



McKinney Kiwanis Triathlon, Run-Bike-Run & 5K

Athlete Guide



Sunday, May 7, 2023

McKinney, TX





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USA Triathlon

USA Triathlon is the national governing body for the multisport disciplines of triathlon, duathlon, aquathlon and winter triathlon in the United States. USA Triathlon is a member federation of the U.S. Olympic Committee and the International Triathlon Union. Its headquarters are in Colorado Springs, Colorado.

USA Triathlon's 140,000-strong membership is comprised of athletes of all ages, coaches, officials, parents and fans striving to strengthen multisport. As an athlete, we know your focus is to swim, bike and run to the best of your ability - here are the resources to help you reach your multisport goals.

USA Triathlon Competitive Rules

It is important for all athletes competing in USA Triathlon sanctioned events to have a basic understanding of the USA Triathlon Competitive Rules. USA Triathlon has issued a set of rules to maintain consistency and order from race to race across the country, keeping competition safe and fair.

[Learn more about the USA Triathlon Competitive Rules.](#)

USA Triathlon's membership program

Annual members of USA Triathlon receive information to take their training to the next level, access to great discounts on products and services, and the satisfaction of providing support for programs designed to promote and grow multisport throughout the country.



How to Avoid Penalty

Headphones:

Headphones, headset, radio, or a personal audio device may not be carried or worn during competition.

Penalty: Time penalty – WEARING HEADPHONES OR EARBUDS OF ANY KIND = TIME PENALTY.

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

Helmet

Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

Outside Assistance

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time Penalty

Transition Area

All bar ends must be solidly plugged.

No participant shall bring ANY glass containers into the transition area.

Penalty: Disqualification

Unsportsmanlike-Like Conduct:

Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators.

Penalty: Disqualification

Resource: [USAT Competitive Rules](#)

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Event Schedule

PACKET PICKUP SCHEDULE

WEDNESDAY, RACE WEEK FROM 4:00PM-6:30PM

[Playtri Colleyville Store](#)

THURSDAY, RACE WEEK FROM 12:00PM-2:30PM

[Playtri The Colony Store](#)

THURSDAY, RACE WEEK FROM 4:00PM-6:30PM

[Playtri Rockwall](#)

FRIDAY, RACE WEEK FROM 12:00PM-6:00PM

[Playtri Dallas Store](#) We will hold a free pre-race clinic at this location @ 6:00pm for those interested in tips on transition, race site details and other detail.

SATURDAY, BEFORE THE RACE FROM 1:00PM-5:00PM

Fleet Feet in McKinney at 5180 W Eldorado Pkwy

SUNDAY, RACE MORNING FROM 5:30AM-6:30AM

There will be no race day registration. No exceptions.

RACE DAY SCHEDULE

5:30AM Transition Opens

6:50AM National Anthem

7:00AM Triathlon Starts

7:01AM 5K Run Starts

7:10AM Run-Bike-Run Starts

9:00 Awards

Packet Pickup Guidelines

Packet pickup procedures are regulated by [USA Triathlon](#) and the logistics of race timing and liability. Please plan accordingly. There are no exceptions.

USA Triathlon is allowing athletes to pick up race packets for other individuals.

The person picking up the packet must have a copy of the athlete's ID and written verification from the athlete that the individual picking up the packet is authorized to do so. Smartphones can also be used to show both a photo of another athlete's ID and a digital copy of their race confirmation.

ALL athletes are required to show photo ID at the time of packet pickup. **NO ID, NO RACE, NO EXCEPTIONS.** Every single participant, including relay participants, must have a photo ID. A Youth athlete without an ID must be accompanied by a parent/guardian with a photo ID. If an athlete does not bring a photo ID to packet pickup, there are two options:

- 1) Go home to get it
- 2) Have someone email/text them a copy of their photo ID.

NO CHANGES TO REGISTRATION DETAILS WILL BE DONE AT PACKET PICKUP. Request to change registration details must be emailed to Events@Playtri.com.

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.



