



2019 OFFICIAL TRIATHLON STORE

# Take on The Heat Triathlon, RBR & 5K



## Athlete Guide

Sunday, July 14, 2019

The Colony, TX



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# Event Schedule

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## Packet Pick Up and Late Registration

**WEDNESDAY, JULY 10TH, 2019 FROM 4:00PM-7:00PM**

[Rockwall Cycling](#)

**THURSDAY, JULY 11TH, 2019 FROM 11:30PM-2:30PM**

[Playtri Colleyville Store](#)

**THURSDAY, JULY 11TH, 2019 FROM 4:00PM-7:00PM**

[Playtri Fort Worth Store](#)

**FRIDAY, JULY 12TH, 2019 FROM 12:00PM-7:00PM**

[Playtri Dallas Store](#)

**SATURDAY, JULY 13TH, 2019 FROM 10:00AM-3:00PM**

[Playtri Cycling The Colony/ Plano Store](#)

Race morning pick up is available 6:00 - 6:30 am for additional \$10 - does not apply to 5K, applies to TRI and R/B/R.

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## 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.

[Colleyville](#) store on Thursday July 11th @ 1:00pm

[Dallas](#) store on Friday July 12th @ 6:00pm

[The Colony/ Plano](#) on Saturday July 13th @ 12:00pm

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## Race Day Schedule

5:30AM Transition Opens

(6:00 - 6:30AM Packet Pick Up for an additional \$10 for TRI and R/B/R)

7:00AM Run-Bike-Run Start

7:01AM Triathlon Starts

7:15AM 5K Race Starts

8:15AM 5K Awards

9:30AM TRI & R/B/R Awards

# Packet Pick Up Guidelines

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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 accordingly! There are NO exceptions!

- 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.
- 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 Active 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)
- All Relay team participants must check in at packet pick up 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). Each member will be assigned their own unique race number.
- 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.



# USA Triathlon

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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

It is comprised of nearly 500,000 members living a healthy lifestyle. 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.



# Race Numbers

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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.



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.

# How to wear your timing chip

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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.

Apply the Tri Tag at least 15 minutes before your race.

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

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





# Directions and Parking

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LISD Eastside Aquatic Center  
5729 Memorial Drive, The Colony, TX, 75056

## 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:

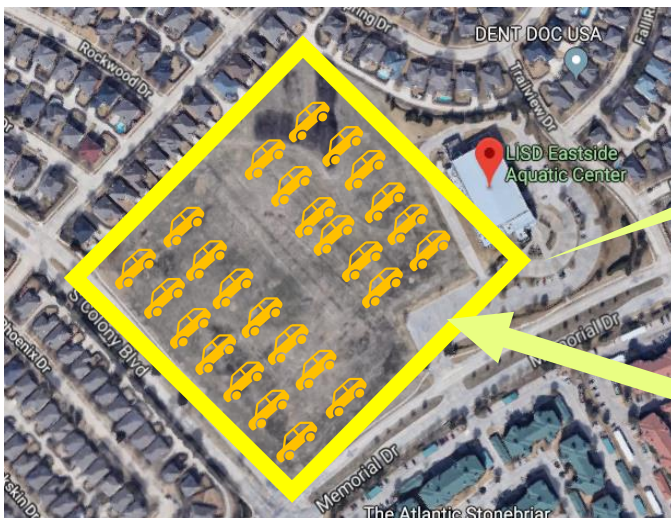
Take 121 S, exit Paige, right/north on Paige, right on Memorial, and it will be up on your left, past the stoplight at S. Colony.

## Parking at LISD Eastside Aquatic Center:

Cars parked at LISD will not be allowed to leave the parking lot until after the last bicycle is off the course. That includes 5K runners.

## Parking after 6:45am:

The parking lot will close at 6:45am, so please note that if you come at a 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.



