



Welcome to Race Week!

Thank you for participating in the Santa Cruz Triathlon Virtual Race presented by Rainier Fruit Company from September 25, 2020 to September 27, 2020.

**Here are some important instructions:**

### RACE DAY DETAILS

Athletes can start their virtual race anytime from September 25, 2020 at 12am PST through September 27, 2020 ending at 11:59pm PST.

- Athletes MUST abide by all traffic and safety laws of their city, county, and state governing bodies. This is intended to be participatory, fun and to keep the community active and engaged. Athletes must obey the rules of the road just like any other sanctioned event. Use common sense when deciding on when and where to participate. Wear reflective gear if competing at dusk or dawn. Avoid biking in high traffic areas.
- Athletes MUST abide by all Covid-19 mandates of their local, county and state governing bodies.
- This is a self-timed event. Athletes will be submitting race times (optional) to SVE Timing Company. Go to [www.svetiming.com](http://www.svetiming.com) or to [www.santacruztriathlon.org](http://www.santacruztriathlon.org) to submit results, or follow the link: <https://results.rmrares.live/Santa-Cruz-Triathlon/events/2020/Virtual-Santa-Cruz-Triathlon/results>
- Submitting to SVE Timing: Go to <https://www.svetiming.com>. Search for The Virtual Santa Cruz Triathlon. Select race, select "Submit My Time", then search for your registered name. Confirm your registered name, then an email will be sent to you. Go to your email and submit your times via the sent email link. Total your times of the legs you have raced NOT including transitions.
- Submitting to the Santa Cruz Triathlon Race Website. Go to <https://www.santacruztriathlon.org>. Click on "Submit My Results" button



on the homepage. You will be directed to the SVE Timing web page. From there you will be directed to the Virtual Santa Cruz Triathlon. Select “Submit My Time”, then search for your registered name. Confirm your registered name, then an email will be sent to you. Go to your email and submit your times via the sent email link. Total your times of the legs you have raced NOT including transitions.

- Athletes may race individual legs of the event on different days. For example, swim on Friday, September 25, 2020, run on Saturday, September 26, 2020, and bike on Sunday, September 27, 2020. Athletes will add all three times together (or 2 for duathlons) to get the total time of their race.
- Athletes may race on indoor trainers, outdoors on road or trail. Athletes may swim in an ocean or pool. Athletes may walk, run, hike, or use a treadmill.
  - For reference, a 1500m swim distance is 66 laps in a 25-yard pool. 750m swim distance is 33 laps in a 25-yard pool.
  - Olympic bike distance 40km is 24.85 miles; Sprint bike distance 20km is 12.2 miles.
  - Olympic run distance 10km is 6.2 miles; Sprint run distance 5km is 3.1 miles.
- Athletes must submit their times no later than Sunday, September 27, 2020, 11:59 pm PST.
- Neck gaiters will be mailed to your registered address after the virtual race. Please contact us at [santacruztriathlon@gmail.com](mailto:santacruztriathlon@gmail.com) if you need to change your address or have any questions.
- Be sure to post race photos on Instagram and Facebook using hashtags #SCTriVirtual and #SantaCruzTriathlon. We will be choosing a photo and gifting that person a free race entry to our 2021 onsite Santa Cruz Triathlon race! Join in on the photo fun!



Thank you for your support of the Santa Cruz Triathlon and local youth sports programs in the Santa Cruz community. Your contribution goes a long way. We hope you have a fun and safe race!