

# ATHLETE GUIDE

CLASH MIAMI

DOMESTEAD-MIAMI SP

**CLASH**  
**ENDURANCE**

MARCH 8-10 2024

UPDATED AS OF 1/24/24





## A NOTE FROM OUR CEO

Dear Athletes,

Welcome to the 2024 **CLASH Endurance MIAMI** event with one of the most spectacular finish lines in the world at the Homestead- Miami Speedway! We are excited to have you here with us and it is with great pleasure that we host the third edition of **CLASH Endurance MIAMI** in this iconic location. The entire CLASH Team has worked hard to create an unforgettable experience for your friends and family. In 2021 we created a very special professional format called the "Miami Distance" in which you and yours get close to your favorite professional triathletes as they pass you time and again on the closed-circuit course...a **CLASH Endurance** specialty.

One of my favorite aspects of this race is the community that comes from our Expo village known as the "Fan Zone" with a variety of activities for you and your family to enjoy live music, multiple food selections and games for all as well as free beer garden.

Unlike other venues around the world, the NASCAR facilities and **CLASH Endurance** festival weekends give you, the athlete, a spectacular journey: Parking close to all aspects of the venue, multiple shower and restroom locations, green rooms to get out of the weather and our attention to detail like putting down carpet to make your transitions fast and comfortable. Lastly, our viewing areas get your family up close and personal so they can see you many times during your race! (Don't forget about being able to follow your favorite athlete online on our race app.)

We are driven to continue providing the safest, most unique and memorable events possible. We're delighted to welcome athletes from all corners of the world and I'd like to take this opportunity to thank you all for your support of **CLASH Endurance MIAMI** and the **CLASH Endurance** events.

**BILL CHRISTY**  
**CLASH ENDURANCE CEO**



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# EVENT SCHEDULE

**FRIDAY, MARCH 8, 2024**



TIME	ACTIVITY	LOCATION
7:00AM	JUNIOR WOMEN START	SWIM START
8:30AM	JUNIOR MEN START	SWIM START
9:35AM	JUNIOR WOMEN & MEN AWARDS	THE PADDOCK/EXPO
10:00AM	PARA TRIATHLON STARTS	SWIM START
11:24AM	PARA TRIATHLON STARTS	SWIM START
10:00-5:00P	CLASH MIAMI EXPO VILLAGE	THE GARAGES/PADDOCK
10:00-5:00P	REGISTRATION & PACKET PICK UP (ALL AGE GROUP RACES)	THE GARAGES
12:00-6:00PM	RV SPOT CHECK-IN AVAILABLE	RV PARKING
1:00PM	ELITE & U23 WOMEN START	SWIM START
1:10PM	ATC PARA AWARDS CEREMONY	THE PADDOCK/EXPO
2:00-5:00PM	BIKE CHECK-IN: SPRINT DISTANCE (TRIATHLON/DUATHLON)	TRANSITION AREA
3:30PM	ELITE & U23 MEN START	SWIM START
4:00PM	AGE GROUP ATHLETE BRIEFING - SPRINT ONLY	THE PADDOCK/EXPO
5:40PM	ELITE & U23 AWARDS CEREMONY	THE PADDOCK/EXPO

**SATURDAY, MARCH 9, 2024**



TIME	ACTIVITY	LOCATION
5:30-6:30AM	REGISTRATION & PACKET PICKUP (SPRINT ONLY ATHLETES)	THE GARAGES
6:00-7:15AM	BIKE CHECK IN: SPRINT DISTANCE (TRIATHLON/DUATHLON)	TRANSITION
7:10AM	SWIM STAGING AREA OPEN	SWIM START
7:30AM	SPRINT TRIATHLON & RELAY START	SWIM START
7:40AM	SPRINT DUATHLON START	ADJACENT TO SWIM START
8:00AM-6:00PM	CLASH MIAMI EXPO VILLAGE & BEER GARDEN OPEN	THE PADDOCK/EXPO
8:30-10:30AM	BIKE CHECK-OUT: SPRINT DISTANCE	TRANSITION AREA
9:00AM-3:30PM	REGISTRATION & PACKET PICK UP MIAMI DISTANCE & KIDS	THE GARAGES
9:45-10:15AM	BIKE CHECK-IN: KIDS RACE ONLY	KIDS TRANSITION AREA
10:00AM	SPRINT DISTANCE TRIATHLON, DUATHLON & RELAY AWARDS	THE PADDOCK/EXPO
10:30AM	KIDS TRIATHLON START: AGES 7-11	SWIM START
10:00AM-4:00PM	RV SPOT CHECK-IN AVAILABLE	RV PARKING
11:00AM	AGE GROUP ATHLETE BRIEFING: MIAMI DISTANCE	THE PADDOCK/EXPO
11:00AM-12:00PM	BIKE CHECK OUT: KIDS RACES	TRANSITION
11:30AM	KIDS TRIATHLON AWARDS	THE PADDOCK/EXPO
12:00-4:00PM	BIKE CHECK-IN: MIAMI DISTANCE	TRANSITION AREA
1:15PM	T100 MEN'S RACE	SWIM START
4:50PM	T100 WOMEN'S RACES	SWIM START
8:25-8:45PM	T100 MIAMI AWARDS	VICTORY LANE

