

~Dear SPA GIRL ladies, ~

WELCOME! WELCOME! WELCOME! We're all getting so excited!

Our 2<sup>nd</sup> Annual SPA GIRL TRI-Lost Pines should be a blast! Looking forward to serving all your racing needs & celebrating together each of your accomplishments. We thank you for choosing SPA GIRL TRI & thank you in advance for adhering to all the important rules and details as this will make your racing experience go smoothly. We really believe you will get lost, in a good way, in the peaceful pines of the Hyatt Lost Pines area.

For the most current Race Info just go to:

[www.spagirltri.com spa-girl-tri-bastrop/](http://www.spagirltri.com/spa-girl-tri-bastrop/)

FB page:

<https://www.facebook.com/SpaGirlTri?ref=hl>

COURSE MAPS: <http://www.spagirltri.com/course-maps/>

### ~EXPOTIQUE~

PACKET PICKUP - Friday, September 26th from 3-8PM at the Hyatt Lost Pines.

Just follow the signs from the main lobby. Friends or family members are welcome to pick up someone else's packet ONLY IF YOU HAVE SIGNED THE WAIVERS ONLINE. Austin Tricyclist will have all sorts of helpful TRI gear for purchase as well as a few other girlie vendors. If you arrive late, please note that the hotel WILL NOT have your packets, so don't ask them 😊 (We will have a very brief time for getting your packets in the morning for emergency situations from 5:15-5:45am.)

RACE INFO Meeting at 8PM after Expotique for those first timers, looking for extra race info or race questions. Or anyone wanting to make sure they are clear on everything.

When you receive your custom Race Packet, you will get a Race Bib with your number on it as well as a colored wrist band for the swim. Please place your race bibt on the front of your outfit FOR THE RUN ONLY. We'll be able to recognize you on the swim & bike with your body marking. Some pin them on their shirts for the run. Others buy a simple race belt that you attach it to and put on AFTER the bike.

**BIKE STORAGE for those staying at the Resort:** You are welcome to keep your bikes safely locked in your room at the Hyatt Lost Pines. PLEASE BE VERY CAREFUL WITH 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. All our SPA GIRL ladies did so well the inaugural year with absolutely no damage to the Resort. I'm sure y'all will be very safe & respectful again. Thank you! As well, it's always good to get a simple bike check up at your local Bike Shop if you don't do regular maintenance yourself on your bike so there's no Race Day surprises that our bike tech can't handle for you. Our SPA GIRL TRI Race Day staff will be checking your bikes as you enter Transition to set up your gear. Austin Tricyclist will be on hand for any Race Day bike mechanical challenges and some handy bike pumps.



### **Race Day Morning ~ September 27<sup>th</sup>**

#### **(Body Marking, Timing Chips, Transition Area)**

The Hyatt Lost Pines will have their Gift / Coffee Shop OPEN EARLY with coffee & snacks on RACE DAY.

For those coming in race morning, parking is On-Site towards the back end of the parking lot and overflow parking on the dirt portion off their lot and back entrance.**(see map)**

There will also be parking helpers out directing you where to go.

**BIKE CHECK-IN/BODY MARKING Starting @ 5am until 6:30am next to the Fire Pit near Colorado River bluff at the Riversong Event Lawn (Main Lawn just off the Resort Lobby):**

You can ONLY check your bike in RACE DAY. Please PARTICIPANTS ONLY in the Transition Area.

FIRST, GET BODY MARKED WITH YOUR RACE# (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 ☺)

You will then need to pick up your Timing Chip (ankle strap & device that records your time) on RACE DAY right before entering **Transition Area** to set up your bike and gear for the run. ( RELAY TEAM MEMBERS hand off their Timing Chip strap to their teammates in the Transition Area BETWEEN LEGS OF THE RACE.)

Bikes will be checked into the TRANSITION AREA from 5AM to 6:30AM. Transition set up is first come, first serve. Just pick your spot. Please keep your space limited so as to share with your fellow SPA GIRLS and please be courteous when coming into transition area during the race to change into run gear, etc., and not move another participants things.

PLEASE be courteous to our staff & volunteers. Thanks! ;- ) There are plenty of very nice RESTROOMS throughout the Resort & Pool Area but there will be Port-o-Potties here as well (handy during the Race).

We will have Bike Tech folks from AUSTIN TRICYCLIST there who will be kind enough to assist any bike issues or tire pressure strategies (airing up your tires) and quickly check your bike as you go into Transition. They'll also be providing sag support on moped for your bike portion in case any issues arise.

**DON'T FORGET YOUR HELMET. HELMETS ARE MANDATORY 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 as y'all race out there.

Please listen to all the staff & volunteers out there for your help, especially directional assistance. They will guide you safely. We ask that you stay on the marked paths.

PLEASE, PLEASE BRING YOUR OWN TOWELS FOR AFTER THE SWIM if you want/need one. We don't want to use all the resort's towels up and exhaust their supply, so we offered to have everyone bring their own towels. Thank you for helping with this.



**PRE-RACE MEETING:** Please gather around the PLANTATION LAWN located between the Resort and the Pool Area by 6:45AM. You'll line up in your COLOR CODED wrist bands by your Bib# with #1 & #2 going first for the Time Trial SWIM START (one at a time). This Line will snake around over by the Adult Pool Area. NO NEED TO WORRY ABOUT YOUR SWIM SEEDING OR SENDING US YOUR UPDATED SWIM TIME. We know y'all have been training a lot and gettin' faster ;-). You will have the chance to re-seed with your neighbor if necessary right before the Start. We will have Pre-Race instructions, opening remarks & a prayer for your safety.



