



Athlete Guide

Sunday, March 19th, 2017
The Colony, TX



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YOUR ONE STOP SHOP

SWIM | BIKE | RUN



DALLAS

8465 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

795 I 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 14th, 4pm-7pm
Rockwall Cycling
939 East 1-30
Rockwall, TX 75032
(972) 771-8297

Wednesday, March 15th, 11am-7pm
Playtri McKinney
7951 Collin McKinney Pkwy. Ste.
#1500 McKinney, TX 75070
(469) 342-6776

Thursday, March 16th, 11am-7pm
Playtri Colleyville
7171 Colleyville Blvd.
Colleyville, TX 76034
(817) 251-0612

Friday, March 17th, 11am-7pm
Playtri Dallas
6465 E. Mockingbird Ln. Ste. #350
Dallas, TX 75214
(214) 370-9010

Saturday, March 18th, 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 14th at Rockwall Cycling - 6:00pm

Wednesday, March 15th at Playtri McKinney - 6:00pm

Thursday, March 16th at Playtri Colleyville - 6:00pm

Friday, March 17th at Playtri Dallas - 6:00pm

Saturday, March 18th at Playtri Cycling The Colony/Plano - 10:00am

Sunday, March 19th: Race Day!

6:30 - 7:00 AM	Packet Pick Up (\$10.00)
6:30 AM	Transition opens; Timing chips pickup
7:30 AM	Pre-race meeting in transition
7:55 AM	Transition closes
8:00 AM	Race begins
10:30 AM	Awards ceremony

PACKET PICK UP DETAILS

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 NUMBER PLACEMENT

Your packet will include your bike, helmet, 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 category will take place on race day when you check into transition.



You will be body marked number on, LEFT ARM and RIGHT CALF AGE/division, before you enter in transition.

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



Helmet QR code sticker should be stuck on the LEFT SIDE of the athlete's helmet using the sticker adhesive.



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).



HOW TO WEAR TRI -TAG

The Tri Tag must be worn around the ankle.

1. Apply the Tri Tag to the ankle at least 15 minutes before the race
2. Make sure the Tri Tag velcro is secure when applying it to the ankle

Have a GREAT race!



Reuseable strap tag attachment

Please follow these instructions to ensure optimum performance from your timing tag.

If you have difficulty following these instructions please contact a Timing Official for assistance



Insert velcro strap into right hand slot on your tag. Next, slide tag and thread strap through left slot.



Slide tag along strap and pull strap firm then firmly press velcro closed.



wrap strap around ankle and firmly press closed



Check number on the label is your race number. The tag is programmed with the number on the label.



Please note **your ChronoTrack timing tag must be returned after the event.**



Failure to return your tag will result in you being charged for a replacement tag.



If you lose your tag during the event please advise an Event Official to enable a manual time to be recorded.

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:

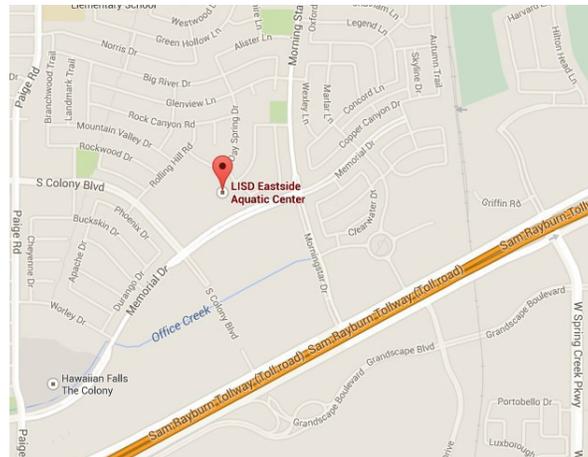
Take 121 S, exit Paige, right/north on Paige, right on Memorial, and it will be up on your left, past the stoplight at S. Colony.

