



Athlete Guide

Sunday, March 15th, 2020

The Colony, TX



2020 CERTIFIED RACE DIRECTOR



SANCTIONED EVENT

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Event Schedule

WEDNESDAY, MARCH 11TH 4:00PM-7:00PM

[Rockwall Cycling](#)

THURSDAY, MARCH 12TH 12:00PM-2:30PM

[Playtri Fort Worth Store](#)

THURSDAY, MARCH 12TH FROM 4:00PM-7:00PM

[Playtri Colleyville Store](#)

FRIDAY, MARCH 13TH FROM 12:00PM-7:00PM

[Playtri Dallas Store](#)

SATURDAY, MARCH 14TH FROM 10:00AM-3:00PM

[Playtri Cycling The Colony/Plano](#)

Sunday, March 15th: Race Day

6:30 - 7:00 AM	Packet Pick Up (\$10.00 for Tri's & RBR)
6:30 AM	Transition opens
7:30 AM	Pre-race meeting in transition area
7:55 AM	Transition closes
8:00 AM	Triathlon starts
8:05 AM	RBR starts
8:20 AM	5K Starts
9:00 AM	Super Sprint Triathlon Starts
9:30 AM	5K Awards
10:30 AM	Triathlon/RBR Awards ceremony



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Packet Pickup Guidelines

Packet pickup procedures for the Sprint Triathlon, Super Sprint Triathlon and Run-Bike-Run are regulated by USA Triathlon. 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 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 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).
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, 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.



Volunteers will mark your left arm and left leg before you enter in transition. Have your number ready. They will also need to know your “race age” – your age on Dec 31, 2020.



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 number sticker should be placed on the front of your helmet. This will greatly help identify riders on pictures.



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

How to wear the timing chip

Place the Tri Tag/ Timing Chip around your **ankle** at least 15 minutes before the race. Make sure the Tri Tag velcro is secure before the start.

****5K Runners will have disposable timing tags on their bibs**



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 from then firmly press velcro closed.



wrap strap around ankle and firmly press closed

! Please return the timing tag to volunteers at the finish line.

! Failure to return the tag will result in a \$39 charge for a replacement tag.

! If you lose your tag during the event, please inform a race official as soon as possible as it will be impossible to record your time.

Directions & Parking

Race location:

Lewisville ISD Aquatic Center 5729
Memorial Drive
The Colony, TX, 75056

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. **This includes 5K Runners.**

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. **DO NOT park on the bike course!**

From Dallas:

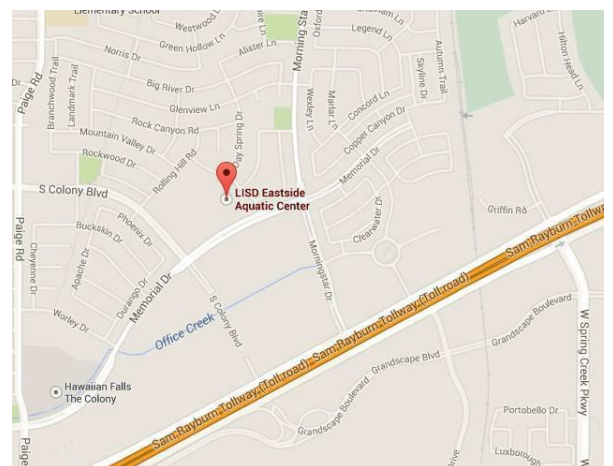
Take 121 S, exit Paige, right/north on Paige, right on Memorial, and it will be up on your left, past the stoplight at S. Colony.

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.



Ride Like a Champion

Take a test ride on the latest Pinarello bike models! The demo van has a great size selection of the Grevil, Dyodo, Dogma and Prince bikes all available for test rides.

Come find your dream bike!



Demo dates and locations:

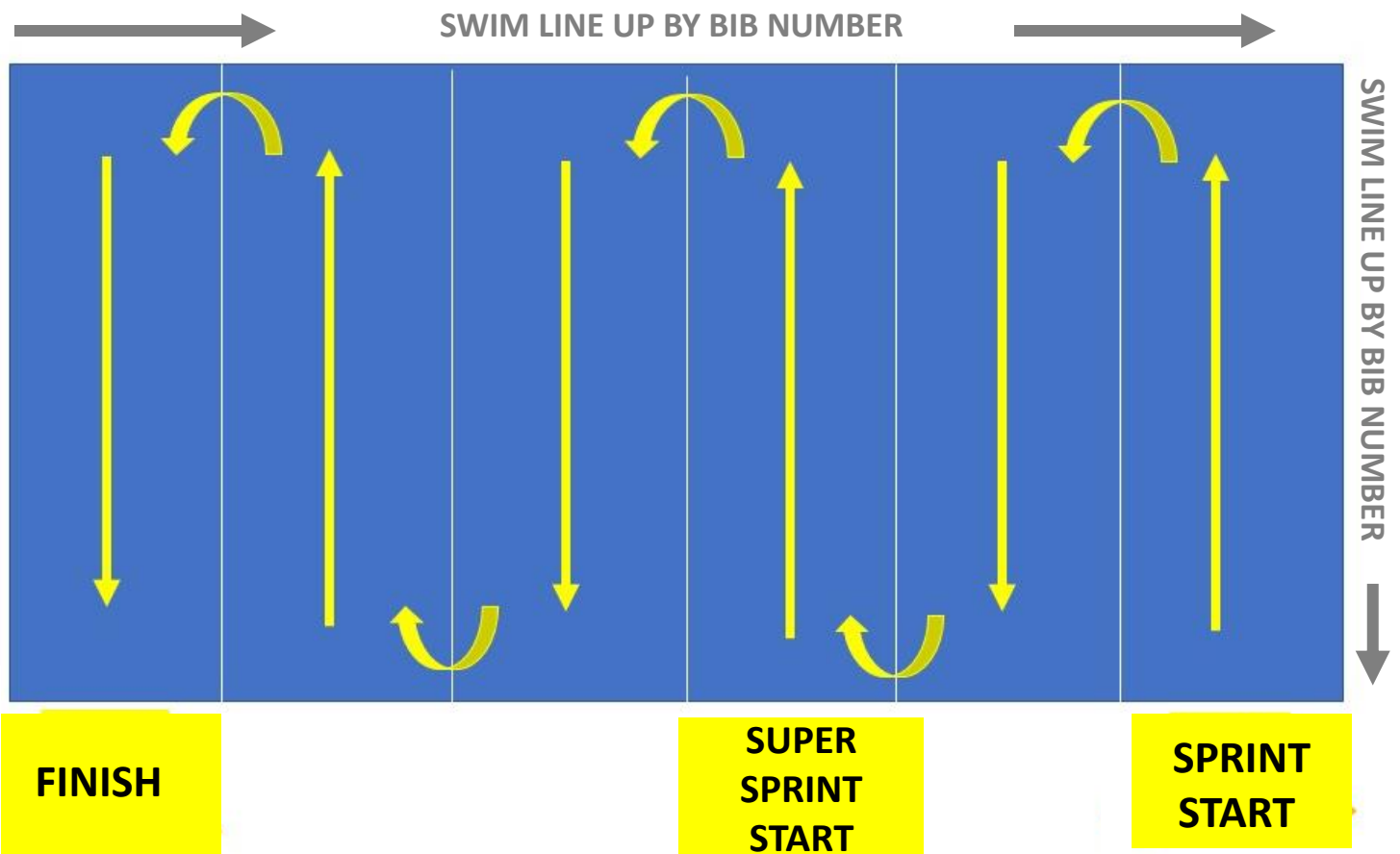
- 3/11 from 4PM to 7PM - Luck of the Irish Packet Pickup Playtri Rockwall
- 3/12 from 4PM to 7PM Luck of the Irish Packet Pickup Playtri Colleyville
- 3/13 from 12PM to 7PM - Luck of the Irish Packet Pickup at Playtri Dallas
- 3/14 from 10PM to 3PM - Luck of the Irish Packet Pickup Playtri The Colony
- 3/15 at the race site

PINARELLO

Swim Course

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.

50 M pool
Sprint Tri 300 M
Super Sprint 200 M



Triathlon & R/B/R 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 for the Sprint Triathlon and RBR. Super Sprint participants will complete 1 loop.



Sprint TRI, RBR, & 5K Run Course

The run course is a 5K loop, beginning and ending at the LISD Aquatic Center.

The RBR Run #1 is the 1.1 mile run to start the race on the yellowpath.



Run Course
RBR Run #1

Lewisville ISD Aquatic Center
5729 Memorial Dr
The Colony, TX 75056

Super Sprint Run Course



Aid Stations

Aid stations will be at the 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 for the race, please bring your own.

The logo for Pickle Juice is displayed in a large, bold, yellow font with a black outline and a red shadow effect. The words "PICKLE" and "JUICE" are stacked vertically. A registered trademark symbol (®) is located to the right of the word "JUICE".

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Pickle Juice is proud to be the nutrition partner for Luck of the Irish Triathlon, Run/Bike/Run and 5K.

Triathlon After Party!

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



A locally owned studio part of Elements Massage Franchise. What makes us different is that we are considered therapeutic massage so we specialize in deep tissue, sports massage, Swedish massage, trigger point, and reflexology. We have therapists who have graduated from massage schools all over the country and have 10+ years of experience! We are located in The Colony, right off of 121 near Nebraska Furniture Mart and we are open 7 days a week for your convenience!



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General Advice

Races 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 your 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

GROUP TRAINING PROGRAMS

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Group rides & workouts



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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.



“The mission of the USA Triathlon Foundation is to support and promote triathlon, and open pathways to triathlon to those whom it might not otherwise be possible. The Foundation focuses on three key areas (youth, paratriathletes, and Olympic hopefuls) to provide the opportunities for every child to participate, every paratriathlete to compete, and every young athlete to chase his or her Olympic dream.”

Multisport 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.

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.

Multisport 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

Race Day Checklist



- ___ HELMET AND SUNGLASSES
- ___ RACE NUMBER AND RACE BELT
- ___ NUMBER YOUR BIKE THE NIGHT BEFORE THE RACE
- ___ SWIM SUIT, SWIM CAP AND GOGGLES
- ___ TRISUIT
- ___ CYCLING SHOES, RUNNING SHOES AND SOCKS
- ___ TRANSITION GEAR: TOWEL, WATER BOTTLE, GEL PACK OR QUICK FOOD
- ___ REMEMBER TO RESET SPEEDOMETER AND/OR RACE WATCH
- ___ PUT YOUR BIKE IN THE GEAR YOU WANT TO EXIT TRANSITION
- ___ FOOD AND WATER FOR THE BIKE
- ___ FILL WATER BOTTLES AND MAKE SURE THE TOP IS OPEN!
- ___ SUNSCREEN AND OPTIONAL TOILET PAPER
- ___ FLASHLIGHT FOR EARLY MORNING RACES
- ___ BIKE PUMP
- ___ PREPARE PRE-RACE MEAL FOR MORNING OF RACE
- ___ RUNNING CAP
- ___ SPORT A SOLID PLAYTRI ATTITUDE!

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