

SPA GIRL ladies,

WELCOME! WELCOME! WELCOME! Your Race time is nearly here.

Our Inaugural SPA GIRL TRI - The Woodlands should be a delightful experience. Our SPA GIRL TRI race team is looking forward to serving all your racing needs as we celebrate each of one of your accomplishments. We thank you for choosing SPA GIRL TRI.

EXPOTIQUE

PACKET PICKUP - Friday, Sept. 30th, 2:30-7:30PM at The Woodlands Resort, Emerald Ballroom. Parking is FREE in the Resort lots. Leave your bike with your car & then just walk to the Main Resort Entrance. Follow the signs from the Main Lobby to the Emerald Room on the 2nd Floor. Friends or family members are welcome to pick up someone else's packet. Once you shop & have your Race Packet, head back to get your bike and take to Transition Area right next to the resort parking lot by the old resort condos.(see venue map online)

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:

Define, Body & Mind
CHI St. Lukes Performance Medicine
Inspired Endurance.....Running jewelry
Texas Beach Boutique.....Boho clothing/jewelry
Austin TriCyclist
Moxie Cycling.....Cycling apparel for women
Cyclebar...Indoor cycling
Woodhouse Day Spa

If you arrive late, please note that the hotel WILL NOT have your packets. 😊😊 (We will have a very brief time for getting your packets in the morning for emergency situations from 5:15-6am next to TRANSITION Area near the old resort condos.)

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 as well as a colored wrist band for the swim. You 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 sweet SPA GIRL TRI race tats. Instructions for placement of these will be included when you get your packet :-)

BIKE Check-In - Friday, Sept. 30th 2:30-8:00PM:

ALWAYS GOOD TO GET A SIMPLE BIKE TUNE-UP OR CHECK AT YOUR LOCAL BIKE SHOP BEFORE YOU COME TO THE SPA GIRL TRI. If you don't do regular bike maintenance, then this is the very best way to avoid 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 on FRIDAY. 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 ~ October 1st

(Timing Chips & Transition Area)

LIMITED Parking on Race Day at The Woodlands Resort beginning at 4:30AM. Montgomery Co. Sheriff deputies will instruct y'all once our resort lot fills up and to head just down Grogan's Mill Rd. to the next light to park in The Village public parking. The Woodlands

Resort has a lot of 120 spots plus additional public spots. RIGHT NEXT TO Chase Bank is the Hike & Bike Trail that will take you less than 100 yards to our Southern TRANSITION AREA Entrance. We'll have glow sticks on the ground for you all to follow!

TRANSITION AREA OPENS @ 5am until 6:30am next to the old resort Condos.

Please PARTICIPANTS ONLY in the Transition Area.

AFTER you 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 will be set up at the Northern Transition Entrance next to the resort parking lot. (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. BIKE/RUN Duathletes begin their Bike Leg ONCE the FIRST Swimmer comes into Transition)

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 & Pool Area but there will be Port-o-Potties just outside of Transition Area (handy during the Race) as you enter from the pool and exit towards the Run. We'll have several port-o-potties just outside the pool complex near our PRE-RACE MEETING Area.

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 just outside the Pool Area by 6:40AM in our lit up Pre-Race Meeting space. You'll line up in your COLOR CODED wrist bands:

SWIM GROUPS:

- 1st GREEN
- 2nd BLUE
- 3rd ORANGE
- 4th RED

You will enter the pool by your Bib# with #1 going first etc. for the 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.



Race Starts at 7AM SHARP! YEEHAW!!

SPECTATORS are welcome at the resort but please do not block those racing. Please follow signs and adhere to volunteer directionals for this at all times :-)**SPECTATORS are NOT allowed in the Finish Corral so we can get great Race Shots. Race Photos are FREE for our SPA GIRL ladies.(see venue map online for good allowed spots)

BATHROOMS: There are fine ladies bathrooms throughout the entire The Woodlands Resort, at the Pool Area for your pre-race needs. We will have portables near the Pre-Race Meeting Area AND Transition Area.

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 CLOCKWISE. Once you start, please stay to the right or middle unless passing. You will do just ONE LAP (300 meters). Exit the lazy river and head out of a

different back pool area gate. It's a lengthy almost 1/3 mile to TRANSITION. *** THERE WILL BE NO RUNNING WHATSOEVER IN THE POOL AREA*** We will have numbered areas for you to put your shoes/sandals in as you enter the Pre-Race Meeting Area so your feet will be safe moving to Transition.



BIKE: Once into Transition, leave your swim gear & grab your HELMET FIRST and SECURE IT and then your bike gear & your bike. Walk or jog your bike to the Bike Exit and FOLLOW THE HIKE & BIKE PATH UNDER GROGAN'S MILL ROAD TO THE TRAIL. Then AND ONLY THEN YOU CAN MOUNT YOUR BIKE AT THE MOUNT LINE. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE. No wheelies in Transition! ;-) Slow pedal down the short trail section until you hit the street on N. Millbend Rd. REMEMBER, THIS IS A 2 LAP COURSE. PLEASE BE VERY CAREFUL going around this path as you begin your 2nd Lap whereas there is merging 2-Way Bike Traffic.

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

Once you cycle out onto N. Millbend Rd. you will be treated to a very scenic The Woodlands neighborhood bike course. BE AWARE OF YOUR

SURROUNDINGS! Please STAY RIGHT unless passing. **THIS IS AN OPEN COURSE TO LOCAL TRAFFIC** It is early on a Saturday morning on a neighborhood 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 Montgomery Co. Sheriff deputies to keep you safe so please thank them with a BIG Spa Girl smile as well ;-).



RUN: Once back to the tight trail, ease up A LOT as you near the DISMOUNT LINE. We would normally bike under the road but with hundreds of bikes it’s going to be tight. Please be patient with each other, our staff & volunteers. Thanks! The Woodlands Township was kind enough to allow this Bike Course. It’s been A LONG process to finalize a course with their approval, so we appreciate your patience and understanding. Walk or jog your bike under Grogan’s Mill Rd. and 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 Main Lobby. You will follow GREEN cones AND GREEN clad volunteers towards the golf course run. This gorgeous Golf Course 2.25-Mile run section is a real treat. We will have a Water/Gatorade Aid Station just past Mile 1 to keep you hydrated. If you need other nutrients, please carry those in your pockets or race belt. Spectators are NOT allowed on the active golf course but are welcome to roam about at the beginning of the resort section of the Run so long as you are aware of not blocking any SPA GIRL ladies racing. Thanks! Spectators are allowed around the Finish Line Area as well. Have fun out there SPA GIRL ladies!!! Smile for our race photographers and your adoring fans ;-).



POST RACE PARTY: You will be treated to some fresh yummy mimosas (limit one per racer until we know all racers are in and have gotten one), fresh resort quiche, fruit dish and tasty sweet treats. **Food & drinks FOR PARTICIPANTS ONLY.** Thank you for your understanding.

RESULTS: Will be posted in the Finish Line Area on screens just outside the golf clubhouse area on a white

trailer. Please be considerate of those still racing if you cross over the Run path to get to the Results Trailer.

We look forward to meeting each and everyone of you all and serving all of you. 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](#)