



ATHLETE GUIDE



Sunday, June 3, 2018

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YOUTH FITNESS PROGRAMS



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Packet Pickup Guidelines

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 to accordingly! There are NO exceptions!

1. Only the participants 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 or participant's guardian must show photo ID and USAT annual membership, or purchase a day pass. If one of these is not provided at packet pickup, the participant will be required to purchase a new annual membership or day pass to pick up his or her packet, **regardless of whether he or she already has a membership. The day pass is \$15 for adult and it is \$10 for an annual for those participants 17 and under.**
3. All relay team participants must check in at packet pickup individually (though 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), and the last team member to check in will get the team's official race numbers.
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.

Packet Pickup Schedule

MAY 31ST – JUNE 1ST 12:00PM-7:00PM

Rockwall Cycling

939 East I-30
Rockwall, TX 75087

Playtri Dallas

6465 Mockingbird Ln Ste 358
Dallas, TX 75214

Playtri Colleyville

7171 Colleyville Blvd
Colleyville, TX 76034

Playtri Cycling

6800 Windhaven Pkwy #137
The Colony, TX 75056

Playtri Fort Worth

3409 N Tarrant Pkwy
Fort Worth, TX 76177

FRIDAY JUNE 1ST 4:00PM-7:00PM

Swim-Bike-Run Outlet McKinney

7951 Collin McKinney Pkwy, Suite 1500
McKinney, TX 75070

SATURDAY JUNE 2ND 12:00PM-4:00PM

Playtri Colleyville

7171 Colleyville Blvd, Suite 108
Colleyville, TX 76034

NO RACE DAY REGISTRATION

NOTE: No refunds given to those participants who have not picked up their packets. There is a \$20 charge for race day packet pick up.

Pre-Race Clinic

On Thursday, all locations hosting packet up will be holding a race clinic at 6pm. 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.

On Saturday, Playtri Colleyville will be putting on a race clinic at 11am. 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.

On Saturday, at 12:30pm we will be hosting a Pre Race Swim Clinic and Transition clinic at the race site. This is a great opportunity to swim a part of the course and get a feeling for course and transition area. * The swim is for race participants only.

**USA TRIATHLON
FOUNDATION**



OUR VISION

A Healthier America Through Triathlon

OUR MISSION

Opening Pathways to Triathlon for All
Through the Generosity of Donors

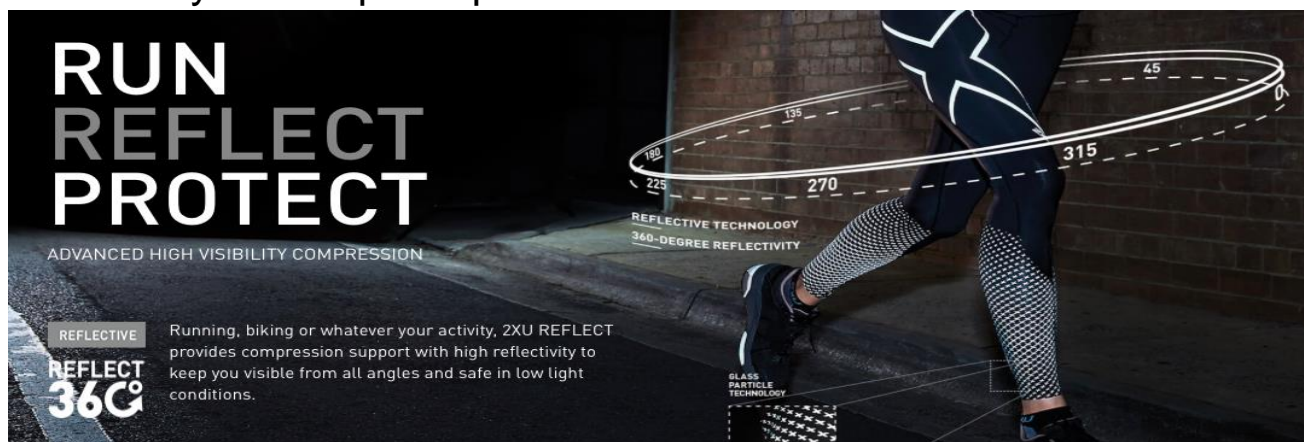
For more information about USA Triathlon Foundation or to
Donate please visit
www.usatriathlonfoundation.org

