PLAYTRI
SWIM·BIKE·RUN

# Athlete Guide

Sunday, March 13th, 2016
The Colony, TX

USA TRIATHLON
SANCTIONED EVENT

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# YOUR ONE STOP SHOP

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**DALLAS**
6465 E MOCKINGBIRD LN, STE 350, DALLAS, TX 75214

**COLLEYVILLE**
7171 COLLEYVILLE BLVD SUITE 108, COLLEYVILLE, TX 76034

**THE COLONY**
6800 WINDHAVEN PKWY, STE 137, THE COLONY, TX 75056

**MCKINNEY**
7951 COLLIN MCKINNEY PKWY, STE 1500, MCKINNEY, TX 75070

**ROCKWALL CYCLING**
939 EAST I-30, ROCKWALL, TX 75087

# Event Schedule

**Packet Pick Up and Late Registration**

**Tuesday, March 8th, 11am-7pm**
**Rockwall Cycling**
939 East 1-30
Rockwall, TX 75032
(972) 771-8297

**Wednesday, March 9th, 11am-7pm**
**Playtri McKinney**
7951 Collin McKinney Pkwy. Ste. #1500 McKinney, TX 75070
(469) 342-6776

**Thursday, March 10th, 11am-7pm**
**Playtri Colleyville**
7171 Colleyville Blvd.
Colleyville, TX 76034
(817) 251-0612

**Friday, March 11th, 11am-7pm**
**Playtri Dallas**
6465 E. Mockingbird Ln. Ste. #350
Dallas, TX 75214
(214) 370-9010

**Saturday, March 12th, 11am-7pm**
**Playtri Cycling The Colony/Plano**
6800 Windhaven Pkwy. Ste. #137 The Colony, TX 75056
(972) 306-2000

***Race morning pick up is available on-site from 6:30-7am for an additional$10.**

**FREE Pre Race Clinics**

We will go over what to expect on race day, how to set up your transition and open it up for general questions anyone has.
Tuesday, March 8th at Rockwall Cycling - 6:00pm
Wednesday, March 9th at Playtri McKinney - 6:00pm
Thursday, March 10th at Playtri Colleyville - 6:00pm
Friday, March 11th at Playtri Dallas - 6:00pm
Saturday, March 12th at Playtri Cycling The Colony/Plano - 10:00am

**Sunday, March 13th: Race Day! (REMINDER DAYLIGHT SAVINGS STARTS MARCH 13th)**

| | |
|---|---|
| **6:30 - 7:00 AM** | Packet Pick Up ($10.00) |
| **6:30 AM** | Transition opens |
| **7:00 AM** | Timing chip pick up |
| **7:30 AM** | Pre-race meeting in transition |
| **7:55 AM** | Transition closes |
| **8:00 AM** | Race begins |
| **10:30 AM** | Awards ceremony |

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damswim.com

# Packet Pickup Guidelines

**Packet pickup procedures are regulated by USA Triathlon and the logistics of race timing and liability. They are NOT suggestions—if they are not followed, there is the potential that you will be unable to race, so *please* plan accordingly! There are NO exceptions!**

1. Only the participant may pick up his or her packet, except in the case that the participant is under the age of 17, in which case his or her parent or other legal guardian may pick up the packet.
2. Every participant must show photo ID and proof of USAT annual or one day membership. If you purchased a one day pass during registration on Active we will have record of it. If one of these is not provided at packet pickup, the participant will be required to purchase a one-day pass in order to pick up his or her packet, **regardless of whether or not he or she already has a membership**.($15 for adults)
3. All Relay team participants must check in at packet pickup individually (team members do not all have to come at the same time). All team members must have their own USAT membership (whether annual or one day). Each member will be assigned their own unique race number.
4. USAT regulation for Athena and Clydesdale weight class divisions. The qualifying weight for the Athena division is 165 pounds; for the Clydesdale division the weight is 220 pounds.

# Race Numbers

Your packet will include your bike, helmet, race tattoos, and bib number which you MUST have to race. Please follow the instructions below to make sure you and your equipment are properly marked on race day. Please note that body marking of your age or race catagory will take place on race day when you check into transition.

