



OILMAN TEXAS TRIATHLON SUNDAY, NOVEMBER 1, 2020 Race Instructions (as of 10/17/20)

Welcome to the 16th Annual Oil Man Texas Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course.

****Remember, this is time change weekend!!!**

SATURDAY, OCTOBER 31ST SCHEDULE

11:00am-5:00pm Packet Pickup and Expo at Margaritaville Lake Conroe Resort.

SUNDAY, NOVEMBER 1ST RACE DAY SCHEDULE

PARKING: If you or other friends/family are parked in the SPA PARKING lot which is the parking lot where transition is, you will NOT be able to leave the lot until AFTER 12:34pm, which is the cut off time for the bike course. PLEASE park in one of the alternate lots. Be sure to share this information with your friends/family!

- 5:15 am Park in designated areas at the front of Margaritaville Resort. Walk your bike to transition area (approximately ½ mile from furthest lot). If you ride your bike you **MUST HAVE YOUR HELMET ON AND FASTENED!!!**
- 5:30 am Transition area opens. Masks are required to enter transition!
- 6:45 am Transition area clears for start. It is a short walk to the swim start.
- 7:00 am Triathlon begins-First Swimmer in the water-by self-seeding (fastest to slowest).
- 3:00pm Awards (Approximately) near Finish Line/Post Race Food Tent

Post race refreshments will be available with COVID protocol areas.
Food for Family and Friends available for purchase at the Resort!

SPECTATORS

Spectators are discouraged to attend. If they do attend, they need to adhere to proper social distancing and wear masks as appropriate.

BODY MARKING

PLEASE USE THE TEMPORARY TATTOOS FROM YOUR RACE PACKET. ONE FOR EACH ARM!!!!. There will be some markers there to self-mark if you forget your race number tattoos. Please make sure your bike number is on BEFORE you enter transition. Then look for your numbered spot on the bike racks. We will not be marking ages due to COVID social distancing/limiting contact...

TRANSITION AREA - SPA PARKING LOT

Only competitors with masks are allowed in the transition area. No exceptions!

- On race morning, rack your bike on the rack matching your race number. **You will have an assigned # location on the rack (only 6 bikes to a rack per COVID protocol suggestions)!** Remember your wheel goes DOWN on the same side as you see your stickered number.
- Stage your equipment & leave room for your neighbors.
- It is a short walk to the swim start at the beach next to the water park (wear your mask)..
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- 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 and mask!
- Transition will open once the **LAST CYCLIST HAS EXITED TRANSITION** to start the run portion of the race (approximately 12:34 pm). Please do not ask for exceptions.

TIMING

- The timing chip will be in your race packet. This disposable chip does **NOT** need to be returned.

- The Disposable Timing Chip **MUST BE WORN ON THE OUTSIDE OF YOUR LEFT ANKLE!** Participants must cross the timing mats for accurate results. Live race day results will be posted at **RUNSIGNUP** and can also be found at runhoustontiming.net after the event.

RACE NUMBER

- There will be three race numbers in your packet-one is for your helmet, one is for your bike, and one is to wear on the run. Place the bike number on your bike along the top tube. It must be visible to USAT officials. Do not trim the number or alter it in any way.
- Your race number must be worn on the FRONT during the RUN and must be visible as you cross the finish line. **Remember-No Number, No Score!!**

BATHROOMS

- There are a total of 16 bathrooms located inside the resort. 15 Port-a-lets are located near the transition area, plus 6 on the bike course and 6 on the run course.

SWIM COURSE- 1.2 miles –**First athlete at 7:00 am. Leave plenty of time to walk to the swim start (with your mask).**

- This year, the swim will be a self-seeded swim (COVID protocols). We will have swim time estimate signs to help you self seed. Cones will be placed 6 feet apart along the walkway to the beach from transition to assist with social distancing.
- You **MUST** wear a swim cap.
- Wetsuit Strippers will **NOT** be provided (due to COVID protocols), it is a short run (**with wetsuit**) to transition area.
- The swim exit is a stair exit. Due to COVID protocols there will not be volunteers to assist you out.
- Lifeguards, boats, and kayaks are in the water.
- **Swim cut-off time is 8:34 am (or 1 hour and 10 minutes from last swimmer in the water)**-people still in the water will be picked up and asked to turn in their timing chip.

BIKE COURSE- 56 miles – **PLEASE SEE MAP.**

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 and stay inside the cones. Absolutely no drafting. Pass on the left-never on the right, and complete pass within 15 seconds.
- Keep **more than THREE** 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 law enforcement. 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).
- USAT Officials will be on the course—there are no warnings given, just appropriate penalties.
- 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.** Do NOT discard trash except at the aid stations and only until the sign reads TRASH ZONE ENDS HERE!
- **Bike Cut-off time is 12:34 pm**-bikers still on course will be picked up & asked for their timing chip. You may not continue to the run portion. Law enforcement officials have dictated this as our cut-off time for road safety.

RUN COURSE- 13.1 miles (2 loops)

- Follow signs & cones-stay to your right. Be alert. Traffic always has the right of way.
- Water stations every mile (approximately). 6 total. Porta Potties/Bathrooms at Water Stations.
- Gatorade & Water in Cups, placed on tables for you to pick up (COVID protocols).
- 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 8.5 hours (from the start of the last swimmer) for official results.**
- **At the finish, athletes will be given a mask to wear when needed.**

RELAY TEAMS

- Cyclist will wait at the bike until the swimmer comes into transition.
- When cyclist returns, he/she must rack the bike before the runner may leave transition.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is opened by race management.
- Each relay team member will have their own disposable chip (no chip transfer)

POST RACE ACTIVITIES

- Plenty of refreshments-be sure to socially distant yourself after the race!
- Remember to thank the volunteers-they are crucial to the success of your event!

SPECTATOR FOOD

- The resort will have food & drinks available for purchase on site near the finish area. Please remember that post race food is for the athletes only!

MEDICAL

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

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