

2015 LEAGUE CITY INTERNATIONAL TRIATHLON

Race Day Instructions Sunday, August 2, 2015

Welcome to the League City International Triathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. We hope you have a great race!

RACE DAY SCHEDULE

5:30 am	Parking opens. If you ride your bike, make sure to wear your helmet!
5:30 am	Transition area opens-be sure to have your Tri Tats race #s on!
6:45 am	Transition area clears for International Waves!
6:50 am	Pre-Race Meeting at swim start
7:00 am	International Triathlon begins--First Wave
7:05 am	Transition area clears for Sprint Waves
7:50 am	Approximate start time for Sprint Waves
10:30am	Approximate time of Awards

PARKING

Parking is available in the underground garages. Parking volunteers will direct you. **PLEASE REMEMBER TO BE CAREFUL IF YOU HAVE YOUR BIKE ON TOP OF YOUR CAR!!!** Parking for cars with bikes on top will be on your left in the grass field as you pass the circle drive. Please **ONLY** park in these designated areas!!!!

BODY MARKINGS (we are using Bicycle World Tri Tats temporary tattoos)

Be sure and put on your race number (temporary tattoo) before you arrive!

You will have a set of TWO (2) race numbers in your packet. One is for your right arm, one is for your left arm. Your numbers **MUST** be visible. You will have your race age marked on your left calf **BEFORE** you enter the transition area.

TIMING CHIP

Pick up your timing chip race morning. There will be a designated area outside of transition. When you pick it up, check your chip with the computer to verify your information. **PLACE THE CHIP ON YOUR LEFT ANKLE FACING OUTWARD!** Relay teams are issued one chip which is transferred from member to member during the race. Chips and bands are removed at the finish line.

TRANSITION AREA

- Only competitors are allowed in the transition area before, during and after the race. No exceptions! **Please stay off of the piers for your safety/concern for resident boaters!**
- Rack your bike on the rack matching your race number. **You will have an assigned # location on the rack! The wheel of your bike should rest down on the side where you see your numbered sticker!!!**
- Stage your equipment.
- 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.
- No bikes may leave transition area until race management officially opens it. Transition opens after the last cyclist is in!

RACE NUMBERS

- There will be 3 race numbers in your packet.
- The small race number (sticker) is for your bike helmet.
- The double-sided race number (adhesive) is for your bike top tube. This should be on your bike BEFORE you enter transition.
- Your main race number must be worn on the front of your body during the run and be visible as you cross the finish line. Otherwise, you will be disqualified! You don't have to wear it during the swim and bike.

BATHROOMS

Porta potties will be located near the transition area. Two additional will be located on the run course.

USAT

Please make sure you read, review and know the USAT rules. Officials will be on the course. If you need a review, here's the link for the most commonly violated rules.

<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

Remember, it is YOUR RESPONSIBILITY to know the rules of the sport!

SWIM COURSE - International (1500 meters) Sprint (500 meters)

- First wave begins at 7:00 am.
- Wear the appropriate color swim cap that came in your packet-make sure it matches your race distance, your age group, weight category or relay category.
- Stay to the **RIGHT** of the buoys. Please review the swim map.
- Lifeguards & Kayaks are in the water for your safety.

BIKE COURSE- International (46k approx) Sprint (23k approx)

- Walk bike in and out of transition area to the **mount/dismount line**.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Exit transition area to the right. Ride on the right side of your lane.
- The majority of the bike course will be on the outside 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.
- Keep AT LEAST 3 bike lengths between yourself and cyclist in front of you.
- Major intersections will be monitored by local police--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.
- No water stops on the bike course--take a water bottle with you.

RUN COURSE- International (6.2 miles) Sprint (2.1 miles)

- Follow signs and cones. (International-3 loops Sprint-1 loop)
- Be alert. Traffic always has the right of way.
- Water stations every mile.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ, we will have a timing mat on the course for the 3 loops.
- The run is mainly on the streets. Finish is back at South Shore Marina-east side.
- Make certain your race number is in the front BEFORE you cross finish line.

RELAY TEAMS

- Relay racks will have a specific area inside transition and be marked as RELAY.
- 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.

POST RACE ACTIVITIES

- Plenty of refreshments! They will be located near the finish line. Grab something to eat and relax. Awards will be given out around 10:30am.
- Remember to thank the volunteers—they are crucial to the success of your event!
- Race pictures will be available at www.raceshots.net within the week!

***AT THE REQUEST OF THE RESORT, WE ASK YOU TO LEAVE YOUR PET AT HOME.
Thank you for being respectful of their request.***

THANKS TO ALL OUR SPONSORS!!

City of League City

Bicycle World of Houston

On the Run

Kona Printing

Race Shots

Gateway Chiropractic

The Fitness Center @ South Shore Harbour

Webster Bicycle

Third Coast Training

Coach Trent

Dr Pepper/Snapple

South Shore Harbour & Resort

DIRECTIONS TO SOUTH SHORE HARBOUR RESORT

From Downtown Houston

- Take I-45 South. Exit at League City (exit 23)
- Make a left (going under I-45) onto FM 518 (which locals call Main Street)
- Remain traveling straight onto FM 2094
- FM 518 will veer off to the right (in approximately 2 miles after you enter onto FM 518)
- Remain traveling straight onto FM 2094 (Marina Bay Drive)
- In approximately 2 more miles, you will come to a main intersection with a traffic light
- Turn left here onto South Shore Boulevard.

Parking will be in the underground garages, and vehicles with bikes on top will park on the grass field to your left as you head down South Shore Blvd—look for parking volunteers.

2500 South Shore Blvd.

League City, TX 77573

800-442-5005

www.sshr.com