



Presented by: **PARRISH**
HEALTHCARE

2025 Space Coast Triathlon and Duathlon Pre-Race Packet



Please email support@thefloridamarathon.com with any questions or concerns





Presented by:  **PARRISH**
HEALTHCARE

Table of Contents:

Click one of the links below or scroll through the document

Packet Pickup:	4
Saturday Packet Pickup	4
Sunday Packet Pickup:	4
Walk Up Registrations	5
Shirts	5
Parking	5
Parking for Saturday, October 11, 2025	5
Parking for Sunday, October 12, 2025	5
Start Times by RACE	6
Body Marking	6
Swim Waves	7
Athlete Amenities	7
Awards	7
Bib Numbers	9
Timing Chips & Results	9
Note for Aquabike Participants	9
Run Course (ATTENTION ALL ATHLETES)	9
Start/Finish FOR ALL RACES	10
Weather	10
Course Maps	10
RACE DIRECTOR BRIEFING	11
Portalets	11
Deferral Policy, Switching to Virtual, and Changes	12
Post Event	12
Lost & Found	12
Volunteers	12
Best Spectator Locations	12
Contact Us!	13



Presented by:  **PARRISH**
HEALTHCARE

Sponsors

14



Presented by:  **PARRISH**
HEALTHCARE

Packet Pickup:

Saturday Packet Pickup

Your ID is required to pick up your packet. If you are picking up for a friend, you will be required to have a picture of their ID. NO EXCEPTIONS



Date: Saturday, October 11, 2025

Location: Cocoa Civic Center / 430 Delannoy Ave, Cocoa, FL 32922

Times: 11am - 5 pm

Sunday Packet Pickup:

Your ID is required to pick up your packet. If you are picking up for a friend, you will be required to have a picture of their ID. NO EXCEPTIONS

Date: October 12, 2025 (Race Morning)

Location: On the north side of the amphitheater under the arch

Times:

Triathlon

4:45AM - 7AM

Duathlon

4:45AM - 7AM

Transition

4:45AM - 7AM



Presented by:  PARRISH
HEALTHCARE

Walk Up Registrations

**WALK UP REGISTRATIONS WILL ONLY BE AVAILABLE FROM 12PM - 3PM
SATURDAY ONLY – NO DAY OF RACE REGISTRATIONS FOR ANY RACE**

TRIATHLON
\$110

DUATHLON
\$110

Space Man 5K
\$45

*Cash, Zelle, Venmo, Zelle, or Paypal ONLY accepted at packet pick up

Shirts

In efforts to reduce waste, The Space Coast Triathlon is selling a **very limited** number of shirts at packet pickup for \$20. **Cash, Venmo Zelle, or Paypal only accepted for Shirt Purchase.**

If you ordered a shirt and would like to exchange the size, please come to packet pickup on Sunday, October 12, 2025. **We will NOT exchange shirts on Saturday October 11, 2025.**

Parking

Parking for Saturday, October 11, 2025

Parking is on any of the side streets, parking around available in Cocoa Village.
Avoid parking in parking lots designated for the local businesses.

Parking for Sunday, October 12, 2025

NO race day parking will be allowed on Harrison Street between Delanoy Avenue and Riveredge Blvd. You **WILL BE ticketed, towed or both and be personally responsible for any tow fees.**