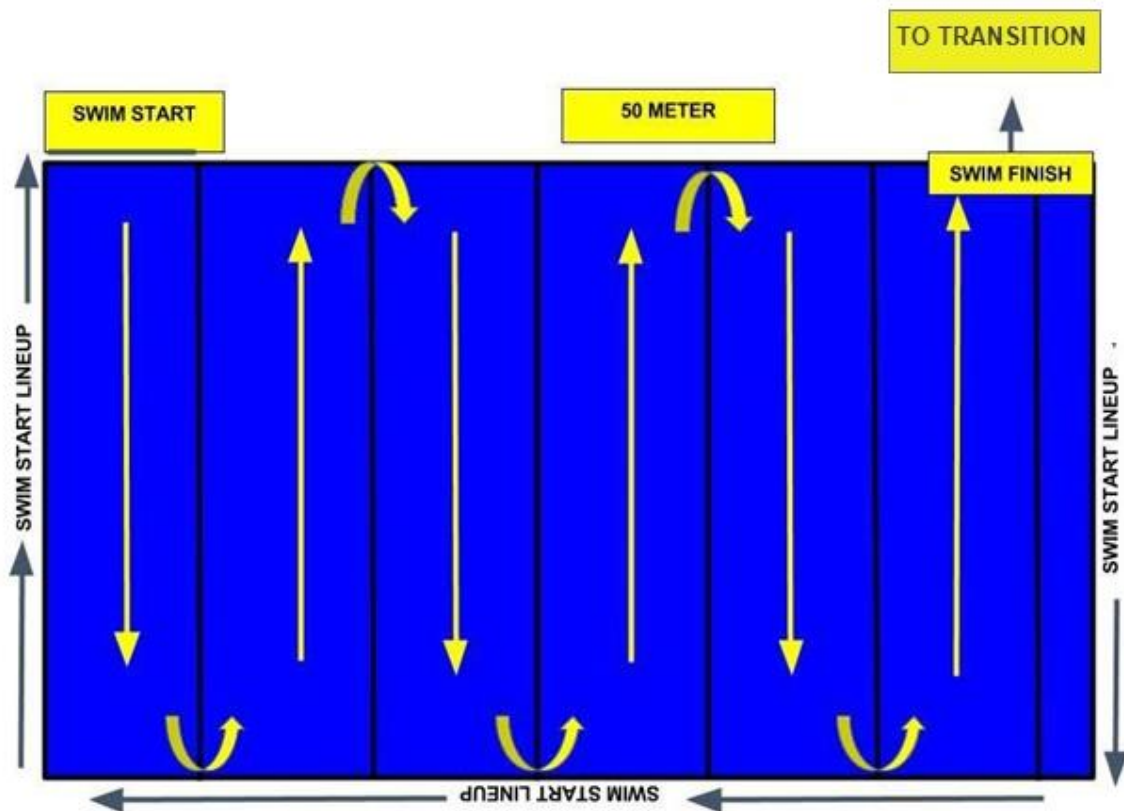
**Transition Area**

**Parking at LISD Eastside Aquatic Center:** Cars parked at LISD will not be allowed to leave the parking lot until after the last bicycle is off the course. That includes 5K runners.

