

LATEST INFO:

As we get ready for the event, there is additional info to update and share:

- **Weather forecast** for Saturday is nice: Low will be 65 between 4AM and 6AM, and the high will be 83 between 3PM and 4PM. We hope that the wind stays down for a low-wave swim!
- The **bike course** has undergone some pot-hole patching... It is not worse than last year. We'll mark the damaged areas the best we can... We will have a mechanic on a quad on the bike course. Who will be out helping with flats and minor repairs!... **Still, be cautious!**
- Remember, **registration / packet pick location is at** the Convention Hall on the 3rd floor right over the Phase 2 Lobby.
- For **race-day / last-minute registration**, we'll have a table set up at the far end of the transition area starting at 7AM.
- Las Palomas Resort is offering the following **deals to participants and their accompanying fans:**
 - Happy Hour:
 - Friday 6PM to 8PM
 - Saturday 5PM to 7PM
 - Breakfast 15% discount (show you bracelet)
 - Saturday – Citrón Restaurant
 - Sunday – La María Restaurant
 - In Mexico, Kids are celebrated every April 30th... So, there will be breakfast celebration where Kids will be the stars... There will be piñata and special buffet breakfast discount: Kids \$5, Adults \$16.
- Participants and their fans **NOT STAYING** at Las Palomas:
 - You need to get a guest bracelet for you, family and friends. You can get these bracelets:
 - Friday 4-8 PM at Registration / Packet pick up at the Convention Room (Phase 2).
 - Saturday 7-9:30 AM by the guard house at the entrance to the resort.
 - No ice chests or food are allowed into the resort.
 - Your visitor bracelet only allows you to be in the Phase 1 pool area.
 - Race-day parking will be at the golf club-house lot. If it fills up, personnel at the guard house will direct you accordingly.

Giving Back

Remember that we would like you to take part in giving back to the local community. Since the town of Puerto Peñasco is graciously opening their community to us, we want to give back by donating to the Department of Familia or D.I.F. The D.I.F. helps the local adoption agencies and supports families in need. Please bring down non-perishable foods, relatively used shoes, clothes, running clothes, anything that will help to make a HUGE donation back to the community. Thank you!

Please bring your donations to the Registration Area.... THANK YOU!

Read the info below again ☺ !

Welcome to Rocky Point!

WWW.ROCKYPOINTTRIATHLON.COM



APRIL 29, 2023

ATHLETE'S GUIDE

Hola Amigos!

Bienvenidos a Mexico!

Welcome to the 15th annual Las Palomas Rocky Point Triathlon!

This year we are back with the same course as last year. Grab your gear, sunscreen, and over your triathlete amigos and family to head south of the border to Rocky Point, Mexico!

The host resort, Las Palomas, is phenomenal! Amenities at this resort are world class, including great ocean views and a lazy river pool to enjoy before and after the race with your family.

In addition to the resort, the race, the party music, beautiful weather, and outstanding volunteers... We will even have a free cerveza for you at the finish!

Giving Back

We would like you to take part in giving back to the local community. Since the town of Puerto Penasco is graciously opening their community to us, we want to give back by donating to the Department of Familia or D.I.F. The D.I.F. helps the local adoption agencies and supports families in need. Please bring down non-perishable foods, relatively used shoes, clothes, running clothes, anything that will help to make a HUGE donation back to the community. Thank you!

The race is only a few days away and we can already taste the salt water and Mexican food. Our staff is excited to bring you across the line and enjoy a triathlon fiesta in a great and friendly town in Mexico!

SCHEDULE OF EVENTS

Registration

Friday, April 28, 2023

• 4:00 p.m. – 8:00 p.m. – **REGISTRATION**

- Registration will be held at Las Palomas Convention Center (an indoor room at Phase 2 – 3rd Floor)
- Entering this resort is like entering Ft. Knox. Please bring your ID.
- You will register (US\$ cash please!) or confirm your registration.
- You will receive our event shirt, bib number, and athlete bracelet.
- You will pick up your timing chip.
- You will only need your driver's license or some form of picture I.D. to check in. (This is not a USAT Sanctioned event).
- **Athlete Bracelets** – will be used to identify you as an Athlete and allow you to enter/exit transition and enjoy the resort the rest of the day.
- **Fiesta Bracelets** – These bracelets will be distributed during registration to friends and family of those participants that ARE NOT STAYING at Las Palomas Resort so that they can be at Las Palomas during the event and party. There will be a separate table for these Fiesta Bracelets to be picked up.

IMPORTANT BIKE COURSE INFO: The City of Puerto Peñasco was not able to repair the bike route pavement. **THE PAVEMENT IS IN ROUGH SHAPE AND WE RECOMMEND PARTICIPANTS TO RIDE A GRAVEL OR MOUNTAIN BIKES.** Otherwise, expect a rough ride with possibilities of flat tires... We apologize for the inconvenience that it's out of our control...

• 7:00-7:30pm – **ATHLETE MEETING**

- **Same place as registration**
- The Event Staff will be going over last-minute details and will answer questions.
- Athlete Meeting will be held by the pool in Phase I. If you can't make it, everything discussed at the Athlete Meeting is included in this Guide...so just read it!

