



THINGS TO KNOW:

FRIDAY SEPT 10

PARKING: Use resort parking. Tell gate keeper you're with the Spa Girl Tri

PACKET PICKUP: 2:00-7:00PM; LBJ Pavilion

RACE INFO MEETING: 7:00PM LBJ Pavilion (same as packet pickup)

TRANSITION AREA: Closed on Friday. Set up Transition Saturday between 5am-6:30am

Questions:

Can someone else pick up my packet? YES

Will the check in desk or resort have my packet? NO

Can I set up my bike in Transition on Friday? NO (see above)

Notes:

PLEASE BE CAREFUL MOVING YOUR BIKE AROUND THE RESORT!! Please also clean the bike before moving it around in the resort so we keep the resort clean and damage-free.

RACE MORNING - SATURDAY SEPT 11

PARKING FOR NON-RESORT GUESTS: Please arrive early and park by golf clubhouse, otherwise don't plan on leaving until the bike portion is finished

RESTROOMS: Plenty throughout the resort including large ones near packet pickup

COFFEE/SNACKS: Hyatt Lost Pines will have their gift/coffee shop open early

TRANSITION AREA: Open 5am-6:30am. **ONLY TRIATHLETES ARE ALLOWED IN TRANSITION AREA**

TIMING CHIPS: Located right outside of transition area (see map)

BIKE TECH: Thomas will be there to assist on simple bike issues. ALWAYS good to get a LOCAL bike shop Pre-Race bike check for maintenance on your bike. DO bring a bike pump to air up your own tires as sharing a bike pump won't be available this year. Thank you for your understanding.

SWIM: Please bring your own towels if you need one post-swim.

BIKE: HELMETS ARE STRICTLY MANDATORY due to safety.

BIKE: Earbuds are strictly forbidden during bike portion due to safety.

BIKE RECOVERY: After last cyclist is in, you may take your bicycle out with your chic SPA GIRL race tat # matching your bike #.

RUN: Please stay on the marked path

RUN: Hydration is available on the run course (water/Gatorade). If you require other nutrients, please carry it with you.