Presented by:  PARRISH
HEALTHCARE

Start Times by RACE

Triathlon
7:05AM

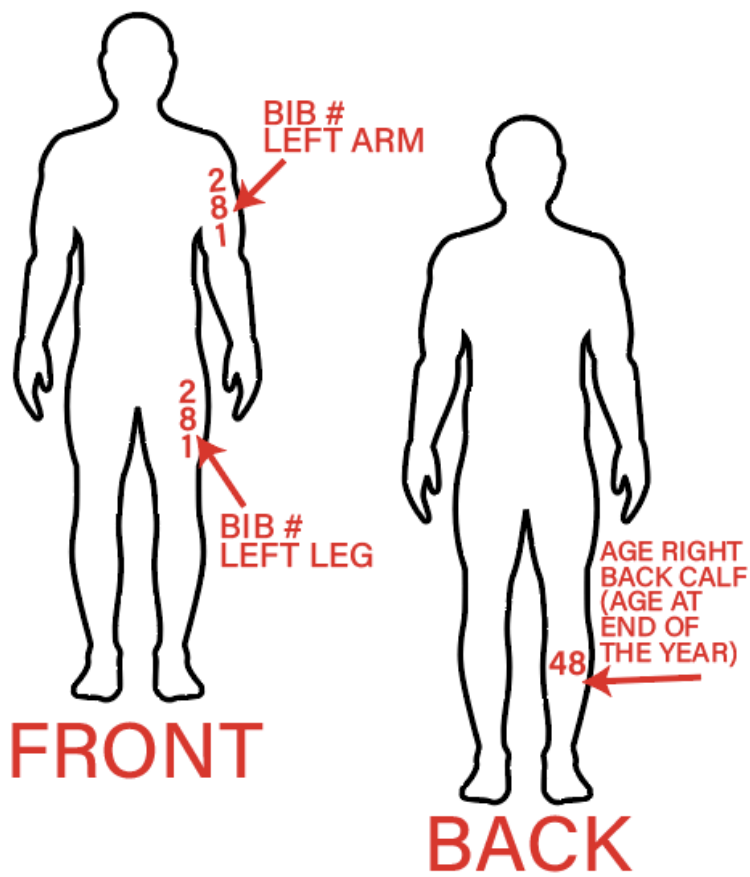
Duathlon
7:15AM

5k
7:35AM

Body Marking

BODY MARKING

EXAMPLE: 48 YEAR OLD WITH BIB 281



All triathlon, duathlon, and relay athletes will be required to body mark themselves. This can be done at packet pickup on Saturday October 11, 2025 or Sunday October 12, 2025. Below is a guide on how you will need to body mark yourself. Please note, you are more than welcome to do this at home but make sure you do it with a waterproof sharpie. You will be disqualified if this is done incorrectly or if it comes off during the event.

Places to body mark:

- Left leg : bib number
- Left arm : bib number
- Back of your right calf: age at the end of the year



Presented by:  PARRISH
HEALTHCARE

Swim Waves

Swim waves can be found [HERE](#)

ATTENTION MUST BE PAID TO SWIMMING IN YOUR CORRECT WAVE. THOSE SWIMMING IN THE WRONG WAVE WILL BE SUBJECT TO DISQUALIFICATION.

ATHLETES SWIMMING IN THE WRONG WAVE CAUSE TIMING RESULTS ERRORS IN BOTH GENDER AND AGE GROUPS FOR ALL OTHER ENTRANTS. PLEASE PAY ATTENTION TO YOUR SWIM WAVE.

Athlete Amenities



All athletes will receive a commemorative drawstring bag, hat, astronaut themed finisher medal and event bib. Shirts are **NOT** included in your registration but may be purchased separately as available.

FINISHER MEDAL

Awards

ANYONE CHOOSING TO SWIM IN THE OPEN WAVE DIVISION WILL ONLY BE ELIGIBLE FOR OVERALL AWARDS – AND NOT ELIGIBLE FOR AGE GROUP AWARDS



Presented by:  PARRISH
HEALTHCARE

Awards will begin around 9:15am

OVERALL

Top three overall (male and female)
Masters champion (male and female)

DUATHLON

Top ten overall (male and female)
Masters Champion (male and female)

ATHENA

Top three overall (female)
Masters champion (female)

CLYDESDALE

Top three overall (male)
Masters champion (male)

FAT TIRE

Top three overall (male and female)
Masters champion (male and female)

FIRST TIMER

Top five overall (male and female)
Masters champion (male and female)

RELAY

Top three overall combined

AGE GROUP

Top three overall (male and female)

AQUABIKE

Top three overall,





Presented by:  PARRISH
HEALTHCARE

Bib Numbers

Bib numbers will be assigned after registration closes on Tuesday, October 7 @ 11:59pm. All numbers are assigned alphabetically by last name.

