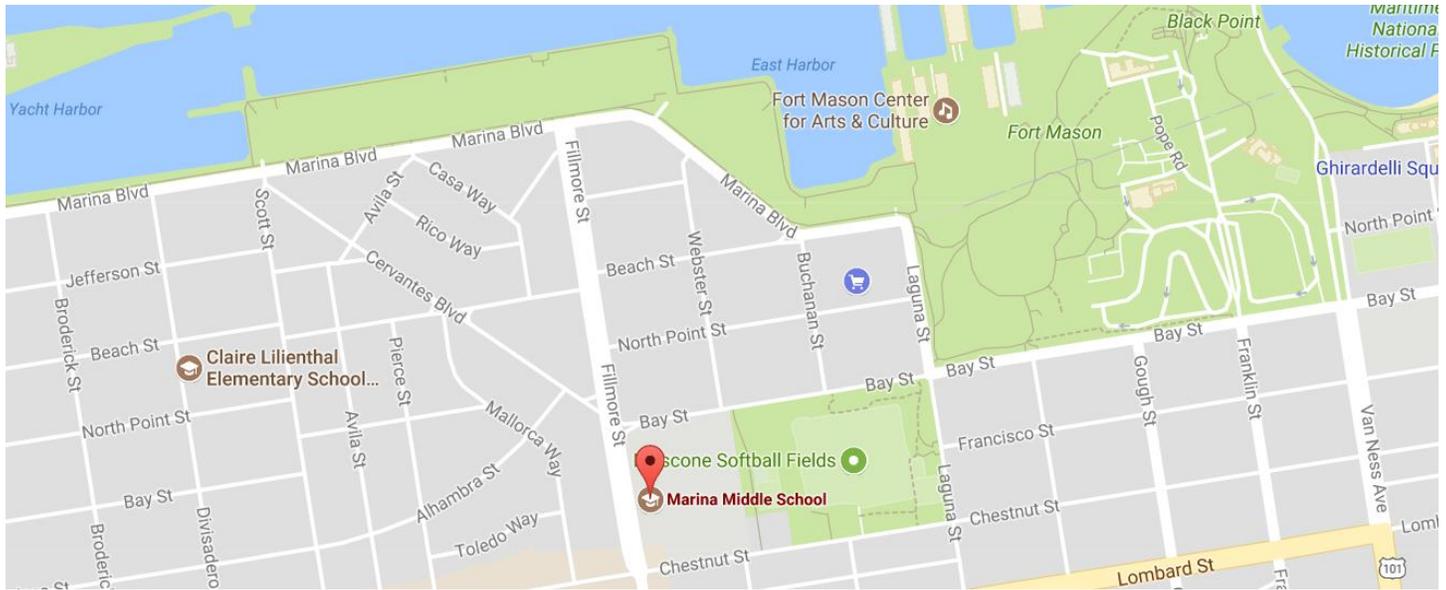
ATHLETES & SPECTATORS

Parking will be available at Marina Middle School on both Saturday and Sunday. The lot will open from 11am – 6pm on Saturday and 4am – 2pm on Sunday.

Parking is free for all athletes and spectators from this location. After you park, there is a short walk down Filmore St. to the transition and finish line areas. Please look for the parking signage which will be at this location.



ESCAPE FROM ALCATRAZ TRIATHLON ATHLETE GUIDE



TIMING, RESULTS, AND AWARDS

TIMING & RACE RESULTS

You MUST use the chip provided to you at packet pick-up. You may NOT use your own chip. Unofficial race timing results receipts will be available prior to the awards presentation. Please report any discrepancy to a USAT official PRIOR to the start of the awards presentation. Athletes who do not wear their chip during the entire event will not be scored and will not receive a finish time. Please note that the clock time at the finish line reflects the race start time of the first swim wave. Full results and splits will be available on our [website](#) within 24 hours.

CHIP RETURN*

If you decide not to race for any reason, the race chips need to be returned to:
Premier Event Management
509 S. Al Davis Road
Suite B
Harahan, La. 70123

*If chips are not received within 10 working days, there will a charge of \$50.00 on the credit card on file.

