



Take on the Heat Take II Triathlon, Run-Bike-Run & 5K Athlete Guide



Sunday, October 25, 2020
The Colony, TX



2020 CERTIFIED RACE DIRECTOR



SANCTIONED EVENT

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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 [race rules video briefing](#).

The Most Common Rules Violations In Triathlon

[Please learn about Most Common Rules Violations here.](#)

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](#)

Health Safety Procedures

Please print, read, fill out and sign this [COVID-19 Event Screening Questionnaire](#). All participants must bring the form filled out to the event and turn it prior to entering the transition area.

5K participants will turn it in at a 5K check-in table by the start line.

Everyone's safety is the priority, and we will be following all state and city guidelines and regulations on Covid-19. [USAT Safe Return to Multisport](#) will also be followed.

Please read carefully health-safety requirements and procedures:

- Do not attend if you are sick or have been in the last 14 days.
- Do not attend if you have been near anyone with Covid-19 symptoms.
- There will be no race day registration, no packet pickup on race day morning.** No exceptions, please plan ahead to pick up your race packet before race day.
- Specific check-in times will be assigned and communicated to athletes via email and social media: athletes will be invited to check in pre-assigned waves to avoid large crowds. Details of the corral assignments will be emailed to participants Monday (9/14) in the afternoon.
- Social distancing 6 FT apart will be required.
- Face masks or face coverings are required at all time (packet pickup, clinics, transition, etc.) unless you are actively competing. You will have an opportunity to safely dispose your mask prior entering the pool/ start.
- Cover your cough or sneeze. Stay at least 6' away if you cough and do not cough or sneeze while passing another athlete.
- Announce yourself to your fellow racer when passing so all parties can make effort to stay 6' apart.
- Do not spit on the course or in the transition area.
- Bike racks will be spaced per the [USAT Safe Return to Multisport](#). Spots for on bike racks will be marked with orange marking tape, please only rack your bike where a mark is available.
- Athletes are encouraged to come pre-body marked (self-body marking stations will be available). See [body marking instructions here](#).
- Athletes are encouraged to bring their own nutrition as aid stations will be self-served and minimally staffed to avoid physical contact. Do not place anything personal on tables. Do not place any items back on event tables after removing them.
- Dispose all trash into provided trash cans.
- Sanitizing stations will be placed at both sides of TA. You are encouraged to bring your own sanitizer as well.
- To minimize shoulder-to-shoulder contact, an awards ceremony will not be held this year. Awards will be mailed to winners. Results will be posted online live race day. After completing your event, please pick up your finisher medal and leave the event, do not congregate. Let's protect each other!
- This event is sanctioned by [USA Triathlon](#) and rules will be in effect, please familiarize yourself with those prior the event: [Race Rule Video Briefing](#) and [Most Common Rules Violation](#).**

Event Schedule

A statewide mask mandate is in place; please wear a face mask and keep 6 FT apart from others during packet pickup, clinics and all other places and activities during the event unless actively competing.

Packet Pick Up and Late Registration

Wednesday 10/21

4pm-7pm [Rockwall Cycling](#)

Thursday 10/22

11:30am-2:30pm [Playtri Fort Worth](#)

4:00pm-7:00pm [Playtri Colleyville](#)

Friday 10/23

11:30am-6:00pm [Playtri Dallas](#)

free pre-race clinic for all participants
at 6:00pm (outdoors, behind the store)

Saturday 10/24

10:00am - 4:00pm [Playtri The Colony](#)

There will be no race day registration, no packet pick up. No exceptions, please plan ahead to pick up your race packet before race day.

Race Day Schedule

- 6:30 AM** Transition opens
- 8:00 AM** Sprint Triathlon starts
- 8:05 AM** RBR starts
- 8:20 AM** 5K Starts
- 9:00 AM** Super Sprint Triathlon Starts

Transition area will not close as athletes will be invited to come to the race and start in waves. Transition will be open and 'flowing' to minimize large crowds all at once. Please arrive accordingly to the wave assigned to you. Waves only apply to triathlon events. You will receive your bib # at the packet pickup.

Wave #1 bibs 151-211 start 8:00 – 8:15 am

Wave #2 bibs 212-272 start 8:15 - 8:30 am

Wave #3 bibs 272-333 start 8:30 – 8:45 am

Wave #4 bibs 334-419 start 8:45 – 8:59 am

Wave #5 bibs 500 and up start at 9:00 – super sprint triathlon race.

To minimize shoulder-to-shoulder contact, awards ceremony will not be held this year. Awards will be mailed to winners. Results will be available live on race day. After completing your event, please pick up your finisher medal and leave the event, do not congregate. Let's protect each other!