# EVENT SCHEDULE

**SUNDAY, MARCH 10, 2024**

<b>TIME</b>	<b>ACTIVITY</b>	<b>LOCATION</b>
5:45-6:30AM	REGISTRATION & PACKET PICK UP: MIAMI DISTANCE ONLY	THE GARAGES
6:00-7:15AM	BIKE CHECK-IN: MIAMI DISTANCE	TRANSITION AREA
7:10AM	SWIM STAGING OPEN	SWIM START
7:30AM	MIAMI DISTANCE TRIATHLON/AQUABIKE START	SWIM START
7:40AM	MIAMI DISTANCE DUATHLON START	ADJACENT TO SWIM START
8:00AM-1:00PM	CLASH MIAMI EXPO VILLAGE & BEER GARDEN	THE GARAGES & PADDOCK
9:30AM-1:00PM	ATHLETE FOOD OPEN	THE GARAGES
11:00AM-3:00PM	BIKE CHECK OUT: MIAMI DISTANCE	TRANSITION AREA
12:30PM	MIAMI DISTANCE AWARDS	THE PADDOCK/EXPO
1:00PM	RV'S ALLOWED TO EXIT VENUE	TRANSITION

**AN ADDITIONAL ATHLETE BRIEFING WILL BE AVAILABLE ONLINE THAT WILL COVER ALL EVENTS**



# INTRODUCTION & RULES

This Athlete Guidebook contains very important information regarding the preparation for your race.

The most important parts are:

- Schedule
- Cut-off times
- Registration process
- Rules and regulations
- Timing chip attachment

All amateur Triathlon, Duathlon and Aquabike participants must purchase a USAT one-day license if you are not a current annual USAT member. Please provide proof of current USAT membership.

For information on this One Day Membership can be found here: <https://www.teamusa.org/USA-Triathlon/Membership-Services/One-Day-Membership>

Every Athlete must carry a photo ID for identification purposes, either passport, ID or drivers' license. Your photo ID is required for packet pick up, you may NOT pick up another athlete's packet.



## SWIM COURSE RULES

- Compulsory gear includes a swim cap (cap provided) and swim/tri suit. This may be altered or added to at the Race briefing subject to the water conditions, temperature, and swim course/distance (at the Event organizer's absolute discretion).
  - Wetsuits allowed for age groupers if water temperature is not more than 76.1 deg. F. Age groupers can wear a wetsuit from 76.2-84 deg. F, but they are not eligible for awards.
  - For elites, no wetsuits are allowed if the water temperature is more than 68 deg. F for swims of less than 3,000 m.
  - No fins or paddles are permitted.
  - Uninflated flotation safety devices are allowed subject to approval by the Head Official and Swim Course Director.
- 
- **As of 2023 snorkels are prohibited at USA Triathlon sanctioned races.**
  - Swim goggles or face masks (unless the full-face mask is integrated with a snorkel) may be worn but are not required.
  - Competitors can hold onto a buoy, boat, rope, floating object, etc., but such assistance may not result in the athlete making forward progress.
  - Any assistance required during the swim, including aiding in making forward progress, may result in disqualification.
  - The **swim cut-off for the Miami Distance is 1 hour 10 minutes**. The swim course will be closed 1 hour 10 minutes after the last swimmer enters the water.
  - The **swim cut-off for the Sprint Distance is 45 minutes**. The swim course will be closed 45 minutes after the last swimmer enters the water.
  - There will not be a swim warm up prior to the start of the race.
  - Event organizers have the right to change the location of the swim course, the distance of the swim course, or cancel the swim course (at their absolute discretion) taking into account the weather, water temperature, and general water conditions.
  - Diving is not permitted at the swim start

