



Janos Schmidt

# ELITE ATHLETE GUIDE

OCTOBER 7-8, 2017 • SARASOTA-BRADENTON, FL





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## TABLE OF CONTENTS

Welcome from ITU President Marisol Casado.....	4
Welcome from USA Triathlon President Barry Siff and USA Triathlon CEO Rocky Harris.....	5
Welcome from Sunocast Aquatic Nature Center Associates, Inc., President and CEO Stephen Rodriguez.....	6
1. General Information.....	7
2. Venue Information.....	8
3. Accomodations.....	9
4. Transportation.....	10
5. Training.....	10
6. Accreditation.....	11
7. General Competition Information.....	11
8. Website and Live Coverage.....	13
9. About USA Triathlon.....	13
10. Schedule.....	14
11. Venue Map.....	15
12. Course Map.....	16





## Welcome from ITU President Marisol Casado

Greetings and welcome to the 2017 Sarasota-Bradenton ITU World Cup and Paratriathlon World Cup.

It is with great pleasure that I want to welcome Sarasota into the extensive ITU World Cup family, and also ITU Paratriathlon World Cup. This beautiful city has been organizing triathlon races for a while, and has proven itself to be a setup both athletes and spectators enjoy very much, and that's one of the main reasons of upgrading the event to become one of the 15-stops World Cup circuit this year.

With a number of talented athletes from around the world descending on the city, it promises to be a show-stopping weekend. The races will take place at the famous Nathan Benderson Park, a competitive and fast course both for elite triathletes and paratriathletes. We trust this year will provide another exciting atmosphere with plenty of action-packed triathlon entertainment.

Located on the southwestern coast of Florida, Sarasota is renowned for its cultural and environmental amenities, resorts and brilliant, white sandy beaches. With breathtaking sunsets over the Gulf of Mexico, this stunning city is a fantastic spot to host a World Cup and we are expecting an exciting atmosphere with plenty of outstanding performances.

I would like to extend my sincere gratitude to USA Triathlon, the city of Sarasota, the local organizing committee, volunteers and ITU staff for helping to stage what I'm sure will be another fantastic ITU event.

Overall, I encourage everyone to enjoy the beautiful city of Sarasota and the spectacle of ITU triathlon at its best.

Have a wonderful weekend and enjoy the season!

Sincerely,



Marisol Casado  
President, International Triathlon Union (ITU)  
IOC Member



# Welcome from USA Triathlon President Barry Siff and CEO Rocky Harris

Dear Athletes,

On behalf of USA Triathlon, we are proud to welcome you to the ITU Triathlon World Cup in Sarasota-Bradenton, Florida. Sarasota has hosted ITU Continental Cups and age-group triathlons for many years, but is a first-time host on the World Cup circuit. We couldn't ask for a more beautiful race venue than Nathan Benderson Park, and we look forward to showcasing the talents of some of the world's fastest triathletes. The ITU Triathlon World Cup is one part of the larger Sarasota-Bradenton Triathlon Festival, which also features an ITU Paratriathlon World Cup, a women's collegiate competition and two age-group races.

As you chase medals on the international stage, we hope the cheering and support of the wider triathlon community will inspire you to give an extra ounce of effort. For U.S. elite athletes, the ITU Triathlon World Cup will also double as the USA Triathlon Elite National Championships. With national titles and World Cup medals on the line, we are sure to see an exciting and fast-paced Olympic-distance race.

USA Triathlon and our local organizing committee, the Suncoast Aquatic Nature Center Associates, Inc. (SANCA), have worked diligently to ensure that all competitors have a fantastic experience here at Nathan Benderson Park. USA Triathlon would like to thank the many individuals and groups in the community and elsewhere who helped to make this event possible: The International Triathlon Union, SANCA, Nathan Benderson Park, the communities of Sarasota and Bradenton, Sarasota and Manatee Counties, Sarasota Police and Fire Departments, Manatee County, Benderson Development, USA Triathlon staff and volunteers.

