

ATHLETES INFORMATION SHEET

Dear Blue Wave Event Athletes,

Welcome to our 5th Annual Hope for Crohn's® Blue Wave Triathlon/Duathlon/Aquathlon/5K. We will open our hearts as we race to raising awareness of Crohn's disease to help Crohn's patients because they are in our thoughts! They are a part of our lives as friends, coworkers, relatives, brother, sister, mother, father, neighbor, or a remembered loved one.

This theme was set by Rachel because of her desire to give of her heart to other Crohn's patients by raising awareness of Crohn's disease and generating funds for Crohn's research. Your support and contributions make it possible for Hope For Crohn's® to thrive. You help the Crohn's patients that suffer in pain daily due to this challenging disease. You share their sorrow, pray for their recovery, and believe in Hope for a cure.

You are invited to get into the spirit of the "Blue Wave." So 'soar the seas" and join us for a "ride on the waves' for a good time." We hope the Blue Wave experience will leave you with a smile on your face and a great race under your belt! Remembering that you raced for a cause!

This athlete information sheet contains very important information for race weekend, and we encourage you to read it thoroughly to ensure that your race experience is a great one. Plan ahead and read carefully.

For more information be sure to check the website leading up to race day at www.hfcbluewavetriathlon.homestead.com and stay informed. Learn more about Hope for Crohn's with our Facebook page (www.facebook.com/HopeforCrohns), Twitter account (www.twitter.com/HopeForCrohns), and Pinterest account (www.pinterest.com/HopeForCrohns)

Inside the athlete information sheet you'll find:

- Weekend Schedule
- Expo/Package Pick Up Information
- Course & Parking Information
- Wave Breakdown
- Post-Race Details
- Sponsor and Partner Information
- Street Closures Information

We hope you have an amazing time here in San Francisco. Get ready to Ride the Blue Wave!

Sincerely,
Hope For Crohn's 2016 Fundraising Committee

Support Rachel A. Bonner Hope for Crohn's® by raising funds to benefit Crohn's disease research. Participate in Hope For Crohn's Athletes for Crohn's endurance training and fundraising program and help Crohn's patients improve their lives. To Learn more >>> www.athletesforcrohnsafc.org

VENUE INFORMATION

Crissy Field is the premier recreation area on the Presidio. The Golden Gate Promenade provides access to the newly restored tidal marsh and beaches along the bay shore. Whether you are walking, running, swimming, biking or merely contemplating at the shore, you can enjoy the expansive views, water birds, native plants and sandy beaches along Crissy Field. Crissy Field is home to sensitive native plant communities, abundant wildlife, and fragile cultural resources. Do not feed or disturb wildlife, collect plants and other natural objects, or remove historic artifacts.

Crissy Field is a National Park and the National Park Service (NPS) is taking a leading role in sustainability and climate change mitigation to ensure these special places are preserved for the enjoyment of future generations. The NPS encourages all visitors to adopt sustainable practices in order to help maintain these beautiful spaces.

Hope for Crohn's Blue Wave Triathlon/Duathlon/Aquathlon/5K is a Green Event. Landfills are a major source of greenhouse gases that contribute to climate change. Help the GGNRA and the City of San Francisco achieve zero landfill waste by 2020. You can help divert waste from the landfill by recycling or composting the waste from your event. Color-coded bins are placed in convenient locations (blue is for recyclables, green is for compostables, and black for landfill). Please help the volunteers and staff by using the color-coded bins.

WEEKEND SCHEDULE

Wednesday -Friday May 11th-13th

4:00PM – 6:00PM/8:00 PM

Packet Pick at various locations. You can pickup at any designated Sports Basement.

