



# THINGS TO KNOW: RACE & COURSE INSTRUCTIONS

## **DISTANCES:**

**SPRINT** (swim 650m/bike 18 mi/run 3.1 mi).

Green wristband

**SUPER** (swim 325m/bike 10 mi/run 2 mi).

Varying wristband color

**PRE-RACE MEETING:** See venue map for locations.

**SPRINT** meeting begins at 6:20am

**SUPER** meeting begins at 6:50am

## **START TIME:**

**SPRINT**: 6:30am

**SUPER**: 7:00am

**SPRINT** : 2 laps in the relaxing lazy river (GREEN wristbands)

**SUPER** : 1 lap. Please line up according to wristband color & swimming ability

1: yellow - I'm a good swimmer

2: purple - Fairly good swimmer

3: orange - Swim & water jog

4: blue - Scenic swimmer / water walker

- Time trial start (one swimmer at a time).
- 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 (about 100m).
- 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.

**SPRINT**: 2 laps

Please stay alert on the bike course to acknowledge with Lap begins on Pope Bend Rd.

Course will be clearly marked. **\*\*NEW FLAT section near river\*\***

**SUPER**: 1 lap

- Do NOT forget to wear your helmet.
- Exit and the MOUNT LINE. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE.

- 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. For safety reasons, please SOFT PEDAL UNTIL YOU GET ACROSS LITTLE CREEK BRIDGE outside of parking lot gate.
- Pope Bend Rd will begin your ONE LAP for the **SUPER** distance folks (10 miles) OR TWO LAPS for the **SPRINT** racers (18 miles). SEE MAPS. Enjoy some "gentle" rolling hills.
- 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 alert to traffic. 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!

*Spectators please stay off the golf cart path!*

**SPRINT**: 3.1 miles (5k)

**SUPER**: 2 miles

- Please put your bib on in FRONT of you.
- SMILE for the cameras!
- Water/Gatorade Aid Station will be at mile 1. If you need other nutrients, please carry those in your pockets or race belt.
- As you exit the golf cart path on the 18th Green near the finish line, PLEASE BE CAREFUL AND WATCH YOUR FOOTING ON THIS SHORT TRAIL SECTION AND USE CAUTION.

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

**POST RACE PARTY:** You'll treated to fresh yummy chilled mimosas (limit 1 per racer until we know all racers are in), fresh Central Market quiches, fruit & 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 & Post Race Area.*

*IMPORTANT: You will not be allowed to take your bike out of transition area until the last cyclist has come in and left for the run portion. Please respect our staff enforcing this rule for the safety of the participants. NO EXCEPTIONS! (Usually 9-9:15am)*

**\* WEATHER POLICY - SPA GIRL TRI Lost Pines Site \***

**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.**