

# PENDLETON RACES

## HARD CORPS RACE SERIES . COM<sup>®</sup>

### Semper Tri, Devil Dog Duathlon, and the No Beach out of Reach Run Saturday, September 23, 2017

**Ooh Rah!** – Welcome to the Hard Corps Race Series' **Semper Tri/Devil Dog Duathlon/No Beach out of Reach Run**. Think you're HARD CORPS? Read this in its entirety as it contains IMPORTANT race information, directions to the race, parking, and a link to the race waiver and ACU5 access pass.

**Again this year: Bike course is a CLOSED course with no vehicle traffic. Yay!**

#### **Pre-Race Packet Pick Up: Thursday, September 21, 2016, 4:00pm – 7:00pm**

*Endurance House, 401 N Coast Highway, Oceanside (Park at the Oceanside Civic Center one block away due to the Farmers Market)*

- Endurance House has graciously offered to hold a pre-race packet pick-up at their Oceanside Store on Thursday, September 21 from 4:00pm – 7:00pm. We encourage all participants to attend in order to reduce the lines on race morning. (Note: we will still have packet pick-up and registration on race morning from 5:30am – 7:00am).
- Participants will be able to pick up all race gear (bib, timing chip, t-shirt, swim cap) and turn in their race waiver prior to Saturday's event – additionally, we will be accepting registrations for all races
- Please remember to bring a photo ID and your signed race waiver in order to get your race gear. If you are planning to pick-up for another person, please have their signed waiver and a copy of their photo ID with you.
- **Please go to our website to download and print your waiver and download and print your ACU5 access pass.**  
<http://www.mccscp.com/sempertri-devildogdu>

#### **Race Day venue directions - venue parking opens at 5:00am (do not arrive early – you will not be allowed to enter):**

- From I-5, exit Camp Pendleton - Oceanside/Harbor Drive and enter through the main gate. Once on base go straight for a mile and make a left on Stuart Mesa/Ash Road and then follow "RACE EVENT" signs to ACU-5. If coming from the North, please exit Pulgas Road and enter the base through our Pulgas Gate then turn right on Stuart Mesa Road. NOTE: the Pulgas Gate will closed at 7:00am to accommodate road closures for the race. If you come after 7:00am, you will need to enter through the main gate.
- If you arrive at the venue after 7:15am, you will be required to park on Stuart Mesa road and walk 1-mile to the venue as the bridge will be closed for the race.
- Allow 30 min from the base gates to the race site. When aboard the base, please follow all posted speed limits. Bring a valid driver's license, proof of insurance and vehicle registration for yourself and a valid ID for all passengers. Carpooling is highly encouraged!

#### **Race morning:**

- ACU-5 gate opens at 5:00am (do not arrive earlier, you will not be allowed to enter)
- Day of Packet pick-up and registration is from 5:30am – 7:00am
- Transition area opens at 6:00am
- Beach opens at 6:30am
- Transition area closes at 7:25am (all participants must exit for race start)
- Start for triathlon (10 waves): 7:30am – 8:15am
- Start for duathlon (2 waves): 8:20am and 8:25am
- Start for 7K fun run: 8:30am
- Transition area re-opens for athlete post-race exit at approximately 9:30am
- Transition area breakdown; all bikes and gear must be removed by 12:00pm

**Triathlon Start Waves: SUBJECT TO CHANGE**

- 7:30 Men 24 & under, all challenged athletes (ORANGE)
- 7:35 Men 25-29 (YELLOW)
- 7:40 Men 30-34 (LIGHT BLUE)
- 7:45 Men 35-39 (SILVER)
- 7:50 Men 40-44 (LIME GREEN)
- 7:55 Men 45-49 (WHITE)
- 8:00 Men 50+ (RED)
- 8:05 Women 29 & under (PINK)
- 8:10 Women 30-39 (LIME GREEN)
- 8:15 Women 40+ (RED)

**Duathlon Start:**

- 8:20 Male duathlon participants (NO CAP)
- 8:25 Female duathlon participants (NO CAP)

**7K Fun Run Start:**

- 8:30 All ages/genders (NO CAP)

**Transition Area and Rules:**

- Transition area is first come, first served, by wave start. Look for your wave # sign and rack your bike accordingly. Your wave start is printed on your race bib.
- Only participants are allowed down the boat ramp to the transition area – no spectators are allowed down the ramp.
- Please rack your bike by its seat and alternate every other direction to maximize space
- Timing chip worn on the LEFT ankle
- Running bib must be worn on front of chest/stomach
- Bike number should be attached to the bike frame
- Place the helmet sticker on front of your helmet
- When you are riding your bike (during the race or any other time), your helmet must be on – this is mandatory and required while on Marine Corps Base Camp Pendleton
- For your safety and the safety of others, no headsets allowed during the event – base rules
- Body marking will take place as you enter transition to rack your bike

**Spectators:**

- We have spectator bleachers on the bluff for viewing the swim and transition area.
- Other viewing areas are located throughout the immediate venue behind fencing.
- Please be cautious of cyclist – do not cross the bike portion of the course.

**See you at the start line!**

[www.hardcorpsraceseries.com](http://www.hardcorpsraceseries.com)  
[info@hardcorpsraceseries.com](mailto:info@hardcorpsraceseries.com)

760-725-RACE