

TEJAS TRIATHLON

Sunday, June 4, 2017

Race Day Instructions

Welcome to the Tejas Sugar Sprint Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. Thanks for coming out to race with us. We hope you have a great day!

DIRECTIONS TO RACE SITE

From Houston: Take Hwy 59 South to University Blvd. in Sugar Land. Turn left (south) on University approximately ¼ mile to U of H Sugar Land (parking). Sugar Land Memorial Park is 1 mile south on University (15300 University Blvd, Sugar Land, TX 77479).

From Katy/West Houston: Take Hwy 99 (Grand Parkway) south to Hwy 59. Go north on 59 ½ mile to University Blvd. Turn right on University to U of H Sugar Land (parking). See above for address of park.

RACE DAY SCHEDULE

- 5:30 am Park at University of Houston Sugar Land, then walk/ride approximately 1 mile south down University Blvd. to Sugar Land Memorial Park. **There has been recent construction on the sidewalk from the college to the park. You will have to shift to one of the car lanes (marked by cones) halfway to the park!** If you ride your bike, make sure to **wear your helmet!!!!**
- 5:30 am Transition area opens. Body marking happens in front of transition area. Pick up your timing chip at Park Pavilion before swim start!
- 6:45 am Transition area clears for start!!
Pre-Race Meeting at swim start-50 yards from transition.
- 7:00 am Triathlon Begins-First Wave

Conclusion of Race: Post-race refreshments, massage and awards ceremony

TIMING CHIPS

We are using a **NON-DISPOSABLE** timing chip and neoprene strap. You will pick this up RACE MORNING under the Park Pavilion. Please attach chip to strap then fasten to **LEFT** ankle. There are instructions on our website on how to properly wear your chip. If not worn correctly, it can affect your race timing! You will need to return the chip & strap at the finish line after you've completed the race! There will be volunteers there to assist you. Relay team members will also use the neoprene straps/chip in order to "hand off" chip to relay members.

BODY MARKING

- You will be marked on your arms and legs with your race number by a volunteer-please have your torso ready to be marked as you approach the transition area. Your race age will be marked on your calf, or a designation (R, C, A) for relays or weight categories.

RACE NUMBERS

- There will be 3 race numbers in your packet.
- The number in the center of the long sticker should be worn on your bike helmet.

- The double-sided race number (adhesive) is for your bike. Please attach **before** you enter the transition area!
- Your main race number (bib) must be worn on the front during the run and be visible as you cross the finish line. Failure to wear it will result in a DQ from the race. You don't have to wear it during the swim and bike.

TRANSITION AREA

- Only competitors are allowed in the transition area. No exceptions!
- Rack your bike in the spot matching your race number.
- Stage your equipment-8 bikes to a rack and alternate bikes per side.
- Leave room for your neighbors.
- 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 reopen when the **LAST CYCLIST** has come in off the bike and exited for the run. NO EXCEPTIONS!!!

BATHROOMS

- There will be port-a-lets located in the park near the transition area.

SWIM COURSE-500 Yards

- First wave begins at 7:00 am.
- Wear the appropriate color swim cap-make sure it matches your age group, weight category or relay category. Swim caps **MUST BE WORN!**
- Stay to the **LEFT** of the buoys. You will swim clock-wise. The large red buoys are the turn buoys.
- Lifeguards and kayaks are in the water for your safety.

BIKE COURSE-10 Miles

- Securely fasten chin strap before leaving transition area (**cause for penalty**).
- Walk bike in and out of transition area to the **mount/dismount line**.
- The majority of the bike course will be on the left (inside) lane of a 4 lane divided road
- Absolutely no drafting (**cause for penalty**).
- Pass on the left-never on the right, and complete pass w/in 15 seconds (**cause for penalty**)
- Keep 3 bike lengths between yourself and cyclist in front of you. (**cause for penalty**).
- Major intersections will be monitored by law enforcement.
- 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.
- No water stops on the bike course-take the appropriate hydration with you if needed.

RUN COURSE-3 Miles

- Follow signs and cones. Be alert.
- Water stations approximately every mile.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ.
- The run is mainly on the sidewalks/pathways, but there is one section on a grassy area.
- Make certain your race number is in the front **BEFORE** you cross finish line.

RELAY TEAMS (will use standard neoprene chip straps!)

- 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 cleared by race management.

POST RACE ACTIVITIES

- Plenty of refreshments and massages, then awards will be given out.
- Remember to thank the volunteers-they are crucial to the success of your event!

Swim Wave Starts

<u>WAVE</u>	<u>AGE</u>	<u>START</u>	<u>CAP COLOR</u>
ONE	MEN 39 & UNDER CLYDESDALE	7:00 AM	LIGHT BLUE
TWO	MEN 40 & OVER	7:04 AM	GREEN
THREE	WOMEN 40 & OVER	7:08 AM	WHITE
FOUR	WOMEN 39 & UNDER ATHENA RELAYS	7:12 AM	PURPLE

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