Race Day Schedule

- 5:00 AM Transition Opens
- 6:15 AM Pre-race Meeting in Transition
- 6:30 AM Transition Closes
- 6:35 AM Pre-race Meeting at Swim Start
- 6:45 AM Olympic Elite Open Wave Race Starts
- 6:48 AM Olympic / Aquabike Age Group Time Trial Race Starts
- 7:35 AM Sprint Elite Open Wave Race Starts
- 7:40 AM Sprint Age Group Time Trial Race Starts
- 7:45 AM Run-Bike-Run (RBR) Starts
- 8:00 AM Super Sprint Starts
- 10:30 AM Awards Ceremony

Note: All races except Elite waves will be a **Time Trial Start**. This is when athletes enter the water one or two at a time, a few seconds apart in continuous succession. Elite Olympic & Sprint will be an **Wave Start**.

Participants will not be able to remove their bikes from the transition area until the **LAST CYCLIST IS OFF THE COURSE.** This rule is for the safety of ALL participants and there are **NO EXCEPTIONS**.



Race Numbers

Your packet will include your race number, which you **MUST** have to race. Please follow the below instructions to make sure you and your equipment are properly marked on race day. Please note that body marking will take place on race day when you check into transition.

1001

1001

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

Helmet numbers should be stuck on the front of the participants 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.

Timing Chip

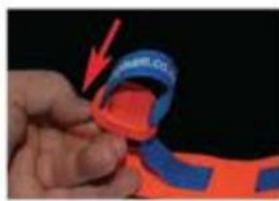
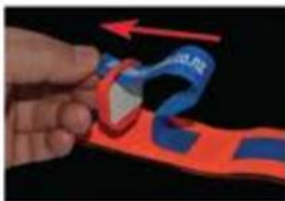
You must wear the TRI Tag timing chip around your ankle.

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

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 from 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.

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Anti-Gravity Treadmill®


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SWIM · BIKE · RUN

Run Pain Free
Rehabilitate with less pain
Reduce risk of injury
Runners most advanced Physical
Therapy technology available



\$1.00 PER MINUTE FOR 20 MINUTES
\$0.50 PER MINUTE AFTER 20 MINUTES
\$250 PER MONTH / UNLIMITED TIME

The Alter G treadmill “unweights” an athlete through a pressure controlled chamber to minimize impact.

www.playtri.com/recovery

Directions & Parking

Race Site: Dallas Marriott Las Colinas
223 W. Las Colinas Blvd.
Irving, TX 75039

From Dallas: Get on I-30 West. Follow I-35E North, TX-183 West and TX-114 West to East John Carpenter Fwy in Irving. Take the exit toward O'Connor Rd. from TX-114 West. Continue on East John W. Carpenter Fwy to West Las Colinas Blvd. *****West Las Colinas Blvd will be closed. See parking locations below!*****

From Fort Worth: Continue to TX-121 North. Follow TX-121 North and TX-183 East to West Airport Fwy in Irving. Take the exit toward O'Connor Rd. from TX-183 East. Take O'Connor Blvd. to West Las Colinas Blvd. *****West Las Colinas Blvd will be closed. See parking locations below!*****

From Denton: Get on I-35E South. Follow I-35E South to I-35E Frontage Rd/S. Stemmons Fwy in Lewisville. Take exit 450 from I-35E South. Get on TX-121 S in Dallas County from TX-121 Bus. South. Continue on TX-121E South. Take TX-114E to Hidden Ridge in Irving. Take the TX-348 Spur/NW Hwy exit from TX-114E. Drive to West Las Colinas Blvd. *****West Las Colinas Blvd will be closed. See parking locations below!*****

Parking is \$5 at the following locations:

Surface lot at Urban Towers (125 W John Carpenter Freeway) visitors lot, north of O'Connor, enter from HWY 114 to E John W Carpenter into visitors lot.

Garage parking at 225 E Las Colinas and 125 E John W Carpenter just south of O'Connor REMOVE YOUR BIKE FROM YOUR ROOF RACK BEFORE ENTERING A COVERED GARAGE!

No parking at the Dallas Marriott Las Colinas unless you are a guest and no parking at Williams Square.

****West Las Colinas from O'Connor to Fuller will shut down at 4 AM on race day!**





YOUTH PROGRAMS

Playtri Youth & Junior Programs are team programs (similar to traditional youth sports) designed to inspire and develop young triathletes in a skills-focused environment with experienced and passionate coaches.. Different locations offer varying levels of training, so visit our website to learn more about what your location has to offer.



