

PENDLETON RACES

HARD CORPS RACE SERIES . COM[®]

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 but please ride with your head up and be cautious of any race staff, bike mechanics, or emergency services vehicles that will be on the course.

Pre-Race Packet Pick Up: Thursday, September 21, 2017, 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) prior to Saturday's event. Additionally, we will be accepting registrations for all races
- Please remember to bring a photo ID in order to get your race gear. If you are planning to pick-up for another person, please have a copy of their photo ID with you.
- **Please go to our website to 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 – 8:00am
- 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 – do NOT stand on any of the dirt berms or vegetation areas and be cautious of snakes and other wildlife.
- Please be cautious of cyclist in the venue area – do not cross the bike portion of the course.

See you at the start line!

www.hardcorpsraceseries.com
info@hardcorpsraceseries.com
760-725-RACE