We would also like to thank the corporate partners and local sponsors of the Sarasota-Bradenton Triathlon Festival, who have worked hard to make this weekend of racing a success. We are grateful for their support and commitment to the multisport lifestyle.

Thank you for joining us for this inaugural World Cup event, and best wishes for a successful and memorable race. We hope you take some time to celebrate your accomplishments after the race to enjoy all that Sarasota has to offer.

Sincerely,



Barry Siff  
President, USA Triathlon  
ITU Executive Board Member



Rocky Harris  
CEO, USA Triathlon



# Welcome from SANCA President and CEO Stephen Rodriguez

On behalf of the Suncoast Aquatic Nature Center Associates, Inc. at Nathan Benderson Park, it is my pleasure to welcome you to the Sarasota-Bradenton ITU Triathlon World Cup in sunny Sarasota, Florida!

We are excited to be part of this elite event and to cheer on triathletes from not only the United States, but from around the world.

The Sarasota-Bradenton area is an ideal location for both competition and relaxation. With beautiful weather year-round, it's natural to want to explore the outdoors and what our area has to offer. While you are here, we hope you check out our award winning white sand beaches, arts and cultural hot spots, and bustling nightlife. We have an abundance of shopping nearby and a variety of different open-air activities to choose from both at Nathan Benderson Park and throughout the surrounding area.

We anticipate this to be a fantastic event taking place here at Nathan Benderson Park with exciting competition in all categories. We wish the best of luck to all athletes competing and hope you have a great time visiting Nathan Benderson Park and the Sarasota-Bradenton area!

Good luck!



Stephen V. Rodriguez  
President & CEO  
Suncoast Aquatic Nature Center Associates, Inc. at Nathan Benderson Park





# 1. GENERAL INFORMATION

The purpose of the Athlete Guide is to ensure athletes and team officials are well informed about all procedures concerning the 2017 Sarasota-Bradenton ITU Triathlon World Cup.

## 1.1 KEY DATES

EVENT	DATE	TIME	LOCATION
Elite Athlete Press Conference	Thursday, Oct. 5	16:30	Nathan Benderson Park Finish Tower - Floor 2
Elite Athlete Briefing	Thursday, Oct. 5	18:00	Nathan Benderson Park
Elite Athlete Pasta Dinner	Thursday, Oct. 5	19:00	Nathan Benderson Park
Elite Athlete Bike Familiarization	Friday, Oct. 6	10:00	Nathan Benderson Park
Elite Athlete Swim Familiarization	Friday, Oct. 6	10:45	Nathan Benderson Park
Sarasota-Bradenton ITU Triathlon World Cup: Elite Women	Saturday, Oct. 7	13:00	Nathan Benderson Park
Sarasota-Bradenton ITU Triathlon World Cup: Elite Men	Sunday, Oct. 8	14:30	Nathan Benderson Park

## 1.2 KEY CONTACTS

Leslie Buchanan	Team Leader	leslie.buchanan@triathlon.org
Janice Turner	Technical Delegate	nowjaniceturner@gmail.com
Dr. Paul Lento	Medical Delegate	paul.lento4@gmail.com
Sarah Kupiec	Local Organizing Committee	sarah@sanca.us
Brian D'Amico	Race Director	brian.damico@usatriathlon.org
Nick Cannavo	Athlete Transportation	nick@sanca.us
Cody Crowther	Athlete Accommodations	cody.crowther@usatriathlon.org
Caryn Maconi	USA Triathlon Media Contact	caryn.maconi@usatriathlon.org
Chelsea White	ITU Media Contact	chelsea.white@triathlon.org
Meredith Lee	Athlete Services	meredith.lee@usatriathlon.org
Craig Hanken	Technical Operations	craig.hanken@usatriathlon.org