**Left arm and left leg tattoos should be placed before you arrive in transition.**

**Bike numbers should be folded over either the top tube of your bi-cycle or around the seat post and fastened securely using the adhesive backing. The number should be visible on both sides of the bicycle.**

**Helmet numbers should be stuck on the front of the athlete's helmet using the stickeradhesive.**

**The run or "bib" number must be worn on the front of your body during the run portion of the event. It can be attached to the athlete's garment with safety pins or worn on a race belt (pictured below).**

**(Recommended)**

# MULTI SPORTS TAG

**User instructions**

# How to wear the MultiSports Tag

The MultiSports Tag must be worn around the ankle. If you wear a long wetsuit, make sure you wear the tag underneath your suit!

1. Apply the MultiSports Tag to the ankle at least 15 minutes before the race
2. Make sure the MultiSports Tag is dry and clean when applying it to the ankle
3. Apply with clean hands and never touch the adhesive material after removing the white backing paper to ensure maximum adhesion
4. After application of the MultiSports tag to the ankle, press the adhesive area firmlyto the Tag to ensure maximum adhesion

# Have a good race!

M'1LAPS

SPORTS TIMING

# Directions & Parking

**LISD Eastside Aquatic Center**
**5729 Memorial Dr.**
**The Colony, TX 75056**

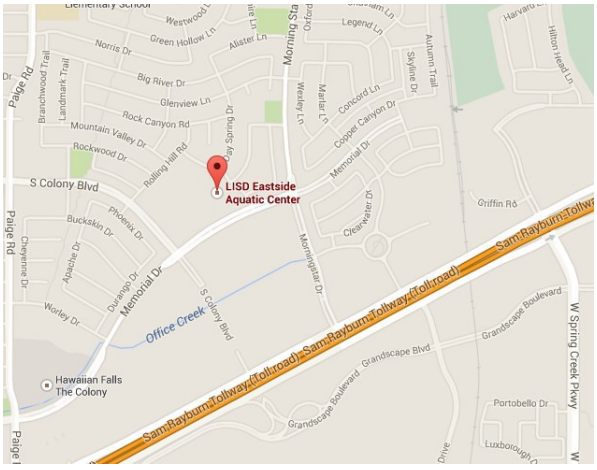
**From Dallas:**
Take 121 S, exit Paige, right/north on Paige, right on Memorial, and it will be up on your left, past the stoplight at S. Colony.

**From Fort Worth:**
Take 121 N, exit Paige, left/north on Paige, right/east on Memorial, and it will be up on your left, past the stoplight at S. Colony.

**From McKinney:**
Take 121 S, exit Paige, right/north on Paige, right on Memorial, and it will be up on your left, past the stoplight at S. Colony.

**Parking at LISD Eastside Aquatic Center:**
If you park at LISD, cars will not be allowed to leave the parking lot until after the last bike has finished.

**Parking after 7:45am:**
The parking lot will close at 7:45am, so please note that if you come at a later time, you will have to park in the surrounding neighborhood and walk to the facility. Parking is available on S. Colony, south of Memorial Drive.



