PLAYTRI SWIM·BIKE·RUN

IRONMAN US SERIES

2019 OFFICIAL TRIATHLON STORE

Athlete Guide

Sunday, March 17th, 2019

The Colony, TX

USA TRIATHLON SANCTIONED EVENT

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Event Schedule

Packet Pick Up and Late Registration

Wednesday, March 13th

Playtri Ft. Worth 12 – 3pm
3409 N Tarrant Pkwy
(817) 562-2453

Playtri Colleyville 4pm – 7pm
7171 Colleyville Blvd., Colleyville, TX
(817) 251-0612

Thursday, March 14th, 12pm-7pm
Playtri Rockwall
939 East I-30
Rockwall, TX. 75032
(972) 771 8297

Friday, March 15th, 12pm-7pm
Playtri Dallas
6465 E. Mockingbird Ln. Ste.#350, Dallas, TX 75214
(214) 370-9010

Saturday, March 16th, 10am-3pm
Playtri The Colony/Plano
6800 Windhaven Pkwy. Ste.#137,
The Colony, TX 75056
(972) 306-2000

*Race morning pick up is available on-site from 6:30-7am for an additional $10 for the triathlon and RBR.

FREE Pre-Race Clinics

We will go over what to expect on race day, how to set up your transition and open it up for questions.
Wednesday, March 13th at Playtri Ft. Worth – 6:00 pm

Wednesday, March 13th at Playtri Colleyville - 6:00pm

Thursday, March 14th at Playtri Rockwall - 6:00pm

Friday, March15th at Playtri Dallas – 6:00pm
Saturday, March 16th Playtri Colony/Plano – 11:00am

CLICK LINK FOR MORE INFO OPPORTUNITIES
PLAYTRI - TRI SEASON KICK OFF!

Sunday, March 17th: Race

6:30 - 7:00 AM	**Packet Pick Up ($10.00 for Tri & RBR)**
6:30 AM	Transition opens.
7:30 AM	Pre-race meeting in transition
7:55 AM	Transition closes
8:00 AM	Triathlon begins
8:05 AM	RBR begin
8:20 AM	5k Begins
9:30 AM	5k Awards
10:30 AM	Triathlon/RBR Awards ceremony

Packet Pickup Guidelines

Packet pickup procedures for the Triathlon and RBR 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 or not 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 followthe instructions below to make sure you and your equipment are properly marked on race day. Please note that body marking of your ageor race category will take place on race day when you check into transition.

Left arm and left leg number will be marked when you enter in transition.

Bike numbers should be folded over either the top tube of your bi-cycle or around the seat post and fastened securely using the adhesive backing. The number should be visible on both sides ofthe bicycle.

Helmet QR code sticker should be stuck on the FRONT SIDE of the athlete's 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 (pictured below).

How to wear the TRI Tag for TRI & RBR

Apply the Tri Tag to the ankle at least 15 minutes before the race

Make sure the Tri Tag velcro is secure when applying it to the ankle

**5k Runners will have disposable tags on their bibs.

Have a GREAT race!

PLAYTRI SWIM · BIKE · RUN

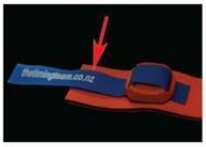
PLAYTRI LUCK OF THE IRISH TRIATHLON · RBR & 5K

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 frim 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.

Directions & Parking

LISD Eastside Aquatic Center
5729 Memorial Dr.

The Colony, TX 75056

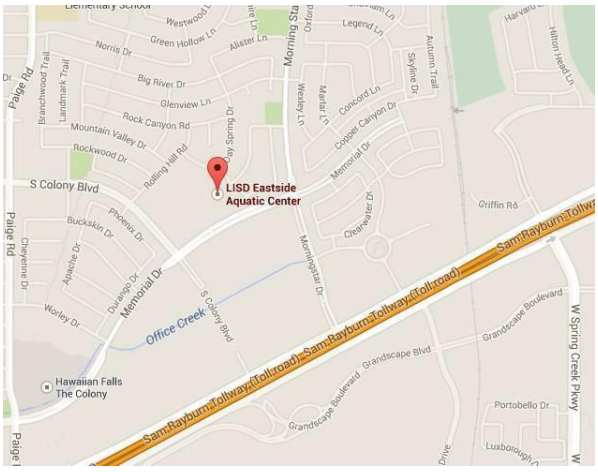
Parking at LISD Eastside Aquatic Center:
If you park at LISD, cars will not be allowed to leave the parking lot until after the last bike has finished. **This includes 5k Runners.**

Parking after 7:45am:
The parking lot will close at 7:45am, so please note that if you come ata 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.

