

Dear SPA GIRL ladies,

WELCOME! WELCOME! WELCOME!

We're thrilled to have you as a part of our 3rd Annual SPA GIRL TRI at the amazing JW Marriott San Antonio Hill Country Resort & Spa.

Lots of fun little details and important rules to make your racing experience go smoothly and most importantly respect and care for our wonderful venue. To familiarize yourself a little with your exciting and scenic course, please see our link here for Course Race Maps in the middle of this page:

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

AS well, please see the venue map & parking map located at the bottom of the San Antonio race info page: <http://www.spagirltri.com/spa-girl-tri-san-antonio/>

Some of our SPA GIRL ladies are very new to the fun sport of triathlon and may not know what to bring so here is a fine list of race items as well as a little helpful advice for Race Day:

<http://home.trainingpeaks.com/blog/article/triathlon-race-day-checklist-%281%29>

**PACKET PICKUP: Friday, MAY 9th from 12AM-7:30PM** at the Sunday Haus along with our lovely ladies EXPO on Event Lawn #1 just behind Starbucks which is to the LEFT of the Resort Lobby.

**\*\*PLEASE BRING YOUR BIKE TO PACKET PICKUP ON FRIDAY AND NOT TO YOUR ROOM\*\***

Race Information Meeting (NOT Mandatory but helpful): Friday, May 9th, at 7:30 on Event Lawn#2 - Finish Line / Post Race Celebration Area. Q&A session as well to alleviate any concerns.

In terms of your bicycle, we are trying something new that will make things flow a lot smoother on race day. We're not an Ironman just yet ;-)) but Day Before Bike Racking does work for a very good reason. AFTER you get your Race Packet, please put your bike sticker on your bike and then you can safely put your bike in our Secured Transition Area. We'll have some handsome bike security to keep an eye on your sweet ride so no need to worry.

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. Again, you'll need this colorful custom Race Bib for the Run portion ONLY. Your bike sticker will go on your bike so you can collect it after the race.

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 other gear on RACE DAY MORNING beginning at 5AM. The JW Marriott San Antonio Resort & Spa has several nice restaurants open on Friday evening but for those in need of Saturday morning energy Starbuck's will indeed open very early on Race Day for y'all at 4:30AM and Cibolo Moon for friends & family right next to the Finish Line 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 10th

## RACE DAY PARKING:

For non-Resort guests, those arriving BEFORE 5AM you will can go to the Conference Center Parking Lot. When you arrive at the JW Marriott San Antonio Hill Country's 4-Way Stop Sign at Resort Pkwy & Marriott Pkwy, just head up Resort Pkwy to the Conference Center lot. Grab your Swim & Run gear and head across the parking lot towards the car path LEFT of the Loading Dock. Transition Area is just down the cart path. PLEASE NO SPECTATORS INSIDE THE TRANSITION AREA OR POOL AREA since we will be staging participants.

Those arriving AFTER 5AM, please park in the "OVERFLOW LOT" on Marriott Pkwy just North of TPC Pkwy. This is a short 1/2 mile jaunt to 4-Way Stop Sign (Marriott & Resort Pkwys), LEFT to Conference Center Entrance on half circle drive. Go inside and up sets of escalators to Rotunda. LEFT at Rotunda hallway and follow it to the end for Check-In / Body Marking.

Spectators can view the swim portion on the South End of the Lazy River by the Main Pool Entrance.

**BODYMARKING Starting @ 5am @ Transition Area on Event Lawn #1 (just behind Starbucks). Check-**

## **In / Body Marking are on Far North Side of Event Lawn #1:**

Your race & post race gear can be safely left in the Transition area just underneath your already racked bicycle. 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 :-))

Bikes will already be checked into the TRANSITION AREA located on the maps (#14 on the 3D map, and labeled on the detailed map) from Friday Packet Pickup times. You can ONLY check your bike in on FRIDAY (only a few emergency exceptions are allowed so we can start ON TIME). Please ONLY participants in our Transition Area. NO EXCEPTIONS!!!

**BE SURE TO PICK UP YOUR TIMING CHIP RIGHT OUTSIDE TRANSITION AREA.**

The good folks from [GOTTA RIDE 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.**

**\*\*TRANSITION AREA CLOSSES AT 6:30AM SHARP!\*\***

**We need your best safety asset, your hearing, to be completely alert in case we need to direct you OR 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 & Deputies out there for your assistance. They will be placed to help guide you and to also respect the resort.

**BATHROOMS:** There are lots of fine ladies bathrooms throughout the entire JW Marriott Resort 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. During The Race itself there will be 2 port-o-potties just North of Transition between the Bike Out/ In AND Run Out.

**PRE-RACE MEETING:** We have this one last organized ditty to send y'all so stay tuned. We're still working out this most important detail. We'll have it to you this week so you'll be properly prepared ;-).

## **Race Starts @ 7AM SHARP!**

**SWIM:** Race begins with a Time Trial Start of 2 by 2 swimmers 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.

**BIKE:** Once in the Transition Area grab your bike gear, HELMET & bike. 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 out the BIKE OUT onto the cart path. \*\*BE CAREFUL NOT TO SLIP ON CART PATH (100 yards and short off road carpeted section) to the Parking Lot. where MOUNT LINE is located. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE.

Once you are on your bike thru the short parking lot section to the STEEP 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 turn RIGHT and go uphill for a short section and then U-TURN into the opposite lane to go downhill. This 2-lane section of TPC Pkwy will have 2-way bike traffic so BE CAREFUL. 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 your lane. Be vocal about passing other athletes to let them know where you are, "ON YOUR LEFT" etc. You'll continue all the way down TPC Pkwy to just before Resort Pkwy where you will U-TURN again and head uphill to Marriott Pkwy. Then it's RIGHT onto Marriott Pkwy to the 4-Way Stop Sign. Then LEFT onto Resort Pkwy for your 2nd Lap. Please heed any Bexar County Deputy instructions. They are out there for your safety. Once you finish your 2nd Lap get in the Right Lane on Resort Pkwy and HEAD UP that original downhill (sorry it's uphill now to keep y'all safely away from other Resort traffic) and back to the Transition Area.

**RUN:** Rack your bike properly and put on your run gear 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 NOW in the RIGHT side of the path to avoid those finishing. 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 as well at the beginning of the Run at the RUN OUT point. 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 RIGHT. You will go 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 and all sorts of fun. **Food & drinks ONLY FOR PARTICIPANTS.** Thank you for your understanding. JW Marriott will have food & beverages for your friends, family & fans.

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

One last request. We love our spectators and of course want many of your family and friends out cheering you on, we just ask that they respect the resort and stay in the designated areas according to the venue map. Please stay off all cart paths which are part of the race and especially when watching the swim...DO NOT sit in or walk in any vegetation around the pool area or on the walls. We appreciate your assistance & support.

**HAVE A GREAT RACE!!!**

+Michael & Janelle

**SPA GIRL TRI**