Parking Guide

Apex Centre

3003 Alma Road, McKinney, TX, 75070



Athletes are encouraged to come to the race pre-body marked.
For those are unable to get body marked beforehand, self-body marking stations
will be available. Please follow these instructions for body marking:

Triathlon Body Marking



**Your Bib #
on your left arm**



**Your Bib #
on your left leg**



**Your race age
(age on 12/31 of this year)
on your left calf**

Swim Course (triathlon)

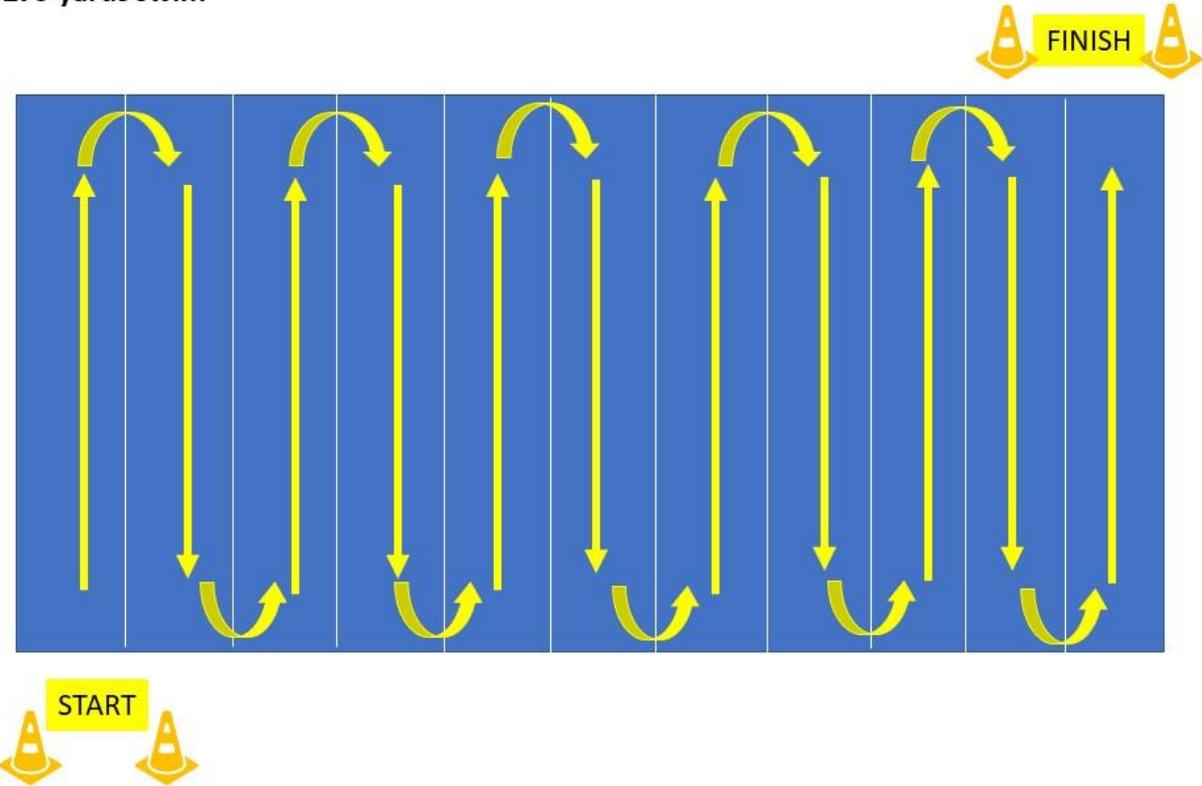
This will be a snake swim. Swimmers will line up by bib numbers and enter the pool as directed by race staff.

Warmup will be available 6:15-6:45am.
No spectators in the pool building will be allowed.

Swimmers will swim down the lane, under the lane rope, down the next lane, under the lane rope, etc. until 11 lanes are completed.

McKinney Kiwanis Triathlon swim

25 yards pool, 11 lanes
275 yards swim



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.



Please mark both of your arms and legs before you enter in transition. Have your number ready.



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.



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Bikes & Transition Area

You must be body marked prior to entering transition area.

When can I bring my bike to the transition?

When the Transition Area opens, you may rack your bike and place other race gear:



Only participants and event staff are allowed in the transition area.

Please advise your family and friends that they will need to remain outside of the transition area.

This protocol exists to protect everyone's bicycle, other gear and ensure a fair and safe environment.

When can I check my bike out of transition?

Transition opens for bike checkout when the final athlete has entered transition from the bike course and then left transition for the run course. You may not remove your bike before this time. Transition Coordinators will monitor the situation.

This protocol exists to ensure a fair and safe transition for all athletes and your cooperation is appreciated.

