



Sunday, June 20th, 2010

Spectators + Finish Festival Course Brief Handout

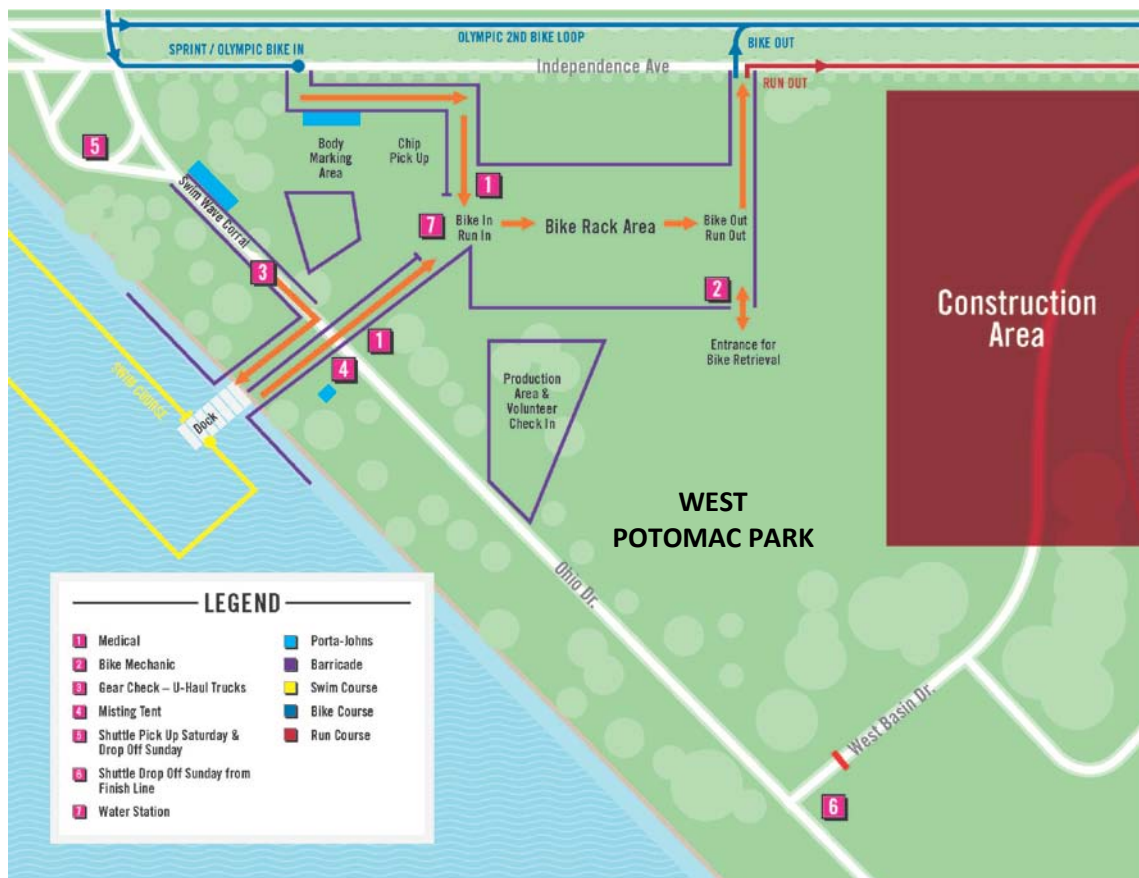
Here's how to watch the action on race weekend

SATURDAY

After athletes have picked up their race packet at the Sheraton Hotel on 12th and K St they will head down to the transition area to rack their bike and some will also participate in the practice swim.

Practice swim is from 1pm – 4pm and bike racking is from 1pm – 8pm.

If you drive park in Lots A, B or C on Ohio Dr just northwest of Buckeye Dr or on Ohio Drive adjacent to the transition area. To park here your athlete will need to be IN THE CAR WITH YOU WITH THEIR RACE BRACELET ON. The lots are accessible via 15th St, Maine Ave or 395s.





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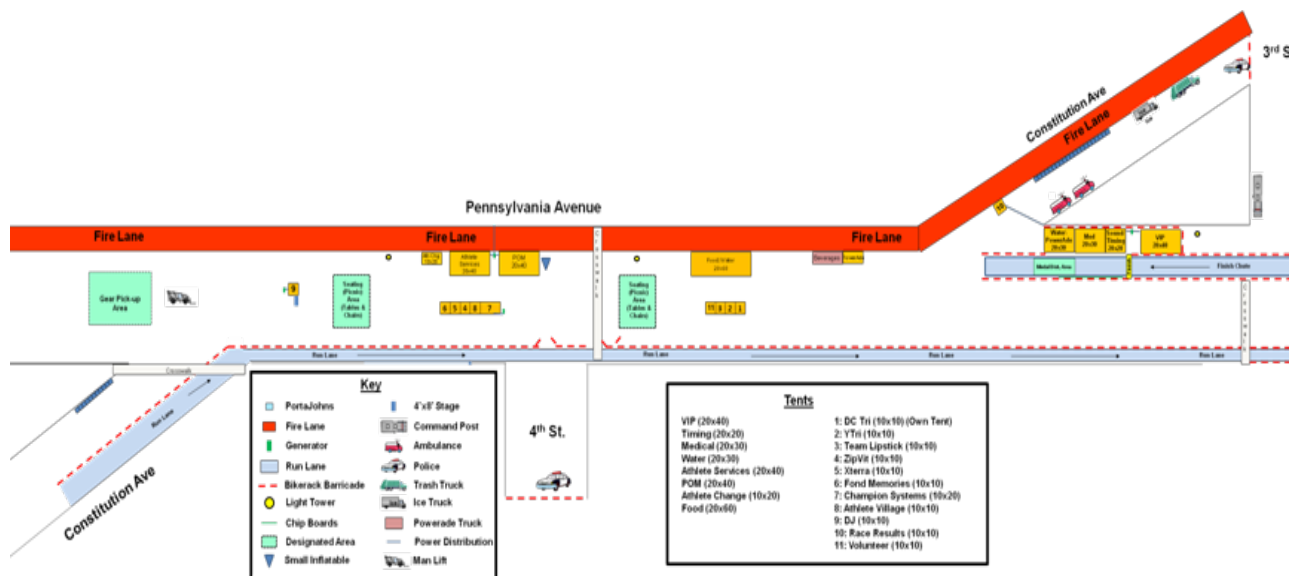
The race starts bright and early, with the sprint competitors starting at 5:30am and the Olympic competitors at 6:30am. You'll want to find out which wave your athlete is in to get an approximate start time.

We heavily recommend walking to the transition area to watch your athlete enter and exit the water. You will be able to purchase coffee and breakfast snacks at the transition area while you are there and porta-potties will be available.

For those who would like to watch the action on the bike or the run the best vantage spot is at the Washington Monument at 15th Street and the National Mall. From there you can watch them bike and run past you and you are then close to the Finish Line Festival.

An option to watch the run is by the U.S. Capitol Building at Pennsylvania Avenue and 2nd Street, where you can get a great shot with the U.S. Capitol in the background.

And of course, the best place to be when your favorite competitor crosses the finish line is at the Finish Line Festival on Pennsylvania Avenue and 3rd Street. The Festival features music, refreshments, sponsor booths, Powerade, POM drinks, massages for our athletes and for Dads to help celebrate Fathers Day! and Washington DC Triathlon merchandise for sale.



Make sure you pick up a copy of Competitor Mid-Atlantic for more details and a course map!