PLAYTRI YOUTH PROGRAMS

- Race ages 6-18 (athletes join teams based on age and ability)
- Spring, Summer and Off-Season sessions available
- Competency-based coaching based on years of youth triathlon coaching experience
- Equal focus on character development and athletic performance



Team Playtri Elite, our junior elite triathlon squad for nationally competitive young triathletes, has been recognized as a USA Triathlon High Performance Team program since 2013, and has also been ranked as a top-25 team nationally since that time.



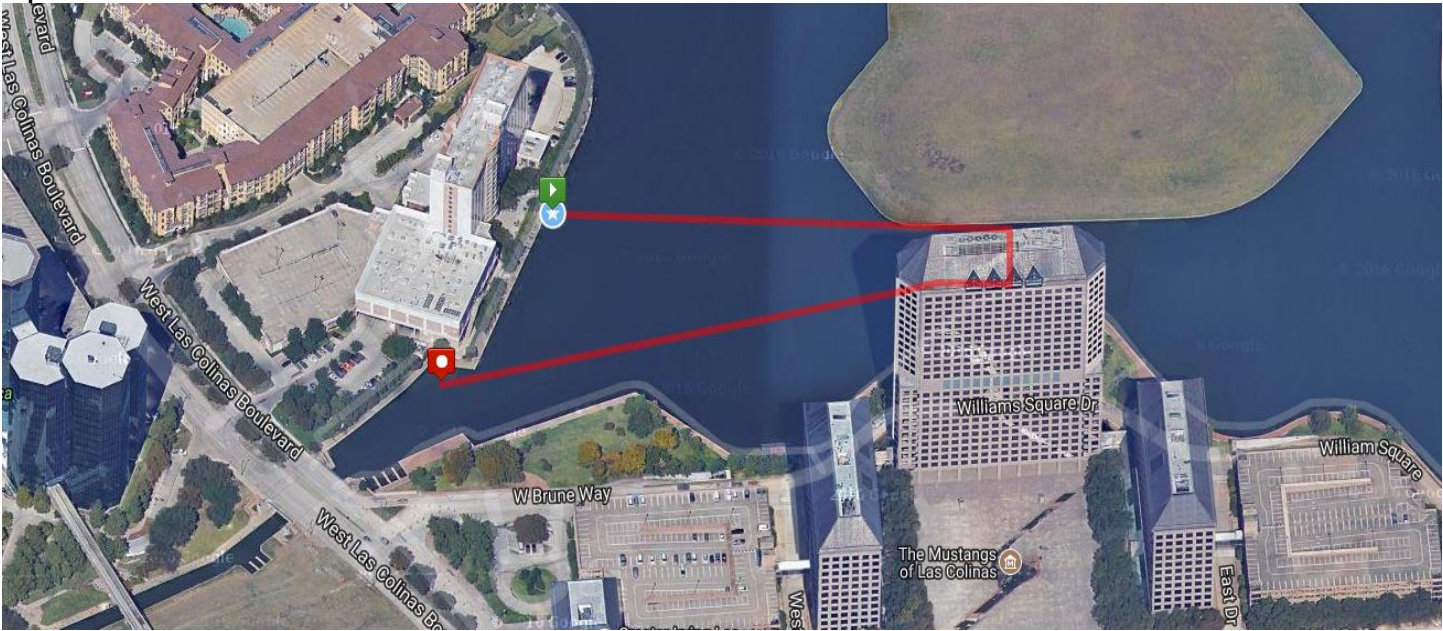
WWW.PLAYTRI.COM/YOUTH

Swim Course

Super Sprint Course

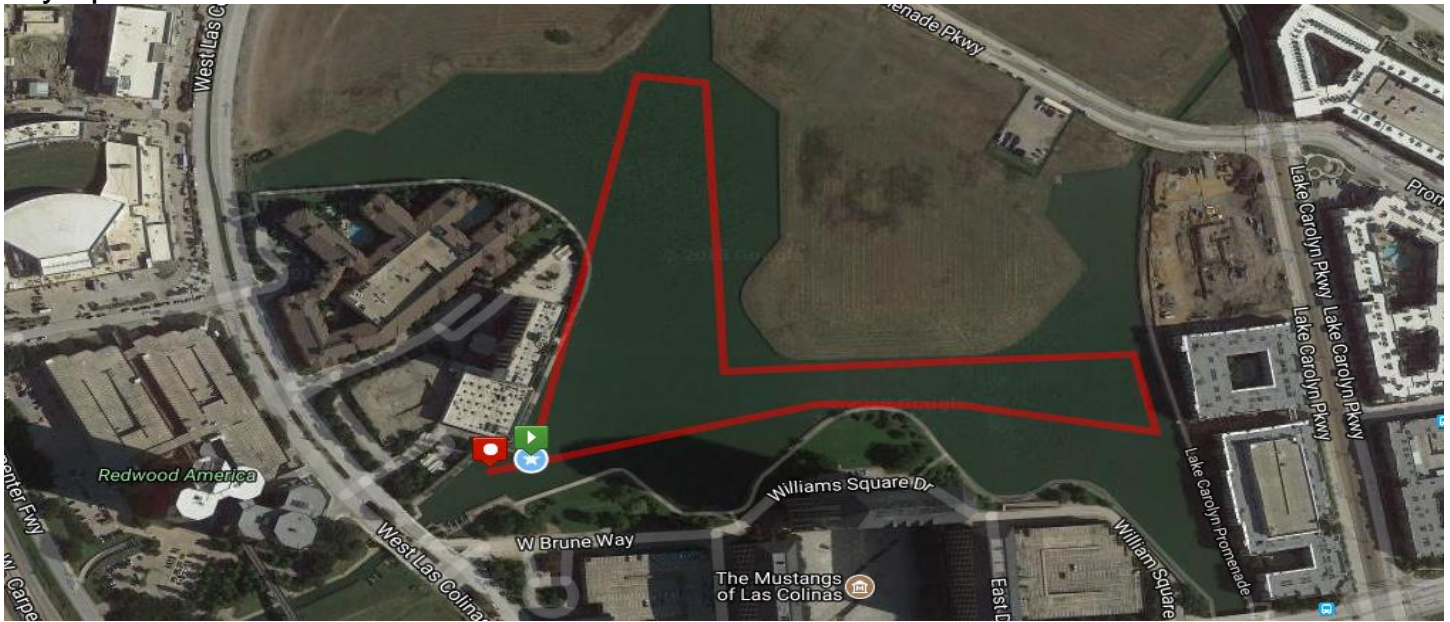


Sprint Course



Swim Course

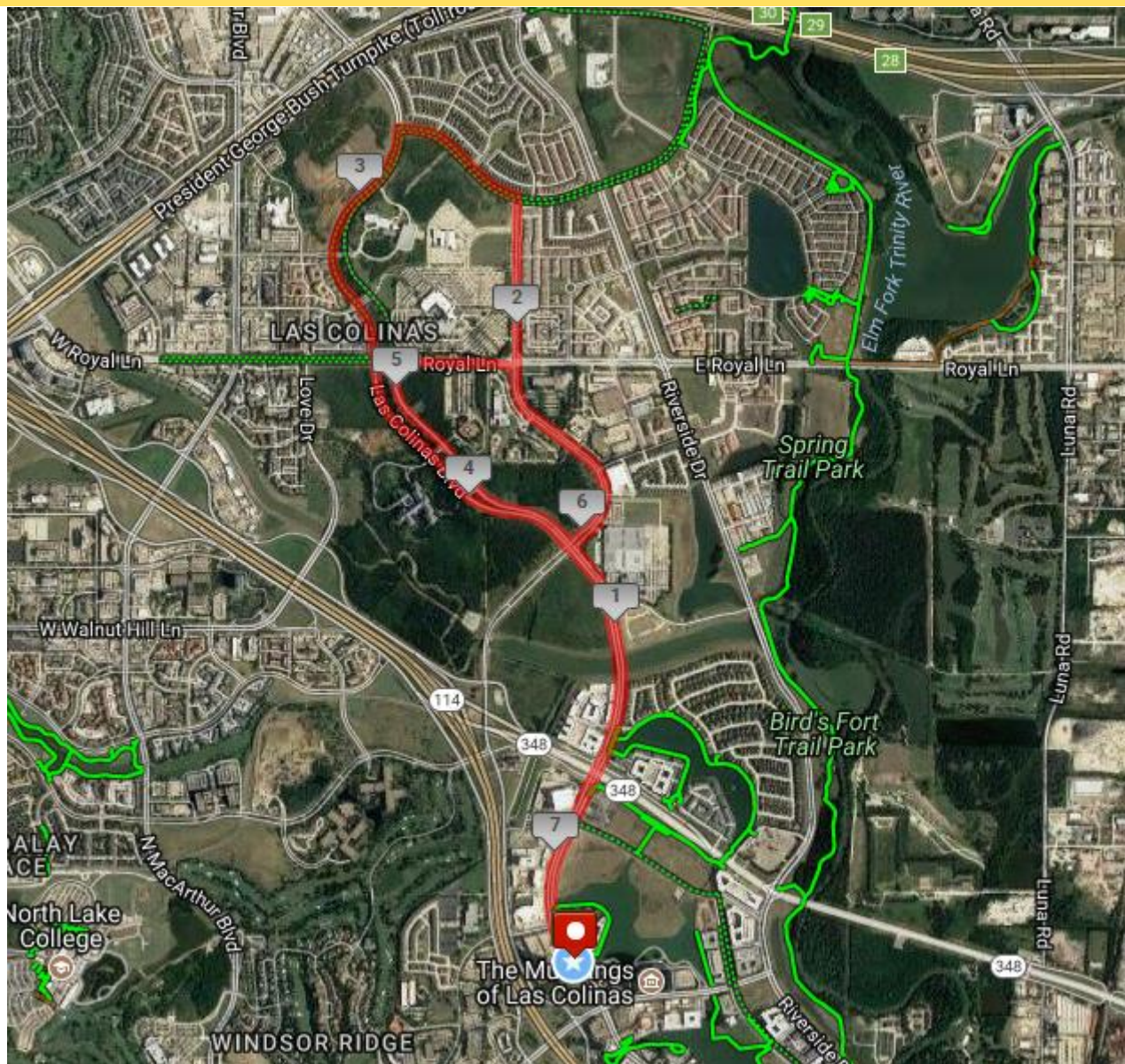
Olympic Course



All races except Elite Olympic & Elite Sprint will be a Time Trial Start. This is when athletes enter the water one or two at a time, a few seconds apart in continuous succession. Elite races will be an Open Wave Start.

