

Dear SPA GIRL ladies,

WELCOME! WELCOME! WELCOME! Are we all excited??!

Our Inaugural SPA GIRL TRI-Lost Pines should be a blast! Looking forward to serving each of you ladies and celebrating together each of your accomplishments. We thank you again for choosing this race and also thank you in advance for adhering to all the important rules and details as this will make your racing experience go much more 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 and to our FB page: <https://www.facebook.com/SpaGirlTri?ref=hl>

MAPS with locations for all of this will be up on the site just as soon as our web guru gets them uploaded, so check the website for that sometime this weekend. These will let you know exactly where to go for everything, even port-o-potties :-)



PACKET PICKUP: Friday, September 13th from 6-8PM 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.

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. 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. 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! 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.

You will set up your bike & gear on RACE DAY MORNING beginning at 5AM in Transition on River Song Event Lawn. The Hyatt Lost Pines will have their Gift Shop OPEN EARLY with coffee & snacks on RACE DAY.



Race Day ~ September 14th

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.(see map)

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

You will then need to pick up your Timing Chip (ankle strap & device that records your time) on RACE DAY right before entering Transition 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.

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

GET BODYMARKED WITH YOUR RACE# THEN PICK UP YOUR TIMING CHIP(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 :-)

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.

Don't worry if any of this seems confusing, we will be there directing you all and getting everyone where they need to be :-)

We will have a Bike Tech 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 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 volunteers out there for your help, especially directional assistance. They will guide you safely. They'll be wearing bright shirts so you won't miss them. :-) 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 resorts 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 Crooked River pool area by 6:45AM. Line up according to your Bib# with #1 & #2 going first for the

SWIM START. 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 and a prayer for your safety.



Race Starts at 7AM!

SPECTATORS INSIDE THE POOL AREA is fine but PLEASE stay on the Beach Area side of the Pool Complex. This Entrance is the one furthest from the river bluff or closest to the parking lot.

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 pool area entrance. The pool area has a ladies bathroom as well.

SWIM: Race begins at 7AM with a Time Trial Start (TWO swimmers every 5 seconds by our fine friends at Athlete Guild). You will enter the Lazy River down the stairs by the pool cafe. 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 50 meters to Transition.



BIKE: Once into Transition, leave your swim gear and grab your bike gear and your bike. Please be considerate of other athletes next to you by NOT taking up TOO MUCH space or disturbing other racers items. Thanks! 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 AND ON THE GRASS**

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, "ONE YOUR LEFT". We will have 7 Bastrop Country Sheriff deputies out in force keeping you safe so please thank them as well 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 the pool area. This gorgeous Golf Course 2-Mile run section is a real treat. We will have a Water 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 onto a very small trail section, PLEASE BE CAREFUL AND SLOW DOWN ON THIS DOWNHILL 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 dipping 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: Athlete Guild will post paper results near the Finish Line Area.

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

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.

Safe travels,

Michael and Janelle