Packet Pick Up Guidelines

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

- Social distancing 6 FT apart will be required.
- Face masks or face coverings are required at all times.
- Sanitizers will be available at the tables.
- USA Triathlon is temporarily allowing athletes to pick up packets for other individuals in order to reduce the number of people at packet pick up and reduce the risk of spreading COVID-19. Packets may only be picked up if there is a signed waiver for that registrant. Any registration that is missing a signed waiver is not allowed to be picked up until there is a signed waiver for the registration
- Every participant must show a photo ID.
- 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.



Event Parking

Event parking will be at [the Hawaiian Falls Waterpark](#)

4400 Paige Road The Colony, Texas 75056.

Hawaiian Falls - The Colony is located 1/2 mile north of the Highway 121 and Plano Parkway intersection.

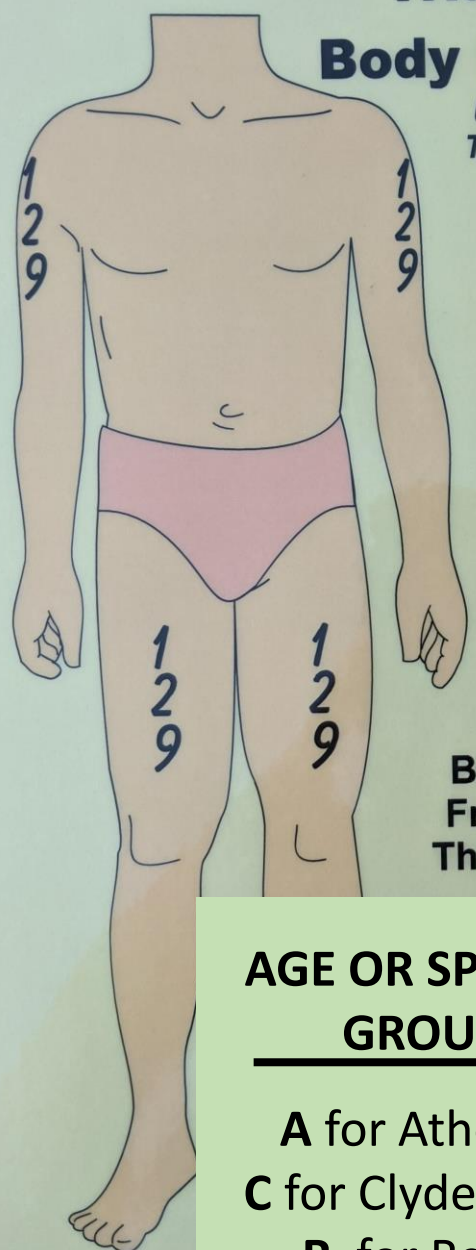
**There will be no parking at the Aquatic Center.
No exceptions.**



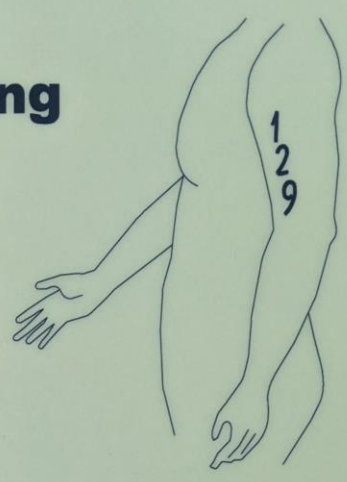
Athletes are encouraged to come to the race pre-body marked.
For those are unable to get body marked beforehand, self-body marking stations
will be available. Please follow these instructions for body marking:

Triathlon Body Marking

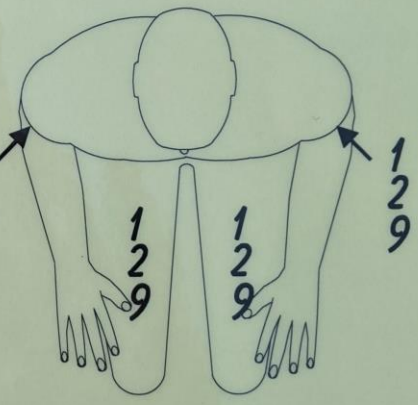
*Use Broad
Tip Markers*




Upper Arms
45deg
to
front



Both Front Thighs



Back of Legs



AGE OR SPECIAL GROUP
→
A for Athena,
C for Clydesdale,
R for Relay

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.

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.