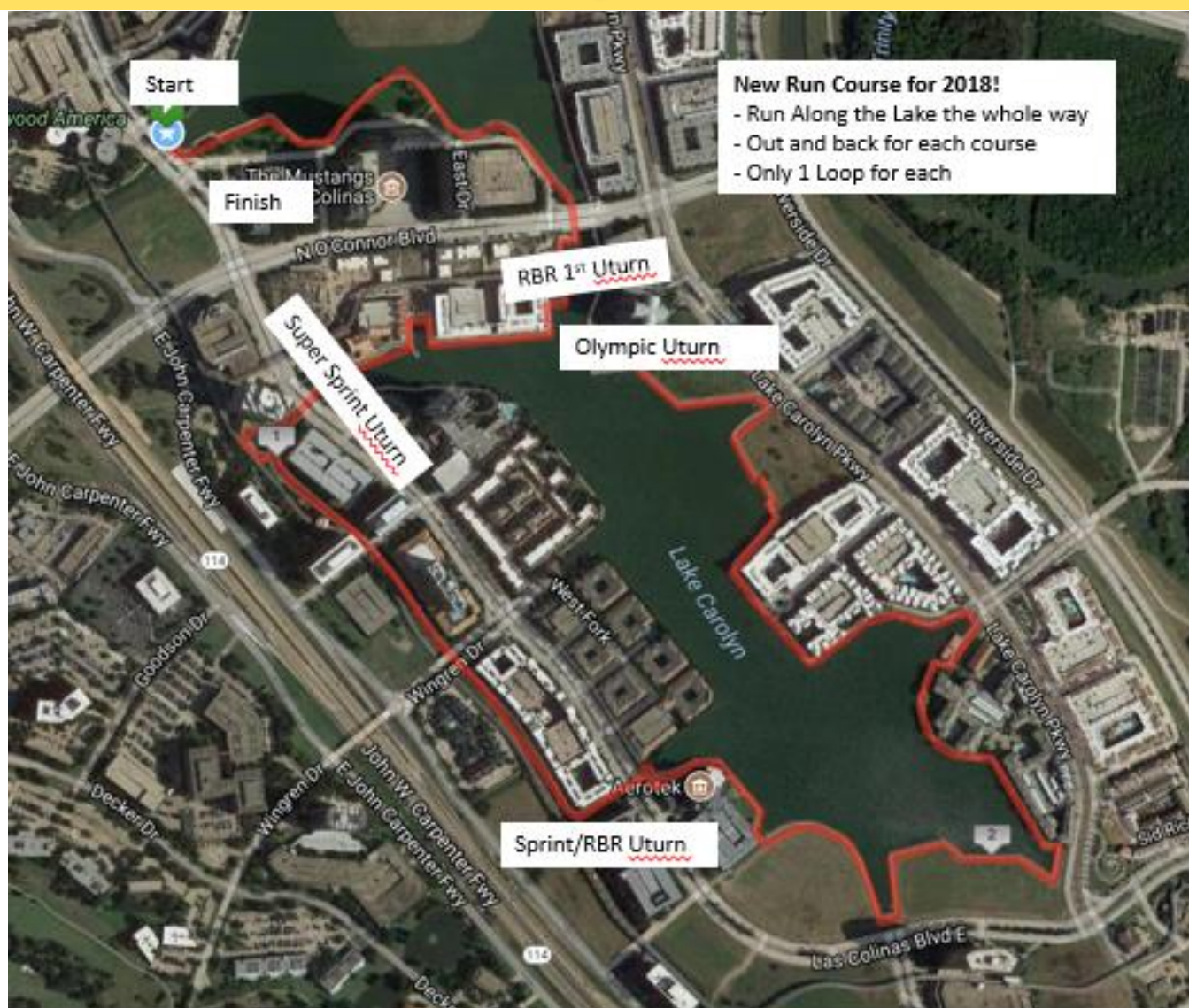


Bike Course



Olympic Bike Course: 3 loops
Sprint Bike Course: 2 loops
Super Sprint Bike Course: 1 loop

Run Course-NEW for 2018



Course is a straight out and back for 2018. No Loops!
Each distance has their own UTURN.

20% OFF SHOES



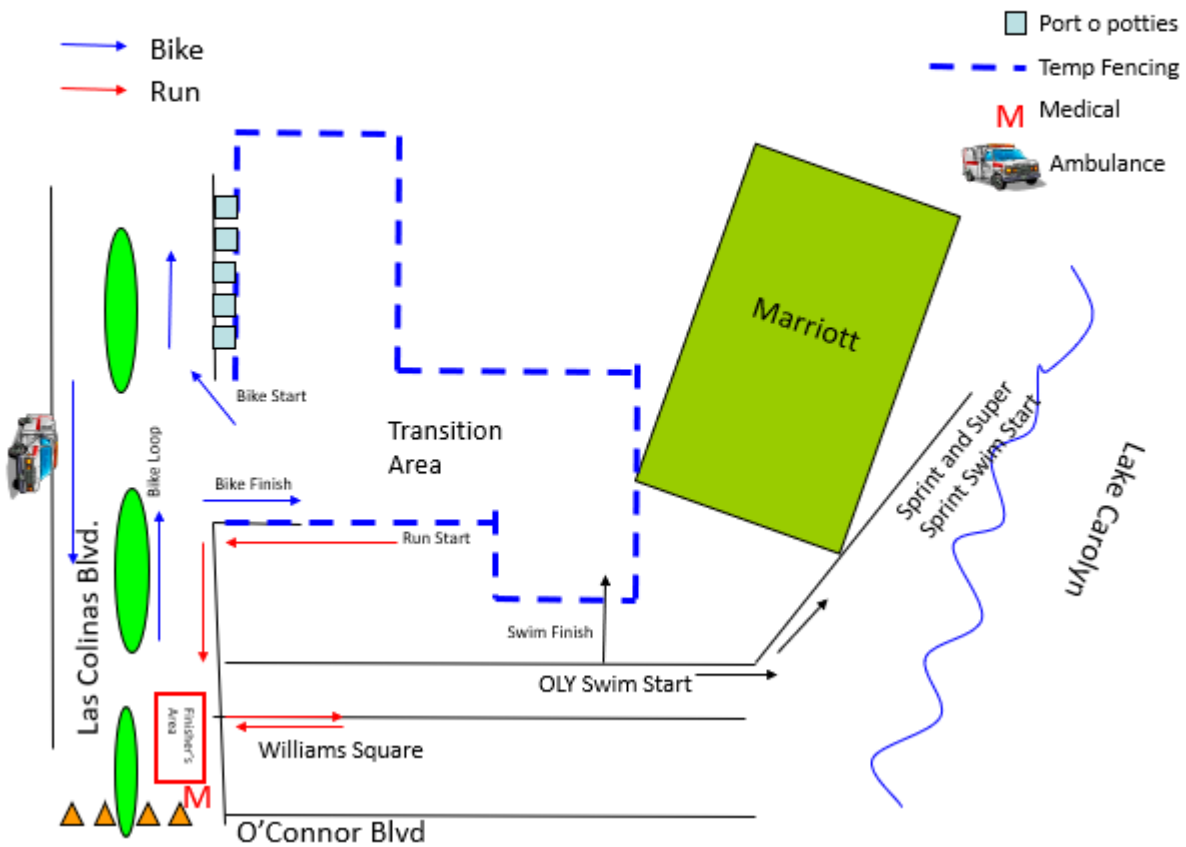
**DONATE YOUR OLD RUNNING
SHOES & GET 20% OFF
A NEW PAIR OF RUNNING SHOES!**



***CERTAIN RESTRICTIONS APPLY**

Site Map and Transition

Transition Area for June 3rd



Aquabike and Relay Instructions

Aquabike Participants:

If you are participating in the Aquabike all the same guidelines and procedures apply. The only difference is that your finish line is when you cross the timing line after dismounting your bike. To receive your finisher medal, once your bike gear is racked and properly placed in transition, proceed to the run finish line and let them know you are an Aquabike participant and have finished your race looking for your finisher medal.

*Be sure to give your timing chip to the finish line volunteers!

Relay Teams:

Each team will receive one chip which will be moved from ankle to ankle like a baton. The swimmer will exit the water and meet biker in transition to tag off. The cyclist must return to the bike rack after the cycle portion and bike must be racked properly at all times. Only the cyclist is allowed to take the bike off and on the rack. The runner should be in transition when the cyclist comes in to be tagged off to start the run. The chip must be worn around each relay participant's ankle. All relay participants get a finisher medal when the team has completed the race.

Aid Stations

Aid stations will be at the swim exit and approximately every mile along the run course. Stations will be equipped with water and sports drink (run course only) and volunteers to hand it to you.

If you need water, sports drinks, or other nutrition on the bike portion of the race, please bring your own.



**Shop our broad selection of
running and compression gear!**



General Advice

Triathlons can be tough, but they should also be fun. 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 some general tips for race day that can make your experience more enjoyable.

