



THINGS TO KNOW:

FRIDAY MAY 6

PARKING: Conference Center for Packet Pickup and Expotique.

PACKET PICKUP: 2-7:00PM; Sunday House

EXPOTIQUE: Shop our vendors during Packet Pickup!

RACE INFO MEETING: 7PM on Ballroom Level

TRANSITION AREA: Please rack your bikes on Friday right after you grab your Race Packet (overnight security provided)

Questions:

Can someone else pick up my packet? **YES**

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

RACE MORNING

SATURDAY MAY 7

PARKING FOR NON-RESORT GUESTS: Conference Center

RESTROOMS: Plenty of lovely, clean resort facilities throughout the property

COFFEE/SNACKS: Starbucks will be open early for racers, friends & family!

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.

THINGS TO KNOW: RACE & COURSE INSTRUCTIONS

DISTANCES:

SPRINT (swim 800m/bike 14 mi/run 3.1 mi)

Varying wristband color

SUPER (swim 400m/bike 10 mi/run 2 mi)

Varying wristband color

PRE-RACE MEETING: See venue map for locations.

SPRINT meeting begins at 6:10am. River Bend Pavilion lawn.

SUPER meeting begins at 6:40am. Main resort lawn just below the Main Lobby

START TIME:

SPRINT: 6:30am

SUPER: 7:00am

SWIM

SPRINT: 2 laps

SUPER: 1 lap. Please line up according to wristband color

- Time trial start (one swimmer at a time).
- Swimmers will line up 6-FEET APART while waiting to do the Swim Portion around the pool.
- Enter Lazy River down the stairs by the pool cafe and swim clockwise.
- Exit will be the same set of stairs.
- Follow path to Transition.
- NO RUNNING IN THE POOL AREA WHATSOEVER.

Spectators are allowed inside the pool area but PLEASE BE VERY MINDFUL about keeping the clear of the course!! Please follow signs and adhere to volunteer directionals. Spectators can only enter the pool area near the cafe from the main resort pool entrance

BIKE

SPRINT: 3 laps

Please stay alert on the bike course to acknowledge where lap 2 begins. Course will be clearly marked.

SUPER: 2 laps

- Do NOT forget to wear your helmet.
- Exit and the MOUNT LINE. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE.
- Please STAY RIGHT unless passing and communicate with other riders: "On Your Left", "Passing", "Have a Great Race!"

Spectators please stay off the golf cart path!

RUN

SPRINT: 3.1 miles

SUPER: 2 miles

- Please put your bib on in FRONT of you.
- SMILE for the cameras!
- You will be treated to a fabulous finish on the festive River Bend Pavilion lawn surrounded by beautiful views & pumped up fam & fans!

Spectators – please do not block any portion of the course!