How to wear your timing chip

Pick up your timing chip* at the race site on race morning. **You will need to show your bib to receive your timing chip.**

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

Put the Tri Tag on at least 15 minutes before your race.

Make sure the Tri Tag Velcro is secure around your ankle.

Please be sure to return the timing chips and Velcro band into provided bibs after finishing your race.

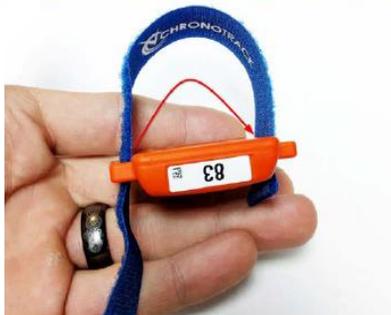
*5K Runners will have disposable timing tags on the back of their bibs.

Reusable tags are for TRI and RBR participants only.

REUSABLE TAG AND STRAP APPLICATION

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the **outside** of your ankle and press the Velcro to ensure a solid clasp.



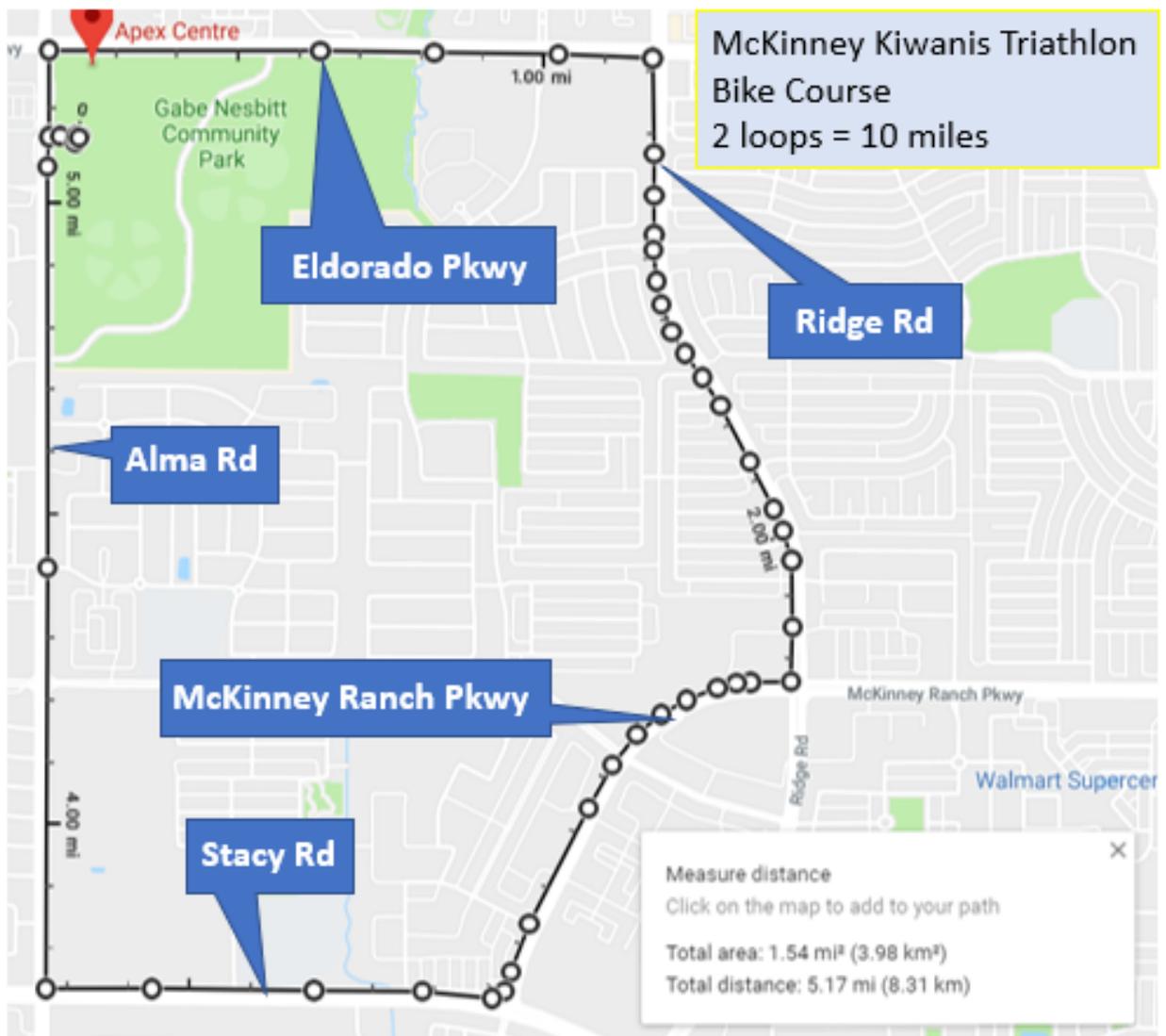
Bike Course for TRI and RBR

The bike course will be a 5-mile route that begins and end at the Apex Centre. Athletes will complete 2 loop to ride 10 miles total.

