

Howdy there SPA GIRL ladies!!

Our 6th Annual SPA GIRL TRI-Lost Pines is fast approaching. 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. The forecast is on everyone's mind and our MAIN priority is the safety of our SPA GIRL ladies. This is a rain or shine event. Inclement weather might delay or shorten our race event so let's all pray for a smooth weather race morning. ;-) Thanks!! For the most current Race Info please go to our 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. 21st,
2PM-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 along with some amazing other vendors!

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 Race Morning for emergency situations from 5:15-6am next to TRANSITION on the RiverSong Lawn Fire Pit Area)

RACE INFO Meeting at 7:30PM Friday after Expotique for those first timers looking for extra race info &/or SPA GIRL "pros" sharing their experience, strength & wisdom.

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 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 SPA GIRL TRI race number tats.

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 OR ESPECIALLY a bike tune up from a local bike shop. Regular bike maintenance is key 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. Put your bike gear in a very easy, soft pedal 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 22nd **(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 and overflow parking on the newish portion off their lot and back entrance.(see **map**)

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

BIKE CHECK-IN Starting @ 5am until 6:15am next to the Fire Pit 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 near the loading dock from the North 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.)

Bikes will be checked into the TRANSITION AREA from 5AM to 6:20AM. 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 INCLUDING LARGE RESTROOMS near Packet Pickup. Pool Area Restroom IS SMALL so please use those nice, clean comfy ones in the resort. We will have Port-o-Potties for the Race ONLY stationed between the pool and Transition which is near the run course as well.

We will have Bike Tech folks from AUSTIN TRI CYCLIST there who will be kind enough to assist on simple bike issues and quickly check your bike as you go into Transition.

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!! ;-)



RACE MORNING -

PRE-RACE MEETING:

***** NEW THIS YEAR ***** - Please walk straight from Transition Area to the Finish Line grass hill located downhill from the LBJ Pavillion by 6:40AM. You'll line up in your COLOR CODED wristbands section:

SWIM GROUPS:

1st PINK

2nd PURPLE

3rd ORANGE

4th BLUE

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.

***SPRINT Spa Girl ladies ONLY (small field of less than 60 triathletes with Neon Green wristbands on BOTH wrists!!), meet for your pre-race meeting at 6:25AM at Swim Bar by entering Pool Area near pool bathrooms. ONLY Sprint racers

will go in the pool this way!!***
Your extended festive race
experience goes off at 6:45AM
& has 2 laps in the Swim, 1 1/2
laps on the Bike & a gently
rolling hill 5k Run. ENJOY!! ;-)



Race Starts at 7:15AM!
YEEHAW!!

SPECTATORS INSIDE THE POOL AREA
is fine but PLEASE enter over by the
North Pool Entrance or Plantation Lawn
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.

BATHROOMS: There are lots of fine ladies bathrooms throughout the entire Hyatt Lost Pines Resort for your pre-race needs. The pool area has two small ladies bathroom as well.

SWIM: Race begins at 7:15AM 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 (325 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 AND THE PARKING LOT whereas there is 2-Way Bike Traffic. Please SOFT PEDAL UNTIL YOU GET ACROSS LITTLE CREEK BRIDGE!!!

****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'll be treated to fresh yummy chilled mimosas (limit 1 per racer until we know all racers are in), fresh Central Market quiches, fruit dish & 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.

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](#)

* WEATHER POLICY - SPA GIRL TRI Lost Pines Site*

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

Due to the nature of multi-sport events taking place generally in the outdoors, weather conditions can play a large role in the production of the event.

Because a significant amount of the funds collected during registration have been expended by the day of the event for the production of the event and because each event is uniquely scheduled for its date and location, registration refunds are not possible and rescheduling the event is not possible, and thus the no refund policy.

Our goal is to always produce a full event as scheduled and only modify these plans due to safety concerns some of which can be caused by weather conditions. Thank you for your understanding of these policies and we appreciate your participation.