

# **TEJAS TRIATHLON**

## **2009 Race Day Instructions**

Welcome to the Tejas 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.

### **RACE DAY SCHEDULE**

- 5:30 am** Park in designated field adjacent to Parkway Methodist Church or in overflow parking area in the Randall's Center. Please note that the church will be having services that morning so be sensitive as you leave after the race. Walk/ride your bike to Pecan Park-if you ride your bike, make sure to wear your helmet (you can get a time penalty even before the race starts!).
- 5:30 am** Transition area opens-body marking happens in front of transition area. If not attached to your race numbers-Pick up your timing chip at the Pavilion.
- 6:45 am** Transition area clears for start!!  
Pre-Race Meeting at swim start
- 7:00 am** Triathlon begins-First Wave

**Conclusion of Race:** Post-race refreshments and awards ceremony

### **BODY MARKINGS**

You will be body marked BEFORE you enter the transition area, then look for your numbered row on the bike racks. Then go pick up your timing chip at the Pavilion.

### **TRANSITION AREA**

- Only competitors are allowed in the transition area. No exceptions!
- Rack your bike on the rack matching your race number.
- Stage your equipment.
- Leave room for your neighbors.
- 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 NUMBERS**

- There will be 3 race numbers in your packet.
- The small race number is for your bike helmet.
- The double-sided race number (adhesive) is for your bike.
- Your main race number must be worn on the front during the run and be visible as you cross the finish line. Otherwise, you will be disqualified! You don't have to wear it during the swim and bike.

## **BATHROOMS**

- Sixteen port-a-lets are located in the park near the transition area. There is a park restroom located near the port-a-lets.

## **SWIM COURSE**

- First wave begins at 7:00 am.
- 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. You will swim clock-wise. The large Yellow buoys are the turn buoys.
- Lifeguards and canoes are in the water for your safety.

## **BIKE COURSE**

- Walk bike in and out of transition area to the **mount/dismount line**.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Exit transition area to the right. Ride on the right side of your lane.
- The majority of the bike course will be on the right (outside) lanes of a 4 lane divided road.
- Absolutely no drafting (cause for penalty).
- Pass on the left-never on the right, and complete pass w/in 15 seconds.
- Keep 3 bike lengths between yourself and cyclist in front of you.
- 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 Marshalls will be on the course—there will be no warnings given.
- No water stops on the bike course-take a water bottle with you.

## **RUN COURSE**

- Follow signs and cones.
- Be alert. Traffic always has the right of way.
- Water stations every mile.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ.
- The run is mainly on the sidewalks. Finish is back in Pecan Park under the giant pecan trees.
- Make certain your race number is in the front **BEFORE** you cross finish line.

## **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**

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

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