AWARDS

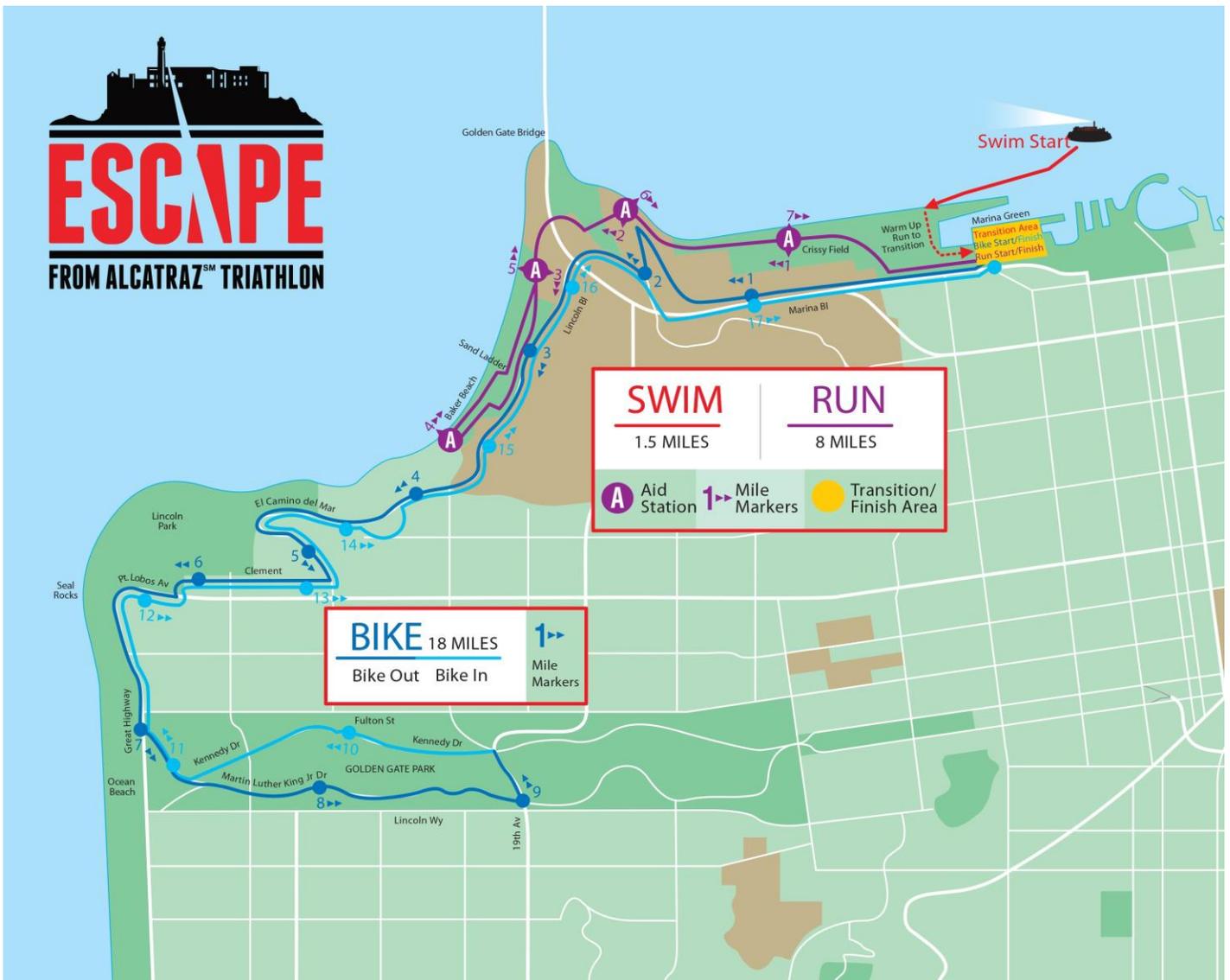
Awards will be given as follows. All award winners will be recognized at the main stage during the awards ceremony. If not present, awards will be mailed out approximately 4-6 weeks after the race.



