



❧ Dear SPA GIRL ladies ❧

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

Our INAUGURAL SPA GIRL TRI - Phoenix 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 tranquility of the JW Marriott Desert Ridge area.

For the most current Race Info just go to: <http://www.spagirltri.com/spa-girl-tri-phoenix/> and to our FB page: <https://www.facebook.com/SpaGirlTri?ref=hl>

COURSE MAPS are up on our race site and Venue Map will be up shortly. This will let you know exactly where to go for everything.

❧❧ EXPOTIQUE ❧❧

PACKET PICKUP - Friday, November 21st from 3-7PM at the JW Marriott Phoenix Desert Ridge Resort & Spa. We will be on the Ballroom Event Lawn Patio and adjoining areas. Your Race Transition Area is right next to this on the Ballroom Event Lawn. Friends or family members are welcome to pick up someone else's packet. Giant Scottsdale will have some helpful gear for purchase and Bike Tech Support on Race Day.

NON-Mandatory but helpful Informational Meeting at 7PM next to our Expotique on Friday, November 21st, for about 15-20 minutes to go over Race Details and for your questions. We're happy to help!

When you receive your custom Race Packet, you will get a Race Bib with your number on it. You will also get a colored wristband to wear that will help organize your swim start. Make sure you wear this for the swim.

Please place your bib# 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. PLEASE place your small race number sticker on your bike for identification purposes (VERY IMPORTANT!!). You can check your bike out after the race once the last cyclist has come in and your body marked number matches the race bib sticker on your bike.

BIKE STORAGE for those staying at the Resort: You are welcome to keep your bikes safely locked in your room at the JW Marriott Desert Ridge. 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. I'm sure y'all will be very safe & respectful. 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. Giant Scottsdale will be on hand for any Race Day bike mechanical challenges and some handy bike pumps.



Race Day ~ SATURDAY, November 22nd ~ OVERVIEW

PARKING: For those coming in race morning, parking is On-Site in front of the JW Marriott Desert Ridge Conference Center just off E. Marriott Dr in their large lot. Grab all your gear including HELMET, bike & race stuff and walk through the Conference Center, best option, and up the escalators or around down the golf clubhouse drive to the Ballroom Event Lawn.(see map).

TRANSITION AREA opens at 5AM. You will FIRST come to the Ballroom Event Lawn Patio & Lawn just outside Starbucks in the Resort to get BODY MARKED & pick up your Timing Chip. FYI, Starbucks will be OPEN at 5AM for anyone's needs. PLEASE be courteous to our staff & volunteers. Thanks! ;-)

There are plenty of very nice RESTROOMS

throughout the Resort & Pool Area. Once marked & timing chip in hand, proceed to Transition Area a few feet away on the Ballroom Event Lawn with your bike & run gear. Please use as little space as you can so that everyone can fit.

BIKE CHECK-IN/BODY MARKING Starting @ 5am until 6:30am on the Ballroom Event Lawn Patio & Lawn:

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 PORTIONS 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.

Again, we will have Bike Tech folks from Giant Scottsdale there who will be kind enough to assist any bike issues. Please be sure to air up YOUR OWN tires the night before or Race Day before coming to Transition. Thanks!!

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 BRING YOUR OWN TOWELS. The Resort will NOT have any pool towels available on Race Day. Thank you for helping with this.



PRE-RACE MEETING: Please gather on the Sage Event Lawn near our Finish Line Area by 6:45AM. You'll line up by the FOUR (4) COLOR CODED wrist band GROUPS.(color band you received with your bib#) Please line up by your Bib# with #1& #2 going first and so on. Thus, you will line up #1, #2, #3, #4 etc. for the Time Trial SWIM START (one at a time) in the lazy river. This Line will snake around next to the bar area by the lazy river. Sorry this bar will NOT be open at 5AM. 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! - MORE DETAILED RACE INFO

SPECTATORS INSIDE THE POOL AREA are fine but PLEASE use the lovely grassy knoll just past the lazy river to spectate. Please be sure to not block those racing while moving about. Spectators can view the swim then head over by the Golf Clubhouse Area to view the Bike and Run Courses. **SPECTATORS are NOT allowed in the Finish Corral so we can get great Race Shots that are FREE for our SPA GIRL ladies.** Post Race Food ONLY for our SPA GIRL ladies. Lots of fine food in the Resort for spectators & supporters.

