

Dear SPA GIRL ladies,

WELCOME! WELCOME! WELCOME!

We are so excited you are a part of our 2nd Annual SPA GIRL TRI. It's going to be so much fun. We look forward to serving each of you and celebrating together each of your accomplishments. So here's the email everyone has been waiting for. YAY!!

We thank you in advance for adhering to all the important rules and details as it will make your racing experience go smoothly and most importantly respect and care for our wonderful venue, the JW Marriott San Antonio Hill Country Resort & Spa.

So, let's jump right in to all your RACE DETAILS!

PLEASE FIND THE MAPS WE ARE TALKING ABOUT LOCATED ON THE SPA GIRL WEBSITE under Race Information right up top: www.spagirltri.com

We didn't include them here as not to have too large of an email for folks. These instructions are posted there as well in case you lose this email, no worries.

PACKET PICKUP: MAY 10th from Noon to 7PM at the **Sunday House** along with our lovely ladies EXPO on Event Lawn #1 just behind Starbucks.

When you receive your custom Race Packet, you will get a Race Bib with your number on it. Please place this on the front of your outfit **FOR THE RUN ONLY**.

We'll be able to recognize you on the swim & bike with your bobymarking. Some pin them on their shirts for the run while others buy a simple race bib belt that you attach to and put on **AFTER** the bike before you go out on the Run. You'll need this Race Bib for the Run portion **ONLY**.

You will need to pick up your Timing Chip (ankle strap & device that gives you your time for the race) on **RACE DAY** right before you enter Transition. **RELAY TEAM MEMBERS** hand off their Timing Chip strap to their teammates in the Transition Area **BETWEEN LEGS OF THE RACE**.

You will set up your bike & gear on **RACE DAY MORNING** beginning at 5AM. The JW Marriott has several nice restaurants open on Friday evening but for those in need of Saturday morning energy Starbuck's doesn't open until 6AM and Cibolo Moon right next to the Finish Line opens at 6:30AM. **WE WOULD HIGHLY SUGGEST BRINGING SOME FRUIT OR SNACKS WITH YOU IN YOUR ROOM OR CAR** for Race Day nutrition. In all honesty, the nutrition you take in the night before should be plenty to get you through a Sprint triathlon of this distance but nutrition varies according to each individual so please plan for your Pre-Race nutritional needs. Thank you.

Race Day ~ May 11th

BIKE CHECK-IN/BODY MARKING Starting @ 5am:

Bikes will be checked into the TRANSITION AREA located on the maps (#14 on the 3D map, and labeled on the detailed map) from 5AM to 6:30AM.

You can ONLY check your bike in on RACE DAY. Please ONLY participants in our Transition Area.

BE SURE TO PICK UP YOUR TIMING CHIP RIGHT OUTSIDE TRANSITION AREA. Your race & post race gear can be safely left in this area. You will receive your BODY MARKING just before you enter Transition. (for the newbies out there, this is where you have your race number marked with a permanent marker on your arms and legs for identification purposes, photos, etc. since you can't wear your bib in the water :-))

The good folks from [RIDEAWAY BIKES](#) will be kind enough to assist any bike issues or tire pressure strategies (airing up your tires).

DON'T FORGET YOUR HELMET. HELMETS ARE REQUIRED AND THERE IS ABSOLUTELY NO USE OF IPODS, MP3 PLAYERS, ETC. DURING ANY PART OF THE RACE. No helmet/no race.

We need your best safety asset, your hearing, to be completely alert in case we need to direct you, get your attention for any reason safety or otherwise.

Plus it's fun to enjoy the sounds of nature and encourage one another out there.

Please listen and use all the volunteers out there for your help, especially directional assistance. They will be placed to help guide you and to also respect the resort. They'll be wearing bright shirts so you won't miss them :-)) We ask that you stay on the marked paths and off any lawns that we are not a part of. Especially please stay on the sidewalks we designate and off of any golf cart paths, or greenways that might interfere with the golfers.

PRE-RACE MEETING: Please gather around the lazy river pool area by 6:45AM. We will have you all separated in 4 groups for the SWIM START. Please just position yourself according to the colored swim cap you received. Look for your color swim cap sign for each group. NO NEED TO WORRY ABOUT YOUR SWIM SEEDING OR SENDING US YOUR UPDATED SWIM TIME. We will have Pre-Race instructions, opening remarks and a prayer and moment of silence for the Boston Marathon victims.

Race Starts ay 7am SHARP!

RACE DAY PARKING: Please **DO NOT** park at the JW Marriott for the race if you are **NOT** staying at the Resort. Those staying at the resort are fine to park on their grounds. Since the resort is at full capacity, those just coming for the race, or family and friends just coming to watch that morning, etc. need to use their overflow parking. PLEASE park on Resort Pkwy in the Overflow Lot just BEFORE the Main Entrance of the JW Marriott. This is marked on

the detailed map on the website. Grab all your gear and bike and head to the 4-Way Stop Sign. Turn LEFT down Marriott Pkwy and head up the hill beginning at the Grey Bus on the 3D map above up to the Transition Area by #14. There are a couple of very nice restrooms as you pass the BIG Exhibit Hall to your RIGHT. All doors will be open early. Restrooms are located under the Main Escalators as well as down the long hallway to the end as you head towards Transition which is up the hill. Spectators may simply enter the main front entrance to the resort and go down one level and out to the main lawn. Volunteers will direct you for watching the start, etc. just around the Lazy River. PLEASE NO SPECTATORS INSIDE THE POOL AREA since we will be staging participants. Spectators can view the swim portion on the South End of the Lazy River by the Main Pool Entrance.

