

2010 IRON STAR TRIATHLON

Weekend Instructions

Welcome to the 8th Annual Iron Star Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. We hope you have a great race! ****Remember, this is time change weekend!!!**

SATURDAY SCHEDULE

Noon-6 pm Packet Pickup and Expo at La Torretta del Lago Resort.

6:30 pm Pre-Race Pasta Dinner & Information Meeting at the Resort

RACE DAY SCHEDULE

5:15 am Park in designated areas at the La Torretta del Lago Resort. Walk your bike to transition area (approximately ½ mile).

5:30 am Transition area opens-body marking happens in front of transition area . Pick up your timing chip at the Timing Tent.

6:45 am Transition area clears for start. It is a 5 minute walk to the swim start.

7:00 am Triathlon begins-First Wave. Swim Start is on the beach next to hotel.

Food for Family and Friends available for purchase all day at the Resort!

Conclusion of Race: Post-race refreshments. Awards ceremony-approx. 3 pm!

BODY MARKING

You will be body-marked BEFORE entering the transition area. Next look for the row that contains your race number and rack anywhere on that row. **Then go pick up your timing chip at the lighted tent marked Champion Chips.**

TRANSITION AREA-in grass field next to lake villas

- Only competitors are allowed in the transition area. No exceptions!
- Rack your bike on the rack/row that includes your race number anywhere on that row.
- Stage your equipment & leave room for your neighbors.
- It is a 5 minute walk to the swim start at the beach next to the hotel tower.
- Once the transition area is cleared for the race start, no one will be allowed back in. Make sure you have your swim gear, including your swim cap.
- No bikes may leave transition area until USAT official clears it!

RACE NUMBER

- There will be three race numbers in your packet-one is for your helmet, one is for your bike, and the large one is to wear on the run. Place the bike number on your bike along the top tube.
- Your main race number must be worn on the front during the run and be visible as you cross the finish line. You don't have to wear it during the swim and bike. **Remember-No Number, No Score!!**

BATHROOMS

- There are a total of 16 bathrooms at the resort. Port-a-lets are located near the transition area, plus 5 on the run course and three on the bike course.

SWIM COURSE-1.2 miles

- First wave begins at 7:00 am. Leave plenty of time to walk to the swim start.
- Wear the appropriate color swim cap-make sure it matches your age group, weight category or relay category. Stay to the LEFT of the buoys
- Wetsuit Strippers provided, then run 50 yards (with wetsuit) to transition area.
- Lifeguards, boats, and canoes are in the water for your safety.
- Swim cut-off time is 8:35 am-people still in the water will be picked up.

BIKE COURSE-56 miles

- Walk bike in and out of transition area to the mount/dismount line.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Ride on the right side of your lane. Absolutely no drafting (cause for penalty).
- Pass on the left-never on the right, and complete pass w/in 15 seconds.
- Keep 4 bike lengths between yourself and cyclist in front of you.
- There is a no-pass zone on FM 149 between the Lone Star ByPass and FM 1097 (both ways). This is due to narrow shoulder and heavy traffic.
- Major intersections will be monitored by county sheriffs-Follow all traffic laws.
- Leave your helmet on and strapped until your bike is racked (cause for penalty).
- Properly rack your bike before exiting on the run (cause for penalty).
- Bike Marshals will be on the course—there will be no warnings given.
- Three water/Gatorade endurance (hand up) stops on the bike course-take some water bottles with you. **Hand ups at Mile 16, Mile 30, and Mile 44.**
- Bike Cut-off time is 12:30 pm-bikers still on course will be picked up. Law enforcement officials have dictated this as our cut-off time for road safety.

RUN COURSE-13.1 miles (3 loops of 4.36 miles within resort)

- Follow signs and cones. Be alert. Traffic always has the right of way.
- Water stations every mile (approximately). **(Gatorade in Gatorade cups/Water in plain cups)**
- No pacing by friends outside the race, per USAT rules
- Any course cutting is a DQ.
- Trash Zones are around Aid Stations-**littering outside of that will be penalized!**
- Make certain your race number is in the front BEFORE you cross finish line.
- Run cut-off time is 8 hours or 3:20 pm (last wave) for official results.

RELAY TEAMS

- Cyclist will wait at the bike until the swimmer hands over the timing chip.
- Bike must be racked before the timing chip is handed off.
- When cyclist returns, he/she must rack the bike and then hand off the chip.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is cleared by USAT official.

POST RACE ACTIVITIES-at La Torretta Del Lago Resort

- Plenty of refreshments, music & massages, then awards will be given out.
- Remember to thank the volunteers-they are crucial to the success of your event!

MEDICAL

- A medical tent will be next to the finish line. Other medical personnel will be on the bike and run course. Two ambulances will be available throughout the day.

IRON STAR SWIM WAVES

START	DIVISION	CAP COLOR
7:00 am	Men 29 & Under	Silver
7:04 am	Men 30-39	Flo Green
7:08 am	Women 34 & Under Athenas	Pink
7:12 am	Men 40-49	Light Blue
7:16 am	Men 50 & Over Clydesdales	White
7:20 am	Women 35 & Older ALL Relays; ALL Aqua Bike	Red

THANKS TO ALL OUR SPONSORS!!

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Gatorade
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Houston Racing Triathlon Club
Kona Printing
Del Lago Property Owners Ass.
Juice Plus

Tri On the Run
Webster Bicycles
Hammer Nutrition
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Lone Star Multi-Sport Club
Runner Triathlete News
Kingwood Triathlon Club

THANKS TO OUR VOLUNTEERS!!

Boy Scouts of Montgomery
Woodlands H.S. Tri Club
Montgomery H.S. Drill Team

Lone Star MultiSport Club
Cut 'n Shoot H.O.G. Chapter
Woodlands H.S. Girls CC Team