# BIKE COURSE RULES

- No drafting is permitted. The bicycle draft zone for the Sprint race will be 10 meters long (5 bike lengths of clear space) measured from the leading edge of the front wheel and 2 meters wide. The bicycle draft zone for the Miami distance race will be 12 meters long (6 bike lengths of clear space) measured from the leading edge of the front wheel and 2 meters wide. An age group athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds for the Sprint race and 25 seconds for the Miami Distance race will be allowed to pass through the zone of another athlete.
- The draft zones from vehicles is 15 meters long.
- Bike race numbers must remain unaltered and observable.
- Race bibs are not required to be worn while on the bike.
- Helmets must be secured by the chin strap before taking the bike from the rack, and must remain fastened until the cyclist has dismounted the bike and returned it to its rack.
- No individual support is allowed for Age Group athletes. The bike course is closed to all supporter traffic and no competitor may seek or receive outside help from spectators, members of the public, or any third party with the exception of the official technical support crew or within the indicated coach stations.
- Cyclists are expected to heed directions and instructions of all race officials and public authorities. Participants may run/walk with their bike if necessary.
- Personal audio devices are not allowed including, but not limited to, headphones, radios, cell phones with sound being played, bone conduction audio, or other personal audio devices during the bike course. Mere possession of a cell phone does not constitute the use of a personal audio device.
- Competitors must keep as far to the right as is practically possible at all times, and pass others on the left and must obey all traffic laws, traffic regulations, and the directions of Event officials and the Police.
- Athletes must follow the instructions of officials and race management. Failure to do so may result in unsportsmanlike conduct penalty and result in disqualification.
- The bike course will have a cut-off for all competitors, both teams and individuals, at 11:00am for the Miami Distance.
- Event organizers reserve the right to remove competitors from the course who do not complete the bike course by this cut-off time.
- Event organizers have the right to change the location of the bike course or the distance of the bike course (at their absolute discretion) taking into account the weather and course conditions.







## RUN COURSE RULES

- Competitors must not alter the size or appearance of the race bib number, and must wear it clearly and visibly during the run legs.
- Slower competitors must not obstruct while other competitors overtake during a pass.
- No individual support vehicles or non-participant escort runners or cyclists are allowed. Friends, family members, coaches, or supporters of any type may not bike, drive or run alongside competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all participants to avoid the penalization of a participant. Runners are expected to follow the directions and instructions of all race officials and public authorities. Outside assistance is strictly forbidden and the size and nature of penalties for such an offense are at the sole discretion of the Event Director and Race Referee in accordance with USAT rules. For outside assistance, that is a variable time penalty.
- It is not allowed to wear a headset, radio, cell phone, bone conduction audio, or other personal audio devices during the run course.
- Competitors must obey all traffic laws, traffic regulations, and the directions of Event officials and the Police.
- The run course will close for all competitors, both teams and individuals, at 1:00 pm for the Miami Distance. Event organizers reserve the right to remove from the course competitors who do not complete the race by this cut-off time.
- Event organizers have the right to change the location of the run course or the distance of the run course (at their absolute discretion) taking into account the weather and course conditions.

# COURSE CUT-OFF TIMES

Kids Triathlon does not have a course cut off but everyone will be required to start on time.

## Miami Distance Triathlon / Duathlon / Relay

- Swim Cut-off - 1 hour 10 minutes
- Miami Distance Bike Finish: 3hr 20 min total time from last swimmer starting. Total time = swim + bike time
- 10:00am Must Start Lap #2 (Mile 13.5)
- 11:00am Must finish Bike Portion (Mile 30)
- Bike has a cut-off 11:00am due to DOT permits for road closures off property.
- On the run, all athletes must finish by 1:00pm

## Sprint Distance Triathlon / Duathlon / Relay

- Swim Cut-off is 45 minutes
- The run course is contained on Homestead-Miami Speedway Property and hence does not have a firm cut-off.

