# OFFICIAL RACE PROGRAM

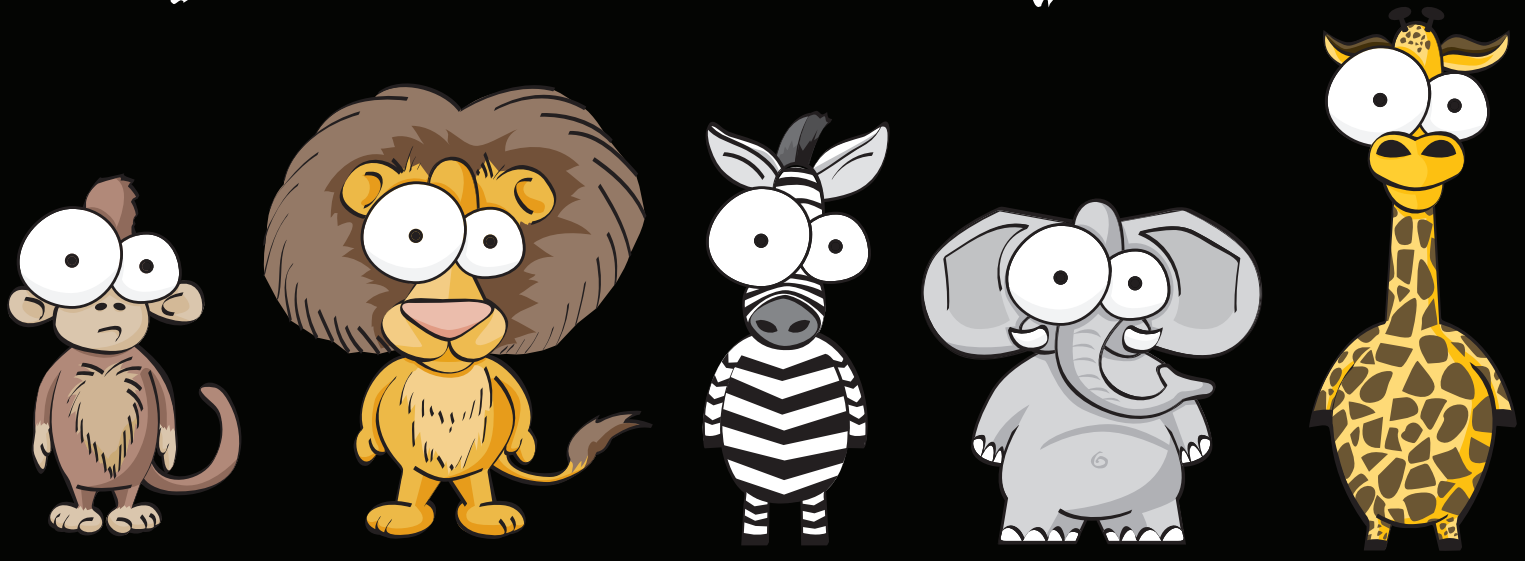
MACK CYCLE

ZOO MIAMI

# MIAMIman™

## TRIATHLON - DUATHLON - AQUABIKE

## 20+ YEARS



MACK CYCLE & FITNESS

MIAMI, FL · SINCE 1957

INTEGRITY MULTISPORT

**November 15, 2026 | Zoo Miami**

# EVENT SCHEDULE

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## Saturday, November 14, 2026 - Packet Pickup & Vendor Expo at Mack

**10 a.m. to 4 p.m. -** Packet Pickup & Vendor Expo at MACK CYCLE
*Absolutely no race day packet pickup allowed.

**1 p.m. -** Pre-Race Clinic and Q&A Session at MACK CYCLE
by Coache Erinne Guthrie.
*This clinic is mandatory for anyone doing the Miami Man for the first time.

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## Sunday, November 15, 2026 - Race Day (No packet pickup)

5:00-5:30 a.m. - Event parking for International Distanc athletes
5:30-6:00 a.m. - Event parking for Sprint Distance athletes
5:00-6:45 a.m. - Transition Area Open for Athletes

### Race Start Times:

6:30 a.m. - International Triathlon/Aquabike Begin
6:40 a.m. - International Duathlon Begins
6:50 a.m. - Sprint Early Start*
7:00 a.m. - Sprint Triathlon/Aquabike Begin
7:10 a.m. - Sprint Duathlon Begins

### Cutoff Times:

Cutoff times will be adjusted based on the last swimmer entering the water for each distance. Nevertheless, you need to be able to complete each segment according to the speeds/paces, shown below:

*International Distance racers that expect to take longer than 35 minutes to complete the 0.6 mile swim, or bike less than 15 mph, or run slower than 14 minutes per mile should transfer to the Sprint Distance as there are hard cutoffs on the roads and in the Zoo.