# Swim Course (triathlon)

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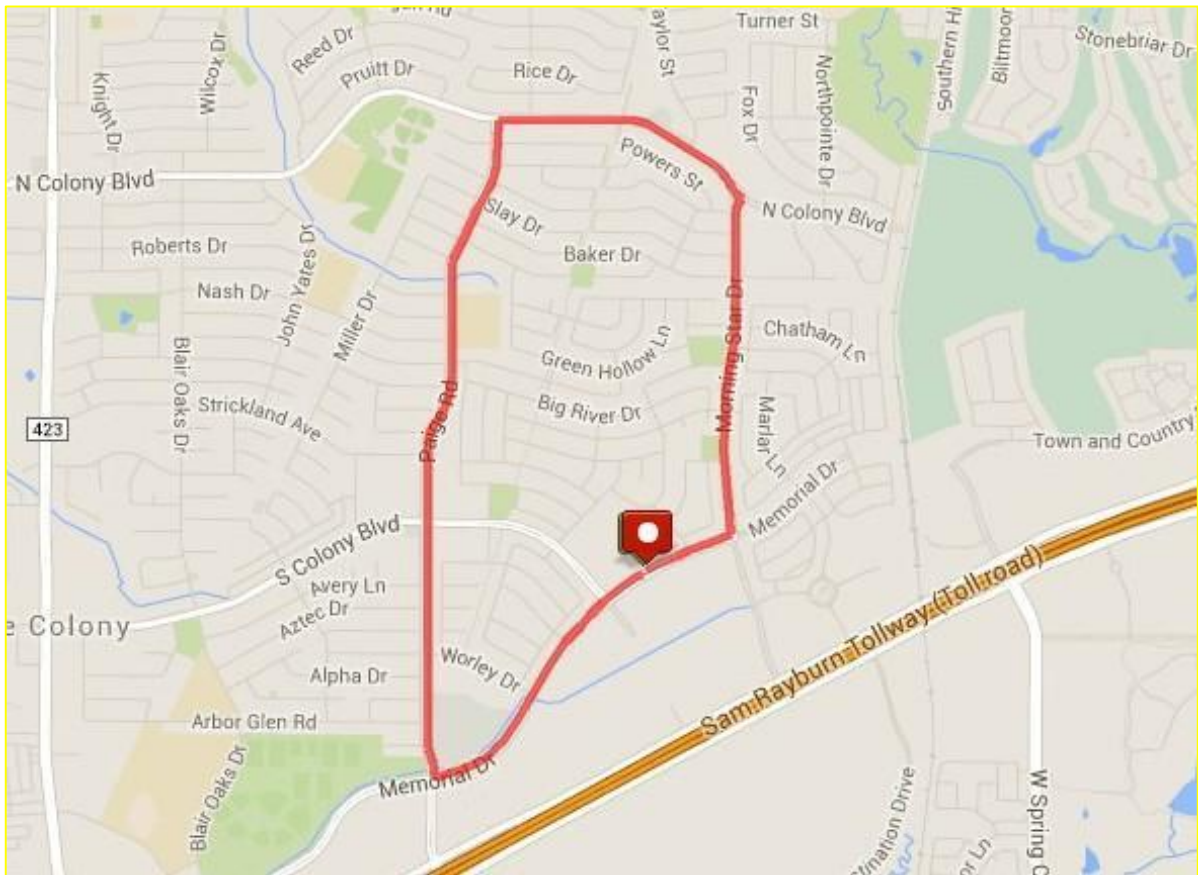
This will be a snake swim. Swimmers will line up by bib numbers  
And enter the pool as directed by race staff, every 5-8 seconds.  
Swimmers will swim down the lane, under the lane rope, down the next lane,  
under the lane rope, etc. until 6 lanes are completed.



# Bike Course for TRI and RBR

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The bike course will be a 4.5 mile route that begins and ends at the LISD Aquatic Center. Athletes will complete 2 loop to ride 9 miles total.



# Run Course for TRI, RBR and 5K Run

The run course is a 5K loop, beginning and ending at the LISD Aquatic Center. The RBR first run is (1.1 mile) is in yellow.



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The advertisement features a black background with a bicycle in the foreground. The text is in white and yellow, highlighting a 50% discount on various bicycle brands. The PlayTri logo and website are also present.

# Aid Stations

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Aid stations will be at the swim finish and run start, and approximately every mile along the run. Stations will have 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 particular nutrition or hydration on the bike portion of the race, please bring your own. Don't forget to say Thank-you to volunteers as you pass them.