\*CLASH Endurance staff reserve the right to remove any athlete from the course. This includes removing athletes if it is not possible to complete the discipline in the allotted time. Athletes may also be removed from the course if CLASH Endurance staff determine it is no longer safe for the athlete to continue.





## MESSAGE FROM THE HEAD REFEREE

Welcome to this USA Triathlon sanctioned event!

At the Clash Age Group Races, you are racing under the USAT Multisport Competition Rules. Please keep in mind that you are racing in a USA Triathlon sanctioned event and there are USAT certified officials on the course to ensure fairness in the competition. All athletes must take personal responsibility to understand the rules and avoid penalties. Penalized athletes will be notified of penalties on course via the international standard blue card/yellow card system. Penalties: For bike course violations, athletes will serve their penalty in a penalty area and as stand downs elsewhere on the course. A Blue Card penalty for drafting is 5:00 minutes for the Miami Middle distance race and 1:00 minute for the Sprint distance races. A Yellow Card penalty is :30 seconds for the Sprint races and 1:00 minute for the Miami Middle Distance race. Disqualification: Receiving two or more Blue Cards in the Sprint Distance races and three or more Blue Cards in the Miami Middle Distance race shall result in disqualification. Failure to stop and serve all penalties as required prior to crossing the finish line shall result in disqualification. Penalty Notification: When and if safe to do so, athletes will be shown the appropriate card for the violation, identified by their race number, and instructed to stop at the penalty tent. Penalties will be called into the penalty tent to be recorded on the penalty board. It is the athlete's responsibility to check the penalty board. Draft Zone Distances: The bicycle draft zone for the Sprint race will be 10 meters long (5 bike lengths of clear space) measured from the leading edge of the front wheel. The bicycle draft zone for the Miami Middle distance race will be 12 meters long (6 bike lengths of clear space) measured from the leading edge of the front wheel. An age group athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone. A maximum of 20 seconds for the Sprint race and 25 seconds for the Miami Middle Distance race will be allowed to pass through the zone of another athlete.

**Sportsmanship:** As a competitor at USA Triathlon events, all participants have a responsibility to demonstrate the highest standards of sportsmanship per the USA Triathlon Multisport General Conduct and Race Conduct Competition Rules and as such, should always show respect for the sport, your fellow athletes, race staff, officials, volunteers, and spectators. Each individual athlete shares this responsibility, which includes refraining from the use of improper language and conduct detrimental to the community at large. This rule will be strictly enforced, and disrespectful language or conduct will not be tolerated.

**A Few Final Notes:** Please ensure that your helmet meets or exceeds the safety standard of your national federation. While in possession of your bike your helmet must be on with the chinstrap securely fastened. The use of personal audio devices, including bone conducting headphones, is prohibited. Remember to treat other athletes, volunteers, and officials with courtesy and consideration.

# EVENT INFORMATION - ACCOMMODATIONS

## Accommodations

In the vicinity of Homestead-Miami Speedway you will find plenty of accommodation options, including hotels, bed & breakfasts, and vacation rental apartments.

We even offer a unique festival experience: offering RV camping.

<https://clashendurance.com/pages/rv-camp>



**RESERVATION DEADLINE: 2/28/24**

**Our host hotels are listed below:**

### **Fairfield Inn and Suites Daytona Beach Speedway/ Airport**

1820 Checkered Flag Blvd.  
Daytona Beach, FL 32114

**Reserve your room at Fairfield Inn & Suites**

### **Hampton Inn & Suites**

2855 N.E. 9th St  
Homestead, FL 33033

**Reserve your room at the Hampton Inn**

### **Quality Inn**

333 S.E. 1st Ave, US Hwy #1  
Florida City, FL 33034

**Reserve your room at the Quality Inn**

### **The Best Western**

411 S. Krome Ave.  
Florida City, FL 33034

**Reserve your room at the Best Western**

**\*\*\*OUR GROUP RATES EXPIRE 2/6/24\*\*\***

# EVENT INFORMATION - TRAVEL

## Getting to Homestead- Miami Speedway

### Travel by Air

The most convenient airport is Miami International Airport, just a 35 minute drive from Homestead- Miami Speedway. Another option is Fort Lauderdale-Hollywood International Airport, a one-hour drive away.