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:

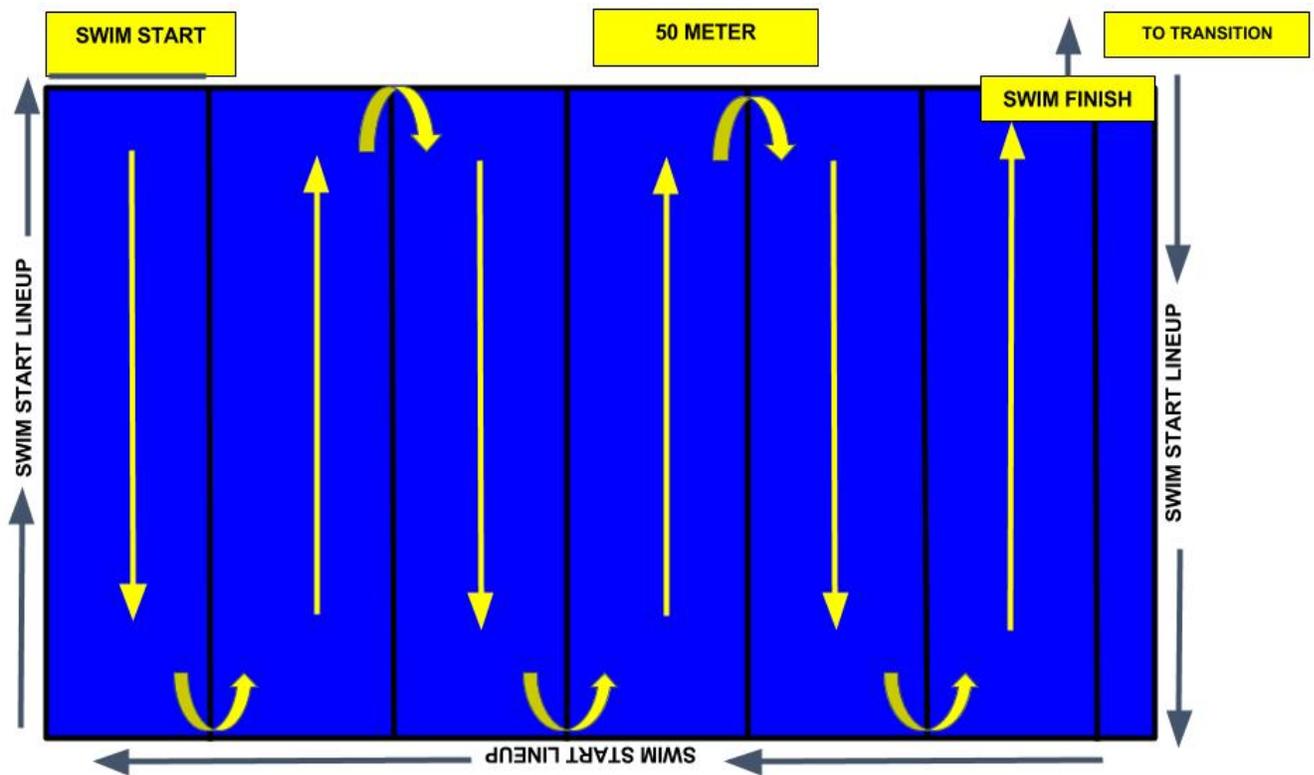
The parking lot will close at 7:45am, so please note that if you come at a later time, you will have to park in the surrounding neighborhood and walk to the facility. Parking is available on S. Colony, south of Memorial Drive.