****There is no race day packet pickup****

Sunday May 15th

- 5:15 AM Transition Area Opens for Triathletes/Duathletes at Sports Basement
- 5:45 AM Transition Area Opens for Aquathletes at East Beach Crissy Field
- 6:00 AM Check-In for 5K at stage at East Beach Crissy Field
- 6:10 AM Transition Area Closes for All
- 6:20 AM All Athletes Event Overview Talk at stage at East Beach Crissy Field
- 6:30 AM Du/5K Course talk at the stage by Finish Line at East Beach Crissy Field
- 6:45 AM Sprint Triathletes/Aquathletes Course talk at the beach
- 7:00 AM Start time for Duathletes Distance
- 7:15 AM Start time for Sprint Triathletes Distance
- 8:00 A M Start time for 5K
- 8:45 AM Post Race Meal service starts
- 9:40 AM Transition Area Opens to retrieve bike
- 9:45AM Bikes must be removed from Transition Area
- 10:30 AM Post Race Meal service ends
- 11:00 AM Awards Presentation
- 11:30 AM Drawing
- 11:50 AM Vendor/Exhibitors Take-down. Course breakdowns completed

MANDATORY PACKET PICK-UP

Tuesday-Friday, May 11th-13th: Location & Hours:

Various. Refer to email confirmation.

4:00 PM - 6:00PM/8:00 PM*

All athletes are required to pick up their race packet at any of the designated locations. There is NO race day packet pick up. At this time, athletes will receive their race bib, wristband, TriTats, bike tag, swim cap, participant tee and swag.

Follow the steps below to ensure you have everything you need to pick up your race packet:

1. Sign all waivers electronically for Hope for Crohn's
2. Sign all waivers electronically for USAT
3. Bring your USA Triathlon Membership Card to Packet Pick Up, along with your copy of your electronically signed USAT waiver sheet (confirmation sheet)
4. Check In at Registration with your member card and confirmation sheet, and Pick Up Packet confirmation email.

Participants must have a photo ID, signed confirmation sheet and USAT membership card (if applicable) to pick up their race packet. Packets will not be given to friends or family. Any participant signed up as a USAT member will be required to show his/her USAT membership card at packet pick up. Members who do not have their card will be required to pay the \$15 one-day license fee. Cash only; credit cards will NOT be accepted. If you have lost your USAT membership card, you can download a temporary card by logging into your USAT account at www.usatmembership.com.

Note, All relay teams must pick up their own packets. Every participant must sign a waiver

ROAD CLOSURE: See Grid link on last page.

Event Day, Sunday, May 15, 2016

Course Map:see event website

Road Closure: There are road closures during the course to keep the athletes safe. Please plan to arrive in East Beach Crissy Field parking lot early to secure a parking space. There are other events and activities taking place at Crissy Field.

Be Aware. Plan Ahead.

Drivers are encouraged to adjust travel time within and around the race course.

The Hope For Crohn's Blue Wave Event will bring hundreds of athletes to the San Francisco area, including spectators, family, and friends. To get the most out of your weekend and minimize stress, be aware of the road closures in your area and plan ahead for an alternate route or added travel time.

Volunteer, staff, and vendors will be working the course to bring you a great Blue Wave experience.

Most road closures and detours will be in effect between 6:00 am and 10:45 am. At 5:30 am, Police and event personnel will implement a soft closure along the entire race course. The Triathlon/Duathlon begins at 6:30 am and streets will reopen on a rolling basis as soon as the last participant has passed and all course support materials have been removed.

No Parking

Streets along the course will be marked with No Parking signs. Vehicles in violation of these posted signs will be ticketed and towed at the owners' expense.

There will no vehicle movement in Sports Basement between 5:45am and 10:45am. It is best to park at East Beach Crissy Field if you plan on departing before 10:45am. Presidio Police and NPS Rangers will be enforcing traffic controls.

CLINICS AND GUEST SPEAKERS

Friday, May 13th

Sports Basement Presidio
610 S. Mason Street
San Francisco, CA. 94129
5:30pm-7:00pm

Join us on Friday at Sports Basement for informative and interactive clinics. Get advice from local experts and be better prepared for race day.

