

Dear SPA GIRL ladies,

WELCOME! WELCOME! WELCOME!

We're thrilled that you are joining us for our Inaugural SPA GIRL TRI Grapevine at the amazing Gaylord Texan Resort & Spa.

In midst of historic flooding in and around our SPA GIRL TRI Grapevine race venue and courses, we are so very grateful that we are even having a race this year. We appreciate y'all's patience through the whole delayed process. Our planned Finish Line area is still completely under water, but we have a beautiful alternative we think, as well as a part of our bike course on Park Rd. 7.

Staging any sort of triathlon that is safe, scenic and fun is always a daunting challenge but if you throw in an all time record of rain fall in a month's time and continued recent flooding on Lake

Grapevine it is a recipe for disaster. The City of Grapevine has been supportive and we're ready to Race, Relax & Rejuvenate SPA GIRL style!!

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 helpful list of race items as well as informative advice for Race Day:

<http://www.spagirltri.com/site/wp-content/uploads/2014/11/INTRODUCTORY-TRAINING-PROGRAM-FOR-THE-COMplete-BEGINNER-TO-INTERMEDIATE-PARTICIPANT.pdf>

PACKET PICKUP: Friday, June 5th from 12:30-6:30PM in the Gaylord Texan Convention Center on the 2nd Level along with *a little EXPOTIQUE*

shopping experience with a few local vendors & Austin Tricyclist for all your triathlon needs.

Options for Packet Pickup / Expotique Parking are in the Conference Center Lot (1st 30 minutes is FREE; otherwise, \$10 parking validation coupons at Gaylord Texan table which are normally \$12-\$19). If coming in alone, park in the Conference Center Lot which is the first lot on your LEFT below the Conference Center. If traveling together, you are welcome to pull up to Conference Center Drop Off and have passenger(s) walk bike(s) over to the Transition Area in the next door Spa Parking Lot while you park your car and head upstairs to get race packet(s). THEN, go to your bike(s) and place bike stickers on your bike(s).

RACE DAY PARKING Coupons: \$10 per car (normally \$19) for the Conference

Center lot can be purchased at the same Gaylord Texan parking table at the Packet Pickup / Expotique.

This is one thing we have been fighting to get better rates for our Spa Girl Ladies and we have done our best. We hope everyone understands this inaugural process and fees we simply can't get changed.

(Friends or family members can retrieve your race packet for you for those that are working or can't make it before 7PM on Friday. A limited amount of Emergency Race Packets can be picked up at 5:15AM next to Transition on Saturday.)

****YOUR BIKE MUST BE RACKED ON FRIDAY IN THE TRANSITION AREA (overnight security will keep it safe)****

Race Information Meeting (NON Mandatory): Friday, June 5th, at 6:30 Convention Center Main Concourse. Q&A session as well to alleviate any concerns.

AFTER you get your Race Packet, please put your bike sticker on your bike then you can safely put your bike in our secured Transition Area. We will have overnight bike security. A simple bike check up is always good on Race Week BEFORE you arrive at the SPA GIRL TRI. 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 NEW custom SPA GIRL TRI Race# tatoos INSTEAD OF BODYMARKING. Best to put these cool new race number tatoos on the night

BEFORE.(instructions for placing these tatoos on yourself will be given to you with your packet :-))

You will need to pick up your Timing Chip (ankle strap & device that gives you your time for the race) on RACE DAY located at the Transition Area on the way to the Pool. (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 5:15AM.

Race Day ~ June 5th

Spectators are NOT allowed in the swim area at Paradise Springs due to capacity issues. Apologies. Best spots to watch

the race are on the Convention Center horseshoe turn around. As well, in and around the Transition Area next to this horseshoe turnaround and near the Glass Cactus Parking Lot Finish Area

Your BIKE gear & pre/post race gear can be safely left in the Transition Area just underneath your already racked bicycle. **WEAR YOUR RUNNING SHOES TO THE POOL Please pack this gear tightly together under your bike so as to share scarce transition space with your SPA GIRL neighbor.**

Bikes will already be checked into the TRANSITION AREA 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 on the way to the pool. You can either walk to the pool (1/2 mile) along the running course or grab one of our easy SPA GIRL TRI shuttles on the Conference Center horseshoe roundabout to Paradise Springs Pool. Pool Shuttles begin at 5:45AM and once you're ready to go head on over to Paradise Springs via shuttle or on foot so we can start on time. Needless to say, if everyone grabs a shuttle at 6:30AM, we'll not start on time so please plan ahead to get to the pool on time. Thanks!

