

WELCOME SPA GIRL ladies,

Our 5th Annual SPA GIRL TRI-Lost Pines should be a blast. Our SPA GIRL TRI race TEAM is looking forward to serving all your racing needs & celebrating together each of your accomplishments. We thank you for choosing SPA GIRL TRI. We also appreciate you adhering to all the important rules and details as this will make your racing experience so much more enjoyable. For the most current Race Info just go to:

www.spagirltri.com spa-girl-tri-bastrop/

FB page:

[https://www.facebook.com/SpaGirlTri?
ref=hl](https://www.facebook.com/SpaGirlTri?ref=hl)

COURSE MAPS: [http://
www.spagirltri.com/course- maps/](http://www.spagirltri.com/course-maps/)

EXPOTIQUE

PACKET PICKUP - Friday, Sept. 22nd,
2-7:30PM 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. Austin Tri Cyclist will have all sorts of helpful TRI gear for purchase as well here are a some other vendors out to share wonderful things with you all:

Austin Tri Cyclist

ProCare Medical Centers

Dynamic Sports Medicine

The Fit Fork

Texas Beef Team

Rachel's Plan Bee

Chango Fitness

If you arrive late, please note that the hotel WILL NOT have your packets. JJ (Race Day Packet Pickup is 5:15-6AM next to TRANSITION on the RiverSong Lawn just off the Main Lobby).

RACE INFO Meeting at 7:30PM Friday 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. You really only need your Race Bib FOR THE RUN ONLY. 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.

We'll be able to recognize you on the swim & bike with your Race Number Temporary Tattoos. Instructions for

placement of these will be included when you get your packet :-)

BIKE STORAGE for those staying at the Resort: You are welcome to keep your bikes in your vehicle or 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 last three years 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 Tri Cyclist will be on hand for any simple Race Day bike mechanical challenges.

PLEASE PLEASE be sure to air up your own tires the night before or before you head to Transition on Race Day.

Race Day Morning ~ September 23rd **(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. (see **map**)

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

BIKE CHECK-IN 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) for those staying at the Resort. Day of participants park and come around the large concrete path from the North to the North Entrance to Transition to rack your bikes.

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

AFTER you've racked your bike and set up your bike & run gear you will then need to pick up your Timing Chip (ankle strap &

device that records your time). Timing Chip Tables set up at Southern Transition Entrance on RiverSong Lawn on the path to the pool. (RELAY TEAM MEMBERS hand off their Timing Chip strap to their teammates in the Transition Area next to your team bike **BETWEEN LEGS OF THE RACE.**)

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 GIRL ladies 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. During the actual race,

PLEASE use the POOL AREA RESTROOMS.

DON'T FORGET YOUR HELMET. HELMETS ARE MANDATORY!!! NO helmet / NO race. PLEASE NO EARBUDS ON THE BIKE DUE TO SAFETY REASONS.

We need your best safety asset, your hearing, to be completely alert in case we need to direct you on the bike, 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.

Feel free to use earbuds on the run if you so desire or just take in all the wonderful sounds of this gorgeous property.

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 have asked them to not have them available to help them out. Thank you for helping with this!! ;-)

MORNING OF PRE-RACE MEETING:

Please gather around the PLANTATION LAWN located between the Resort and the Pool Area by 6:40AM. You'll line up in FOUR GROUPS from 1-200, 201-400, 401-600 & 601 & Above. 1-200 Group being the faster swimmers and they will

be taken to the lazy river first. It will be a 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.

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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. Please follow signs and adhere volunteer directionals for this :-)**SPECTATORS are NOT allowed in the Finish Corral so we can get great Race Shots. Race Photos are FREE for our SPA GIRL ladies.

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. Once you start, please stay to the right or middle unless passing. You will do just ONE LAP (300 meters) in the Crooked River. 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. ***
THERE WILL BE NO RUNNING
WHATSOEVER IN THE POOL AREA
ONCE YOU EXIT THE POOL*** Since
y'all are dripping wet from the swim
portion, we've enacted this new safety
rule to avoid any slips. And since
everyone racing will be walking that short
distance from the pool stairs to the pool
gate, it is fair for all racing. Thanks!! ;-)

BIKE: Once into Transition, leave your
swim gear & grab your HELMET FIRST
and SECURE IT and then your bike gear
& your bike. Walk 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 towards 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 "gentle" 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. Thanks. 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 as well ;-).

RUN: Once back to the resort, ease up in the parking lot and bike path. DISMOUNT at the Mount Line and walk or jog bike back into Transition into your same slot and rack your bike properly. 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 18th Green this will be a nice 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 chilled yummy mimosas, fresh

Central Market quiches, fruit dish and tasty sweet treats. **Food & drinks FOR PARTICIPANTS ONLY.** Thank you for your understanding. Hyatt Lost Pines will have food & drinks available for purchase for spectators.

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

We look forward to meeting & serving each and everyone of you all. 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 TEAM