### Travel by Road

From the North (Miami International Airport)

- Florida turnpike South.
- Take exit 6 for SW 137th Ave toward Speedway Blvd
- Turn left onto SW 137th Ave/Tallahassee Rd

### From the West (Naples)

- Hwy 41 South.
- Florida Turnpike South.
- Take exit 6 for SW 137th Ave toward Speedway Blvd
- Turn left onto SW 137th Ave/Tallahassee Rd



### **The address of Homestead-Miami Speedway**

One Ralph Sanchez, Speedway Blvd, Homestead, FL 33035.

### **Parking**

FREE parking is in the Green Lot across from the Speedway. Signs will be in place to direct you into the venue.

Friday: 7:00am-5:00pm

Saturday: 5:00am-10:00pm

Sunday: 5:00am-2:00pm



# EXPO VILLAGE

## Expo

The Expo is situated at the Fanzone in the CLASH Endurance Miami Village. Opening hours:

Friday	10:00am-5:00pm
Saturday	8:00am - 6:00pm
Sunday	8:00am - 1:00pm

## Food and Drinks

In the CLASH Endurance Miami expo, food and drinks are available via food trucks and Free Beer Garden. Athletes for all races will have an Athlete Food coupon as part of their Bib. You may use these at any of the food trucks in the expo to obtain a complimentary food item.

## Massage

After the finish of your race massages are available to relieve your muscle pain.

## Medical care/ hospital information

Race day medical care will be graciously provided by Miami Dade County. Our central Medical Tent will be located near the finish line. Additionally, we will provide medical stations alongside the nutrition aid stations on course, and first aid as needed throughout the race.

## Safety

The safety of our athletes is of the utmost importance. During the swim, we will have lifeguards and other emergency personnel on the water. EMTs will be positioned at the swim finish to attend to athletes in need. There will also be EMTs stationed on the bike and run course as well as finish line.



## Pools

Helen Sands Public Pool:  
16350 SW 280th St,  
Homestead, FL 33031

Pool Office Hours:  
Monday-Friday, noon - 6:30 p.m.  
Saturday, noon to 6:30 p.m.  
Sunday, noon to 6:30 p.m.

Swim Fees:

Child/Adult: \$3

Senior: \$2

For more information 305-248-1386.

<https://www.miamidade.gov/parks/south-dade.asp>



## Open Water

Open Water Swimming Homestead  
Bayfront Park:  
9698 SW 328th St,  
Homestead, FL 33033  
+1 305 230 3033

Entrance fee: Weekends \$7

Car: \$5 weekdays; \$7 weekends and  
holidays

<https://www.miamidade.gov/parks/homestead-bayfront.asp>



## Biking

<https://www.strava.com/routes/3184585535213778518>

This is out of the south gate of the Homestead-Miami Speedway. Athletes will bike eastbound on Palm Ave for 6km before having to turn around and return. This is a safe place to bike out/back. Please park on the south entrance of the Homestead-Miami Speedway near Gate 18



# REGISTRATION & GEAR

**At Packet Pick Up you must present PHOTO ID & USAT Card to pick up your packet**

## Race Gear Content

During the Registration Process you will receive all your race gear that you need during the race weekend. Every participant receives the CLASH Race bag filled with various items you'll need for the race. Depending on the distance you will find one of the following supplies:

1. Helmet race number sticker, to adhere to the front of your helmet.
2. Tattoos: stickers with your bib number which need to be placed on your upper arms.
3. An athlete wristband that gives you access to participants' areas, to be worn around the wrist.
4. Bike Sticker to be placed prominently on your bike frame.
5. Race number to be worn on the front of you during the run.
6. Timing Chip
7. Swim cap to be worn during the swim.
8. Some cool swag!

Please check to ensure that all these items are in your race bag. If any of these items are missing, please report this to the CLASH Endurance team at Registration/ Packet Pick up.