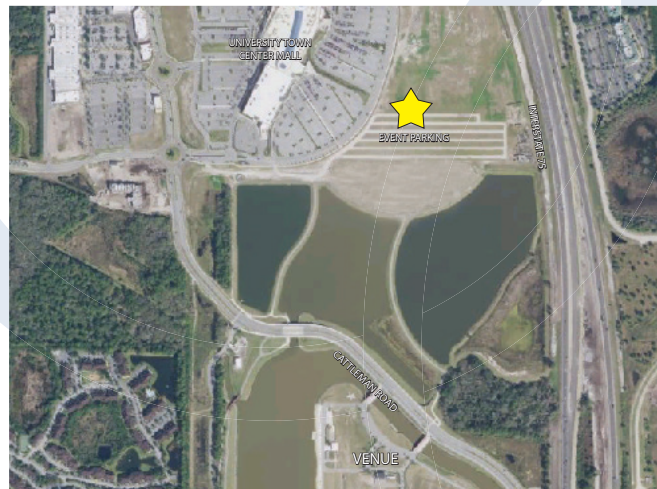
## 2. VENUE

### 2.1 VENUE

The venue is located at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota, FL 34235.

### 2.2 PARKING

Parking on the island is allowed before the first race of the day begins. Individuals parking on the island will be required to pay \$5 and will not be able to leave until the last race of the day. An alternate parking location is available north of the park to the east of the Mall at University Town Center or a fee of \$5.



### 2.3 ELITE ATHLETE LOUNGE

Facilities including the Athlete Lounge and restrooms are located behind the Finish Tower. Sealed bottles of water are available for elite athletes prior to the race in the Athlete Lounge.

### 2.4 ANTI-DOPING CONTROL

Anti-doping control will be performed according to the ITU/WADA rules. In-competition tests will be conducted on the third floor of the Finish Tower at Nathan Benderson Park.

### 2.5 MEDICAL SERVICES

First Aid and Emergency Medical Services will be available to everyone requiring medical assistance at the venue on the competition days, from the time of the transition area opening until the last bikes are checked out after the competitions, as well as during the open water swim training.

Medical and paramedical personnel from Sarasota County will be available throughout the competitions. Ambulances will be available to provide emergency transfer to hospitals. The Medical Tent will be located on-site near the Athlete Lounge. Only Team Medical Doctors with accreditations will be able to access these areas. Accreditations for Team Medical Doctors are given after the Athlete Briefing by the ITU Medical Delegate.

Medical services at the venue are free of charge. Any ambulance transport to or treatment at clinics and practices is to be paid by the participants. Athletes/teams should ensure they have appropriate medical insurance documentation with them at the race venue.

Proper medical care can be received at:

Sarasota Memorial Urgent Care Center  
5360 University Parkway  
Sarasota, FL 34243

Sarasota Orthopedic Associates  
Paul Lento, MD  
6230 University Parkway





## 2.6 BIKE MECHANIC SERVICES

Village Bikes will offer a comprehensive Bike Mechanic Support in the Expo Village at the race site during the following dates/times:

- Friday, Oct. 6: 9:30-12:00
- Saturday, Oct. 7: 5:30-18:00
- Sunday, Oct. 8: 5:30-15:30

For service outside these hours, please contact Ed Levin at 941-388-0550.

**Village Bikes Location:** 8111 Lakewood Main Street, Lakewood Ranch, FL 34202  
Store Hours: Monday-Friday 10:00-18:00, Saturday 9:00-17:00, Sunday 12:00-16:00

## 2.7 INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Nathan Benderson Park main offices.

Contact: Meredith Lee  
Event Information Tent  
Address: 5851 Nathan Benderson Circle, Sarasota, FL 34235  
Email: [meredith.lee@usatriathlon.org](mailto:meredith.lee@usatriathlon.org)

Hours: Thursday 12:00-20:30., Friday 10:00- 16:00, Sat. and Sun. 10:00-12:00

## 2.8 SECURITY

A private security company will be responsible for the venue security, and community police and field of play marshals will patrol around the field of play. Police will manage the road closures and the traffic around the course.