Your ID is required to pick up your packet. If you are picking up for a friend, you will be required to have a picture of their ID. NO EXCEPTIONS

Timing Chips & Results

All runners will have a foam chip attached onto the back of your race bib. Wear bibs on the front of your body (for the RUN only). All triathlon athletes will also be required to wear an ankle chip for the duration of the race.

The 2025 Space Coast Triathlon and Duathlon will be timed by DRC Timing. For results, questions or concerns, please email Chris@drcsports.com

The event site and email will not be able to handle result issues as they must all be directed to our timer chris@drcsports.com

The official results link can be found [HERE](#)

Note for Aquabike Participants

If you are participating in the aquabike division, your time will officially end as you enter transition after your 12 mile bike ride.

Please go to the finish line to receive your finisher medal and take your celebratory finish line crossing!

Run Course (ATTENTION ALL ATHLETES)

The run course is open to traffic. It is very important that runners in all divisions and distances stay in the eastern most (on the riverside) of the course for the entirety of the run.



Presented by:  PARRISH
HEALTHCARE

Start/Finish FOR ALL RACES

Address: Lee Wenner Park

View our interactive course maps [HERE](#)

Weather

Weather temperatures are currently predicted to range from the low 60s to mid-70s with a 50% chance of rain..

Course Maps

Runners are expected to know their course. We are not responsible for any errors made due to not reviewing the course maps and detailed turn by turns.



Our .25 mile swim course will have athletes entering the water from the southern most boat ramp and exiting via the northern most boat ramp.

The stunning waterfront bike course is an out and back and almost entirely flat.

The beautiful riverfront run course is also out and back for duathletes, triathletes, and 5k runners.

Course note: There is a very small portion of the run course that is under



Presented by:  PARRISH
HEALTHCARE

construction and involves two very short (maybe 20 feet or so) of gravel in the process of being replaced by concrete. Fingers crossed, it will be repaired by race morning.

View our interactive course maps and detailed turn by turn course instructions [HERE](#)

RACE DIRECTOR BRIEFING

Join your race director for a walk around the course at 2:30 p.m. on Saturday. This is highly recommended for all athletes and especially First Timers. This is a casual and informative tour to inform on all parts of the course and triathlon and to relax you going into race day.

2:30 p.m.

Across the street from Ryan's Pizza



Portalets

Will be located at the start and finish line area.



Presented by:  PARRISH
HEALTHCARE

Deferral Policy, Switching to Virtual, and Changes

Per our website and the athlete waiver signed during registration, we do not offer refunds for any reason. We allow runners to defer their entry until Monday, October 6 @ 11:59pm. After this, you will forfeit your entry. No exceptions. A \$35 fee for deferrals is **required** from September 12, 2025

If you would like to make a change to your registration information or the distance entered, please attend packet pickup on Saturday, October 11th. We are unable to make any changes after this date.

Post Event

After the event, athletes will be able to enjoy some music, Estella Galicia Beer and Alcohol-free beer, bananas, citrus and donut holes!

Beer is only available for our 21+ runners. IDs will be requested.

Alcohol is not permitted to be consumed or taken off of the event premises.

Lost & Found

Located at packet pickup in the start/finish area



Volunteers

Please thank our volunteers! Volunteers who complete shifts that are 4+ hours can receive a 50% for a future event! If you would like to volunteer for a future event, please email us at volunteercoordinatorsr@gmail.com

Best Spectator Locations

- Lee Wenner Park, River Road for the



Presented by:  **PARRISH**
HEALTHCARE

run or along Rockledge Drive for the bike

Contact Us!

Please do not hesitate to reach out with any questions or concerns!

Email us at support@thefloridamarathon.com



Presented by:  **PARRISH**
HEALTHCARE

Sponsors

Thank you to our 2025 Presenting Sponsor!

Presented by:

