

  
PLAYTRI
SWIM · BIKE · RUN



ATHLETE GUIDE



PRESENTED BY:

**BRIAN
LONCAR**
RACING TEAM



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6485 E MOCKINGBIRD LN, STE 350, DALLAS, TX 75214

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7171 COLLEYVILLE BLVD SUITE 108, COLLEYVILLE, TX 76034

THE COLONY

6800 WINDHAVEN PKWY, STE 137, THE COLONY, TX 75056

MCKINNEY

7951 COLLIN MCKINNEY PKWY, STE 1500, MCKINNEY, TX 75070

ROCKWALL CYCLING

939 EAST I-30, ROCKWALL, TX 75087

Event Schedule

Packet Pick Up and Late Registration

Tuesday, March 10, 11am-7pm

Rockwall Cycling

939 East 1-30, Rockwall, TX 75032
(972) 771-8297

Wednesday, March 11, 11am-7pm

Playtri Dallas

6465 E. Mockingbird Ln. Ste. #350, Dallas, TX 75214
(214) 370-9010

Thursday, March 12, 11am-7pm

Playtri Colleyville

7171 Colleyville Blvd., Colleyville, TX 76034
(817) 251-0612

Friday, March 13, 11am-7pm

Playtri McKinney

7951 Collin McKinney Pkwy. Ste. #1500
McKinney, TX 75070
(469) 342-6776

Saturday, March 14, 11am-7pm

Playtri Cycling The Colony/Plano

6800 Windhaven Pkwy. Ste. #137.,
The Colony, TX 75056
(972) 306-2000

***Race morning pick up is available onsite from 6-7am for an additional \$10.**

FREE Pre Race Clinics

On each day the store hosting packet pick up will also be putting on a race clinic at 6pm during the week (Mon-Fri). For the packet pick up on Saturday, the clinic will be at 10am. We will go over what to expect on race day, how to set up your transition and open it up for general questions anyone has.

Sunday, March 15: Race Day!

6:00 AM	Packet Pick Up (\$10.00)
6:30 AM	Transition opens; Timing chips pick up
7:30 AM	Pre-race meeting in transition
7:45 AM	Transition closes
8:00 AM	Race begins
10:30 AM	Awards ceremony

Packet Pickup Guidelines

Packet pickup procedures are regulated by USA Triathlon and the logistics of race timing and liability. They are **NOT** suggestions—if they are not followed, there is the potential that you will be unable to race, so *please* plan accordingly! There are **NO** exceptions!

1. Only the participant may pick up his or her packet, except in the case that the participant is under the age of 17, in which case his or her parent or other legal guardian may pick up the packet.
2. Every participant must show photo ID and proof either of USAT annual membership, or purchase of USAT one day pass. If one of these is not provided at packet pickup, the participant will be required to purchase a one day pass in order to pick up his or her packet, **regardless of whether or not he or she already has a membership** . (\$10 for youth, \$12 for adults).
3. All Relay team participants must check in at packet pickup individually (though team members do not all have to come at the same time). All team members must have their own USAT membership (whether annual or one day), and the last team member to check in will get the team's official race numbers.
4. USAT regulation for Athena and Clydesdale weight class divisions. The qualifying weight for the Athena division is 165 pounds; for the Clydesdale division the weight is 220 pounds. There will be a weigh in at packet pickup.

Race Numbers

Your packet will include your bike, helmet and bib numbers which you MUST have to race. Please follow the instructions below to make sure you and your equipment are properly marked on race day. Please note that body marking will take place on race day when your check into transition.



Bike numbers should be folded over either the top tube of your bicycle or around the seatpost and fastened securely using the adhesive backing. The number should be visible on both sides of the bicycle.



Helmet numbers should be stuck on the front of the participants helmet using the sticker adhesive.



The run or "bib" number must be worn on the front of your body during the run portion of the event. It can be attached to the athlete's garment with safety pins, or worn on a race belt (pictured below).



Race belt



Directions & Parking

LISD Eastside Aquatic Center
5729 Memorial Dr.
The Colony, TX 75056

From Fort Worth:

Take 121 N, exit Paige, left/north on Paige, right/east on Memorial, and it will be up on your left, past the stoplight at S. Colony.

From McKinney:

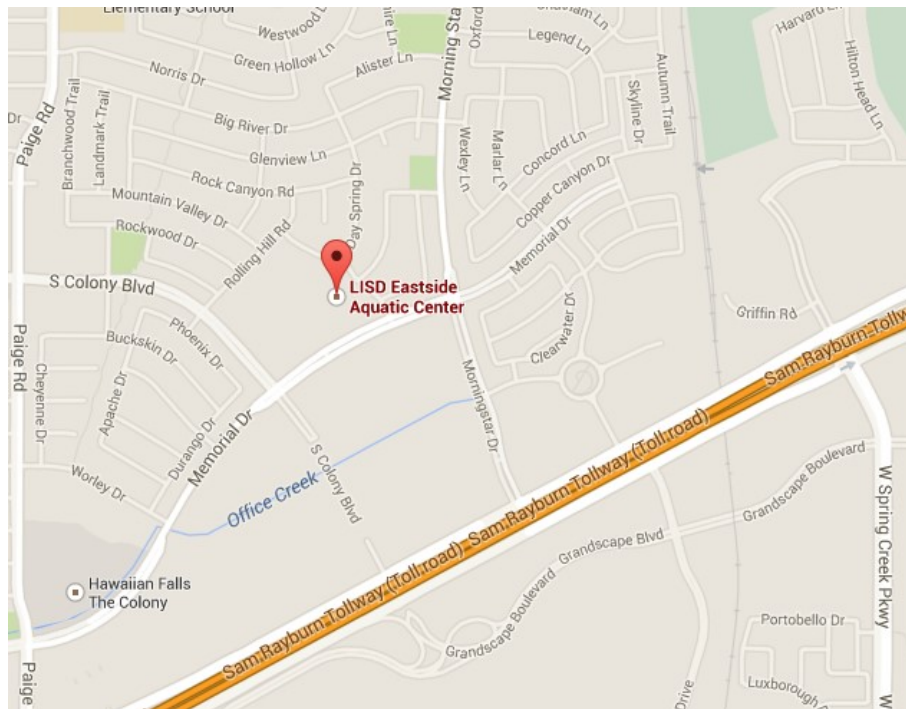
Take 121 S, exit Paige, right/north on Paige, right on Memorial, and it will be up on your left, past the stoplight at S. Colony.

Parking at LISD Eastside Aquatic Center:

If you park at LISD, cars will not be allowed to leave the parking lot until after the last bike has finished.

Parking after 7:45am:

The parking lot will close at 7:45am, so please note that if you come at a later time, you will have to park in the surrounding neighborhood and walk to the facility. Parking is available on S. Colony, south of Memorial Drive.



Swim Course

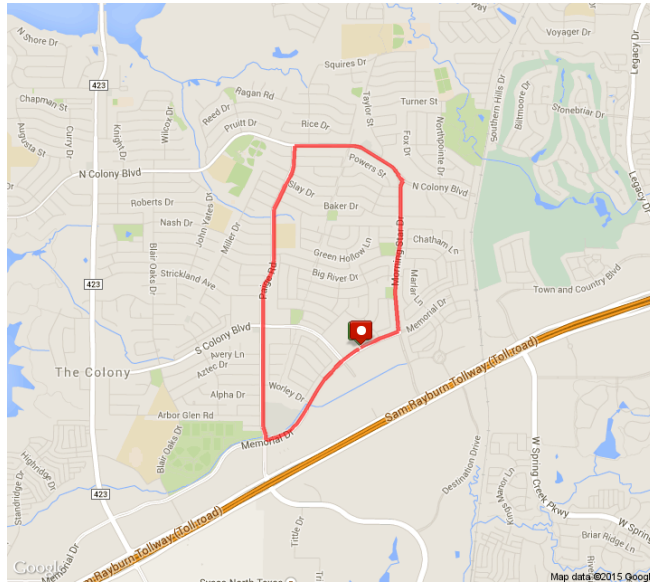
8:00AM - Race begins

This will be a snake swim. You will line up by bib number, then enter the pool as directed, about every 5-10 seconds. You will swim down the lane, under the lane rope, down the next lane, under the lane rope, etc., until 6 lengths are completed.