BIKE STORAGE for those staying at the resort: You are welcome to keep your bikes safely locked in your vehicles

OR in your room at the JW Marriott. The fine folks at the JW Marriott have been most considerate to let you keep your bike in your room but

PLEASE BE VERY CAREFUL WITH IT MOVING IT ABOUT THE RESORT AND INTO YOUR ROOM. Please keep it on the tile floor areas in your room. We ask that you all give your bikes a good 'ol cleaning before coming as an added courtesy to the resort.

We'd hate to see ANY sort of damage. I'm sure y'all will be very safe and respectful and we thank you in advance. You will be responsible for moving your bike around the resort, to and from your room, (no bellhop for this :-); thus, why we ask your detailed courteous assistance. Thank you!

BATHROOMS: There are lots of fine ladies bathrooms throughout the entire JW Marriott for your pre-race needs. Please see Race Map on race site as well.

The pool area has TWO bathroom buildings near the Water Slide and over on the far EAST (right) end by the Lazy River.

SWIM: Race begins at 7AM with a Time Trial Start (one swimmer every 5 seconds by our fine friends at Redemption Race Timing). You will enter the Lazy River down the stairs by the bridge. Once you start, please stay to the right or middle unless passing. You will do ONE LAP (400 meters) in the Lazy River and exit the same set of stairs and U-TURN onto the bridge and exit the pool area via the back (North) gate. We will have a few sections before and after this gate in case you want to put on your running shoes for the jog over to the TRANSITION AREA where you get on your bike. Some just run barefoot.

BIKE: Once you transition onto your bike, you will leave your swim gear and running shoes if you did use them for the jog over in your bike area. Please be considerate of other athletes next to you by NOT taking up too much space. Thanks. PLEASE PLEASE strap your bike helmet on BEFORE YOU DO ANYTHING!!!! Walk or jog your bike to the MOUNT LINE. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE. You will slow pedal

over to the parking lot DOWNHILL. PLEASE BE VERY CAREFUL GOING DOWN THIS HILL because you will be making a SHARP RIGHT TURN onto Resort Pkwy.

You will then speed down to the Resort Pkwy turnaround and then head back to the 4-Way Stop Sign. RIGHT onto Marriott Pkwy and up a little hill.

Once you reach TPC Pkwy, you will cross over onto the Eastbound side of TPC Pkwy in the far Right lane next to the curb. Please STAY RIGHT unless passing. We will have lots of new triathlete participants SO PLEASE BE PATIENT WITH EACH OTHER. ONLY PASS ON THE LEFT side of this lane. Once down to Viajes Street, you will do a U-TURN and back up TPC Pkwy in the parkway side of the 2-lanes towards Marriott Pkwy. We're using these 2-lanes on the Eastbound side of TPC Pkwy for safety reasons so that you will NOT encounter cars at a high rate of speed. Please heed any Bexar County Deputy instructions. They are out there for your safety. Once down Marriott Pkwy to the 4-way Stop Sign, you will turn LEFT onto Resort Pkwy past that first downhill to BEGIN YOUR 2ND LAP. Once you finish your 2nd Lap

get in the Right Lane on Resort Pkwy and HEAD UP that first downhill (sorry it's uphill now to keep y'all safely away from other Resort traffic) and back to Transition.

RUN: Rack your bike properly and put on your run shoes after taking off your bike gear. Head to the RUN OUT exit towards the cart path that takes you back towards the pool area. PLEASE STAY LEFT on the cart path. You will pass the pool exit and keep going towards the Golf Clubhouse. The run route will be well marked with volunteers and spectators. Once you pass the Golf Clubhouse, you will run down the Clubhouse driveway onto the sidewalk taking you to that 4-Way Stop Sign. You will continue to stay on the LEFT side of the sidewalk and onto the Resort Pkwy sidewalk all the way down to the turnaround. We will have a Water Aid Station at Mile 1 of your 2 Mile Run. Once you turnaround on the sidewalk on Resort Pkwy, you will head back to the 4-Way Stop Sign and up Marriott Pkwy sidewalk towards the Golf Clubhouse and back onto the Golf Cart path while staying LEFT. You will go LEFT around the Pool Area to the Finish Line. Have fun!!! Smile for our race photographers and your adoring fans ;-).

POST RACE PARTY: You will be treated to some fresh yummy mimosas (sorry limit one due to pricey but quality champagne), Central Market quiches, chocolate dipping fruit bar area, avocado buffet and all sorts of fun. **Food & drinks ONLY FOR PARTICIPANTS.** Thank you for your understanding.

RESULTS: You can see your race times & splits on the Redemption Race Timing white trailer monitors next to the Finish Line.

One final note: This year our race is quite large and we have maxed out the number of participants to accommodate as many women as possible and not overwhelm the resort. We thank all of you for working together with us to show the resort how great you all are and organized and respectful. We want to be able to keep the number large

so many of you can enjoy this special weekend. One thing the resort has asked this year is that only those staying at the resort use the Lazy River after the race. Last year they allowed a few of you to chill by the pool, but this won't be available this year. There may be some that have extra wrist bands from their room that they may want to share, but we can't get any extra bands :-(. Thanks for your understanding.