*Sprint Distance racers must be able to complete the 0.3 mile swim in under 35 minutes and bike faster than 11 mph. If you might swim between 30 and 35 minutes or bike between 11 and 13 mph, please ask the staff to put you in the early start. Going in this group is only for those worried about cutoff times and those in this group cannot place ahead of anyone going with their normal group.

### Triathlon/Aquabike Group Start Order:

**International - 6:30 a.m.**

Purple - Collegiate
White – Male Elite, Open & Para, Male 13-39, Clyd 13-39
Yellow – Male 40-49, Clydesdale 40+
Red – Male 50+
Orange – Female Elite, Open & Para, Female 13-39, Athena 13-39, All Relay Teams
Pink - Female 40+, Athena 40+

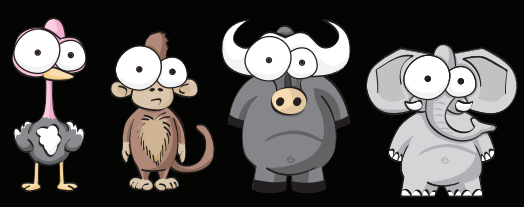
**Sprint - 7:00 a.m.**

Blue - Sprint Early Start*
White – Male Elite, Open & Para, Male 13-39, Clyd 13-39
Yellow – Male 40-49, Clydesdale 40+
Red – Male 50+
Orange – Female Elite, Open & Para, Female 13-39, Athena 13-39, All Relay Teams
Pink - Female 40+, Athena 40+

### Award Times:

9:15 a.m. – Sprint & Int'l Aquabike Awards
9:30 a.m. – Sprint & Int'l Duathlon Awards
9:45 a.m. – Sprint Triathlon Awards
10:00 a.m. – Int'l & Collegiate Triathlon Awards

DO THE ZOO



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# IMPORTANT INFO

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## Aid Stations Contain:
Water
Gatorade Endurance Sports Drink (green Gatorade cups)
Gel

## Race Numbers:
There is a race number sheet in your race packet that you are required to display during the event. The bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. The bike number is self adhesive. There are 3 small stickers on the sheet to put on the front and both sides of your helmet. The run number must be displayed during the run segment on the front of your body. You can attach it to your new Miami Man race belt!

## Body Marking (Saturday):
At packet pickup you will get a body marking tattoo. Apply it to your left bicep facing out. Place the ink side to CLEAN and DRY skin, making sure it is right side up. Hold a very wet, folded paper towel over the paper backer of the tattoo for 30 seconds. Make sure it gets wet all the way through. Peel the paper backer off skin, leaving tattoo on your skin. Apply sunscreen the morning of the race. Do not apply body lotion or sunscreen until after you have been body marked. PLEASE use sunscreen. It's still South Florida! Please remember these tattoos should be applied before you go to bed on Saturday to set overnight. Remove them with baby oil.

## Swim Cap:
The swim cap placed in your race packet must be worn during the swim. Do not trade your swim cap with another athlete, as the caps are color coded to assist race management in organizing you at the swim start. The swim caps are silicone and a keepsake.

## Dropping Out:
Please notify a race official and return your timing chip at the finish line if you drop out of the race. Your timing chip may only be returned at the finish line. Please do not give it to volunteers elsewhere on the course.

## Relay Teams:
You do not need to leave your bicycle in transition unless your swimmer is also your cyclist. Have your cyclist wait outside the bike entrance to transition to the side so not in anyone's way. Your swimmer can run straight through transition and put the timing chip on the cyclist's ankle, then you're off! Upon return, the relay runner can wait outside the bike entrance to transition to get the chip and run right through transition and onto the run course. We ask you to do this as waiting relay cyclists and runners often get in the way of individual racers going through transition. Please be kind to other racers while you wait and stay out of the way.

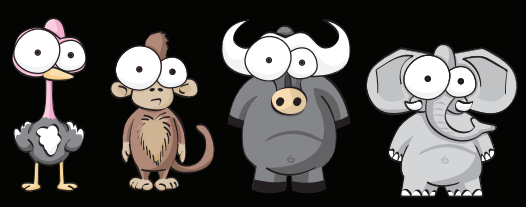
## Athlete Tracking:
Go to https://miamimantri.com/index.php/athlete-tracking/ or scan QR code for more info on racer tracking.