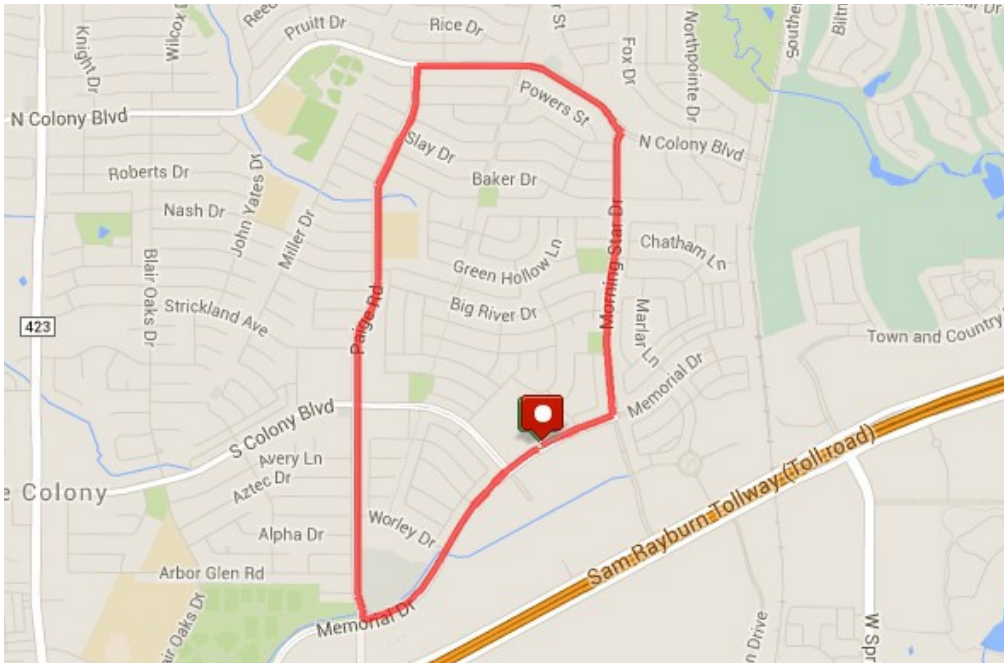
# Swim Course

**8:00AM - Race begins**

This will be a snake swim. You will line up by bib number, and then enter the pool as directed, every 5-7 seconds. You will swim down the lane, under the lane rope, down the next lane, under the lane rope, etc., until 6 lengths are completed.

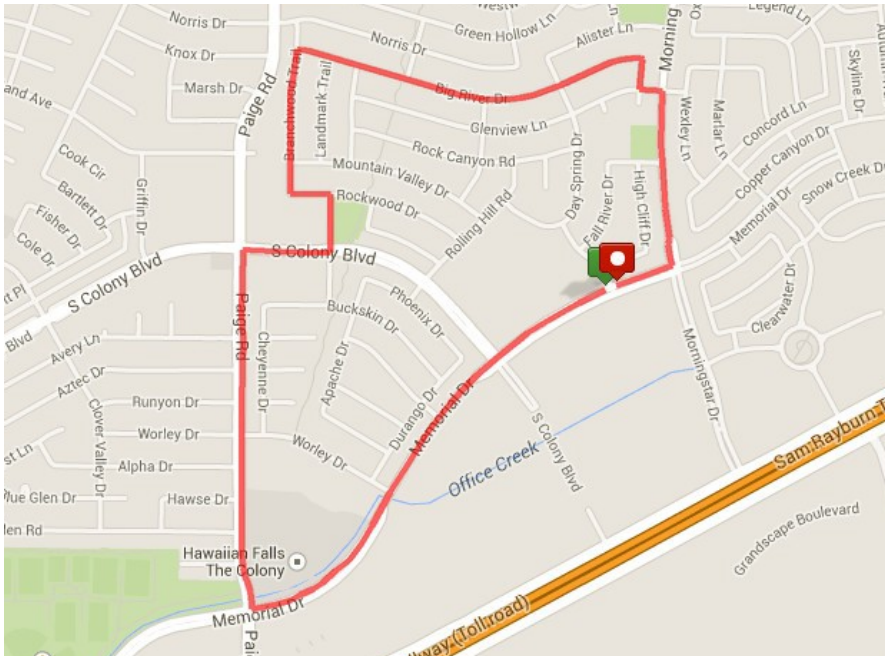
# Bike Course

The bike course will be a 4.5-mile route that begins and ends at the LISD Aquatic Center. You will do 2 loops for a total of 9 miles.



# Run Course

The run course is a 3.1 mile loop, beginning and ending at the LISD Aquatic Center.



# Aid Stations

Aid stations will be at the swim finish and run start, and approximately every mile along the run. Stations will be equipped with water and volunteers to hand it to you. There will also be food and drinks after the race. If you need water, sports drink, or other nutrition or hydration on the bike portion of the race, please bring your own.

# Triathlon After Party!

Stick aroundpost-race for food, drinks, music, and of course the awards ceremony to wrap up the fun!