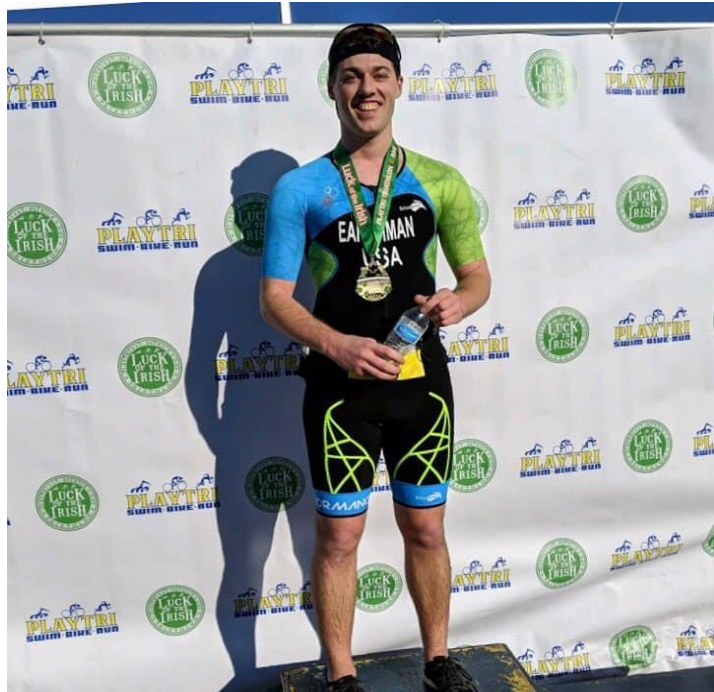


# Post Race Party

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Stick around for post-race food, drinks, music, and of course the awards ceremony to wrap up the day! Take pictures, post picture, socialize and have fun!



Congratulations Ryan on your finish at the [Luck of Irish Tri](#) earlier this year!

# General Advice

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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!

# Spectator Information

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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.



# 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

# Race Day Checklist



- \_\_\_ HELMET AND SUNGLASSES
- \_\_\_ RACE NUMBER AND RACE BELT
- \_\_\_ NUMBER YOUR BIKE THE NIGHT BEFORE THE RACE
- \_\_\_ SWIM SUIT, SWIM CAP AND GOGGLES
- \_\_\_ TRISUIT
- \_\_\_ CYCLING SHOES, RUNNING SHOES AND SOCKS
- \_\_\_ TRANSITION GEAR: TOWEL, WATER BOTTLE, GEL PACK OR QUICK FOOD
- \_\_\_ REMEMBER TO RESET SPEEDOMETER AND/OR RACE WATCH
- \_\_\_ PUT YOUR BIKE IN THE GEAR YOU WANT TO EXIT TRANSITION
- \_\_\_ FOOD AND WATER FOR THE BIKE
- \_\_\_ FILL WATER BOTTLES AND MAKE SURE THE TOP IS OPEN!
- \_\_\_ SUNSCREEN AND OPTIONAL TOILET PAPER
- \_\_\_ FLASHLIGHT FOR EARLY MORNING RACES
- \_\_\_ BIKE PUMP
- \_\_\_ PREPARE PRE-RACE MEAL FOR MORNING OF RACE
- \_\_\_ RUNNING CAP
- \_\_\_ SPORT A SOLID PLAYTRI ATTITUDE!

**Say NO to safety pins with a race belt!**



# Weather Contingency Plan

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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.



# Most Commonly Violated Rules and Penalties

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**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

# Most Commonly Violated Rules and Penalties continued

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**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


Please review complete USAT rules: <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules>

We will see at your next finish line!


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August 4<sup>th</sup> in Rockwall

# TRI-ROCK

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*20 year Anniversary!*



# TRIATHLON

300 METER SWIM - 13 MILE BIKE - 5K RUN

And don't forget to visit the  
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## Run Races July - Dec 2019

- July 14 Take on the Heat 5K**
- Aug 24 Hot Hatch Chile 5K/10K/1M**
- Aug 31 Fighting Autoimmunity 5K/1M**
- Sep 21 Shake Your Tail Feathers 5K/1K**
- Oct 5 Rib Rub Roll Run 5K/10K/1M**
- Oct 12 Step Beyond Celiac 5K**
- Oct 19 Lone Star Casa Superhero 5K/1M**
- Oct 26 Glow Run 5K and Monster Mile**
- Nov 30 Believe! 5K/10K/1M**
- Dec 14 Santa Cops 4 Kids 5K/10K/1M**

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