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Mack Cycle Tri-Miami Olympic & Sprint Triathlon/Duathlon  
May 2, 2010



USA TRIATHLON CONSULTANT: BRIAN OEHLER

MY RACE HAS  
EXCESS OF \$4  
COLLEGE SCHOLARSHIPS  
MY RACE  
IS UNIQUE:  
IT STARTS  
WITH A  
BIKE RIDE  
AND HAS  
MULTIPLE  
SWIMS  
MY RACE  
CROSSES  
FOUR  
BRIDGES  
IN FOUR  
DIFFERENT  
CITIES  
MY RACE HOSTED THE SENIOR GAMES  
TRI, ATTRACTING 300 TRIATHLETES  
FROM ACROSS THE COUNTRY  
MY RACE  
HAD ITS  
TELEVISION  
DEBUT  
ON THE  
VERSUS  
NETWORK  
IN 2009

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## Mack Cycle Tri-Miami Olympic & Sprint Triathlon/Duathlon

### Overview

This one-of-a-kind event is set along the Atlantic Ocean and surrounded by palm trees. In addition to the awesome surroundings, the race itself is a tremendous success. An out-and-back ocean swim concludes with a short jog to a well-setup transition area, which takes the athletes out to very flat bike and run courses. After surviving the heat, athletes are rewarded at the finish line with the usual post-race fluids, but also instant feedback: before leaving the finishing chute, they receive a receipt displaying their name and finishing time – and also all of their splits; within seconds of completing the race, the athlete has immediate feedback on their performance.

With receipt in hand, the athletes exit the finishing chute to a well-organized, crescent-shaped display of vendors. After refueling with Boar's Head, Starbucks, Publix, Dannon and several other great sponsors, athletes can reclaim their bikes, walk to their car and trade in their tri gear for their beach gear. Located right on South Beach in Key Biscayne, this venue is great for families looking to enjoy the beach afterward, individuals looking to challenge the heat, and athletes looking

### Course Layout

#### Featured Course: Transition

With clear in/out signage, festive sail flags along the perimeter and staff manning the entrances and exits at all times, the transition area at this race is flat out phenomenal. Two rows of bike racks are organized with a wide lane down the middle. Stationed lighting illuminates transition in the 0:dark:30 hour, and allows athletes to get their transition setup well ahead of time.

#### Swim

A relatively shallow swim area allows newer athletes an occasional option of standing up, if needed, and a chance to remain close to shore. The water is regularly quite warm, averaging around 77-78 degrees over the past 2 years. While wetsuit legal per USAT rules, very few athletes chose to don the buoyant fabric this year.

#### Bike

This loop bike course gives athletes a bit of a breezy ride, and a moderately challenging bridge ride. Sprint distance athletes complete one loop, while Olympic distance athletes continue on for a second loop.

#### Run

The run course takes advantage of the beach setting, running athletes out along a beachside sidewalk and back along a similar boardwalk. The course continues on an out-and back surrounded by palm trees, and finishes into a chute where spectators can see their athletes run the final 500 meters.

### Event Profile

*Race Director:* Rob Childers  
*Location:* Key Biscayne, FL  
*Date:* May 2, 2010  
*Years sanctioned:* 5  
*Discipline(s) offered:* Sprint Triathlon, Olympic Triathlon, Duathlon, Kids' race, 5K



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## Featured Aspect: Technology

While the beach atmosphere is spectacular, this race (and race company) makes its reputation on its technology advances. At the swim start, each athlete crosses the timing mat with not one, but two timing chips. If one falters, the athlete's times will still be recorded by the second chip.

And then after completing the run, the athlete is welcomed with a bottle of water and an instant printout of their splits. In a sport where feedback typically involves finding a results board and thumb-tweeting until their results are posted, this instant feedback is an impressive change of pace.

## Conclusion

An all-around great race, this event is perfect for athletes who enjoy a triathlon close to the beach, and athletes who are looking for the top timing technology. Mix in a strong collection of sponsors, an awesome transition area and a race staff who put on over ten events each year – this race is top-of-the-line.



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## Why To Do It: TOP 10

10. Great location
9. Top-flight sponsors
8. Flat course is PR friendly
7. Many disciplines
6. Well-respected race organization
5. Swim course stays close to shore
4. Experienced race staff
3. Transition area is as good as it gets
2. Backup timing chips ensure accurate timing
1. Receive splits before exiting finishing chute



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