



OILMAN TEXAS 2016

La Torretta Lake Resort & Spa
600 LaTorretta Boulevard, Montgomery, TX 77356

Race Instructions

Welcome to the 14th Annual Oil Man Texas Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. ****Remember, this is time change weekend!!!**

SATURDAY, NOVEMBER 5th SCHEDULE

11:00 am-6:00 pm Packet Pickup and Expo at La Torretta Resort.

12:00 pm Pre Race Meeting for Athletes (not mandatory) in Europa Amphitheatre

SUNDAY, NOVEMBER 6th RACE DAY SCHEDULE

PARKING: If you or other friends/family are parked in the SPA PARKING lot which is the parking lot where transition is, you will NOT be able to leave the lot until 12:30pm, which is the cut off time for the bike course. PLEASE park in one of the alternate lots. Be sure to share this information with your friends/family!

5:15 am Park in designated areas at the front of La Torretta Resort. Walk your bike to transition area (approximately ½ mile from furthest lot). If you ride your bike you **MUST HAVE YOUR HELMET ON AND FASTENED!!!**

5:30 am Transition area opens. **Pick up your timing chip at tent near transition area**

6:45 am Transition area clears for start. It is a short walk to the swim start.

7:00 am Triathlon begins-First Wave. Swim Start is on the beach next to water park.

3:00pm Awards (Approximately) near Finish Line/Post Race Food Tent

Post race refreshments, music & massage
Food for Family and Friends available for purchase at the Resort!

BODY MARKING

PLEASE USE THE BICYCLE WORLD TEMPORARY TATTOOS FROM YOUR RACE PACKET. ONE FOR EACH ARM!!!! You will have your race age marked on your left calf **BEFORE** you enter the transition area. Please make sure your bike number is on **BEFORE** you enter transition. Then look for your numbered spot on the bike racks.

TRANSITION AREA - SPA PARKING LOT

Only competitors are allowed in the transition area. No exceptions!

- On race morning, rack your bike on the rack matching your race number. **You will have an assigned # location on the rack!** Remember your wheel goes DOWN on the same side as you see your stickered number. Numbers are on ORANGE STICKERS.
- Stage your equipment & leave room for your neighbors.
- **Pick up your timing chip at tent next to transition area.**
- It is a short walk to the swim start at the beach next to the water park.
- Once the transition area is cleared for the race start, no one will be allowed back in. Make sure you have your swim gear, including your swim cap.
- Transition will open once the LAST CYCLIST HAS EXITED TRANSITION to start the run portion of the race (approximately 12:30 pm). Please do not ask for exceptions.

TIMING

- The Timing Chip **MUST BE WORN ON THE OUTSIDE OF YOUR LEFT ANKLE!** If you wear it any other way, there is the potential your time/splits will not register. Your chip will be collected at the finish line!

RACE NUMBER

- There will be three race numbers in your packet-one is for your helmet, one is for your bike, and one is to wear on the run. Place the bike number on your bike along the top tube. It must be visible to USAT officials.
- Your race number must be worn on the FRONT during the RUN and must be visible as you cross the finish line. **Remember-No Number, No Score!!**

BATHROOMS

- There are a total of 16 bathrooms located inside the resort. Port-a-lets are located near the transition area, plus 6 on the bike course and 6 on the run course.

SWIM COURSE- 1.2 miles –**First wave begins at 7:00 am. Leave plenty of time to walk to the swim start.**

- You **MUST** wear a swim cap. Wear the appropriate color swim cap-make sure it matches your age group, weight category or relay category.
- Wetsuit Strippers provided, then short run (**with wetsuit**) to transition area.
- Lifeguards, boats, and kayaks are in the water.
- **Swim cut-off time is 8:39 am**-people still in the water will be picked up and asked to turn in their timing chip.

SWIM WAVE START TIME	CATEGORY	CAP COLOR
7:00	Female 40 & Over	Light Blue
7:04	Female 39 & Under ATHENA	Pink
7:08	Male 50 & Over	Violet
7:12	Male 45-49 CLYDESDALE	Silver
7:16	Male 40-44 Male 29 & Under	Flo Green
7:20	Male 30-39	Ocean Blue
7:24	RELAYS AQUABIKE	White

BIKE COURSE- 56 miles

- Walk bike in and out of transition area to the mount/dismount line.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Ride on the right side of your lane. Absolutely no drafting (cause for penalty).
- Pass on the left-never on the right, and complete pass within 15 seconds.
- Keep **more than THREE** bike lengths between yourself and cyclist in front of you.
- There is a no-pass zone on FM 149 between the Lone Star ByPass and FM 1097 (both ways). This is due to narrow shoulder and heavy traffic.
- Major intersections will be monitored by law enforcement. Follow all traffic laws.
- Leave your helmet on and strapped until your bike is racked (cause for penalty).
- Properly rack your bike before exiting on the run (cause for penalty).

- USAT Officials will be on the course—there will be no warnings given.
- Three water/Gatorade Endurance (hand up) stops on the bike course-take some water bottles with you. **Hand ups at Mile 16, Mile 30, and Mile 44.** Do NOT discard trash except at the aid stations and only until the sign reads TRASH ZONE ENDS HERE!
- **Bike Cut-off time is 12:30 pm**-bikers still on course will be picked up and asked for their timing chip. You may not continue to the run portion. Law enforcement officials have dictated this as our cut-off time for road safety.

RUN COURSE- NEW! 13.1 miles (2 loops)

- Follow signs and cones. Be alert. Traffic always has the right of way.
- Water stations every mile (approximately). 6 total. Porta Potties/Bathrooms at Water Stations.
- Gatorade & Water in Cups, Cliff Shots at aid stations.
- No pacing by friends outside the race, per USAT rules
- Any course cutting is a DQ.
- Trash Zones are around Aid Stations-**littering outside of that will be penalized!**
- Make certain your race number is in the front BEFORE you cross finish line.
- **Run cut-off time is 8 hours (from the start of the last swim wave) or 3:24 pm for official results.**

RELAY TEAMS

- Cyclist will wait at the bike until the swimmer hands over the timing chip.
- Bike must be racked before the timing chip is handed off.
- When cyclist returns, he/she must rack the bike and then hand off the chip.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is opened by race management.

POST RACE ACTIVITIES

- Plenty of refreshments! Cryo Wellness will be at post race plus massages (Third Coast & Texas Sports Chiro) & ice baths (Third Coast Training)
- Remember to thank the volunteers-they are crucial to the success of your event!

SPECTATOR FOOD

- The resort will have food & drinks available for purchase on site near the finish area. Please remember that post race food is for the athletes only!

MEDICAL

- A medical tent will be next to the finish line. Other medical personnel will be on the bike and run course. An ambulance will be available throughout the day.

THANKS TO ALL OUR SPONSORS!!

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