## 2.9 MASSAGE SERVICES

Massage therapists are available on call during the whole week. Athletes may reserve a 30-60 minute session with the therapist at their own costs. Services include medi-cupping, mps, myofascial release, acupressure, active isolated stretching, structural energetic therapies and more. For more information, please contact the Information Center/ LOC Office.

# 3. ACCOMMODATIONS

Access hotel booking with special pricing for athletes and coaches by [clicking here](#). The official hotels, where information boards will be updated throughout the week, are as follows:

- Homewood Suites - 305 N Cattlemen Rd, Sarasota, FL 34243
- Courtyard by Marriott - 8305 Tourist Center Dr, Bradenton, FL 34201
- La Quinta Inn - 931 Commercial Way, Sarasota, FL 34232
- Hampton Inn & Suites - 8565 Cooper Creek Blvd, Bradenton, FL 34201
- Holiday Inn Lakewood Ranch - 6231 Lake Osprey Dr, Sarasota, FL 34240



### 3.1 BANKS

The nearest banks are at the following locations:

- Wells Fargo Bank - 8410 Market St, Bradenton, FL 34202
- SunTrust Bank - 6135 Exchange Way, Bradenton, FL 34202
- Chase Bank - 6145 Exchange Way, Lakewood Ranch, FL 34202
- BB&T - 5720 Fruitville Rd, Sarasota, FL 34232

### 3.2 RESTAURANTS, SUPERMARKETS AND PHARMACIES

Nearby supermarkets and pharmacies:

- Target - 101 N Cattlemen Rd, Sarasota, FL 34243
- Publix - 5391 Fruitville Rd, Sarasota, FL 34232
- Publix - 2875 University Pkwy, Sarasota, FL 34243
- Winn-Dixie - 5400 Fruitville Rd, Sarasota, FL 34232
- Walgreens - 3155 University Pkwy, Sarasota, FL 34243 (PHARMACY ONLY)

Nearby restaurants:

- BurgerFi - 57 N Cattlemen Rd #90, Sarasota, FL 34243
- Panera - 15 N Cattlemen Rd, Sarasota, FL 34243
- California Pizza Kitchen - 192 N Cattlemen Rd Unit 1, Sarasota, FL 34243
- Chipotle - 97 N Cattlemen Rd, Sarasota, FL 34243
- Fresh Kitchen - 8491 Cooper Creek Blvd #101, Bradenton, FL 34201

## 4. TRANSPORTATION

The LOC will provide transportation for the top 5 male and female elite athletes between the airport and team hotel. Please contact Nick Cannavo for reservations at [nick@sanca.us](mailto:nick@sanca.us).

## 5. TRAINING

### 5.1 SWIM TRAINING

Pre-competition swim training will take place based on the detailed schedule within this document.

#### POOL LOCATIONS

LA Fitness (25m Indoor Pool)

- Location: 502 Cooper Creek Blvd, University Park, FL 34201
- Operating hours: Monday-Friday 5:00-23:00, Saturday-Sunday 8:00-20:00
- Entrance fee: \$20 for 30-day membership (for use of pool and facility except from 9:00-10:00)
- Please note: There are no pre-reservations available.

YMCA Selby (50m Outdoor Pool)

- Location: 8301 Potter Park Dr, Sarasota, FL 34238
- Operation hours: Monday-Friday 8:00-13:00
- Entrance fee: \$7 per athlete
- Please note: There are no pre-reservations available.



## 5.2 BIKE TRAINING

Training routes are available on roads around the city. The roads are not closed from traffic. Athletes are cycling at their own risk, and traffic rules are to be followed.

## 5.3 RUN TRAINING

Nathan Benderson Park has a paved 5k loop around the park.

## 5.4 ORGANIZED COURSE FAMILIARIZATION

### SWIM

Swim familiarization for elite athletes will take place from 10:45-11:15 on Friday, Oct. 6. Swimming in the lake at any other time is strictly forbidden.