SWIM COURSE

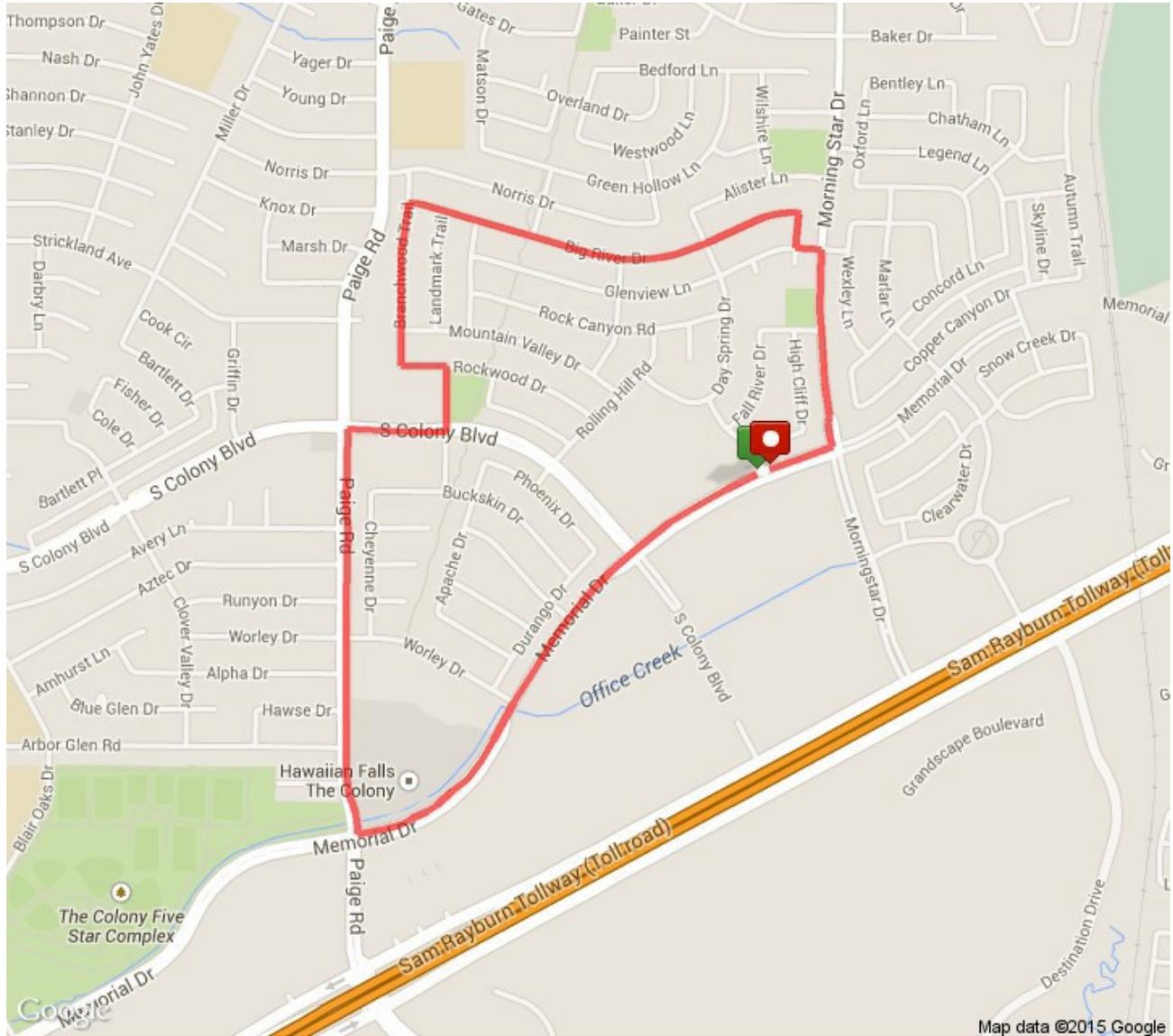
8:00AM - Race begins

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.



Run Course

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



Run Races 2017

DATE	RACE
FEB 11	It Takes Two 5k/10k/ 1k
APRIL 1	Denton Dash 5k
APRIL 8	Run For Cover 5k/10k/1k
APRIL 8	Purple Plume 5k & 1 mile
APRIL 15	Heart of Heath 5k & 1 mile
APRIL 29	The Night Moves Glow Run
APRIL 30	Northaven Trails Family Color Run
MAY 6	Cinco de Mayo 5k/10k/1k
JUNE 25	Y Rock Triathlon & 5K
AUG 26	Hot Hatch Chili 5k & 1 mile
SEPT 3	Compete Everyday 5k & 1 mile
OCT 7	Rib Rub Run 5k/10k
OCT 28	Spooktacular Off Road 5k
NOV 4	Pumpkin Mash Dash 5k/10k/1k
NOV 11	Caddy 5k /1k
NOV 25	Believe 5k/10k & 1mile
DEC 9	Santa Shuffle 5k/10k & 1mile



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

LOOKIN FOR THE TIME OF YOUR LIFE?

The **LUGANO 68** offers a fantastic fitting frame combined with top aerodynamics.



AVAILABLE AT PLAYTRI TODAY!

GENERAL INFORMATION

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. Remember 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

SPECTATOR INFORMATION

We love it when your family and friends come to support you - heck, we love it when complete 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. Also, 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 focused 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 easier 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 for race.

