



**2013 Colavita Motivation Man**

**Athlete Guide & Notes**

**As of May 28, 2012**

### **Packet Pick-up & Race Registration:**

- Friday, June 1<sup>st</sup>, 2012
- 10:00am – 7:00pm
- Meyer Amphitheatre, Flagler Drive, West Palm Beach , FL
- **THERE IS ABSOLUTELY NO RACE DAY REGISTRATION!**

### **MANDATORY Bike Check-In:**

- Friday, June 1<sup>st</sup>, 2012
- 10:00am – 7:00pm
- Motivation Man Transition Area
- City Commons Green, Flagler Drive, West Palm Beach, FL

### **Publix Health & Fitness Expo**

- Friday, June 1<sup>st</sup>, 10:00am – 7:00pm
- Saturday, June 2<sup>nd</sup>, 8:00am – 3:00pm
- Meyer Amphitheatre, Flagler Drive, West Palm Beach , FL

### **Parking**

- There are plenty of parking options for Motivation Man athletes & spectators
- Please refer to the info in this article that is on the Motivation Man website for additional information: [Motivation Man Parking](#)
- You can also visit the [City of West Palm Beach Parking Page](#) for more info

### **Is the Motivation Man USAT sanctioned?**

- Yes
- All competitors are required to be USAT Members
- If you are not a yearly member, 1-Day licenses will be available for purchase at Packet Pick-up on Friday, June 1<sup>st</sup>
- Cost of a 1-Day license is \$12.00
- A picture ID is required

### **Motivation Man Race Info Sessions**

- Game On Staff will offer pre-race meetings to interested athletes on Friday, June 1<sup>st</sup>.
- Meetings will take place at the Meyer Amphitheatre
- All aspects of the race will be discussed, and there will be a Q & A period at the end of each session
- The info sessions will take place at the following times:
  - 12:00pm
  - 2:00pm
  - 4:00pm
  - 6:00pm
- Please plan to attend one of the sessions if you have any questions about the Motivation Man!

**Race Start Times (Game On reserves the right to adjust times)**

- Motivation Man ½ Iron – 6:30am
- Motivation Man Olympic – 6:45am

**Swim Waves (Game On reserves the right to adjust the waves)**

- 6:30am - Wave #1 – ½ Iron Athletes (divisions TBD)
- 6:35am – Wave #2 – ½ Iron Athletes (divisions TBD)
- 6:45am – Wave #3 – Olympic Athletes (divisions TBD)
- 6:48am – Wave #4 – Olympic Athletes (divisions TBD)
- 6:51am – Wave #5 – Olympic Athletes (divisions TBD)
- 6:54am – Wave #6 – Olympic Athletes (divisions TBD)

**Wetsuit Rules**

- The use of wetsuits at all Ironman events, full and 70.3 is 76.1 degrees Fahrenheit. Wetsuits are permitted at USAT sanctioned events for age group athletes if the water temperature is 78 degrees Fahrenheit or below. Should the water temperature be between 78 and 84 degrees, wetsuits may be worn, however, any competitor wearing a wetsuit under those circumstances are ineligible for awards or USAT ranking points.

**Swimwear/Speedsuit Rules:**

Effective September 1, 2010, the following guidelines will apply to swimwear/speedsuits in non-wetsuit swims:

- Swimwear/speedsuits MUST be comprised of 100% textile material such as nylon or Lycra and may not include rubberized material such as polyurethane or neoprene.
- Swimwear/speedsuits may NOT cover the neck or extend past the shoulders or knees.
- Swimwear/speedsuits may contain a zipper.
- A race kit or trisuit may be worn underneath swimwear/speedsuits.

**Swim Course**

- The Motivation Man races will feature either a 1.2 mile swim (1/2 Iron), or .94 mile swim (Olympic) in the Intracoastal Waterway along the West Palm Beach Waterfront
- The swim will start and finish at the MIDDLE Dock
- The course is a triangular shaped course
- It will be an in-water start
- Swimmers will keep the buoys to their LEFT as they swim
- The main leg of the swim will have swimmers traveling from north – south
- Swimmers will be protected by 25 guards from Lifeguard Services who will be monitoring the course on boards, personal watercraft and small boats

- The West Palm Beach Police and the Palm Beach Sheriff's Office will also have boats and personnel in the water to assist with race management
- We anticipate a water temperature above 78 degrees; this means that the swim will more than likely NOT be wetsuit legal
- The exact water temperature will be taken and made known to athletes the morning of the race

### **Bike Course:**

The Motivation Man bike course is a flat, out and back course, that starts in Downtown West Palm Beach, travels west through the Villages of Wellington & Royal Palm Beach, out to the Glades and back