Saturday, April 29, 2023 - **Race Day!**

Triathletes – Transition Open

8:00 a.m. – 9:45 a.m. – Transition area is open for athletes only.

- You will need your Athlete bracelet to get into transition:
- Rack your bike (no assigned slot)
- Get body marked (in transition!)
- Please ensure that your Timing Chip is on your ankle... No Chip, No Time!

Triathlon Start times

Sprint - 10:00 AM (subject to change based on tides etc.). Beach Start

International – 5 minutes after the Sprint (subject to change based on tides etc.). Beach Start

Running Start Times

5K Start Time – 11:00 (Run-out of the Transition Area)

10K Start Time – 11:10 (Run-out of the Transition Area)

Finish Line

- Please return your timing chip after crossing the Finish Line.
- At the finish line we will be serving water.
- You will get your free beer at the Tecate tents on the beach by showing your bib number, which will be marked at that time.
- There will be a Taco Stand at the Tecate tents on the beach where you will be able to buy delicious tacos.

With cerveza and tacos it's easy to forget your poor bike at the transition area... Please pick it up as soon as you finish the race...

Awards Ceremony – About 2:00 PM – Jardin Cristal, Phase 1

Awards ceremony will be poolside...sunscreen highly recommended... bikinis and board shorts are perfectly acceptable...as is your race kit...or linen pants and a sombrero...or a poncho!

Award Categories

- Sprint – Top 3 Overall, and 3 deep per age group/gender
- Sprint Relay – Top 3 Overall
- International – Top 3 Overall, and 3 deep per age group/gender
- International Relay – Top 3 Overall
- 5k – Top 3 Overall male/female
- 10k – Top 3 Overall male/female
- You must be present to receive your award!

CAUTION: Awards are cool Beer Pint Glasses.... **NO GLASS CONTAINERS ARE ALLOWED IN THE POOL AREA!** So put your awards and any other glass containers away!

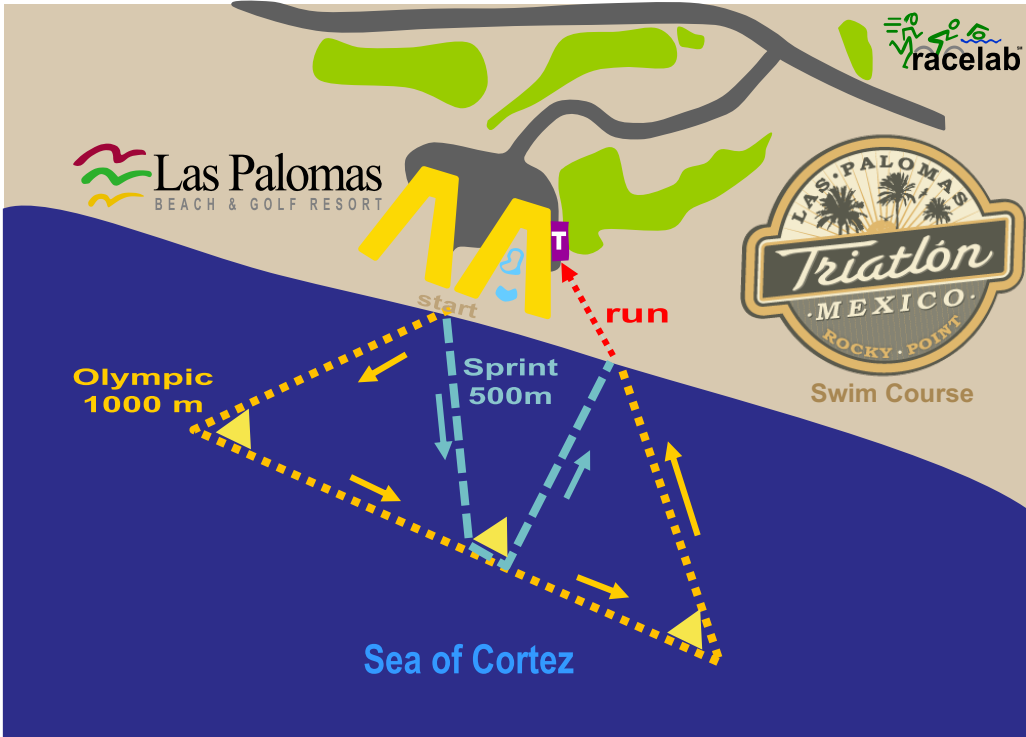
Party – After Award Ceremony until about 8:00 PM

- Open cash bar at the pool.
- Party dancing music for kids and adults.
- A reminder, this is a FAMILY affair, so please be respectful, safe, and enjoy the party!
- **Security will be checking that all have Participant or Fiesta bracelets**, so make sure you keep them on until you go back home...

Remember the idea of giving back to the community? Well, please remember to bring canned food, slightly used shoes, clothing for the D.I.F.