## Registration Process

Registration is open at the following moments for the specific events:

At Packet Pick Up you must present PHOTO ID & USAT Card in order to pick up your packet

TIME	ACTIVITY	LOCATION
FRIDAY, MAR 8 10:00A-5:00P	REGISTRATION OPEN (ALL RACES)	THE GARAGES
SATURDAY, MAR 9 5:30-6:30A	LATE PACKET PICKUP (SPRINT ONLY)	THE GARAGES
SATURDAY, MAR 9 9:00A-3:30P	REGISTRATION & PACKET PICKUP (MIAMI DISTANCE & KIDS)	THE GARAGES
SUNDAY, MAR 10 5:45A-6:30A	REGISTRATION (MIAMI DISTANCE ONLY)	THE GARAGES

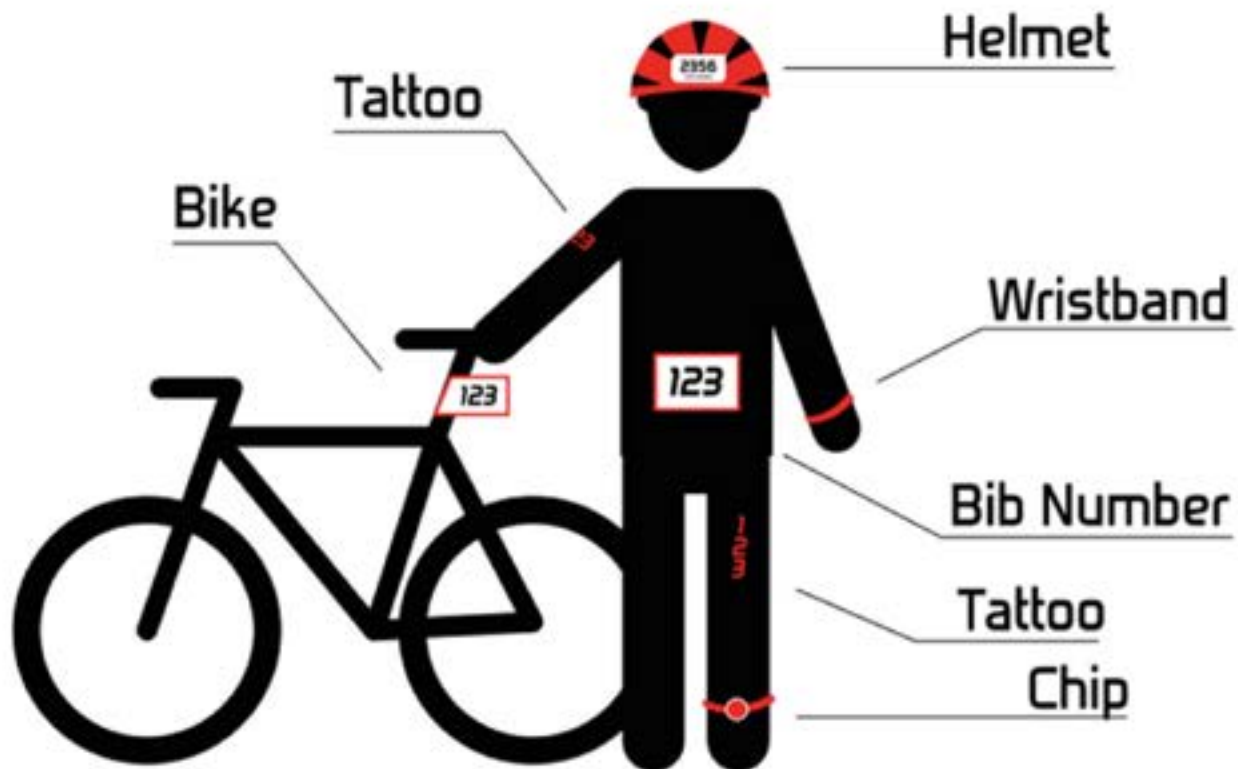


# TIMING

The progress of your race is tracked by a SportStats transponder attached to a soft rubber band with Velcro, your "timing chip". This transponder needs to be placed on your LEFT ankle during all three parts of the race. As the chip is linked to your race number, please make sure the number the organization has matches the number on the chip. Otherwise, your time cannot be tracked/timed correctly during the race.

All timing chips accidentally brought home can be mailed to the following address:

SportStats USA  
112 54th Street SW  
Wyoming, MI 49548



## Bike Check-in

The bike check-in is located at transition, adjacent to the Expo.

Before checking-in your bike, make sure you have checked the following things:

1. Your bike is technically in order, e.g: your brakes are working and there are no open ends on your handlebars.
2. Your bike number is affixed to your frame and is clearly visible.
3. Your helmet sticker is placed on your helmet. Place the sticker on the front of your helmet as it will help to identify you in photos.
4. On race morning, make sure you have your run bib number as it must be worn during the run portion of the event.
5. Make sure everything is placed in the area close to your bike so it's not blocking other athletes' equipment.