5:30 PM - Swim Clinic – Swim Coordination Staff

Learn tips, pointers, and everything you need to know for a smooth swim

6:00 PM - USAT Rules/Course Review – Race Director

Get to know your race course.

6:30 PM –Transition Clinic – Race Staff

Learn tips, pointers, and everything you need to know for a quick transition

MERCHANDISE

Stop and shop at Sports Basement. **10% of all your purchases are donated to Hope For Crohn's to help our cause to raise funds for Crohn's research.**

FINISH LINE EXPO

Sunday, May 15th: Location & Hours:

East Beach Crissy Field Picnic Area, 1199 E Beach, San Francisco, CA 94129

6:00AM - 11:50AM

Spend some time at the expo! We will have a handful of sponsors and vendors offering the latest and greatest fitness and nutrition products for sampling. Our expo sponsors and vendors will be out at the finish line expo, offering massages and ice tubs to help you recovery and enjoy all the sights, sounds, and sponsor goodies while waiting for your friends to cross the finish line.

NUMBERING

You will receive the following in your race packet:

- body marker(permanent black) for you to affix your race number and age/division identifier
- swim cap sticker
- bike number tag
- bike helmet sticker
- race bib
- wristband

It is encouraged that you apply your race number prior to arriving on race day. Apply your race number with the TriTats to your upper left arm, upper right arm and front quad. Your age/division identifier should be applied to your left calf. Your bike number must be affixed to your seat post or frame. The swim cap sticker must be placed on the left side of your swim cap. The helmet sticker must be placed on the front of your helmet. The race bib must be worn on your front during the run. Additional directions are included in your race packet.

Transition racks will be assigned so be sure to rack your bike at your assigned rack, labeled by name and bib number. Please do not put plastic bags on your bike. It can cause your bike to blow off the rack or get caught in gears. Any plastic bag will be removed.

YOU WILL NOT BE ALLOWED TO RACE WITHOUT YOUR NUMBERS AFFIXED TO YOURSELF AS REQUIRED!

TRANSITION ZONE

The transition zone will open at 5:15 AM on race day. Only athletes are allowed to enter the transition zone. To enter the transition area, each athlete must have their race number affixed to their bike and helmet and their wristband on their wrist. Please allow the volunteers to put your wristband on you at packet pick up.

Once in the transition zone, locate your individual bike rack labeled with your bib number. Please be considerate of other athletes around you as you lay out your transition zone items. **The transition zone will close for all athletes at 6:10 AM** and athletes will be directed to the All Athletes pre-race meeting at East Beach Crissy Field to be held at the stage at the Finish Line at 6:20AM. The duathletes will remain at the stage for the pre-race meeting for Duathlon at 6:30 AM. The triathletes will be directed to the swim start for the pre-race meeting for Sprint Distance Triathlon at 6:45 AM. There will be volunteers at the exit to check that your bike number matches your race number.

Bike Check Out

Bikes will not be allowed out of Transition Zone until most of the participants have completed the bike course. It is expected this will be around 9:30 AM, but there is no guarantee. Athletes will be allowed back in transition before then, but bikes may not be removed from racks until all athletes have finished the bike leg. Please be patient and courteous to your fellow participants while in transition during the race. Each participant deserves to have the same experience regardless of their speed.

You must have your wristband and race number on to enter transition and remove your bike.

SWIM

Sprint Triathlon Distance – 400 meters

The Sprint Triathlon start time is 7:15 AM. The swim is a one loop course. It will start and finish at East Beach Crissy Field. Given the influence of the tide in the bay, we reserve the right to adjust the start times of the swim, so please stay tuned for announcements regarding start times. Water World Swim is our Swim Coordination Team who will direct the swim portion. Please follow their directions.

The San Francisco bay water in May is typically, cool, and clear. Water temperature is in the 50's, wetsuits allowed but not necessary. The course is a clockwise rectangle shaped course with buoys every 100-200 meters. A wetsuit swim remains possible as we expect cooler weather in the coming week. Remember, the official decision on wetsuits will not be made until race morning. Swim caps are provided by Finis®. You are required to wear the swim cap included in your packet.

