



## Athletes . . . Welcome to the 2009 Dunedin Triathlon, at Honeymoon Island State Park, Dunedin, FL

We want all of you to have a **SAFE** and enjoyable experience at our triathlon! Mostly, we want it to be a **SAFE** race. Please follow the instructions below for your participation on our wonderful island . . . .

1. General **USAT** rules apply and those specifics can be found on their website: [www.usatriathlon.com](http://www.usatriathlon.com). However, we feel what we have listed below is what you really want to pay close attention to for this race.
2. **Only** athletes participating in this race are allowed in the transition area.
3. **All** athletes must wear a bicycle helmet that is securely fastened **BEFORE** you leave the transition area and kept fastened **UNTIL** you re-enter transition.
4. Passing will be allowed on the bridges this year (weather permitting). However, we caution you to be very careful when crossing the draw bridge's metal grate. Small tires may have a problem when changing lanes or passing slower racers. If it should be raining or there are wet conditions during the bike portion of the race you will be required to WALK your bike over the grated part of the draw bridge.
5. Please be vocal when you are biking. When you want to pass, **CLEARLY** call out "**On your left!!!**" Once you pass, **SAFELY** return to the far right to safely allow racers behind you to approach or pass you.
6. Pay close attention to the announcers prior to and during the event for special notices or race information. The announcers will repeatedly be going over race updates and course information that will help you **SAFELY** compete in the race.
7. There is no drafting on the bike course.
8. During the run, there are areas that are narrow and rocky, please watch your step and call out "**On your left!!!**" when passing.

### **BE AWARE AND KEEP AN EYE OUT WHILE ON THE RACE COURSE!!!**

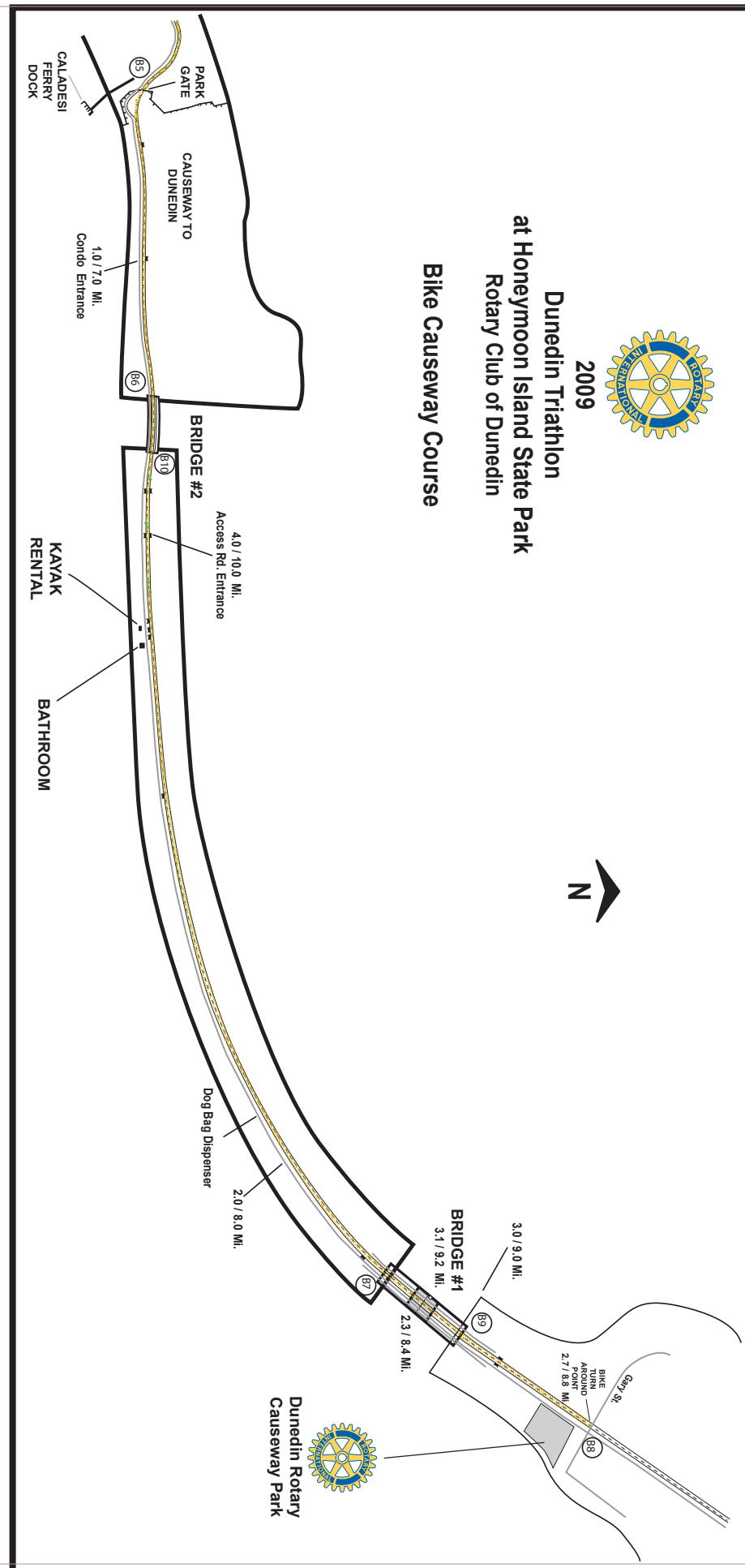
PLEASE, watch for the split in the bike portion of the race as you approach the transition area. Stay in the proper lane – bikes making their **2nd lap of the bike course will stay to the left**, following the marked lane for the 2nd lap. Bikes that have completed BOTH (2) laps will stay to the right and re-enter transition. It is up to you to make sure you complete **BOTH** laps. Athletes who finish the bike course with only one completed lap will be immediately disqualified. Officials will be on the course monitoring this. Please safely slow down when approaching transition, be aware of other bikers and congestion at re-entry to transition.

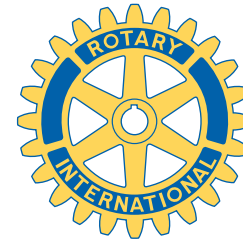
There are some vehicles that must have access to Honeymoon Island at or before 9:30 AM. If you are still on the bike course after 9:30 AM, please watch for car traffic on the course. We will have volunteers along the course to caution you of approaching traffic. However, **you** must pay attention to this possibility. Also, **ALL emergency vehicles have the right of way**, please be aware of emergency vehicles on the course and follow the instructions of course volunteers.

Please see the maps on this form and at registration for the course layout and observe any changes that may have been made due to safety and/or weather conditions.

Thank you and remember . . . **HAVE FUN** . . . we hope to see you again next year!

**The Rotary Club of Dunedin**





HONEYMOON ISLAND  
STATE PARK

**2009  
Dunedin Triathlon  
At Honeymoon Island  
State Park  
Course Layout**