Don't forget the bike course is **2 loops!** If you only complete 1 loop, you will be disqualified. Please pay attention to signage and directions as you come back for the second loop or finish.

Be sure to mount and dismount your bike on the visible line, do not ride your bike inside the transition area.

Kiwanis Triathlon 2020 Bike Course



Playtri Fort Worth Triathlon & Run-Bike-Run I. & Playtri Fort Worth Triathlon & Run-Bike-Run II.



Playtri Little Elm Triathlon Weekend:

Saturday morning: [Playtri Little Elm Kids Triathlon](#)

Saturday afternoon: [Playtri Little Elm Open Water Swim](#)

Sunday morning:

[SPRINT TRIATHLON](#)

500 meter swim, 16 mile bike, 5K run.

[OLYMPIC TRIATHLON](#)

1500 meter swim, 24 mile bike, 10K run.

[RUN-BIKE-RUN \(DUATHLON\)](#)

1 mile run, 16 mile bike, 5K run.

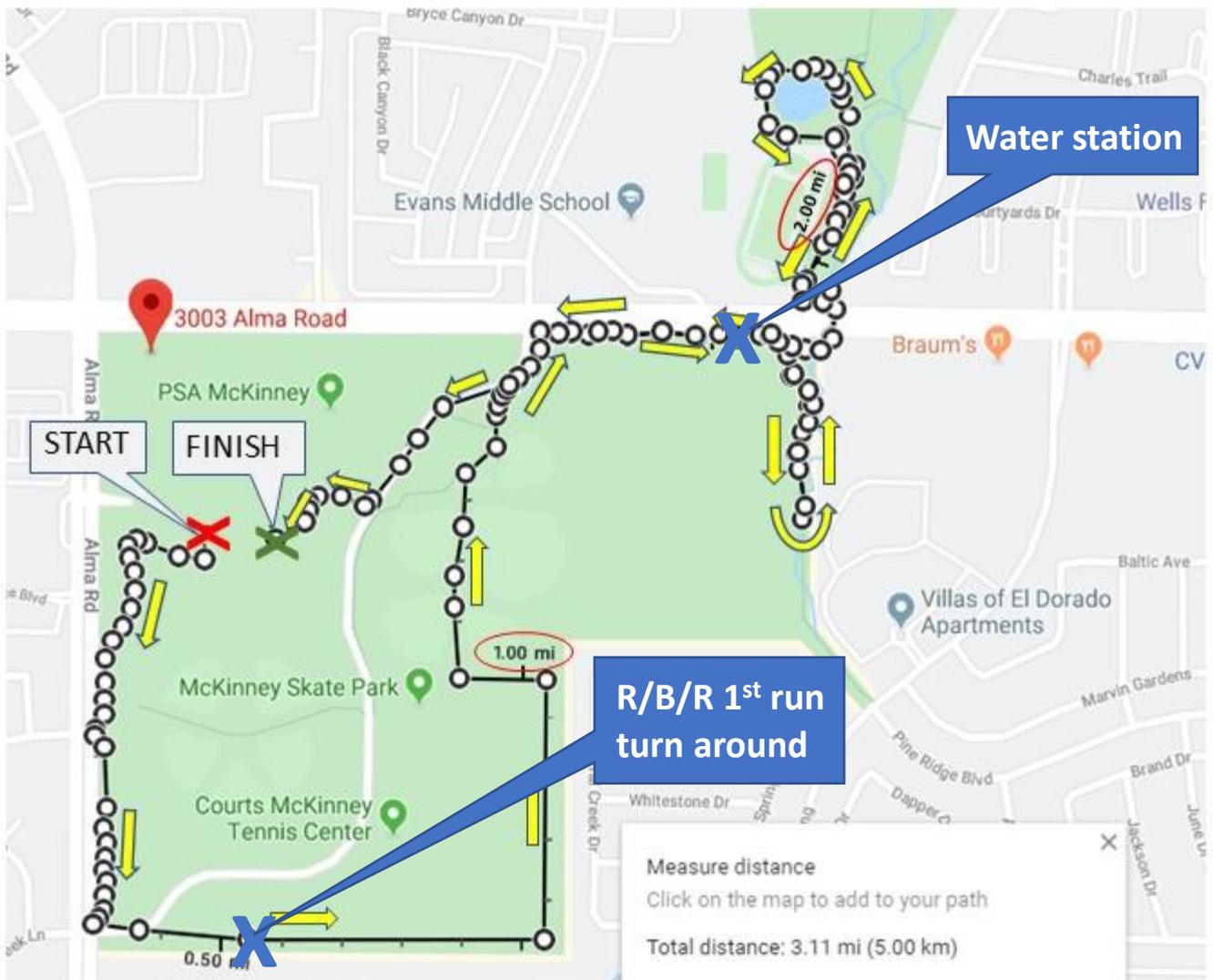


Run Course for TRI, RBR and 5K Run

The run course is a 5K loop, beginning and ending at the Apex Centre parking lot. Participants of triathlon, R/B/R and 5K will run the same course.

The first run for R/B/R runners (1.1 mile) will take its participants 0.55 mile out of the transition area and back, merging in with triathletes.

Athletes are encouraged to bring their own nutrition as aid stations will be self-served and minimally staffed to avoid physical contact.



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Stephan C. Brown, CEO

RACE DAY CHECKLIST

SWIM

- Goggles (3 pair for open water races - clear, tinted and mirrored/polarized)
- Swim cap (mandatory for open water races - race will provide one)
- Trisuit or swimsuit
- Wetsuit and/or Swimskin (open water - always bring both if you have them!)
- Body Glide or similar

BIKE