# General Advice

Triathlons can be strenuous events mentally and physically, but they should also be fun, and the best way for that to happen is for you the athlete to be prepared. Along with the training that leads up to an event of this nature, there are also some general tips for race day that can make your experience more enjoyable.

1. Have everything you need for race day ready the night before - use the checklist provided in this guide to make sure you have everything. It is helpful to have one bag or other container to put everything in so that it is easier to transport it to transition. Also make sure you affix any bike and helmet numbers at this time. You will not be allowed to race without these.

2. The earlier you show up, the better. The last thing you want to be worrying about is whether or not you're going to make it in time! This will make sure you have ample time to find a parking spot, get body-marked, set up your transition, get your chip, use the restroom, warm up, etc.

3. Mentally prepare yourself. Use techniques like positive self-talk and visualization to remind yourself of the positive experience that you are going to have. Remem- ber that while triathlons can be difficult, Playtri will do all that we can to support you. Medical staff will be on site, and volunteers and safety officials will be at points throughout the course to ensure your safety. Remember the preparation that you have done for this event, and be confident in your abilities as an athlete!

4. If you are having friends and/or family attend, have them read the Spectator Guide included, and go over the plan for the morning with them ahead of time. If you are going to want to be alone pre-race, let them know. If you are going to want help with your belongings, let them know. Also make plans to meet up again after the event - the finish line can often be crowded, so it's a good idea to have a back-up location, just in case.

5. Last, remember to have fun! This event should be a positive experience for both you and everyone who helped you to get here. A positive attitude will go a long way!

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www.playtri.com/youth

# Spectator Information

We love it when your family and friends come to support you - heck, we love it when com- plete strangers come to support you! That's why we make all of our races as spectator friendly as possible. With that in mind, here are some spectating tips for those attending, but not participating in the event.

1. Come early - it will be much more difficult to park and get into the race area once the race has already started. It can also make things more dangerous for the athletes. Al- so, nearby parking is limited, and you don't want to miss out.
2. Bring a snack, fluids, sunscreen, and a seat - triathlon events can go on for a few hours, and once they start, it usually is not convenient to leave, so it's best to come prepared for a 3-4 hour stay.
3. Find a good seat in the natatorium for the swim start, then move outside to the bike out/bike in, and then to the finish line nearby after you athlete has started their run.
4. Listen to the volunteers - if they ask you to move, do so quickly, and if they seem blunt at times, don't take it personally as they are probably in a hurry to make sure the course is safe and clear for the athletes. Remember that the race could not happen without their help!
5. Resist the temptation to aid your athlete(s) if they are having a rough time - they might appreciate the thought, but accepting outside aid can and will get them disqualified. If they drop out of the race, then is the time to help them.
6. Cheer for everyone! The athletes appreciate it, even if they don't know you. They're all in this together, and every little bit of encouragement helps, even if they are too fo- cused on the race to acknowledge it.
7. Wait for your athlete to move away from the finish line before coming to congratulate them - this area can sometimes get congested immediately after the race, and it is easi- er for everyone if spectators stay back while athletes hand over their timing chips and get their medals and/or water.

# Race Day Checklist

**Items written in red are considered to be more generally necessary, and items written in blue are required to race.**

Bike

Helmet

Race Numbers

Goggles

Running shoes

Cycling shoes

Race belt/safety pins

Water bottle

Nutrition and hydration

(gels, sports drink, food, etc.)

Sunscreen

Sunglasses

Bike pump

Flat changing kit

Clothing to change into post-race

Race site directions

Sodium pills

Heart rate monitor

Towel for transition area

# Weather Contingency Plan

In the event of inclement weather, the start time of this event may be delayed up to 1 hour. Past this time, the event course may be shortened or altered to protect the participants. If conditions are unsafe, the event may be canceled. Event changes and cancellations are at the discretion of the Race Director.

# Photos and Results

All event photos will be available from Sugar N Spice Photography a few days after your race:

PHOTOGRAPHY

**www.sugarnspicephotos.com**

All event results will be available online after the race.