# KIDS TRIATHLON

MARCH 9, 2024

Athletes aged 7-11 will swim 100 meters in the calm waters of the lake, transition onto their bikes 1.5 miles and then hit the road in their run gear to complete the ½ mile run to the finish line.



# SPRINT DISTANCE TRIATHLON

## Swim Course

The Sprint Distance race starts with an 800 meter, one-loop swim in the calm waters of the aquifer fed lake, within the iconic Homestead-Miami Speedway track. Athletes will enter the water via a ramp, swim a single clockwise loop, and exit via a sandy beach to the Transition Area. The water temperature in the lake can vary but typically stays in the 70s.



# SPRINT DISTANCE

## Bike Course

After a quick transition, you'll enjoy a flat one lap course that will have you exit the Homestead- Miami International Speedway by bike and you'll enjoy a flat and fast course that is closed to vehicular traffic.



# SPRINT DISTANCE

## Run Course

The 5K run takes you on an excitement-filled 2 laps of the track—running where NASCAR history is made. You'll finish in the FanZone, like countless sporting legends who have come before you. Maybe you won't hit the speeds that NASCAR drivers clock, but it's sure to be a fast run, fueled by the enthusiasm and energy of family, friends and spectators. It's also sure to be an experience you'll never forget!



# SPRINT DISTANCE DUATHLON RUN 1

The Sprint distance duathlon will begin with a 1 mile run. It will be one loop and will **start at 7:40am** once the sprint distance swim is underway. The 1st run portion is on the map below. The remainder of the event will follow the bike and run portions of the sprint distance triathlon as described above.



The Bike and second run portions will be the same as the Sprint Triathlon. Please refer to the Sprint Triathlon Bike and Run course maps.

# MIAMI DISTANCE TRIATHLON

## Swim Course

The Miami Distance race starts with a 1 mile, two-loop swim in the calm aquifer fed waters of the lake inside the iconic Homestead-Miami International Speedway track. Athletes will enter the water via a ramp, swim two clockwise loops, and exit via a sandy beach to the Transition Area. The water temperature in the lake typically stays in the 70s.



**Athletes are required to complete the swim course in  
1 hour 10 minutes.**



# MIAMI DISTANCE TRIATHLON

## Bike Course

After a quick transition, you'll enjoy the opportunity to race a portion of the road course in the Homestead- Miami International Speedway. Next, you'll exit the track after turn two and will ride four out and back sections in Homestead on road completely closed to traffic. After making the turn around on the east end of Palm Drive you will return to the speedway. Athletes will then either start their second lap, or turn right to re-enter the speedway and proceed to transition to complete the 30 mile bike.



All Miami Distance athletes are required to start lap #2 by 10:00am (mile 13.5) and must finish the bike by 11:00am (mile 30).

All participants must complete the bike with a total time (swim and bike) of 3 hours and 20 minutes. We expect this time will be just after 11:00am.

# MIAMI DISTANCE TRIATHLON

## Run Course

Finally, it's time for an 8 mile run that takes you on 2 excitement-filled, spectator friendly laps of the track. Each loop will take you on a circuitous route inside the track and a straight out and back section outside the track. You'll finish on pit road, like countless sporting legends who have come before you. Maybe you won't hit the speeds that NASCAR drivers clock, but it's sure to be a fast run, fueled by the enthusiasm and energy of family, friends and spectators. It's also sure to be an experience you'll never forget!



# MIAMI DISTANCE TRIATHLON

## Aquabike Bike Course

The Aquabike Finish will be at the bike dismount. You will then travel with your bike to transition. Upon racking your bike you will follow the run course (please stay RIGHT) down the front stretch of the track turning at the end of the barrier to enter the Finish Line, where you will receive your medal and your photo will be taken for your CLASH Endurance Miami finisherpix.

Supporters can cheer you on at dismount and then travel through expo to the viewing areas at the finish line.



# AID STATIONS

## Bike Course

On the Miami Distance bike course, you'll have two opportunities to receive aid at approximately miles 8.5 and 23. The on-course nutrition will include:

- Water
- Energy Gels
- Electrolyte drink

\*There is no Bike Aid Station for the Sprint Distance.

## Run Course

On the run course for all events, you'll find aid stations approximately every mile. The on-course nutrition will include:

- Water
- 1/2 Bananas \*Miami Distance only
- Coke
- Energy gels \*Miami Distance only
- Electrolyte drink

## Trash Zone

Please note that littering along the course is forbidden. You are allowed to throw away your trash only in the designated areas 200 meters before and after each aid station. If you are spotted littering elsewhere—including tossing cups, drink bottles, or energy gel/bar wrappers—you risk a penalty. This rule is enforced on both the bike and the run course.



## **Athlete Food**

Athletes will exit the finish line to the massage and athlete food area, reuniting with friends and family in the Expo area.

## **Finish line support**

Our volunteers are ready to assist you after you finish. First, you'll receive your medal. If you require immediate medical assistance, our volunteers will help you get to the medical facilities behind the finish line. In the after-race area, all sorts of refreshments are available for athletes as well.

When exiting the after-race area, you can quickly reunite with your friends and relatives.

## **Bike Check-Out**

The bike check-out is located from the side of the Transition Area. After the race, all athletes are required to retrieve their bikes from the Transition Area. The Transition Area is only accessible by athletes wearing a participant bracelet. Checkout of the bike is only possible when the athlete can show his or her bib number.

Upon check-out, athletes are required to pick up their bike, helmet, and other transition equipment. If you have trash near your bike, please place it in a trash receptacle. Please refer to the schedule of events for bike check out times.

## **Non-Finishers**

In case you have failed to complete the race for any reason, please notify someone from the race management or race official as soon as possible.





## AWARDS

**FRIDAY, MARCH 8, 2024**

9:35AM ATC JUNIOR FEMALE & MALE AWARDS CEREMONY

1:10PM ATC PARA AWARDS CEREMONY

5:40PM ATC U23 & ELITE AWARDS CEREMONY

*LOCATION: The Paddock/EXPO*

**SATURDAY, MARCH 9, 2024**

10:00 AM SPRINT DISTANCE AWARDS CEREMONY

11:30 AM KIDS AWARDS CEREMONY

*LOCATION: The Paddock/EXPO*

8:25-8:45PM T100 MIAMI AWARDS

*LOCATION: The Paddock/EXPO*

**SUNDAY, MARCH 10, 2024**

12:30PM MIAMI DISTANCE AWARDS

*LOCATION: The Paddock/EXPO*

*Please be available to receive your award during your designated ceremony. Awards cannot be shipped.*

# AWARDS CATEGORIES

## AWARDS CATEGORIES

### SPRINT DISTANCE DUATHLON



TOP 3 OVERALL



TOP 3 BY AGE GROUP

UNDER 30

30-39

40-49

50-59

60 +

TOP 3 OVERALL

PC

## AWARDS CATEGORIES

### SPRINT DISTANCE TRIATHLON



TOP 3 OVERALL



TOP 3 BY AGE GROUP

12-15

16-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75+

TOP 3 OVERALL

PC

RELAY

### Additional Awards Information

#### Kids Triathlon

Medals will be awarded to all finishers and awards for top three male and female in each age group: 7-8, 9-10, and 11.

# SUPPORTERS

## Access

The address of Homestead-Miami Speedway, One Ralph Sanchez, Speedway Blvd, Homestead, FL 33035.

**There is no fee for spectators for the CLASH Endurance Miami - March 8-10, 2024. There will be entertainment, food, beer garden and a game area.**

## Parking

Free parking is in the Green Lot across from the Speedway. Signs will be in place to direct you into the venue.

Friday: 7:00am-5:00pm

Saturday: 5:00am-10:00pm

Sunday: 5:00am-2:00pm

**Download the CLASH Endurance App for more event information including race day tracking!**

The CLASH Endurance team would like to wish all the athletes a fantastic race! See you at the finish line!





# DOWNLOAD THE APP



The CLASH Endurance Tracker App provides real-time athlete tracking and other services for athletes and spectators for all CLASH endurance races and events.



iOS



Android

## LIVE RESULTS

<https://www.sportstats.us>

After the race, results can be found here :

<https://clashendurance.com/pages/results-and-photos>

## PHOTOS

<https://clashendurance.com/pages/photos> or

<https://www.finisherpix.com/en/>

The CLASH Endurance team would like to wish all the athletes a fantastic race!



Fill your life  
with adventures,  
not things.

FLYNN SHERRILL VERB