ESCAPE FROM ALCATRAZ TRIATHLON ATHLETE GUIDE

SUNDAY AWARDS	
Professional	1 st , 2 nd , 3 rd , 4 th & 5 th place – Pro – Male & Female
Corporate Escape	1 st , 2 nd & 3 rd place – Male & Female
Collegiate Escape	1 st , 2 nd & 3 rd place – Male & Female
Olympic Overall	1 st , 2 nd & 3 rd place – Male & Female
Olympic	1 st , 2 nd & 3 rd place – Age Group – Male & Female
Relay	Top 3 Overall Teams

COURSE MAP





RACE DAY CHECK LIST

Be prepared for race day with this recommended check-list. We suggest laying everything out the night before and packing your bag so it is ready to go in the morning.

- Two towels (large and small)
- Water bottles (bottle of water)
- Food (bars and/or gel)
- Swim goggles
- Swim cap (you must wear the cap issued in your race packet)
- Timing chip and strap
- Race bib and race belt (or use safety pins)
- Bike
- Shoes (both biking and running if using two pairs)
- Socks
- Helmet
- Sunglasses
- Wetsuit
- Seat pack (tube, patches, tire levers, multi-tool, co2)
- Running hat
- Body Lubricant (BodyGlide)
- Photo ID/Driver's License (for beer garden)
- Warm-Ups or dry clothes for after the race
- Watch or heart rate monitor
- Inhaler (if applicable)

USAT INFORMATION

DROPPING OUT

If you drop out of the race, it is **IMPERATIVE** that you notify a race official and return your timing chip at the finish line.

PROTESTS

All protests of penalties assessed for rule infractions by USAT officials must be filed with the USAT Head Official within 60 minutes after the protesting individual finishes the race. Judgment calls (e.g., drafting) are not eligible for protest.



UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct or the verbal abuse of any race official or volunteer during any portion of the race or at any time during event weekend will not be tolerated and will result in immediate disqualification.

BIKE TRANSPORT

NEED TO SHIP YOUR BIKE?

TriBike Transport is the Official Bike Transport Partner for the Escape from Alcatraz Triathlon, and they will be offering bike shipping services for all registered athletes



Reserve your spot today [HERE](#).

GET IN TOUCH

ESCAPE FROM ALCATRAZ TRIATHLON – JUNE 8 - 9, 2019

Website: www.escapealcatraztri.com
Facebook: www.facebook.com/EscapeAlcatrazTri
Twitter: www.twitter.com/EscapeAlcatraz
Instagram: www.instagram.com/escapealcatraztri/

RACE PHOTOS & RESULTS

After the race visit www.escapealcatraztri.com/results for race photos and results.





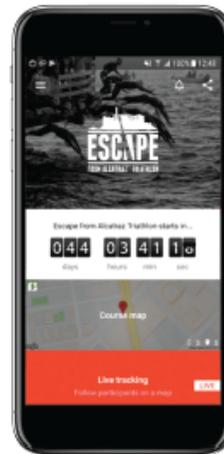
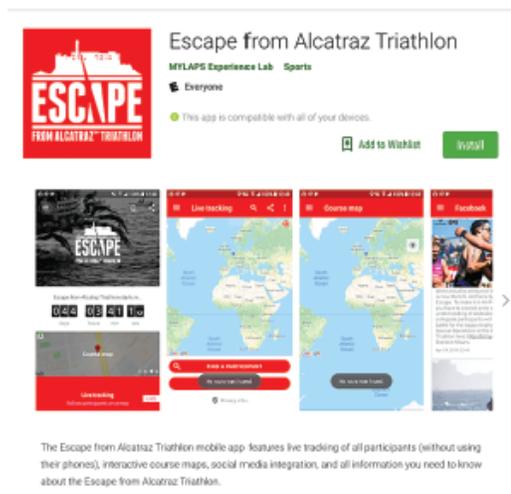
Mobile App

New to 2019, we officially have a live tracking and event information app! Please download prior to race weekend to have all pertinent race information at your fingertips. Encourage your friends and family to download too, so that they can track you on race day!

Note the athlete roster will be uploaded to the app by Wednesday, June 5th, and your name and bib number will be searchable at this time. If you have any issues with the app, please email us at info@escapealcatraztri.com.

ESCAPE | TRIATHLON MOBILE APP

**DOWNLOAD THE ESCAPE FROM ALCATRAZ TRIATHLON MOBILE APP
TRACK YOUR FAVORITE RACERS ON A LIVE, INTERACTIVE COURSE MAP**



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