## Bike Check-In:
Bike check-in is on race morning ONLY. There is no need to check your bike the day before.

## Transition Security:
Only registered racers that have their race number on will be allowed to enter the transition area at any time, before, during, or after the race. This is for the protection of your stuff, so please obey all of the rules and respect the security guards! Racers must show proof (a race number that matches the bike number) to retrieve their bicycles. ANYONE BADGERING THE SECURITY TEAM WILL BE IMMEDIATELY DISQUALIFIED FROM THE RACE FOR 'UNSPORTSMANLIKE CONDUCT'.

## Backup Timing:
While we have chip timing, occasionally a chip is lost or there is some malfunction somewhere. Because of this, we have backup timers at the start, finish, and each end of transition. Please help yourself and say your number to the person holding a tablet at each of these locations when you pass by.

## Wetsuits:
Assume the swim will be wetsuit legal and bring one if you want to wear one. We will send a notice to all racers if it is not. The water is warm, so a wetsuit certainly is not needed.



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# IMPORTANT INFO

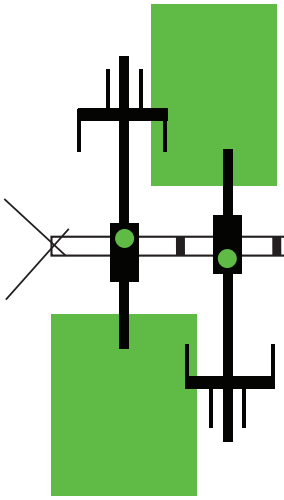
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## Rules:

1-Helmets must be buckled or strapped on whenever with your bike. This is a DISQUALIFICATION penalty.
2-Headphones are not allowed as they affect your ability to hear.
3-No drafting. You must stay 5 bike lengths away from the person in front of you and have 20 seconds to pass.
4-No blocking - You must ride on the right side of your lane except when passing.
5-Pass only on the left while on the bike.
6-Do no cross the yellow line around corners on the bike.
7-No outside assistance will be allowed in the transition area.
8-No Littering. You may not leave anything on the course (i.e. water bottles, gel wrappers, SWIM CAPS).
9-You must run or walk your bike out of and into the transition area. You may not ride in transition. Mount your bike at the road.
10-You must wear your running race number on the front of your body during the run segment. Your bike number must be clearly visible at all times on your bike. Apply the helmet numbers to the front and both sides of your helmet. Put the number tattoos on your left bicep.

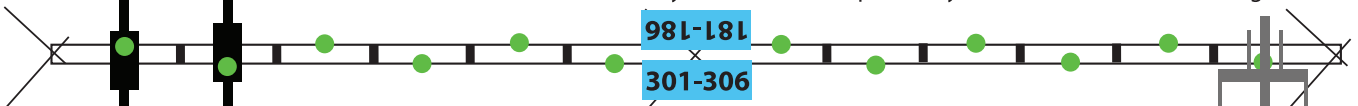
## Transition Layout:

## Correct Bike Racking:



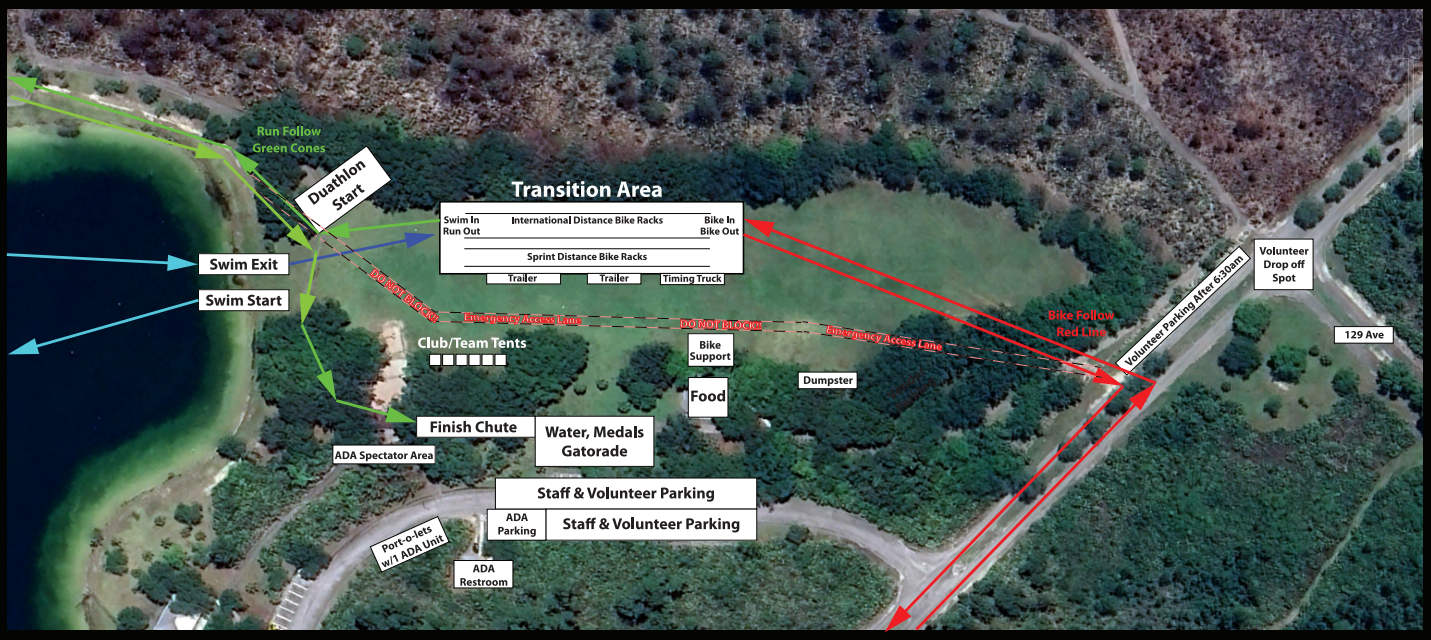
### Racking System Instructions:

There are 6 bikes per rack, 3 on each side. 2 racks are shown below.
Each side has its own label, number sequence and each space is marked with black lines to show where your designated area starts and ends.
Rack your bike on a spot with a green mark. The spot your left when facing the rack will have a bike racked from the other side so you can use that space for your shoes, helmets, etc (see green area).




Most athletes will rack by pushing their rear wheel under the bike rack and lifting it up onto the bar. In this case your front wheel will be facing your side of the rack. Racking like this allows you to pull your bike out without your handlebars moving and hitting the surrounding bikes.
Some athletes' seats are higher than the rack, so they may rack their bikes by putting their handlebars on the bike rack (see gray bike ->).