1. Have everything needed for race day ready the night before - use the checklist provided in this guide to make sure you have everything. To make transportation into transition easy, place everything needed into one bag. Make sure you affix the bike and helmet numbers before entering transition. You will not be allowed to race without these.
2. The earlier you show up, the better. The last thing you want to be is worrying about whether you're going to make it in time. Make you sure have time to find parking, get body-marked, set up your transition, get your timing 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 we will do all we can to support you. Medical staff will be on site, as well as volunteers and safety officials throughout the course. 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 in this packet Make plans for the morning ahead of time and decide on a spot to meet after crossing the finish line.
5. Last, remember to have fun! This event should be a positive experience for you and everyone else. A positive attitude will go a long way!

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- Accelerates recovery
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- Increased energy levels
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\$25 per session

\$199 per month (unlimited)

www.playtri.com

Dallas and Fort Worth Locations

Race Day Checklist

Required:

Bike

Helmet

Shoes to run/ bike in

Swim Cap

Race Numbers

Timing Chip

Generally Necessary:

Goggles

Cycling Shoes

Race Belt/ Safety Pins

Water Bottle

Nutrition & Hydration (Gels, Sports Drink, Food, etc.)

Other Things:

Sunscreen

Sunglasses

Bike Pump

Flat Kit

Body Glide

Fuel Belt/ Camelbak

Sodium Pills

Heart Rate Monitor

Clothes for post-race

Towel for Transition



RETUL

three-dimensional motion capture fitting

Bike fits by **PLAYTRI**

Our number one goal is getting you (and your bike) to reach your goals as safely and comfortably as possible. The Retul motion capture system combined with Playtri's decades of knowledge and experience in bike fit and coaching is the best way to guarantee a fit that will get you there.