The good folks from **AUSTIN TRICYCLIST** will be kind enough to assist any bike issues (be sure to air up your tires BEFORE you rack your bike on Friday).

**DO NOT FORGET YOUR HELMET.
HELMETS ARE MANDATORY AND
THERE IS ABSOLUTELY NO USE OF
IPODS or earbuds, ETC. on the Bike
Course. NO HELMET / NO RACE!!**

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. Our SPA GIRL ladies are famous for cheering each other onto a fantastic Finish. Please listen and use all the Volunteers & Police out there for your assistance. They will be placed to help guide you and to also respect the resort.

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

PRE-RACE MEETING - 6:45AM

Please proceed **WITH RUNNING SHOES
AND SWIM GEAR** to Paradise Springs Pool for Race Day Instructions, Prayer & National Anthem. You will be broken up into THREE groups based upon your colored wristband, which is indicative of the swim pace you gave us; thus, you will be seeded accordingly.

BATHROOMS: There are lots of fine ladies bathrooms throughout the entire Gaylord Texan Resort for your pre-race needs. The pool area has TWO large bathrooms.

Race Starts @ 7AM SHARP!

SWIM: Race begins with a Time Trial Start whereby one swimmer will enter immediately after the other into the Lazy River. Once you start, please stay to the right or middle unless passing. Once you Exit the lazy river, please **NO RUNNING IN THE POOL AREA!!!**

Once outside the pool, grab your running shoes and run the 1/2 Mile back to Transition to grab your bike gear. Please **STAY RIGHT** on the running path sidewalk.

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. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THE “MOUNT LINE”.

Once you are on your bike on Gaylord Trail, you will turn right on the Conference Center horseshoe roundabout as you wave to friends, fans, family & spectators. You will then head back onto Gaylord Trail for a very short bit and then go RIGHT onto Conference Center Dr. and RIGHT again on Park Rd. 7. Sadly due to the historic flood MOST of Park Rd. 7 is closed due to copious amounts of water on the road in two low lying spots. This sadly has reduced the distance of our bike course.

Once you hit the first turnaround around at the triangular park and head back to the resort property via Conference Center Dr. and then RIGHT onto Gaylord Trail

towards Paradise Springs. You'll U-TURN (slow, steady and CAUTION) it and cycle back up Gaylord Trail in the right lane of this 2-lane road shared with other cyclists coming in the opposite lane. Once back to the Conference Center horseshoe turnaround TURN LEFT and begin your 2nd LAP. Due to flooding, you will now make a TOTAL OF 3 LAPS!!! After your 3rd complete lap, please head straight past the horseshoe turnaround on Gaylord Trail to the Transition Area. As we shared, we are very grateful to the City of Grapevine for just having an actual bike course under very tough local conditions much less a race at all.

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.

RUN: Rack your bike properly & 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 Paradise Springs pool area. PLEASE STAY RIGHT on the running path sidewalk path. ****DO NOT RUN IN THE STREET!**** As you approach pool parking lot you will U-TURN back towards the resort and all the way up to the Glass Cactus Parking Lot FINISH LINE again staying RIGHT. This 1.5 Mile run route (you already ran 0.5 miles to Transition) will be well marked with volunteers and spectators.

Have fun!!! Smile for your FREE Race Photos and your adoring fans ;-).

POST RACE PARTY:" You will be treated to some fresh yummy mimosas (sorry limit one please), delicious quiche, fresh resort fruit, yummy mini tartlets and all sorts of fun on the sweet Glass Cactus lake overlook patio. **Food & drinks ONLY FOR PARTICIPANTS.** Thank you for your understanding.

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

FREE Race Photos: Please be patient, these thousands of really cool photos take a few days to tag and should be ready mid-week for y'all to collect.

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 race running paths which are part of the live race course. We appreciate your assistance & support.

HAVE A GREAT RACE!!!

+Michael & Janelle
SPA GIRL TRI

www.SpaGirlTri.com