## Venue Map:






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# SWIM

International .6 mile
Sprint .3 mile

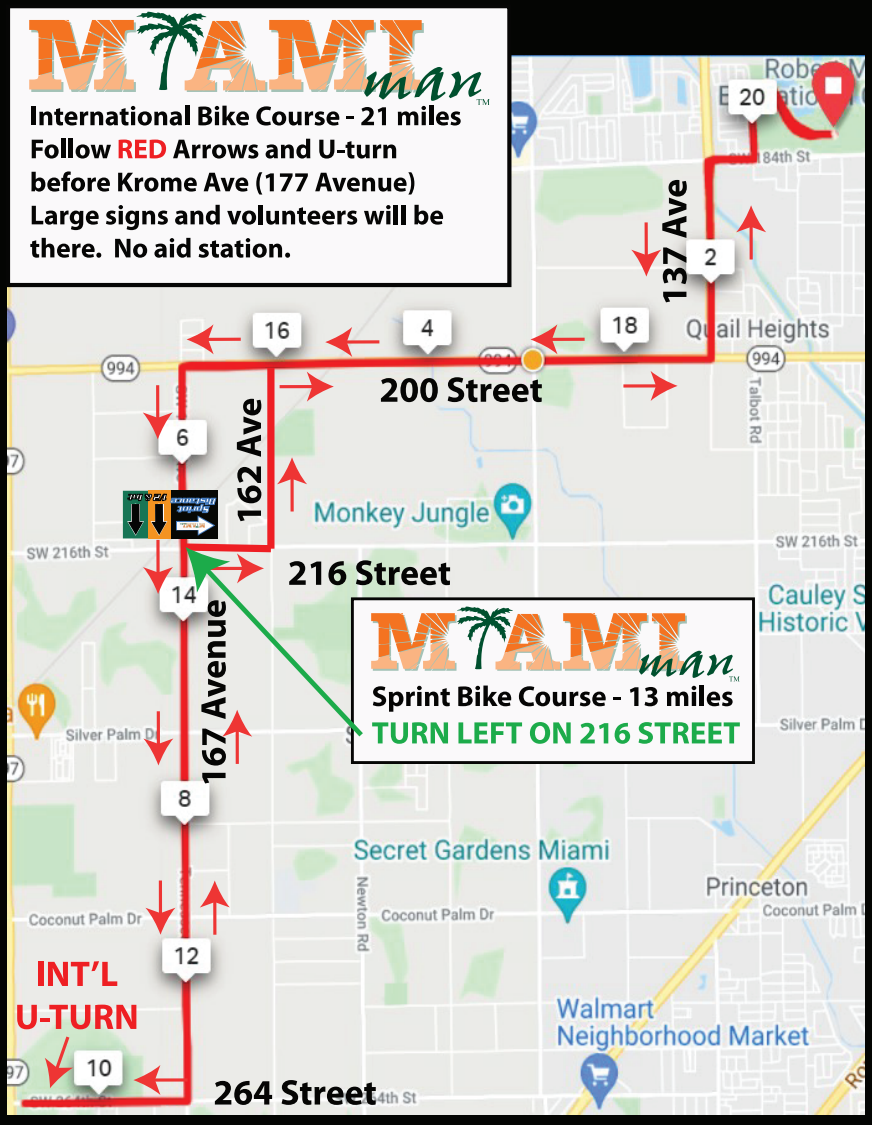



The swim will take place in Larry and Penny's crystal clear lake. The swim will start and end at the edge of the lake next to the transition area. Racers will swim clockwise around the lake. Sprint racers swim a 0.3 mile short loop. International distance racers swim a 0.6 mile long loop.

# BIKE

International 21 miles
Sprint 13 miles

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**Sprint** - The sprint bike course is a 13 mile out and back with a small loop at the furthest point.

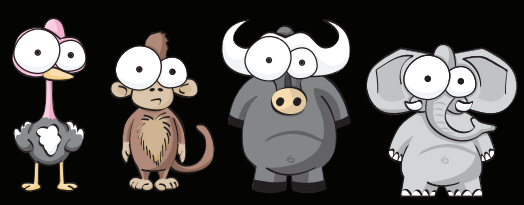
**International** - The int'l bike course is a 21 mile out and back with a loop in the center.

**Transition Number Layout:**

The bike course will go through farmland areas of Miami-Dade county and will encounter minimal vehicular traffic. The course will be well marked and have police controlling traffic at each intersection where riders would normally stop for a stop sign or traffic light and where the course turns. The event has earned high praises for the excellent work by the police keeping the course safe, but remember that it is an open course, so do not trade your safety for a few seconds off your bike split.

Important: Police officers are at intersections to direct cars, not bikes. Do not go where they are pointing. We have volunteers and arrows at the turns to direct bikes. We also recommend downloading the ridewithgps app as it will give you turn-by-turn directions and show you where you are at all times.

SAFETY IS #1, so please pay attention to your surroundings and get out of the aero bars when going through intersections controlled by police, especially those with traffic lights. Also keep your eyes peeled for any rough pavement as these are RURAL roads!