- Bicycle - check tire pressure just before the race (bike number adhered to frame or seatpost)
- Helmet (helmet number on front)
- Cycling Shoes (if you use them)
- Sunglasses
- Socks (if you use them)
- Water Bottle(s)/Nutrition on Bike
- Extra layers for cold races

RUN

- Running Shoes (recommend speed laces)
- Race Belt – with bib number
- Nutrition – handheld or secured to kit or race belt
- Socks (if you use them)
- Visor/hat
- Sunglasses

NUTRITION/HYDRATION

- Pre- and post-race items
- Water and electrolytes on the bike
- Gels or other nutrition for bike and run (if needed)

OTHER/EXTRA

- USAT card + Insurance card + Driver's License
- Sunscreen
- Small hand towel or transition mat
- Post-race clothes

For more detailed list please visit playtristore.com/pages/racedaychecklist

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Weather Contingency Plan

In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the even course may be shortened or altered to protect the participants.

If conditions turn unsafe, the event may be cancelled. Event changes and cancellations are at the discretion of the Race Director.

We always strive to produce a full and safe multi sport event, but sometimes the weather conditions can affect those plans.

Considerable amount goes into planning a multisport event and we do so with the best intentions. Unfortunately, no one can control the weather and race directors are not the exceptions.

Our goal is to always produce a full event as scheduled and only modify these plans due to safety concerns some of which can be caused by weather conditions. Thank you for your understanding of these policies and we appreciate your participation.

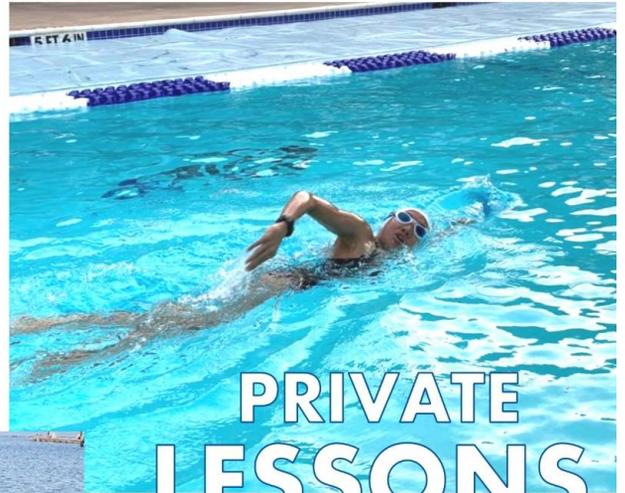


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