

Dear SPA GIRL ladies,

Thanks so much for your patience with the weather changes but we've SOLIDIFIED things back to our original plan so we're declaring a DO-OVER and here is the plan:

1) PACKET PICKUP - FRIDAY, May 9th, 12-Noon to 7:30PM on Event Lawn 1 just behind Starbucks and around the Sunday Haus.

You'll receive a BIKE STICKER to place on your bike so you can rack your bike in Transition on FRIDAY right after you get your packet. We'll have overnight security there. You are also welcome to leave in your car or take to your resort room (JW Marriott has been very accommodating)

****PLEASE PLEASE be VERY careful if moving bikes in elevators and in your resort room. Keep your bike on the tile and be extra cautious not to scratch any walls in the hall or elevators. Thanks so much!!!!****

Some will have to rack on Saturday morning but we're trying to keep that to a minimum so as to make things flow smoother for y'all.

2) Relay Teams need only have ONE Relay Member pick up their packet. Preferably the bike participant. Of course you can all come and get your swag, but your teammate can get it for you :-)

3) RACE MEETING - Friday, May 9th, 7:30PM on Event Lawn 2 which is the Finish Line Area but NOT mandatory. We'll go over race info, answer questions and get you ready. We'll go over similar stuff Race Morning to keep y'all safe.

4) Race Day Bathrooms, please use any of the lovely JW Marriott Resort bathrooms throughout and save our Transition Area portables for the SPA GIRL TRI itself. Thanks!

5) Race Day - Body Marking just beyond Sunday Haus on the garden lawn by Bike IN & OUT. **RELAY TEAMS MUST** show up together and have their bib with them so we can be doubly sure that you all are marked with the appropriate number. Again, we will want to see your bib#. We will also be looking at individual bibs too to make sure you are marked with the right number. Check your race gear next to your bike. Get TIMING CHIP at Swim In / Run Out. Head to Finish Line Area for Pre-Race Meeting for 6:35AM. Transition closes at 6:30AM. Pool Opens at 6AM for warm up in Main Pool &/or bathrooms. Resort has TWO bathrooms by slide and on far end of pool.

6) NO need for wetsuits with temp controlled lazy river and bring a SWIM CAP if you need one. We'll give EACH participant a COLORED bracelet in large groups of FOUR different colors based up your speed in the water so as to evenly space you all out by your swimming prowess. TWO groups GREEN & BLUE will line up inside the pool complex around the large pool single file by RACE #. The other TWO groups ORANGE & YELLOW will proceed down cart path past the pool to the putting green lawn for a short time. We're going 2x2 into the lazy river so the wait will not be as long as last year.

7) Bike Safety - Strap your helmet before you grab your bike and walk or jog carefully to Mount Line. Be careful on the first BIG downhill past the Mount Line as you turn RIGHT. Always PASS ON THE LEFT and warn others as you pass by saying "ON YOUR LEFT". SLOW RIDERS STAY TO YOUR RIGHT PLEASE.

8) Be sure to thank all volunteers, Deputies and Resort staff for their fine assistance and smile for any cameras or video folks out on course. ;-)

+Be Safe Out There & Have Fun!!

Michael & Janelle

SPA GIRL TRI