



PORTOFINO TRI SERIES

A TEAM MPI EVENT

PRESENTED BY



Dear Portofino Sunset Tri Series Athletes:

Welcome to Team MPI's sixth annual PORTOFINO TRI SERIES. If you are reading this, you've most likely signed up for the race, so congratulations, you are going to have a wonderful time!

It is our goal to provide you with the best possible race experience. Your safety before and during the race is Team MPI's leading concern.

The information contained in this guide will assist you in preparing for the race. Please carefully review this document so you will have a full understanding of what to expect on race day.

By combining your understanding of the race rules, equipment, and event timeline and MPI's dedication to your safety this will be a successful and enjoyable event for all athletes and their supporters.

The event will take place at the Portofino Island Resort on Pensacola Beach, Florida. The venue is near ideal for this inaugural event. Team MPI has worked closely with the Santa Rosa Island Authority, Escambia County Sheriff's Office, USAT, and Premier Island Management Group to be able to use such a beautiful venue for Thursday evening.

Whether this is your first triathlon or fiftieth, we hope that your experience at the PORTOFINO TRIATHLON SERIES is truly unforgettable. Good luck in the race and we'll see you at the finish line!Coaches

John and Mark
Race Directors



ARRIVAL TO PORTOFINO:

- Portofino is located 4 miles to the EAST of the traffic light on Pensacola Beach, look for the FIVE IDENTICAL HIGH-RISE TOWERS on the EAST end of Santa Rosa Island.
- Athletes are not allowed to park on Portofino grounds unless they are Portofino owners or members of the Club Portofino with appropriate credentials.
- Please park alongside the beach road (399) or in the public lots on the Gulf side of 399. There is a map located on the website: www.TeamMPI.com.
- Please allow adequate time to walk from the public lots to the race site.
- Upon entering Portofino Island Resort, proceed toward the LIFESTYLE CENTER, a tent and the MPI wind feather will mark the location of check-in.

CHECK-IN / PACKET PICK-UP:

- Athlete check-in:
 - THURSDAY NIGHTS: will be from 5:00pm until 6:00pm on the date of the race ONLY. Exceptions are for those races starting 15 minutes earlier as noted on website.
 - SATURDAY MORNINGS: will be from 5:30am until 6:30am on the date of the race ONLY.
- Athletes must provide valid PHOTO ID at time of check-in on race day.
- Body numbering will include the athlete race number (#1-70) marked on each bicep/shoulder.
- Athletes will be given a wristband to wear during the event; this will identify them as a registered athlete.
- Numbered Bib, Bike Sticker & Swim Cap will be provided to each athlete. Swim cap must be worn during swim, bike sticker must be affixed to bike and the numbered Bib must be worn on the run (and can be on the bike) - either safety pinned on the front of your top or affixed to a racing belt.
- A map of the course will be available at the check-in table, please take time to review the critical turn points. It is also on the website: www.TeamMPI.com.
- If you have any questions specific to triathlon please ask the MPI coaches.

TRANSITION AREA:

- Transition will be open for gear/bike set-up from 5:00pm until 6:15pm (Thursdays) or 5:30am until 6:45am (Saturday Mornings).
- Only athletes and race volunteers will be allowed into transition.
- Athletes are not allowed to start riding bikes until they have completely exited transition and crossed the **MOUNT LINE**.
- Athletes are not allowed to not enter transition on their bikes; they must walk their bikes into transition once they have crossed the **DISMOUNT LINE**.
- Please respect the equipment of all athletes, if you have a question please ask race staff.
- Bike racks will NOT be numbered, so you may pick any place you'd like to "rack" your bike. Please note that we allow seven (7) bikes per rack.
- Race staff will monitor the transition area during the event, but please consider local weather conditions when deciding which personal items to leave in transition (rain, humidity, heat, sun).
- Restroom facilities will be available in the Portofino Island Resort Lifestyle Center (adjacent to the transition area).

CLIMATE:

- Please check Team MPI's Facebook page for status updates in the event of adverse weather.
 - Lightening will cause a delay and possible cancellation of the event.
 - Rain and wind will NOT cancel the event unless a tropical system is present.
- It is anticipated that these events will be HOT and HUMID, please hydrate accordingly.
- There will be water on the run course (at the turnaround point) and in transition.
- Bug spray will be available at athlete check-in.
- Iced-towels will be available in the BIKE TO RUN TRANSITION and at the FINISH LINE.
 - Please return the towels to the bucket after use as we will wash and re-use these towels.

REFRESHMENTS:

- Post-race refreshments and light-snacks will be provided.
- If you desire something of more substance please visit the Terrazzo Grille and outdoor bar on the pool deck of the Lifestyle Center.
 - Portofino Island Resort is a "CASHLESS" resort, please be ready to purchase any adult beverages and food with a credit card.

PRE-RACE BRIEF:

- At 6:10pm (Thursdays) and 6:40am (Saturdays), race organizers will give the pre-race mandatory brief at transition. Please be ready to LEAVE for the water at the end of the brief.
- Athletes will walk toward the swim start at 6:15pm (6:00pm for those races starting 15 minutes earlier as noted on website) or 6:45am for Saturday Morning races by following the TRANSITION path which will be used for the SWIM TO BIKE TRANSITION, please familiarize yourself with portion of the course.
- Once at the start location a final few announcements will be made and then race will follow the National Anthem.
- There may be TWO WAVES which will be explained at race briefing.

SWIM COURSE:

- There will be safety personnel in a water craft.
- If you need assistance while in the water please raise your arm out of the water and notify the nearest lifeguard.
- Swim caps are required (supplied in race packet).
- The swim course will be a "point-to-point" swim (start and finish are roughly 160 yards apart) with an MPI buoy marking the furthest point from shore.
- Wetsuits will only be allowed if water temp is 78° or colder.

