ABOUT WIN for KC

All proceeds and fundraising for the WIN for KC Women’s TRYathlon presented by Garmin support our mission of empowering women & girls in sports.

RACE DAY PARKING

Please note: All parking areas on Paradise Rd. will close at 7:20 AM and will not reopen until the last cyclist is off the course (approx. 10:30 AM). WIN for KC strongly advises all athletes, volunteers & spectators to carpool and arrive as early as possible to the event! You will not be able to leave race site until approximately 10:30 AM. This is to ensure the safety of all participants.

Athletes should plan to arrive between 5:30 - 6:15 AM to allow time to park, transport bike and gear, set up in transition area, etc.

RACE DAY INFORMATION

RACE SCHEDULE
5:30 - 7:00 AM: Participant Arrival and Set up
Upon arrival - participants will need to get body marked and set up their transition area.
6:30-7 AM: Swim area open for warm ups
7 AM: Transition Area (TA) closes
**7:15 AM: Pre-race meeting
7:20 AM: Paradise Road closes
7:30 AM: Race Starts (Sprint Tri, Sprint Du, Aquabike)
8:30 AM: Super Sprint Tri Start, Finish Line Festival opens
10:30 AM (Approx.): Awards and Raffle prizes
10:30 AM (Approx.): TA, Paradise Road and Parking lots open

**TA will remain CLOSED until the final cyclist returns. This is to ensure safety for all participants. No bikes will be allowed to leave TA until the final cyclist has returned. Thank you for your patience & encouragement to all athletes.

BAD WEATHER

The race will not start if severe storms or lightning are imminent. We will delay the race up to two hours before event cancellation or modification. Our event staff and emergency management team help watch for the possibility of severe weather, including thunderstorms and extreme heat, and determine how that might impact your safety.

If we are unable to swim due to weather or water quality, the event may be changed to a duathlon, or, if necessary, a 5K run.

TEAM RELAY INFO

The same timing device used by the individual racers will serve as your team “baton.” The biker can have all her bike gear (shoes, helmet, etc.) on in TA, but the bike must be on the designated Team Bike Rack. The team bike racks will be located near the swim in entrance. Once the chip is passed from the swimmer, the biker will need to grab her bike off the bike rack. When the biker returns, the runner should have her run gear on, including the race bib and be ready to go into TA. The biker will rack her bike and hand off to the runner. The runner can go straight to the run course.

USAT RULES

For safety and fairness, USA Triathlon has adopted a set of rules that are enforced at sanctioned events. Race Officials will be spread throughout the race to enforce rules and impose penalties where warranted. Many broken rules come with a penalty such as two minutes up to full disqualification. For a list of the complete rules and a summary of the most violated rules visit the USAT website.
**RACE DAY INFORMATION**

**BODY MARKING**
Your first stop when you arrive at the race will be body marking. The body marking area is on Paradise Rd., just before the transition area. Bring your race number with you. Get your body marked early to be sure you get it done. Put sunscreen on **AFTER** body marking. You will have your race number on both arms, and your age group on your calf. Body marking is the triathlete’s “badge of honor,” wear it proudly! You will only be allowed to bring your bike in/out of TA if the attached bike number (supplied in your race packet) matches your body marking.

**TIMING & TIMING DEVICES**
Timing devices will be distributed at packet pick-up. You must wear your timing device during the race as it captures your time for the race!

All Event Participants will receive a velcro device that contains the timing chip. Wrap the device around your LEFT ANKLE so it is clear of your bike chain while biking. **NOTE** you will return your timing device at the conclusion of the event. Volunteers will be stationed inside the finish chute to remove your device for you. **NO DEVICE = NO TIME = NO RESULTS.**

**FINISH LINE FESTIVAL**

**FINISHER PERKS**
- **Post Race Food:** Enjoy delicious post-race food which includes breakfast burritos, fruit and more!
- **Post Race Beverage:** All participants (ages 21+) will receive a complimentary adult beverage!
- **Athlete Recovery Zone:** Utilize the F.I.T Muscle & Joint booth for a post-race body massage.
- **Post Race Photo:** Visit our presenting sponsor, Garmin, for a finisher photo opportunity.

**RESULTS**
Live results will be available at [winforkctry.org](http://winforkctry.org) or by scanning the QR code with your mobile device.

**AWARDS**
All finishers will receive a commemorative race medal! Awards Ceremony will begin at approx. 10:30 AM. Prizes & awards will be given for the overall top three, the top relay, as well as the top three finishers in each age group & Athena Division.

**PHOTOS**
[John Kelly Photos](http://john-kelly-photos.com) will provide race photos free to all participants this year! A link to view & download photos will be emailed to participants the week after the race.

**RACE MAPS**
Additional course & parking maps can be found [here](#).

**MEDICAL SUPPORT**
Global Event Medicine will provide medical support for the event. Medical will be located near the gazebo at the race headquarters and we will have additional support throughout the race course.

If you need immediate medical attention while on the race course, alert the nearest volunteer or staff and they will contact the medical team.

**BIKE COURSE - *UPDATED*”**
There will be a “no passing zone” at the split marked by traffic cones. Please be mindful as you ride through that area of the course.

Our partner, PlayTri, will be located near the bike in/out to provide last minute mechanical support to our participants.

**SPECTATOR INFORMATION**
Spectating is encouraged & available at designated areas. **DO NOT** cross race course at swim in, bike in, or run out areas. Stay behind flags & fencing and DO NOT cross in front of runners/bikers. Follow volunteer & staff directions at all times.

Food provided in the finish area is for athletes **ONLY**. Food trucks will have food available for purchase at our Finish Line Festival opening at 8:30AM! Spectators of all ages are welcome!