**Race Starts at 7AM! YEEHAW!!**

SPECTATORS INSIDE THE POOL AREA is fine but PLEASE enter over by the deck area South of the LBJ Pavillion / Finisher Area so as to not block those racing. Spectators can then see the swim, go back out that gate to see their loved one running towards Transition and parts of the Run Course as they pass the Pool Area and then down to the Finish Line Amphitheatre Area. \*\*SPECTATORS are NOT allowed in the Finish Corral so we can get great Race Shots that are FREE for our SPA GIRL ladies.

**BATHROOMS:** There are lots of fine ladies bathrooms throughout the entire Hyatt Lost Pines for your pre-race needs. We will have portables near the Transition Area. The pool area has a ladies bathroom as well.

**SWIM:** Race begins at 7AM with a Time Trial Start (one swimmer after the next). You will enter the Lazy River down the stairs by the pool café and Swim COUNTER CLOCKWISE this year. Once you start, please stay to the right or middle unless passing. You will do ONE LAP (300 meters) in the Crooked River. There are TWO Areas where the Crooked River splits off to a short cut and it gets shallow. We will have lifeguards and volunteers to keep you on course. Exit the same set of stairs and head out of the pool area past the pool cafe gate. It's a very short 100 meters to Transition.



**BIKE:** Once into Transition, leave your swim gear & grab your HELMENT FIRST and SECURE IT and then your bike gear & your bike. Please be considerate of other athletes next to you by NOT taking up TOO MUCH space or disturbing other racers items. Thanks! Again, PLEASE PLEASE strap your bike helmet on BEFORE YOU DO ANYTHING!!!! Walk or jog your bike to the Bike Exit and the MOUNT LINE. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE. No wheelies in Transition! You will slow pedal over to the parking lot via the Resort's wide concrete path to the Employee's Parking Lot. PLEASE BE VERY CAREFUL going around this path whereas there is 2-Way Bike Traffic.

**\*\*SPECTATORS PLEASE STAY OFF THIS CART PATH\*\***

You will then speed out the Employee's Back Entrance to Pope Bend Rd. and make a RIGHT down hill to the Colorado River. Once you hit the T in the road turnaround, you will U-Turn and head back UP Pope Bend Rd. with some rolling hills. Your next turnaround is another U-Turn as you near Hwy 71. Please STAY RIGHT unless passing. **\*\*THIS IS AN OPEN COURSE TO LOCAL TRAFFIC\*\*** It is very early on a Saturday morning on a quiet road but please be considerate of the locals out running errands. Please give them a friendly SPA GIRL wave thanking them for their fine hospitality and be sure to WARN YOUR FELLOW RIDERS OF A "CAR BACK" OR "CAR UP" to alert one & other and keep y'all safe. We will have lots of new triathlete participants SO PLEASE BE PATIENT WITH EACH OTHER. PASS ONLY ON THE LEFT side of the lane. Best way to announce that is, "ON YOUR LEFT". We will have Bastrop Co. Sheriff deputies to keep you safe so please thank them with a BIG Spa Girl smile ;-).



**RUN:** Rack your bike properly and put on your run gear INCLUDING YOUR BIB# that stays on the FRONT of you. Head to the RUN OUT exit towards the pool area. This gorgeous Golf Course 2-Mile run section is a real treat. We will have a Water/Gatorade Aid Station at Mile 1 to keep you hydrated. If you need other nutrients, please carry those in your pockets or race belt. Spectators are welcome to roam about so long as you are aware of not blocking any SPA GIRL ladies racing. Thanks! As you exit the golf cart path on the 18<sup>th</sup> Green this will be a new treat as you actually get to run on these pristine greens for a short off road section and then onto about a 100 yard trail to the Finish. PLEASE BE CAREFUL AND WATCH YOUR FOOTING ON THIS SHORT TRAIL SECTION AND USE CAUTION 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 dipped fruit bar area, tasty sweet treats and all sorts of fun. **Food & drinks FOR PARTICIPANTS**

**ONLY.** Thank you for your understanding. Hyatt Lost Pines will have food & drinks available for purchase.

**RESULTS: Will be posted in the Finish Line Area on screens just outside the LBJ Pavillion & Pool Area on a white trailer.**

One last bit of reminder the hotel wanted us to get out to you lovely ladies. If you are reserved a room Saturday night and decide to leave early, as in, not stay the night, you will still be charged for a Saturday night stay. Also, if you are staying Friday, but not Saturday night they wanted us to remind you that check out is at 11. There are showers and areas to use after the race to help if need be. We are pushing them hard for a late check out time for those this would apply to. It may be possible for some and you are free to reach out to the hotel and ask them, but just wanted to give you a heads up that it may not be possible as they need to get rooms cleaned and ready for those staying Sat. night that will be taking your room. Thanks for your understanding. Whew, there we did it 😊

Okay, that's it we believe. Again, look for detailed maps with all of the areas we mention here clearly marked for you posted on the website: [www.spagirltri.com spa-girl-tri-bastrop/](http://www.spagirltri.com spa-girl-tri-bastrop/)

We look forward to meeting and serving all of you next weekend. Don't hesitate to let us know if we can further answer any questions for you.

+Happy & Safe Racing, Relaxing & Rejuvenating!!

Michael & Janelle

SPA GIRL TRI