Swim Course - triathlon

This will be a snake swim. Swimmers will line up 6FT apart by bib numbers and enter the pool as directed by race staff. Only a limited number of athletes will be allowed inside the building at time so please follow signs and volunteers to form a line outside.

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

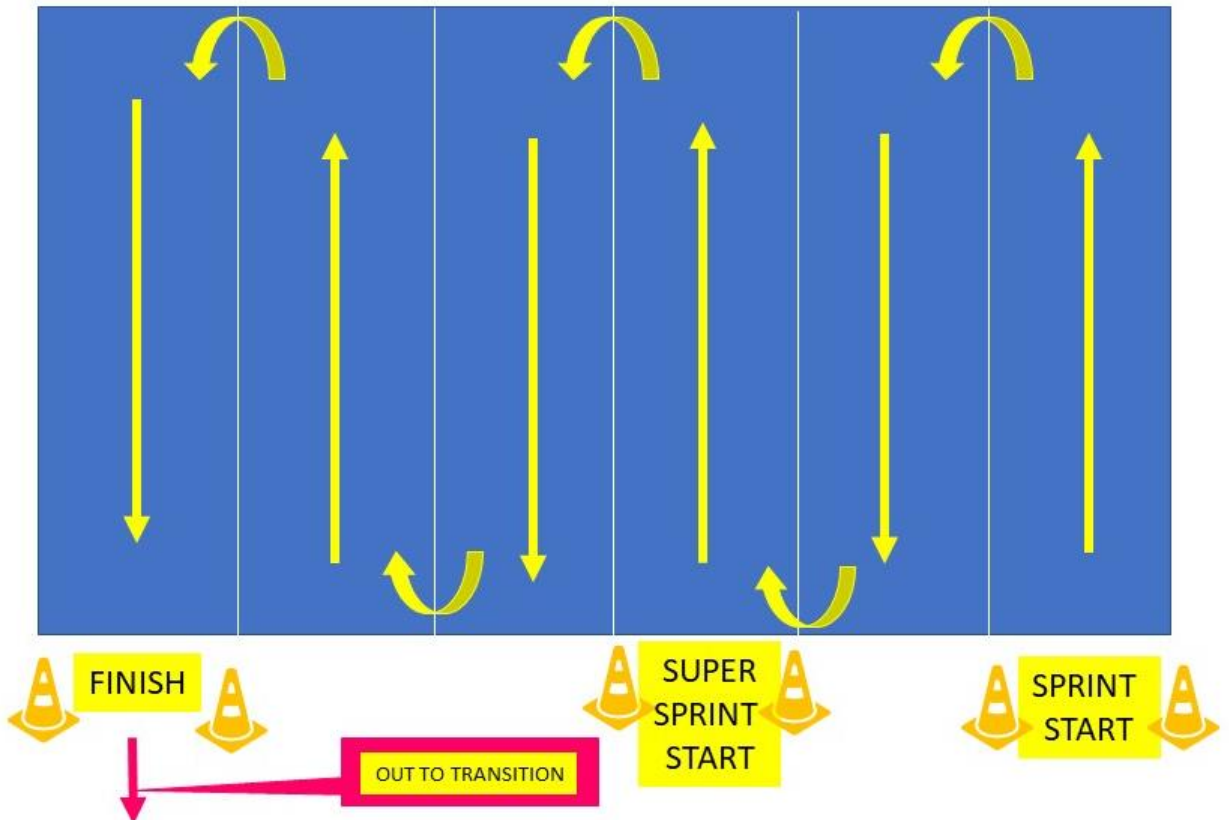


You will have an opportunity to dispose of your face mask or coverings immediately prior entering the pool.

No warmup in the pool will be available. No spectators inside the building.

Swim Course
50 meter pool

Sprint 300 meter swim = 6 lanes, Super Sprint 200 meter swim = 4 lanes



Bike Course for TRI and RBR

The bike course is a 4.5 mile loop for the SUPER SPRINT race and 2 loops - 9 miles total for the SPRINT race and Run/Bike/Run.

SPRINT TRI - 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.



Sprint 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 yellow path.



Super Sprint Run Course



Aid Stations



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

Please plan on grabbing water off the table yourself as opposed to the cups being handed out.

Post Race Party



We love inviting you to the post race festivities, but this year is different.

To minimize shoulder-to-shoulder contact, awards ceremony will not be held this year. Awards will be mailed to winners. Results will be posted online live race day. After completing your event, please pick up your finisher medal and leave the event, do not congregate. Let's protect each other!

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, self-body mark or be 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. 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!

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
- ___ A SOLID PLAYTRI ATTITUDE!

Say NO to safety pins with a race belt!



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.