BATHROOMS: There are lots of fine ladies bathrooms throughout the entire JW Marriott Desert Ridge for your needs. 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 bar and Swim CLOCKWISE. Once you start, please stay to the right or middle unless passing. You will do ONE LAP (300 meters) in the Lazy River. Exit the same set of stairs and head over the foot bridge past the other pools to the Transition Area on the Ballroom Event Lawn. It's a very short 250 meters to Transition. Be CAREFUL since you are wet. We will have carpet down but think safety.



BIKE: Once into Transition, leave your swim gear & grab your HELMET FIRST!! SECURE IT and then grab any other bike gear & your bike. Please be considerate of other athletes next to you by NOT taking up TOO MUCH space or disturbing other racer's items. Thanks! Again, PLEASE strap your bike helmet on BEFORE YOU DO ANYTHING!!!! Walk or jog your bike to the Bike Exit and the MOUNT LINE near the Ballroom Event Lawn stairs. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE. No wheelies in Transition! You will slow pedal thru the resort service drive and onto the Golf Clubhouse round about to begin the Bike Course. PLEASE BE VERY CAREFUL going around this path whereas there will be merging Bike Traffic.

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

You will then pedal out the Resort Service Road / Golf Clubhouse Dr. to E. Marriott Dr. BOTH Westbound lanes will make up part of your Bike Course split down the middle for 2-WAY Bike Traffic. Please STAY RIGHT UNLESS PASSING. We'll have traffic cones splitting the 2-lane bike traffic so STAY RIGHT. Do announce to other SPA GIRL cyclists when passing with "ON YOUR LEFT!!"; otherwise, stay to the right and be sure to cheer each other on out there!

Course-wise, you will make a RIGHT on E. Marriott Dr. up to N. Tatum Blvd and then make a wide U-TURN. Please be careful when turning around and SLOW DOWN while doing so on E. Marriott Dr. Now heading down E. Marriott Dr. in the INTERIOR lane of the 2-Way Bike Traffic again STAY RIGHT unless passing. You will encounter TWO traffic circles that should be navigated carefully. Phoenix Police Department will be out in force to keep vehicular traffic off the course. Do listen to any instructions they may give you. They are there for your safety! Once you approach the E. Deer

Valley intersection, you will make a U-TURN back up E. Marriott Dr. to the Golf Clubhouse Dr. and merge past the new SPA GIRL cyclists for your 2ND LAP. You will make 4 LAPS to complete the 10-Mile SPA GIRL TRI – Phoenix Bike Course. The course is flat, fast & scenic. Enjoy yourself!! But be cautious and alert at all times.

****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 or resort guest 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 another 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. Again, we will have Phoenix PD officers to keep you safe so 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 of Transition. This gorgeous Golf Course 2-Mile run section is a real treat and a scenic out & back along a couple of different golf cart paths. 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. There is a very short, off road section to get you around the resort from the golf course to the Finish Line so be careful about your footing.

Spectators are welcome to spectate near Transition, the Golf Clubhouse Area, short off road section, Event Lawn east of the Revive Spa, Resort Isle of Capri Area and Finish Line Area **BUT NOT ON THE GOLF COURSE ITSELF**. Please be aware of not blocking any SPA GIRL ladies racing. Thanks! Have fun!!! Smile for our race photographers and your adoring fans ;-). We’ll see you on the Sage Court Event Lawn Finish Area. It will have lots of fun energy cheering you across the Line!!



POST RACE PARTY: You will be treated to some fresh yummy mimosas. Whole Foods quiches, chocolate dipped strawberries, tasty treats from [Saucier Creations](#) and all sorts of fun. **Food & drinks FOR PARTICIPANTS ONLY.** Thank you for your understanding.

RESULTS: Will be posted in the Finish Line Area.

Okay, that's it we believe. Again, look for detailed maps by tomorrow with all of the areas we mention here clearly marked for you posted on the website: <http://www.spagirltri.com/spa-girl-tri-phoenix/>

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 Hennessey

SPA GIRL TRI