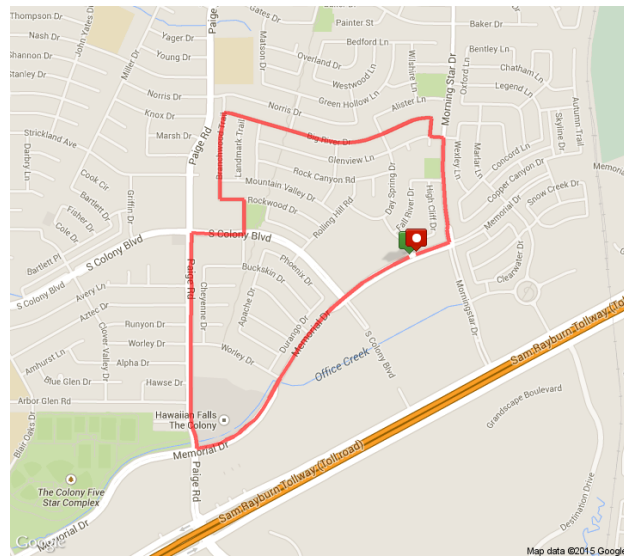
Bike Course

The bike course will be a 4.5-mile route that begins and ends at the LISD Aquatic Center. You will do 2 loops for a total of 9 miles.



Run Course

The run course is a 3.1 mile loop, beginning and ending at the LISD Aquatic Center.



DALLAS AQUATIC MASTERS
damswim.com

Aid Stations

Aid stations will be at the swim finish and run start, and approximately every mile along the run. Stations will be equipped with water and sports drinks, and volunteers to hand it to you. There will also be food and drinks after the race. If you need water, sports drink, or other nutrition or hydration on the bike portion of the race, please bring your own.



Triathlon After Party!

Stick around post-race for food, drinks, music, and of course the awards ceremony to wrap up the fun!

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Dr. Adam Rogers DC, CCSP
Dr. Logan Sherman DC, CCN, ART
Dr. Mitch Dougherty DC, CCSP

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Dallas | 972.503.7272

McKinney | 972.398.6419

General Advice

Triathlons can be strenuous events mentally and physically, but they should also be fun, and the best way for that to happen is for you the athlete to be prepared. Along with the training that leads up to an event of this nature, there are also some general tips for race day that can make your experience more enjoyable.

1. Have everything you need for race day ready the night before - use the checklist provided in this guide to make sure you have everything. It is helpful to have one bag or other container to put everything in so that it is easier to transport it to transition. Also make sure you affix any bike and helmet numbers at this time. You will not be allowed to race without these.
2. The earlier you show up, the better. The last thing you want to be worrying about is whether or not you're going to make it in time! This will make sure you have ample time to find a parking spot, get body-marked, set up your transition, get your chip, use the restroom, warm up, etc.
3. Mentally prepare yourself. Use techniques like positive self-talk and visualization to remind yourself of the positive experience that you are going to have. Remember that while triathlons can be difficult, Playtri will do all that we can to support you. Medical staff will be on site, and volunteers and safety officials will be at points throughout the course to ensure your safety. Remember the preparation that you have done for this event, and be confident in your abilities as an athlete!
4. If you are having friends and/or family attend, have them read the Spectator Guide included, and go over the plan for the morning with them ahead of time. If you are going to want to be alone pre-race, let them know. If you are going to want help with your belongings, let them know. Also make plans to meet up again after the event - the finish line can often be crowded, so it's a good idea to have a back-up location, just in case.
5. Last, remember to have fun! This event should be a positive experience for both you and everyone who helped you to get here. A positive attitude will go a long way!

Spectator Information

We love it when your family and friends come to support you - heck, we love it when complete strangers come to support you! That's why we make all of our races as spectator friendly as possible. With that in mind, here are some spectating tips for those attending, but not participating in the event.

1. Come early - it will be much more difficult to park and get into the race area once the race has already started. It can also make things more dangerous for the athletes. Also, nearby parking is limited, and you don't want to miss out.
2. Bring a snack, fluids, sunscreen, and a seat - triathlon events can go on for a few hours, and once they start, it usually is not convenient to leave, so it's best to come prepared for a 3-4 hour stay.
3. Find a good seat in the natatorium for the swim start, then move outside to the bike out/bike in, and then to the finish line nearby after you athlete has started their run.
4. Listen to the volunteers - if they ask you to move, do so quickly, and if they seem blunt at times, don't take it personally as they are probably in a hurry to make sure the course is safe and clear for the athletes. Remember that the race could not happen without their help!
5. Resist the temptation to aid your athlete(s) if they are having a rough time - they might appreciate the thought, but accepting outside aid can and will get them disqualified. If they drop out of the race, then is the time to help them.
6. Cheer for everyone! The athletes appreciate it, even if they don't know you. They're all in this together, and every little bit of encouragement helps, even if they are too focused on the race to acknowledge it.
7. Wait for your athlete to move away from the finish line before coming to congratulate them - this area can sometimes get congested immediately after the race, and it is easier for everyone if spectators stay back while athletes hand over their timing chips and get their medals and/or water.