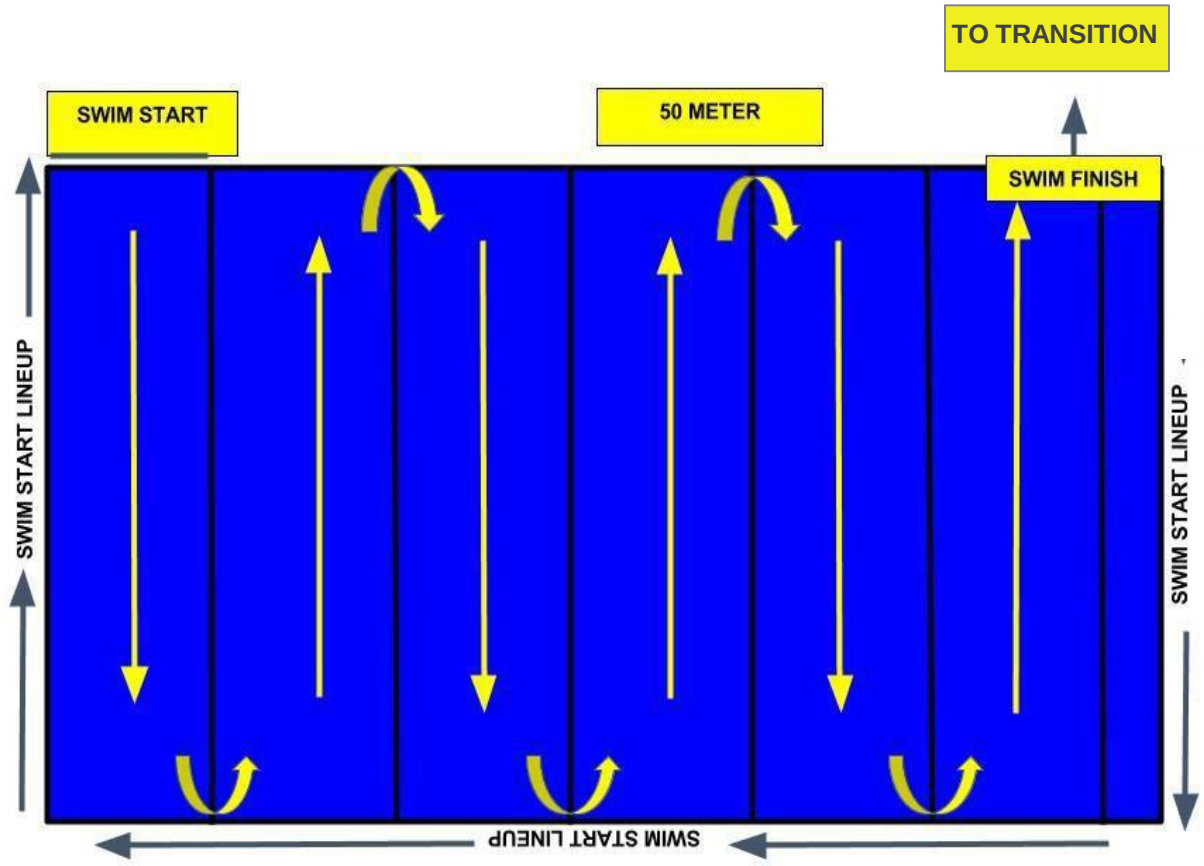
From Fort Worth:
Take 121 N, exit Paige, left/north on Paige, right/east on Memorial, and it will be up on your left, past the stoplight at S. Colony.

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.



TRI 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.



Aqua Sphere®

TRI & RBR 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.

ARGON 18

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.

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.

Triathlon After Party!

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

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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 yourexperience 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 loveit 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 aresome spectating tips for those attending, but not participating in theevent.

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 you 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

For triathletes from beginner to intermediate who wants to improve their skills and racing experience.

Training plans& support.

Group rides & Workouts

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See the benefits & training schedules at

Playtri.com/group

TRI & RBR Race Day Checklist

Items written in red are considered to be more generally necessary, and items written in blue are required to race.

Bike

Helmet

Race Numbers

Goggles

Running shoes

Cycling shoes

Race belt/safety pins

Water bottle

Nutrition and hydration

(gels, sports drink, food, etc.)

Sunscreen

Sunglasses Bike pump

Flat changing kit

Clothing to change into post-race

Race site directions

Sodium pills

Heart rate monitor

Towel for transition area

ORBEA

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 ViolatedRules 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 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

- **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 ViolatedRules 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.

- **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.

- **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 at:

http://triathlon.teamusa.org/content/index/1684

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TRIATHLONS 2019
March 17 Luck of the Irish Triathlon/ RBR
June 1 Endurance House Sprint Tri
June 16 Water Works Kids Triathlon
Water Works Triathlon
June 23 Y Rock Triathlon/ RBR
July 14 Take on the Heat Triathlon/ RBR
Aug 4 Rockwall Kiwanis Tri Rock
Sept 28 Stonebridge Ranch Kids Tri
Sept 29 Stonebridge Ranch Triathlon/ RBR
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Run Races Jan - July 2019
March 16 Shamrock Dash 5K/1M
March 17 Luck of the Irish 5K
April 6 The Crusade Run 5K/10K/1M
April 6 Denton County Dash 5K/1M
April 6 Purple Plume 5K/1M
April 20 Heart of Heath 5K/1M
May 4 Cinco de Mayo Run, Walk, & Roll 5K/10K/1M
June 23 Y Rock 5K/1M
July 14 Take on the Heat 5K
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