### BIKE

Bike course familiarization for elite athletes will take place from 10:00-10:30 on Friday, Oct. 6. Athletes should meet at the transition area.

## 6. ACCREDITATION

LOC will provide all athletes, coaches, team medical and technical officials with an official event accreditation badge according to the ITU Event Operational and Technical Requirements.

Accreditation badges will be distributed during the official registration after the Athlete Briefing.

Only accredited persons will be allowed to access certain areas at the venue. Accreditation badges are number-coded and provide access to specific areas of the competition venue. All accredited persons must carry their accreditation badge with them at all times and be prepared to show it upon request.

## 7. GENERAL COMPETITION INFORMATION

### 7.1 COMPETITION RULES

The Sarasota-Bradenton ITU Triathlon World Cup will follow the latest published Competition Rules of the International Triathlon Union, located at [triathlon.org/about/downloads/category/competition\\_rules](http://triathlon.org/about/downloads/category/competition_rules).

### 7.2 WEATHER CONDITIONS

The climate in Sarasota/Bradenton, Florida in October is between 18-29°C (64-85°F) and low precipitation. The heat stress index will be monitored during the competition days.

### 7.3 RESULTS

Online results will be provided live on [triathlon.org](http://triathlon.org). All results will also be posted on the information board in the Athlete Lounge at Nathan Benderson Park as they are available.





## 7.4 PROTEST AND APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

## 7.5 PRIZE MONEY

Prize money will be distributed based on the following criteria:

RANK	MEN	WOMEN
1st	7,500 USD	7,500 USD
2nd	6,000 USD	6,000 USD
3rd	4,500 USD	4,500 USD
4th	3,000 USD	3,000 USD
5th	2,100 USD	2,100 USD
6th	1,800 USD	1,800 USD
7th	1,500 USD	1,500 USD
8th	900 USD	900 USD
9th	675 USD	675 USD
10th	525 USD	525 USD
11th	450 USD	450 USD
12th	375 USD	375 USD
13th	300 USD	300 USD
14th	225 USD	225 USD
15th	150 USD	150 USD

## 7.6 COURSE INFORMATION

### WARM-UP

Athletes may not warm up on the course on competition days due to use by other events. Swim warm-up time and location will be provided at the Athlete Briefing prior to the competition. Run warm-up can be done on the path east of Nathan Benderson Park, but off the field of play.

### START

Athletes will start from a pontoon and stand in a starting position 70cm wide. The Race Referee, with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

### SWIM COURSE

The swim loop is 750m long, and athletes will complete two laps. The first turn is set at a distance of 250m. The average water temperature in the lake in October will be between 19-21°C (66-70°F). You will find daily information about the water temperature on the information board in the official hotels listed on page 8. The official water temperature will be taken one hour before each race start and posted in the Athlete Lounge and announced via the public address system.



## 7.6 COURSE INFORMATION (CONT.)

### BIKE COURSE

Generally flat profile. There are six laps of 6.1km each. Road surfaces are paved and of high quality.

### WHEEL STATIONS

Two wheel stations will be located on the bike course: one before the exit from the island on to Cattleman Rd. (team wheels) and one on the bike course at the southern edge of the park (neutral wheels). Team wheels must be checked-in and out at the Athlete Lounge.

### RUN COURSE

Generally flat course, with four out-and-back laps of 2.5km.

### AID STATIONS

Three aid stations are located on the run course each lap, separated by approximately 1500m. Sealed water bottles will be given. Please note that littering zones will be applicable on the run course.

### PENALTY BOX

The penalty box is located left side of the run course, 300m before the finish line.