TRANSITION:

- Please mind parking lot traffic within Portofino Island Resort, race staff will attempt to minimize any disruptions to the race.
- Respect the MOUNT and DISMOUNT lines.
- The race course (including the beginning and end of the bike course) are OPEN TO TRAFFIC, please ride with all the caution you would practice while on a solo training ride.
- Please return your bikes to the appropriate rack upon completing the bike portion of the event.

BIKE RULES:

- THIS IS AN OPEN COURSE; OBEY ALL TRAFFIC RULES AND YIELD TO TRAFFIC ON THE U-TURNS AT THE WEST AND EAST ENDS OF THE BIKE COURSE.
 - Failure to comply with traffic laws and failure to yield to traffic may result in the termination of the Portofino Sunset Tri series, please consider this while competing.
 - There are not traffic lights on the course, please be wary of side streets along Via De Luna.
- Volunteers with ORANGE traffic flags and ORANGE traffic vests will be present at the U-turn portions of the course, please adjust your speed accordingly so you can execute the turns safely.
- Always ride your bike on the RIGHT side of your lane.
- Always pass on the LEFT side of the cyclist in front of you, never on the right.
- Do not cross the yellow median line.
- Bikes must have BAR END PLUGS (or time trial bar equivalent), spare plugs will be available at athlete check-in.
- Always wear your helmet whenever you are on your bike and remember to keep the chinstrap securely fastened.
 - Before and after the event helmets are required when riding to and from the race site from parking into Portofino Island Resort.

RUN RULES:

- The run course is an out-and-back design with a volunteer-monitored turn cone.
- All athletes must run to the turn cone in order to register as an official finisher.
- Water will be available at the turn point of the run (0.75 mile marker).
- If you take water, please do not litter, leave the cup close to the volunteer so as to allow for convenient clean up after the event.

TIMING AND RESULTS:

- Athletes will receive their overall timing and individual splits (swim, bike, run and transitions) from Gulfsport Timing
- Results will be tabulated and should be available shortly after the event and will be posted the day following the event at TeamMPI.com
- Results will be submitted to USAT.

SPORTSMANSHIP:

- Good sportsmanship is required and expected of all athletes and their supporters.
- Please do not litter at the race site, use trash receptacles.
- Bandit athletes are prohibited; this carries a USAT penalty of a BAN and will be enforced.
- Please stick around to cheer on the other athletes, for many this may be their first multisport event.
- Take time to socialize before and after the event, there is no better way to cultivate the sport locally.

RACE NUMBERS:

- There will be bike and bib numbers for the series along with body numbering.
- You MUST be body numbered with your race number in order to track your finish accurately.

GIVEAWAYS:

- After the race there will be giveaways from the race sponsors, this will be based upon your assigned athlete numbers.
- Winners will be notified and can coordinate pick-up of their items.

ATHLETE INFORMATIONAL VIDEO:

- Will be posted on www.TeamMPI.com
- Encompasses all aspects of the race.
- MPI highly recommends that ALL athletes watch this video.

VOLUNTEERS:

- Please respect the volunteers on the course and take a moment to thank them for their contribution.
- If you are not competing in the future events please consider signing up as a volunteer, it is a great way to “give back” to the sport and can be very rewarding.
- Any athletes who may have spectators or supporters willing to volunteer are encouraged to register as a volunteer at www.TeamMPI.com/events/event/portofino-sunset-tri-series

FEEDBACK:

- Please take time to complete the post-event survey (will be e-mailed to all athletes shortly after the event) as MPI values all input.
- If you enjoyed yourself please spread the word and thank the folks who made this event possible (Santa Rosa Island Authority, Portofino Island Resort, Premier Island Management Group, Escambia County Sheriff's Office).

Event Timeline

SATURDAY: RACEDAY (April 9 DUATHLON)

- 6:00am Transition Opens / Athlete Check-In / Body Numbering
- 7:10am Athlete Briefing in Transition
- 7:15am Transition Closes / Walk To Start Area
- 7:25am Final pre-race announcements / National Anthem
- 7:30am RACE START
- ~8:05am First finishers expected
- ~8:30am Drawing for giveaways to athletes, winners will be notified

SATURDAY: RACEDAYS

- 5:30am Transition Opens / Athlete Check-In / Body Numbering
- 6:40am Athlete Briefing in Transition
- 6:45am Transition Closes / Walk To Swim Start
- 6:55am Final pre-race announcements / National Anthem
- 7:00am RACE START
- ~7:35am First finishers expected
- ~8:00am Drawing for giveaways to athletes, winners will be notified

THURSDAY: RACEDAYS

- 5:00pm Transition Opens / Athlete Check-In / Body Numbering
- 6:00pm Athlete Briefing in Transition
- 6:15pm Transition Closes / Walk To Swim Start
- 6:25pm Final pre-race announcements / National Anthem
- 6:30pm RACE START
- ~7:05pm First finishers expected
- ~7:30pm Drawing for giveaways to athletes, winners will be notified

Athlete Suggested Packing List

- Goggles
- Swimsuit / Tri shorts
- Tri top (optional for men)
- Cap (provided to all athletes, MUST be worn during swim)
- Water / sports drink
- Bike
- Helmet (see helmet rules)
- Running shoes
- Visor / Hat (optional)
- Sunglasses
- Bike shoes (if you have clipless pedals)
- Socks (optional)
- Towel – to define your area in transition next to your bike and to arrange your gear
- Dry clothes – to change into after the event
- Shorts – optional to bike and run in, placed over your swim suit
- Water bottle for bike (optional)
- Handheld water bottle for run (optional)
- Sunscreen (optional)
- Bug spray (available at athlete check-in)