- The Olympic distance bike course is 25 miles & will turn around at Southern Blvd. and 103<sup>rd</sup> Street
- There will NOT be an aid station on the Olympic distance course
- The ½ Iron distance course is 56 miles & will turn around just east of the intersection of Southern Boulevard & CR700
- There will be an aid station on the ½ iron course, at the 25 mile mark
- The following items will be available at the aid station
  - Zephyrhills All Natural Spring Water Bottle Exchange
  - Accel Gels
  - Ice
  - Rest Room facilities (Port-O-Lets)
  - Medical Aid
- Mile Markers will be present at the 5, 10, 15, 20, 25, 30, 35, 40, 45, 50 mile marks
- All athletes will be required to be off of the bike course NO LATER THAN 12:00PM
- Any riders on the course at that time will be picked up by Game On race staff and transported back to the transition area
- These athletes will officially be disqualified, but will be allowed to join the run portion of the race if so desired
- Bike course maps will be available at Packet Pick-up & can also be viewed on the [Motivation Man Website](#)

### **Train Tracks**

- There are two (2) sets of train tracks on the bike course, both in Downtown West Palm Beach
- Bike traffic MAY be interrupted by the Tri-Rail or AMTRAK trains
- Game on will institute the following plan should riders have to stop to accommodate a train:
  - Volunteers & police officers will be present at both sets of tracks to manage the tracks
  - Should trains pass, and athletes need to stop, volunteers will write down the #'s of the riders who are stopped

- Stopwatches will be used to record the amount of time a rider was stopped
- Once the train passes & the safety gates are opened, riders will then be allowed to pass
- The amount of time “lost” to a stop necessitated by a train will then be subtracted from the affected athlete’s overall time
- Volunteers will make riders aware of the tracks 300 yards in advance of the tracks, and will instruct riders to slow down & take caution
- The tracks will be covered with carpet to ease travel over them

## **Run Course**

- The run course will consist of a 6.5 mile loop
- Athletes competing in the Olympic distance race will complete ONE (1) loop of the course
- Athletes competing in the ½ Iron distance race will complete TWO (2) loops of the course
- Course maps will be available at Packet Pickup, and are available on the [Motivation Man website](#)
- The run course will close at 2:00pm; any athletes remaining on the course at this time will be escorted off the course by race staff and transported back to the transition area
- Aid stations will be available EVERY MILE on the run course
- Because it is a loop course, some of these aid stations will be “repeats.” For example, the aid station at Mile 1, for example, will also be the aid station at Mile 3
- Each Aid Station will have the following available:
  - Zephyrhills Natural Spring Water
  - “De-Fizzed” Cola
  - Ice
  - Sponges
- In addition, there will be an Accelerade/Accel Gel Hydration & Fueling Station available on the run course which will have the following available:
  - Accelerade
  - Accel Gels
- Endurox product will be available to athletes as they cross the finish line
- Run Course Mile Marks
  - 1 Mile – Flagler & Arkona
  - 2 Mile – Flagler & Westminster (heading south)
  - 2.5 Mile (south turnaround) – Flagler & Monroe
  - 3 Mile – Flagler & Westminster (heading north)
  - 4 Mile – 1501 Flagler (heading north)
  - 5 Mile – Flagler, in front of the transition area “Swim In” structure (heading north)
  - 6 Mile – Yacht Club Towers (heading north)
  - 6.5 Mile – Flagler & Banyan (heading south)
  - 7 Mile – Flagler & Trinity Place (heading south)
  - 8 Mile – Flagler & Granada (heading south)

- 9 Mile – 3421 Flagler (heading south)
- 10 Mile – 2405 Flagler (heading north)
- 11 Mile – Run path under Royal Park Bridge (heading north)
- 12 Mile – 1 Wartermark Place (heading north)
- 13 Mile – Flagler & Banyan (heading south)
- 13.1 Mile – Finish Line!!!!

### **Timing**

- The Motivation Man will use timing provided by AccuChip, a leader in event scoring & timing
- AccuChip utilizes hardware and software developed by RFID Race Timing Systems which has positioned itself at the forefront of timing technology worldwide.
- All athletes will be issued an AccuChip device on a Velcro strap that will go around one of your ankles
- The strap needs to be secured tightly so that the chip remains on your body for the entire race
- The chips will be collected by race volunteers upon your crossing the finish line
- Find out more about [AccuChip here](#)

### **Awards**

- Awards will be 3-deep in all Age Groups, Specialty Divisions, and Relay Divisions
- There will be awards for both the ½ Iron & Olympic distance races
- Awards will be presented at the Motivation Man Awards Ceremony & Post Race Party which will start at 5:30pm, Saturday, June 1<sup>st</sup>, at E.R. Bradley's Saloon