*Where will your
bike take you?*

www.playtris.com/bikefit

ONLY **\$149**

Spectator Information

We love it when your family and friends come to support you! That's why we make all 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 started. It can make things more dangerous for the athletes. 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. Position yourself on the grassy ridge between the swim finish and bike start for the best views at the start, then move on 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 for the athletes. Remember that the event 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.
6. Cheer for everyone! The athletes appreciate it, even if they don't know you.
7. Wait for your athlete to move away from the finish line before coming to congratulate them – this area can sometimes get congested.

Weather Contingency

In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the Olympic Distance racers will join the Sprint event. In the event that we have to cancel the swim, the Olympic Distance will change to a duathlon with a 2 mile run/ 22 mile bike/ 10K run. The Sprint distance will change to a duathlon with a 1.1 mile run/ 14 mile bike/ 5K run. The Super Sprint distance will change to a duathlon 0.5 mile run/ 7 mile bike/ 1.5 mile run. The duathlon events will use the same wave starts as the triathlon. If the weather also makes it too dangerous for cycling, the event will become a 5K for all sprint and super sprint participants, and a 10K run for all Olympic Distance participants.

A promotional graphic for a swim gear sale. The background is dark blue. At the top, the text "Get into the SWIM!" is written in white. Below it, in large yellow letters, is "All swim gear (including wetsuits) is 15% off Memorial Day Weekend". The graphic features images of swim gear: a blue box of "FINIS" kickboards, a yellow "FINIS ALIGNMENT KICKBOARD", and a black and yellow wetsuit. At the bottom left, it says "Participating stores only and some restrictions apply". At the bottom right is the "PLAYTRI SWIM · BIKE · RUN" logo.

Get into the SWIM!

**All swim gear
(including wetsuits)
is 15% off
Memorial Day Weekend**

Participating stores only and some restrictions apply

PLAYTRI
SWIM · BIKE · RUN

*Offer valid until June 3rd

Results

All event results will be available on our website:

<https://www.playtri.com/results>



GROUP TRAINING

Playtri Group Training programs are designed to combine quality coaching and structure with a group workout format to help you reach your goals alongside other athletes. We believe that together we all achieve more, and group training is the simple and fun way to work towards your next triathlon goal!



WHAT IS GROUP TRAINING?

Group training programs are 8-16 weeks long (depending on race distance), and include the following:

- At-home training schedule designed for your goal event
- 4 weekly coached workouts
- Playtri tech shirt
- 50% off your next running shoe purchase*
- 15% off full price retail in all Playtri Stores



New to the sport? We have a “No Bike, No Problem” rental option for those just getting started—group program athletes can rent an entry-level road bike for the duration of their program for only \$100.

[WWW.PLAYTRI.COM/GROUP](https://www.playtri.com/group)

Common Rule Violations 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 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 of 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.

Penalty: Variable time penalty

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, walkmans, 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: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

Triathlons 2018

DATE

RACE

March 18 Luck of the Irish Triathlon/RBR

April 22 McKinney Kiwanis Triathlon/RBR

May 6 Wiki Wiki Man Triathlon

May 20 Water Works Triathlon

June 3 Playtri Triathlon Festival

June 10 Texas Mixed Relay

June 24 Y Rock Triathlon

July 8 The Mayors Triathlon

July 22 Take on the Heat Triathlon/RBR

Aug 5 Rockwall Kiwanis Tri Rock

Sept 30 Stonebridge Ranch Triathlon



Run Races Jun-Dec 2018

DATE	RACE
June 9	Miles for Mounted Patrol 5K/10K
June 24	Y Rock 5K/1M
July 22	Take on the Heat 5K
Aug 25	Hot Hatch Chile Run 5K/10K/1K
Sept 1	Fighting Autoimmunity 5K
Oct 6	Rib Rub Run Roll 5K/10K/1M
Oct 27	Lone Star CASA Superhero 5K/1K
Oct 27	Lewisville Glow Run 5K/1M
Nov 3	Pumpkin Mash Dash 5K/10K/1K
Nov 10	Run for Cover 5K/10K/1K
Nov 11	Trinity River Run Half Marathon/10K/5K
Nov 24	Believe McKinney 5K/10K/1M
Dec 8	Santa Cops 4 Kids 5K/10K/1M
Dec 8	Gingerbread Run Family 5K/1M



Good Luck and Have Fun!