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# Most Violated Rules and Penalties

**1. Helmets:**

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event..

Penalty:

Disqualification

**2. Chin Straps:**

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

**3. Outside Assistance:**

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

**4. Transition Area:**

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side off the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

**5. Drafting:**

Drafting---keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position---keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

# Most Violated Rules and Penalties

**6. Course:**

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

**7. Unsportsmanlike-Like Conduct:**

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

**8. Headphones:**

Headphones, headsets, Walkman's, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

**9. Race numbers:**

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

**10. Wetsuits:**

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

**11. Abandonment:**

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

For a complete list of rules, please refer to the most up-to-date USA Triathlon Competitive Rules at:

http://triathlon.teamusa.org/content/index/1684

# Playtri Upcoming Race Schedule 2016

*March, 2016*

- **Heart of Heath 5k and Fun Run —** March 26th, Heath,TX

*April, 2016*

- **Historic McKinney Kiwanis Sprint & Kids Triathlon—** April 3rd, McKinney,TX
- **Run for Cover 5K, 10K & 1K**—April 9th, McKinney,TX
- **Denton County Dash 5k—**April 9th, Lewisville,TX
- **MetroTex Trinity Treasure 5K**—April 12th, Dallas,TX
- **King Tut Olympic, Sprint and Super Sprint Triathlon** —April 17th, McKinney,TX
- **The Night Moves Glow Run** —April 23rd, McKinney,TX
- **Running For Education #India** —April 24th, Coppell,TX

*May, 2016*

- **Playtri Festival Olympic, Sprint and Super Sprint Triathlon**—May 1st, Irving,TX
- **Northaven Family Color Run**—May 1st, Dallas,TX
- **Cinco De Mayo 5K, & 10K Run, Walk, and Roll**—May 7th, McKinney,TX
- **Wiki Wiki Man Triathlon**—May 15th, Lake Tawakoni State Park,TX
- **Water Works Sprint Triathlon & Youth Splash and Dash**—May 22nd, Denton, TX

*June, 2016*

- **Swim Across America Open Water Swim** —June 11th, Rockwall,TX
- **Swim Across America Pool Swim** —June 12th, Dallas,TX
- **Tri-It for CASA Triathlon STATE CHAMPIONSHIP**—June 12th, Lewisville, TX
- **The Y Triathlon**—June 26th, Rockwall,TX

*July, 2016*

- **Mayor's Triathlon**—July 10th, Fort Worth,TX
- **Take on the Heat Triathlon**—July 24th, The Colony,TX
- **Stonebridge Ranch Day 5k, 10, & 1k** —July 24th, McKinney,TX

*August, 2016*

- **Rockwall Kiwanis Tri-Rock Triathlon**—August 7th, Rockwall,TX
- **Hot Hatch Chile Run, Walk, & Roll 5k, 10k, & 1 Mile** —August 20th, Southlake, TX

*September, 2016*

- **Compete Every Day—Fighting Autoimmunity 5k & 1 Mile** —September 3rd, Coppell, TX
- **Pink Soles -** September 10th, Coppell, TX
- **North Texas Kids Triathlon -** September TBD, Arlington, TX
- **Stonebridge Ranch Kids Tri**—September 24th, McKinney,TX
- **Stonebridge Ranch Olympic, Sprint and Super Sprint Triathlon**—September 25th, McKinney,TX

*October, 2016*

- **Rib Rub Run 5k, 10k, & 1 Mile** —October 1st, Rockwall,TX
- **Shrineman Half Distance Triathlon -** October 9th, Shreveport, LA
- **U.S. Open Triathlon, 5k , & Youth Splash and Dash** —October 16th, Rockwall,TX
- **City of Lewisville Spooktacular 5k & Monster Mile** —October 22nd, Lewisville,TX

*November, 2016*

- **Pumpkin Nash 5k & 10k -** November 5th, Colleyville, TX
- **Aaron's Race and Roll**—November 12th, McKinney,TX
- **Believe McKinney-5K, 10K, 1 mile**—November 26th, McKinney,TX

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