There will be lifeguards in kayaks and boats for participant safety. At any time, a swimmer can rest with a lifeguard without making forward progress and can then continue on when ready. If you for some reason can't finish the swim, you will not be allowed to complete the bike or run portion of the event.

BIKE

Sprint Distance – 11.0 miles
Triathlon/Duathlon

Once you have mounted your bike at Sports Basement, you will ride out onto Mason St. and head west . The bike course is a 2 lap course paved path through Old Mason St. to Crissy Field Ave, make a left onto Crissy Field to McDowell, make a right onto Cowles to Lincoln Blvd, make a right onto Lincoln to Bowley. Make right onto Bowley, continue through Bowley parking lot, then make a left onto Lincoln. Return. Lincoln to Crissy Field Ave, make left. Repeat lap. **DO NOT GO BACK TO THE TRANSITION AREA** until you have completed your required 2nd Lap. Once you have completed your required 2nd Lap, make left onto Crissy Field Ave, make right onto Old Mason St. Return to Sports Basement., you will dismount off your bike and proceed into Transition Area.

The course is approximately 11.0 miles. No tandem or pull carts allowed. Helmets are required. TMI will provide traffic control to keep cyclist safe.
Bike support provided by the Shifty Mechanic on race day.

RUN

Sprint Triathlon/Aquathlon/5k Distance – 3.1 miles
Duathlon run legs - 3.1 miles

Both courses are out and back along the beachwalk of San Francisco Bay Trail/Golden Gate Promenade from East Beach Crissy Field toward the Golden Gate Bridge and turnaround at the Warming Hut to return back to the East Beach Crissy Field finish. There will be an aid station in the Transition areas, 5k Check-in area, and Finish line. Run finishes at the picnic area and Finish Line Expo.

The Duathletes first run leg will return to the Transition Area via extended transition, then head to the bike course.

EXTENDED TRANSITION

All athletes with a bike leg will setup Transition at Sports Basement. When the athlete has completed the first leg (swim/run), the athlete will enter the extended transition zone and head to Sports Basement for the Bike start and Bike finish. If you are a triathlete, you will enter Swim-In and run 0.56 miles through extended transition to Swim-In at Transition located at Sports Basement. All triathletes are allowed to leave running shoes in the Grey blocked area of the extended transition at the Swim-In. This area will be closed off after all swimmers pass thru.

If you are a duathlete, you will enter Run-In and run 0.56 miles through extended transition to Run-In at Transition located at Sports Basement. See map on event website.

PLEASE NOTE: During the bike segment, there is no passing allowed on the narrow highway road when oncoming traffic or safety & cautionary devices are present. Violations will result in time penalties and possible disqualification. All riders must look carefully and use good judgment when attempting to pass on the bike course. Please caution the rider ahead by yelling "LEFT" or "ON YOUR LEFT" prior to attempting to pass on the left side (NEVER ATTEMPT TO PASS ON THE RIGHT). All cyclists are to ride single file (no side-by-side riding allowed) and stay at least 3 bike lengths behind the rider in front.

ADHERE TO ALL THE RULES OF THE ROAD!!!

AID STATIONS

Aid stations will be stocked in Transition Areas with water, Fluid® performance drink and Honey Stinger® gels, and performance bars, and at the Finish Line with water, TYR® recovery drink and Honey Stinger® protein bars. There are no aid stations on the bike and run courses. No gels, performance bars, or energy drinks are allowed outside of the Transition Area. You will be required to fill your water bottles with fuel. This is due to the wildlife preservation rules at East Beach Crissy Field.

YOU MUST HOLD ONTO YOUR WATER BOTTLE – DO NOT discard ANY trash on the bike and run courses. Any trash you have, please hang on to it until you return to the Transition Area and Finish Line aid stations. Failure to do so will impede our ability to continue producing this race for all of you.

COURSE CUT OFFS

Course cut off times are as follows:

Swim: 8:30 AM

Bike: 9:30 AM

Run: 10:30 AM

Any participant who is still on the course past the respective cut off time will be directed back to the Transition Zone.

RELAY INSTRUCTIONS

Note: All participants in the three-person relay must pick up their own race packet and each participants must sign the waiver.

On race day, enter the Transition Zone and wait at your assigned team bike rack. The baton must be passed during each transition, from swimmer to biker to runner. Do not start before your teammate has reached your bike rack to begin the next leg or you will be disqualified. All relay swimmers will go off in the same wave. The swimmer and biker can meet the runner at the finish line where the runner will collect three finisher medals, one per each team member.

INFORMATION BOOTH & LOST AND FOUND

An information booth will be available on Sunday at the Expo/Finish Line to answer any questions you may have. The information booth will also serve as lost & found. Please return any found items to the information booth.

PARKING

Tuesday-Friday

Athletes, spectators and fans can find street parking or pay-to-park lots surrounding Sports Basement. There is limited parking in parking lots.

Sunday

Free Parking: On Race morning athletes will be able to park in East Beach Crissy Field. These lots are FREE of charge. Arrive early to park.

We encourage you to take public transportation or ride your bike in

There will be no vehicle movement allowed at Sports Basement during the race course from 5:45am to 10:45am. If you must leave before 10:45am, it is best to park at East Beach Crissy Field. Parking at Sports Basement is limited.

WAVE START

The race will be utilizing a wave start in order to decrease congestion along the course.

| WAVE | DIVISION | CAP COLOR |
|----------------------------------|----------------------------|----------------------|
| SPRINT DU/5K DISTANCE | | |
| 1 – 7:00am | Elite | - |
| 2 – 7:05am | Male 30-39 | - |
| 3 – 7:10am | Male 40-49 | - |
| | Clydesdale | - |
| 4 – 7:15am | All Females | - |
| 5 – 7:20am | Male 29 and Under | - |
| 6 – 7:25am | Male 50 and Over | - |
| 7 – 7:30am | RELAYS | - |
| 8– 8:00am | 5K Runners | - |
| 9– 8:15am | 5K Walkers | - |
| SPRINT TRI/AQUA* DISTANCE | | |
| 6 – 7:15am | Elite | Yellow |
| 7 – 7:20am | Male 30 to 49 | Yellow |
| 8 – 7:25am | Male 40-49 | Yellow |
| | Clydesdale | Yellow |
| 9 – 7:30am | Female 29 and Under | Yellow/Green* |
| | Female 30 to 49 | Yellow/Green* |
| 10 – 7:35am | Female 50 and Over | Yellow/Green* |
| | Athenas | Yellow/Green* |
| | Sprint Relays | Yellow |
| 11 – 7:40am | Male 29 and Under | Yellow |
| | Male 50 and Over | Yellow |

RACE DAY CHECK-LIST

Be prepared for race day with this recommended check-list. We suggest laying everything out the night before and packing your bag so it is ready to go in the morning (no need to be rushing!).

- Two towels (large and small)
- Water bottles (bottle of water)
- Food (bars and/or gel)
- Swim goggles
- Swim cap (you must wear the cap issued in your race packet)
- Timing chip and band
- Race bib and race belt (or use safety pins)
- Bike
- Shoes (both biking and running if using two pair)
- Socks
- Helmet
- Sunglasses
- Wetsuit
- Seat pack (tube, patches, tire levers, multi-tool, co2)
- Running hat
- Body Lubricant (BodyGlide)
- Driver's License and USAT membership card
- Warm-Ups or dry clothes for after the race
- Watch or heart rate monitor

RACE RULES

All Hope For Crohn's Blue Wave Events are USA Triathlon (USAT) sanctioned events. For detailed explanation of all of the rules or for more information regarding USAT please visit the USAT website.

Swim Rules/Regulations

- PAY ATTENTION TO YOUR SWIM WAVE TIME AND BE PREPARED WHEN IT IS CALLED.
- The swim course is marked very clearly with large buoys.

- WETSUIT INFO: This is a USAT sanctioned event, therefore wetsuits will be allowed under the following conditions:

Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council. The AAC has set the wetsuit maximum temperature for elite athletes at 68 degrees for swim distances less than 3000 meters and 71.6 degrees for distances of 3000 meters or greater. Any swimmer wearing a wetsuit with a thickness measured in any part greater than 5 millimeters shall be disqualified.

Water temperature is anticipated to be approximately 50 degrees F. A final measurement will be taken within 2 hours of the race start and announced to the participants on the PA system.

Bike Rules/Regulations

- Helmets must be on AND fastened before you mount your bike at any point during race day.
- Do not mount your bike until you are out of the transition area and past the mount/dismount line.
- ABSOLUTELY NO RIDING IN THE TRANSITION ZONE.
- STAY RIGHT ON THE BIKE COURSE UNLESS YOU ARE PASSING. DO NOT RIDE ABREAST WITH ANOTHER ATHLETE.
- Do not litter.
- No headphones, cell phones, or devices of any kind that play music.
- If you have a flat tire move your bike off to the right side of the course.
- Please pay attention to your surroundings and follow the directions of course marshals, Police Rangers and safety personnel
- **DOWNHILL SPEED ENFORCED:25 MPH. BE SAFE. BE MINDFUL OF PARTICIPANTS AROUND YOU!!**

Run Rules/Regulations

- No headphones, cell phones, or devices of any kind that play music.
- Please pay attention to your surroundings and follow the directions of course marshals, Police Rangers and safety personnel
- Respect the land and our waterways. Do not litter. Trash cans are available at every aid station.

MEDICAL AID

The Medical Team is a dedicated group of medical professionals available to help you. The medical tent will be located at the transition zone/finish line area. In addition, there will be plenty of lifeguards in the water for the swim as well as roaming staff on the bike course to provide assistance. In order to help our medical team help you, it is critical that you fill out the medical history information on the back of your race bib.

ENTERTAINMENT

Get ready to ride the blue wave to great music in Transition, and while you run to the finish.

SPECTATOR TIPS

The event is free and open to the public. The best place for viewing the race is at the start/finish line area. There will be music to keep spectators entertained. In addition, spectators should follow these general tips:

- A triathlon/duathlon/aquathlon/5K race course uses open areas and public roads. As a result, it is important that spectators be conscious of their surroundings and be careful not to interfere with the athletes during the race
- Follow instructions from all Race Staff, volunteers and public safety officers and Rangers
- Do not at any time, enter the race course

- SPECTATORS and/or FAMILY MEMBERS are NOT permitted in the Transition Zone
- Pacing athletes is not permitted
- Be aware of areas Off Limits to spectators
- Do NOT lean or push on fencing
- Use designated crosswalks only when instructed by race staff
- Always look both ways and behind you before crossing or changing direction
- Keep moving in an orderly fashion
- Racers have the right of way. Spectators MUST yield to racers in progress
- Know your athlete's bib number, swim cap color, wave number, wave start time and estimated finish time
- Have a plan to meet up with your athlete at the conclusion of race
- Leave plenty of travel time. Expect heavy traffic into Race Site and/or Parking Area

RACE PHOTOS

Official race photography is provided by Henry. Make sure to have your race number visible and smile big. Visit hfcbluewavetriathlon.homestead.com after the race to see your photos.

FINISHER MEDAL

All participants will receive their finisher medal upon crossing the finish line. If competing as a relay, the runner will collect three medals, one for each member of the team.

ATHLETE FOOD

The athlete food tent will be located in the finish line expo. Athletes will be treated to delicious post race meal. Your race bib also serves as your food ticket.

RESULTS

Unofficial race results will be posted after the race in the Finish Line Expo area. Detailed results will be posted at hfcbluewavetriathlon.homestead.com after the event.

AWARDS

All participants will receive a finishers medal. Awards will be given to top three (3) finishers. Overall male, female and team will receive a custom award. The overalls are not awarded within age groups. All award winners will be recognized at the main stage during the awards ceremony at approximately 11:00 AM. Must be present to receive your award.

THANK YOU TO OUR HOPE FOR CROHN'S® EVENTS SPONSORS



ROAD ID is a proud sponsor of Hope For Crohn's Events. Visit RoadID.com for your identification items. If you are a walker, runner, cyclist, triathlete, duathlete, aquathlete or just an active person, Road ID is for you. In the event of an accident, if you can't speak for yourself, your Road ID will. It's not just a piece of gear - it's peace of mind.



Sports Basement is a proud sponsor of Hope for Crohn's Events. Sports Basement partners with Hope For Crohn's to sponsor our Tri/Du Transition and packet pickup locations. Sports Basement has sports apparel, performance and enhancement products, equipment and gear. Visit [Sports Basement.com](http://SportsBasement.com) for your active gear needs.

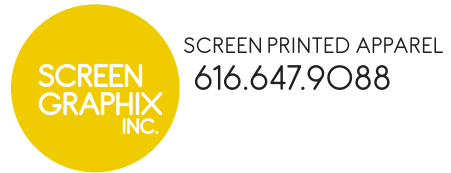


Crown Trophy is a proud sponsor of Hope For Crohn's Events. Crown Trophy provides our awards and medals. Visit CrownTrophy.com for your awards and medal needs.



Peet's Coffee in Dublin, CA. is a proud sponsor of Hope For Crohn' Events. Peet's provides our coffee and tea for all our events to support our volunteers and to help us say thank you with a refreshment and beverage. Visit PeetsCoffee.com for your beverage and refreshment needs.

THANK YOU TO OUR HOPE FOR CROHN'S®BLUE WAVE
TRIATHLON/DUATHLON/AQUATHLON/5K
SPONSORS and DONORS



JAMBA JUICE

TRI NOW FITNESS

TC RENTALS

eScrip

Amazonsmile

**HOPE FOR CROHN'S BLUE WAVE EVENT
Road Closures - Sunday, May 15, 2016**

| Street Closed | Side of Road Closed | Closed From | Closed To | Time Closed | Time Open |
|---|--|----------------------|------------------|-------------|-----------|
| Old Mason & Marina to Lincoln & 25th Avenue | | | | | |
| Old Mason St. | Whole Road | Marina Ave | Crissy Field | 6:30 AM | 9:30 AM |
| | *Coned two-way access for the East Beach Crissy Field traffic will be provided on the eastbound side of the road and Event parking lot via Old Mason St. between Marina and Janowitz | | | | |
| Lincoln Blvd | Whole Road | Cowles | 25th Avenue | 6:30 AM | 9:30 AM |
| | *Detoured access will be provided on northbound side along Lincoln Blvd from Baker Ct. to Pershing Ave | | | | |
| Crissy Field Ave | Whole Road | Old Mason St. | Lincoln Blvd | 6:30 AM | 9:30 AM |
| | | | | | |
| Amstead | Whole Road | Golden Gate Entrance | Lincoln Blvd | 6:30 AM | 9:30 AM |
| Merchant Rd | Whole Road | Storey Ave | Lincoln Blvd | 6:30 AM | 9:30 AM |
| Lincoln Blvd | Southbound | Cowles St | 25th Ave | 6:30 AM | 9:30 AM |
| Lincoln Blvd | Northbound | 25th Ave | Cowles St | 6:30 AM | 9:30 AM |
| Mc Dowell | Northbound | Cowles St. | Crissy Field Ave | 6:30 AM | 9:30 AM |

* Pedestrian traffic may cross path along Old Mason St. at Foundation Stone crosswalk between runners