



Expo and Packet Pick Up Course Brief Handout

The Nation's Triathlon Expo is the nerve center for all pre-race activities. The Expo and Packet Pickup is held at the Official Host Hotel, the Washington Hilton.

Expo Hours: Friday, September 10: NOON – 8 PM; Saturday, September 11: 9 AM – 7 PM

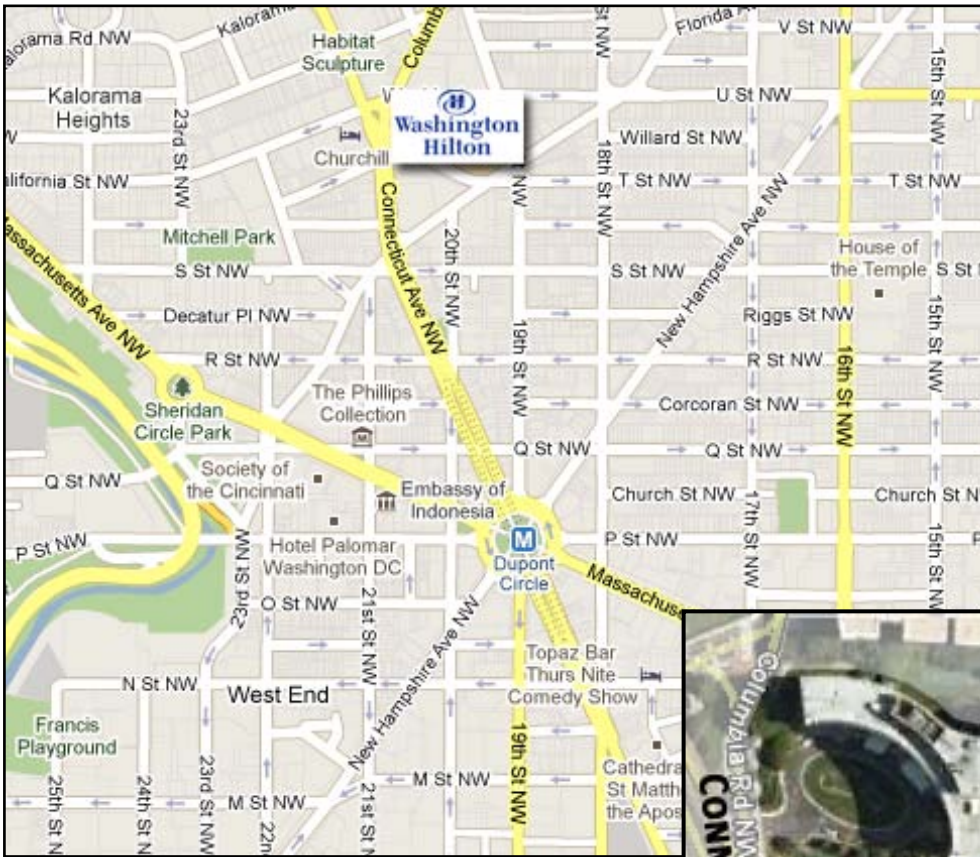
Hotel Address: 1919 Connecticut Avenue NW, Washington, DC

Expo Location: Columbia Hall, enter via T-Street Entrance

Closest Metro: Dupont Circle (Red Line on the Metro)

Closest Parking: Onsite at the hotel, discounted parking available \$10 for up to 2 hours

Bike Valet: Available Friday & Saturday at the T-Street Entrance





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THREE THINGS YOU WILL FIND IN YOUR RACE PACKET:

- 1. Race bracelet** – We will put this on you at packet pickup. **DO NOT REMOVE IT UNTIL AFTER YOU'VE PICKED UP YOUR BIKE AND GEAR AFTER THE RACE IS OVER.** Your race bracelet identifies you as a participant and is needed to gain access to the transition area, swim practice, athlete services tent and the athlete food tent.
- 2. Race Numbers** – Bib number, Bike number and Helmet number. Please make sure they are put on in the right locations.
- 3. Swim cap** –At packet pickup print your Bib number immediately on it. Swim caps are required on race day and color coded to indicate your swim wave.

YOUR TIMING CHIP WILL BE GIVEN OUT RACE MORNING IN THE TRANSITION AREA. IT IS NOT IN YOUR PACKET.

Please remember to bring **one form of official, government-issued photo identification** and, if you are a full-year member, **your USAT membership card**. If you don't bring your USAT card and are a member, you will have to pay the \$10 one-day membership fee.

Course Briefings (optional)

Friday, September 10th: 1:00 PM, 4:00 PM, 7:00 PM

Saturday, September 11th: 10:00 AM, 1:00 PM, 4:00 PM

New Triathlete Course Briefings (optional)

Friday, September 10th: 2:00 PM, 5:00 PM

Saturday, September 11th: 11:00 AM, 2:00 PM, 5:00 PM

TREK Guided Bike Rides to Transition Area from Washington Hilton

(depart from T Street Entrance)

Saturday, September 11th: 12:30 PM, 2:00 PM, 3:30 PM, 5:00 PM,
6:30 PM

Directions from the Washington Hilton to the Transition Area

Exit hotel and make a **LEFT** onto Connecticut Ave

Make a **RIGHT** onto Florida Ave

Florida Ave becomes 23rd Street

Follow 23rd halfway around Washington Circle, continue on 23rd

Bear **RIGHT** at Lincoln Memorial Circle

Go halfway around and continue on 23rd

Cross Independence Ave into Transition Area

Total distance: 2.2 miles