- | | |
|-------------------------------------------------------------|-----------------------------------|
| Bike | Sunscreen |
| Helmet | Sunglasses |
| Race Numbers | Bike pump |
| Goggles | Flat changing kit |
| Running shoes | Clothing to change into post-race |
| Cycling shoes | Race site directions |
| Race belt/safety pins | Sodium pills |
| Water bottle | Heart rate monitor |
| Nutrition and hydration
(gels, sports drink, food, etc.) | 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 cancelled. Event changes and cancellations are at the discretion of the Race Director.

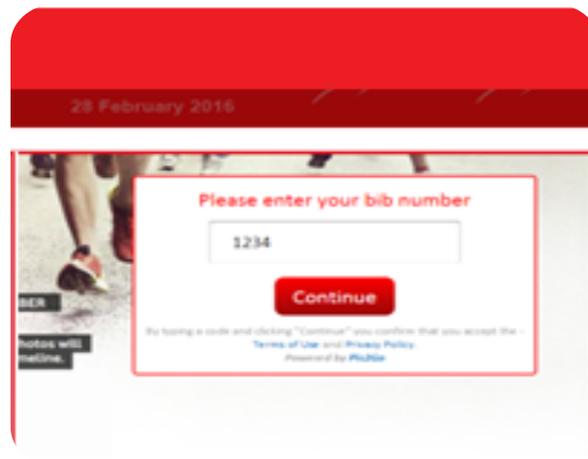


PHOTOS AND RESULTS

PHOTOS WILL BE AVAILABLE AT:

Hoka One One is providing you your race photos for free!

When you arrive to get packet you will have the opportunity to opt - in for your free photos. You will have the option to allow photos to go directly to your Facebook or to view a pick the photos you woul like to share. Once you have been provided your packet w/ race number you will then input that number into the opt - in space (example below) on the iPad or computer. All High resilution event photos will be available from GLOVER SPORTS PHOTOGRAPHY within 24 hours of race **through link we will provide to you via email and or text.**



RESULTS WILL BE AVAILABLE AT:



www.playtri.com/luckoftheirish

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.

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>

Triathlons 2017

DATE

RACE

MARCH 19	Luck of the Irish Sprint Triathlon
APRIL 23	McKinney Kiwanis Sprint Triathlon
APRIL 23	McKinney Kiwanis Kids Tri
MAY 21	Water Works Tri and Kids Splash
JUNE 11	Tri-It for Casa
JUNE 25	Y Rock Triathlon and 5K
JULY 9	Playtri Triathlon Festival
JULY 23	Take on the Heat Sprint Tri
AUG 6	Rockwall Tri Rock Sprint
SEPT 23	Stonebridge Ranch Kids Tri
SEPT 24	Stonebridge Ranch Triathlon

  
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POWER UNDER CONTROL



**USA TRIATHLON
FOUNDATION**





TRIATHLON FOR KIDS?

Triathlon sounds like serious business - so it's sometimes easy to forget that swimming in the pool, riding bikes and running with their friends are some of our kids' favorite things!

Team Playtri has been providing youth triathlon programs since 2010, and has produced nationally and internationally competitive athletes, successful collegiate athletes, and hundreds of happy, healthy kids since then. If your child loves being active and wants to try something new, we hope you'll give our teams a "tri" this year!



WHAT IS TRIATHLON?

A triathlon is a non-stop race that consists of a swim, bike and run portion. An athlete's timer starts at the beginning of his or her swim, and does not stop until they cross the finish line. Triathlon was made an Olympic sport in 2000, and the US won their first Gold medal in 2016 in the women's event. In 2014, triathlon was named an NCAA Emerging Sport for women.

Youth triathlons generally consist of a 100-200m swim, 3-6 mile bike, and a 0.5-1 mile run.

TEAM PLAYTRI LOCATIONS:

Colleyville, Dallas, McKinney

UPCOMING SESSIONS:

Summer 2017 (June 5th–September 24th)

Off-Season 2017-2018 (October 30th–January 21st)

Spring 2018 (February 5th–May 20th)

Full details (including info meetings, tryouts, schedules and more) can be found at:

www.playtri.com/youth