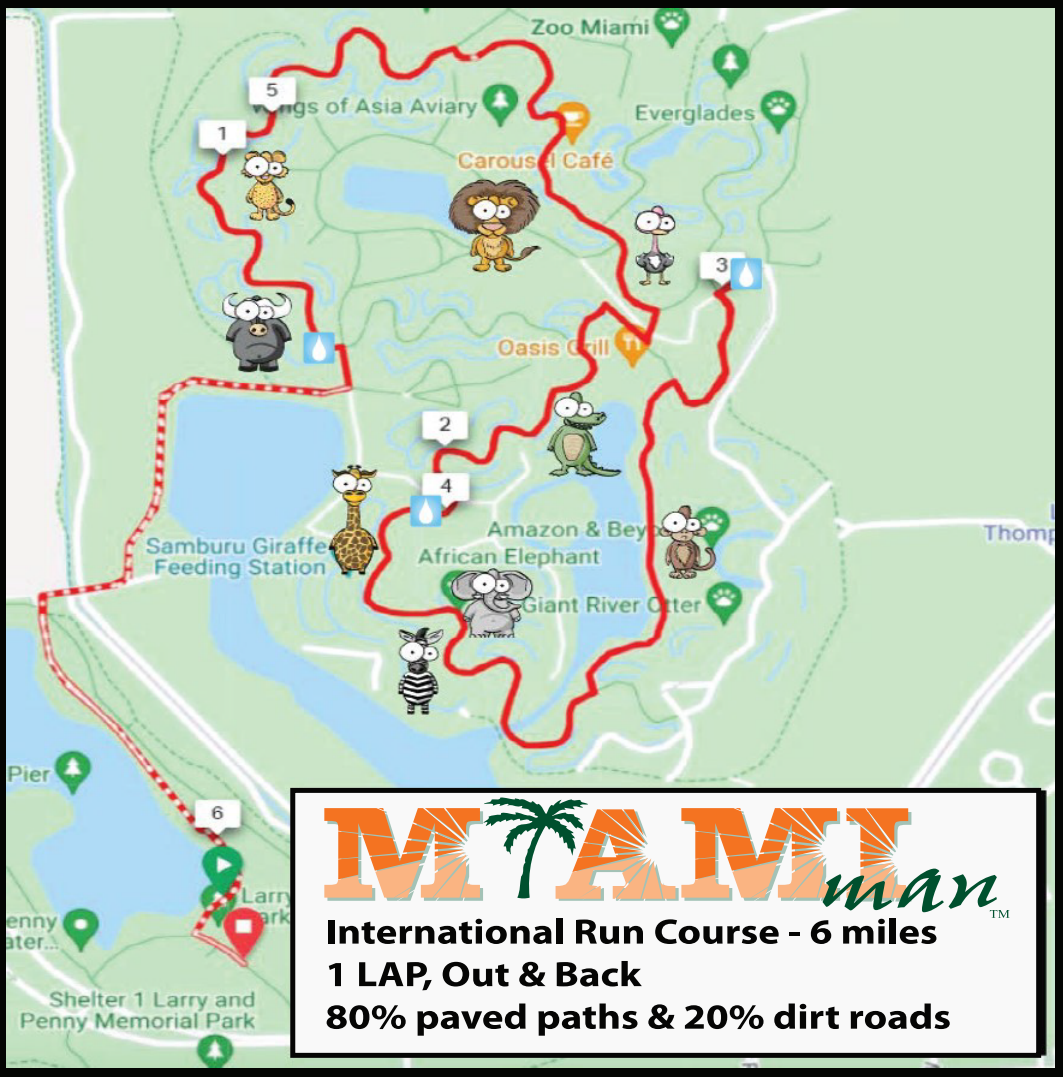
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# RUN

International 6 miles
Sprint 3.1 miles

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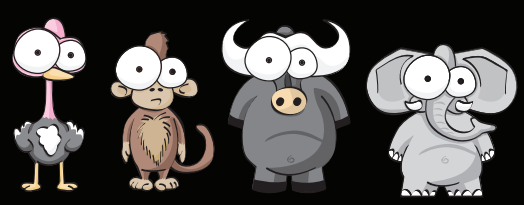
**Duathlon Run #1** - All duathletes start with an out and back 1 mile run on the dirt road around the lake. The run starts and ends by the RUN entrance to transition.

## We've saved the best for last - the RUN!

The International Distance run consists of a full 5 miles on the Zoo Miami public pathway viewing animals! Way more than ever before! The run takes place before the Zoo opens at 10 a.m., so we'll have the entire Zoo to ourselves (thus the early race start time). The International run is an out and back run totaling 6 miles and contains 80% paved paths and 20% dirt roads.

The Sprint Distance run is the same as the International Distance run, but U-turns at the 1.55 mile mark to finish with 3.1 miles total.

**AID** - Aid stations are located approximately every mile (.8 - 1.2) along the course. They will all have water and Gatorade Endurance.



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# 2027 SCHEDULE

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KB Half Marathon

KEY BISCAYNE, MIAMI
APRIL 4, 2021

City Bikes Las Olas International
TRIATHLON | DUATHLON | AQUABIKE

FORT LAUDERDALE
APRIL 18, 2021

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TRI-MIAMI TRIATHLON
KEY BISCAYNE, FL

KEY BISCAYNE, MIAMI
MAY, JUNE, AUG, SEPT

FORT DE SOTO TRIATHLON

TAMPA AREA
JUNE, JULY, AUG, OCT

SOUTHERNMOST
HALF MARATHON & 10K
KEY WEST, FL

RUNCONCHREPUBLIC.COM
KEY WEST
OCTOBER 10, 2021

MACK CYCLE
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KEY WEST TRIATHLON

KEY WEST
DECEMBER 12, 2021

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