## 8. WEBSITE AND LIVE COVERAGE

### 8.1 EVENT WEBSITE

Additional information, detailed course maps, start lists and final results are available online at [triathlon.org/events/event/2017\\_sarasota\\_itu\\_triathlon\\_world\\_cup](http://triathlon.org/events/event/2017_sarasota_itu_triathlon_world_cup). For more information about the full weekend of elite, paratriathlon, collegiate and age-group racing at the Sarasota-Bradenton Triathlon Festival, visit [usatriathlon.org/2017sbtrifest](http://usatriathlon.org/2017sbtrifest).

### 8.2 LIVE COVERAGE

Follow [@TriathlonLive](https://twitter.com/TriathlonLive) on Twitter for live coverage of the elite races at the Sarasota-Bradenton ITU Triathlon World Cup.

## 9. ABOUT USA TRIATHLON



USA Triathlon is proud to serve as the National Governing Body for triathlon, as well as duathlon, aquathlon, aquabike, winter triathlon, off-road triathlon and paratriathlon in the United States. Founded in 1982, USA Triathlon sanctions more than 4,300 races and connects with nearly 500,000 members each year, making it the largest multisport organization in the world. In addition to its work with athletes, coaches, and race directors on the grassroots level, USA Triathlon provides leadership and support to elite athletes competing at international events, including International Triathlon Union (ITU) World Championships, Pan American Games and the Olympic and Paralympic Games. USA Triathlon is a proud member of the ITU and the United States Olympic Committee (USOC).

## 10. SCHEDULE

### THURSDAY, OCTOBER 5, 2017

EVENT	TIME	LOCATION
Information Desk	12:00-20:30	Expo Village, Venue
Elite Press Conference	16:30-17:00	Finish Tower - Floor 2, Venue
Elite Briefing	18:00-18:30	Athlete Lounge, Venue
Athlete Pasta Dinner	19:00-20:30	Venue

### FRIDAY, OCTOBER 6, 2017

EVENT	TIME	LOCATION
Bike Mechanic Service	7:30-12:00	Expo Village, Venue
Information Desk	10:00-16:00	Expo Village, Venue
Elite Bike Familiarization	10:00-10:30	Elite Transition, Venue
Elite Swim Familiarization	10:45-11:15	Swim Pontoon, Venue

### SATURDAY, OCTOBER 7, 2017

EVENT	TIME	LOCATION
Bike Mechanic Service	5:30-18:00	Expo Village, Venue
Information Desk	10:00-12:00	Expo Village, Venue
Elite Women Lounge Open	11:30-12:30	Athlete Lounge, Venue
Elite Women Transition Open	11:45-12:45	Elite Transition, Venue
Elite Women Swim Warm-Up	12:15-12:45	Swim Pontoon, Venue
Elite Women Athlete Line Up & Introduction	12:50	Swim Pontoon, Venue
Elite Women Start	13:00	Swim Pontoon, Venue
Elite Women Awards Ceremony	15:30	Awards Platform, Venue