ROCKET AQUASENSE WETSUIT

IF YOU ARE LOOKING FOR EVERY ADVANTAGE LEGALLY AVAILABLE IN A WETSUIT, THE ROCKET IS FOR YOU. WITH AQUASENSE PANELS ON THE ARMS YOU WILL NEVER BE ABLE TO SAY YOUR SUIT SLOWED YOU DOWN



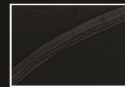
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Race Day Checklist

Items written in **red** are considered to be more generally necessary, and items written in **blue** are required to race.

Bike

Helmet

Race Numbers

Goggles

Running shoes

Cycling shoes

Race belt/safety pins

Water bottle

Nutrition and hydration (gels, sports drink, food, etc.)

Sunscreen

Sunglasses

Bike pump

Flat changing kit

Clothing to change into post-race

Race site directions

Sodium pills

Heart rate monitor

Towel for transition area



Weather Contingency Plan

In the event of inclement weather, the start time of this event may be delayed up to 1 hour. Past this time, the event course may be shortened or altered to protect the participants. If conditions are unsafe, the event may be cancelled. Event changes and cancellations are at the discretion of the Race Director.



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- INTENSIVE PROJECTS



Photos and Results

All event photos will be available from Sugar N Spice Photography a few days after your race:



PHOTOGRAPHY

www.sugarnspicephotos.com

All event results will be available from Run-Far Racing Services on the day of your race:



www.run-far.com

Most Violated Rules and Penalties

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event..

Penalty:

Disqualification

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty:

Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side off the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Most Violated Rules and Penalties

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

For a complete list of rules, please refer to the most up-to-date USA Triathlon Competitive Rules at:

<http://triathlon.teamusa.org/content/index/1684>

Playtri Upcoming Race Schedule 2015

MARCH, 2015

- **The Night Moves 5k**—March 28th, McKinney, TX
- **McKinney Kiwanis Triathlon & Kids Triathlon**—March 29th, McKinney, TX

APRIL, 2015

- **Run for Cover 5k/10k/1k**—April 11th, McKinney, TX
- **King Tut Sprint & Super Sprint Triathlon**—April 12th, McKinney, TX
- **Wiki Wiki Man Triathlon**—April 19th, Lake Tawakoni State Park, TX
- **MetroTex Trinity Treasure Run 5K**—April 21st, Dallas, TX
- **Young Texans Race Against Cancer**—April 25th, Dallas, TX
- **Northaven Family Color Run**—April 26, Dallas, TX

MAY, 2015

- **Cinco De Mayo Run, Walk, and Roll**—May 2nd, McKinney, TX
- **Swim Across America**—May 30, Rockwall, TX
- **Trident Sports Benbrook Sprint Triathlon**—May 31, Benbrook, TX

JUNE, 2015

- **Playtri Festival, ITU Continental Cup & Youth F1**—June 6-7th, Irving, TX
- **JCC Kids Triathlon**—June 14th, Dallas, TX
- **Dirty Rock Off-Road Triathlon**—June 21st, Rockwall, TX

JULY, 2015

- **Mayor's Triathlon**—July 12th, Fort Worth, TX
- **Toll Tag Triathlon**—July 26th, Lewisville, TX
- **Stonebridge Ranch Day 5K**—July 26th, McKinney, TX

AUGUST, 2015

- **Rockwall Kiwanis Tri-Rock Triathlon**—August 2nd, Rockwall, TX
- **Salty Dog Triathlon**—August 9th, McKinney, TX
- **Take on the Heat Triathlon**—August 23rd, The Colony, TX

SEPTEMBER, 2015

- **Denison Red River Rampage**—September 12-13th, Denison, TX
- **North Texas Kids Triathlon**—September 19-20th, Arlington, TX
- **Stonebridge Ranch Kids Tri**—September 26th, McKinney, TX
- **Stonebridge Ranch Triathlon**—September 27th, McKinney, TX

OCTOBER, 2015

- **U.S. Open Triathlon**—October 18th, Rockwall, TX
- **13.1 Half Marathon**—October 24th, Dallas, TX
- **Esprit de She Women's Duathlon**—October 25th, McKinney, TX

NOVEMBER, 2015

- **Pumpkin Mash Dash**—November 7th, Colleyville, TX
- **Aaron's Race & Roll**—November 11th, McKinney, TX
- **Believe McKinney-5K, 10K, 1 mile**—November 28th, McKinney, TX



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