IMPORTANT ADDITIONAL INFORMATION:

- The distances for this race are subject to change because of tides and road construction.
- The Olympic distance is 1000-meter swim, 42 km bike (**3 loops**) and a 10km (**2 loops**) run.
- The Sprint distance is 500-meter swim, 16 km bike (**1 loop**) and a 5km (**1 loop**) run.
- The 5k run is 5k...or 3.1miles (**1 loop**)
- The 10k run is 10k...or 6.2miles (**2 loops**)
- You must wear your chip to receive a time.
- Timing chip and strap must be returned.
- No drafting on the bike... Please...
- You are NOT allowed to wear headphones on the BIKE course, and you MUST wear a helmet. The helmet and or the headphones are optional on the run.





ADDITIONAL INFORMATION

Is it safe to travel to Puerto Peñasco?

- Puerto Peñasco is probably one of the safest places to travel in Mexico. Before Covid-19, 2.5 million visited the beach town per year (most from Arizona), and now, as Covid-19 impact has subsided, visitors are coming back at close to the previous rate.

It is recommended to enter Puerto Peñasco through the Lukeville/Sonoyta port of entry. You will only be driving in Mexico for 65 miles and the road is in good condition. Make sure to observe speed limits, especially in the town of Sonoyta and the city of Puerto Peñasco. Driving at night is not recommended due to possible road hazards. We recommend you drive during the day and use the Lukeville/Sonoyta border crossing. The stretch of highway just past the border to Puerto Peñasco was designated as a “safety corridor” since 2016.

Do you need to purchase extra car insurance to travel to Puerto Peñasco?

Yes (by Mexican law), make sure to purchase Mexican car insurance before crossing the border or simply online (there are several companies that offer it). Expect to pay an average of \$US 100.00 for 4 days of coverage (depending on vehicle value)... Liability is required; full coverage is recommended.

What precautions do I have to follow while driving in Mexico?

Make sure to observe speed limits, especially in the town of Sonoyta and the city of Puerto Peñasco. The speed limit in Mexico is in kilometers, not miles and you will get pulled over if you exceed these limits. Roads are generally in good condition. Follow traffic laws; be alert to stop signs that are often difficult to spot.

How far is it to drive to Puerto Peñasco?

From San Diego – 320 miles, From Los Angeles – 420 miles, From Yuma – 180 miles, from Las Vegas - 464 miles, from Phoenix – 212 miles, from Tucson – 214 miles, from Albuquerque - 624 miles, from St. George, Utah – 584 miles.

Can you drive a rental car into Puerto Peñasco?

Yes, if the rental car company allows it. There may be an additional surcharge to rent vehicles traveling to Mexico. There is no Uber service in town and taxis can be pricey.

What are the border crossing times?

The border is currently open daily from 6AM to 8PM. Expect exceedingly long lines at the border going into Mexico on Fridays and coming back to the US on Sundays or holidays.

What to expect while crossing the border into Mexico?

Once you drive across the border there is a random red light / green light system for Mexico customs inspection. Approximately 70% of the time you will get a green light and you will continue into Mexico with no further questions or customs check. If you get a red light simply pull into an open inspection parking spot for a routine customs entry inspection by a Mexican customs officer. They will ask you questions about your visit, and they may also inspect your belongings. Custom agents may also ask you routine questions such as;

- Do you have currency over \$10,000 with you?
- Do you have any firearms or ammunition? It is illegal to bring firearms or ammunition into Mexico... **You will get arrested if they find these in the vehicle you are driving or in your possession.**
- Other standard procedure questions may be asked (don't be nervous and don't act suspicious. Be yourself and answer the questions honestly. They will instruct you when to proceed). Although very seldom requested, you may need to show the following documentation:
 - Title or registration verifying ownership of your vehicle as well as any towed units, travel trailers, recreational vehicles, etc. For leased, rental or company owned vehicles, you must obtain a letter from the actual owner authorizing you to take the vehicle into Mexico.
 - Pet vaccination records if you bring your pets with you.

Can I use my cell phone in Puerto Peñasco?

Yes, Verizon, Spring, TMobile and AT&T work in Puerto Peñasco, provided there is local phone company's regional coverage. Like in the U.S., signal becomes more sporadic as you enter more remote areas. Make sure to call your provider and find out if there is an international plan to avoid roaming charges which can be very costly!

Do I need a passport to travel to Puerto Peñasco? –

Yes, including children, passports (or visas for non-us citizens) are needed to re-enter the U.S. Double-triple check that you have everyone's documents.

Do I need to exchange US Dollars into Mexican Pesos when traveling into Puerto Peñasco?

You don't really need to exchange dollars into pesos. All establishments accept and prefer US dollars and their rates will be posted in dollars. Same goes for the vendors on the beach. Make sure to bring small bills as often they don't have change for the larger bills. If you prefer to pay in pesos, you can do this but it's best not to exchange money before arriving in Mexico.

Most likely you will get a better exchange rate in Mexico. Money can be exchanged through ATMs or at local banks. Also, if you don't have a foreign exchange fee on your credit card you will generally get the best exchange rate when paying by credit card.