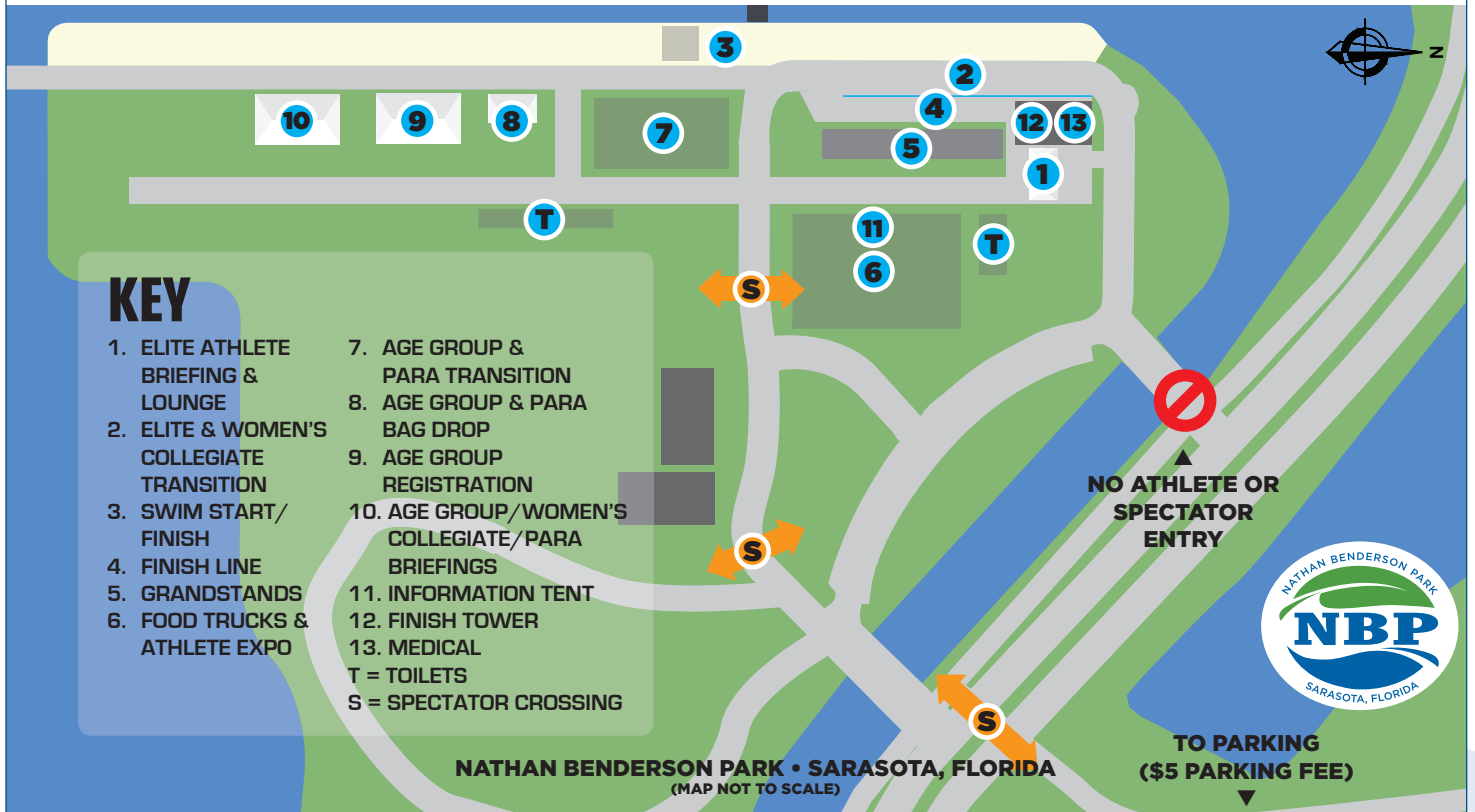
### SUNDAY, OCTOBER 8, 2017

EVENT	TIME	LOCATION
Bike Mechanic Service	5:30-15:30	Expo Village, Venue
Information Desk	10:00-12:00	Expo Village, Venue
Elite Men Lounge Open	13:00-14:00	Athlete Lounge, Venue
Elite Men Transition Open	13:15-14:15	Elite Transition, Venue
Elite Men Swim Warm-Up	13:45-14:15	Swim Pontoon, Venue
Elite Men Athlete Line Up & Introduction	14:20	Swim Pontoon, Venue
Elite Men Start	14:30	Swim Pontoon, Venue
Elite Men Awards Ceremony	16:45	Awards Platform, Venue



OCTOBER 7-8, 2017

# VENUE



Wagner Araujo

OCTOBER 7-8, 2017

**ELITE**

1500M SWIM - 2 LAPS  
 36.6K BIKE - 6 LAPS  
 10K RUN - 4 LAPS

LEGEND:  
 BIKE COURSE = RED  
 RUN COURSE = PURPLE



**ISLAND DETAIL**



NATHAN BENDERSON PARK • SARASOTA, FLORIDA  
 (MAP NOT TO SCALE)



Janos Schmidt