

Tri it in Spanish

Race Instructions

Race Start: 7:30am

Transition opens at 5:30am

Directions: From IH35 heading north, exit 204 and take a right on Hwy 123 , go .21 miles then left on FM 621. Then proceed on FM 621, 3.66 miles and turn left on Scull Road. Follow Scull road for approx 3 miles to the entrance of River Ranch which will be on the right side of the road. If you are heading south on IH35 from Austin, exit 204A and turn left on Hwy 123 and then follow the rest of the instructions.

Security: YOU MUST attach the provided adhesive sticker to your bike. You may place this sticker anywhere on the bike as long as we can see it.

Parking: Parking will be available at the race site. Please follow the volunteer's instructions and signs as to where to park.

Transition: Before you can enter the transition area, you must be body marked and have the **BIKE #** attached to your bike.

ATTENTION, you will not be able to remove your bike from the transition area at the end of the race unless you can prove that the bike is yours by matching the bike number sticker to your race bib or body marking number. DO NOT remove your bike until we open transition.

Swim Course: The swim will be a 300 meter point to point Lake swim that will go under a bridge. You will be provided a swim cap. This will be a time trial start with 2 people going off at the same time. The swim will be along the bank so athletes that get winded and need a rest can simply swim closer to shore and stand up.

Bike Course: The bike course will consist of an out and back of 20 Kilometers. The course is open to traffic and you must use caution when turning. There will be Policeman at the main turns and Volunteers stopping traffic for you to pass. Ultimately, you are responsible for your safety and should look for traffic at every intersection. If a Volunteer or a Policeman motion for you to stop, you **MUST STOP**. **Narrow roads – stay to the right.**

Run Course: The run course will be a 3.2k loop that will go around the River Ranch subdivision and Lakes. There will be 2 water stations on the run course. YOU MUST HAVE YOUR BIB on the front of your body for the RUN.

Awards: We will have age group awards after the last Kids have finished the race. We will also have an Overall Female and Male awards and Overall masters Female and Male awards.

Food: We will have fruit, cookies, muffins, Sausage wraps and Frito Pies for the Post Party.

Timing: The event will be chip timed with 5 splits on the Triathlon. Pick up your chip at the Trailer on race morning. DO NOT bring your personal timing chip.

Bathrooms: There will be 4 port-o-potties near the transition area.

RULES: All USAT Rules are in effect the moment you enter the property. Helmet must be on your head and chin strap fastened before you get on your bike before, during and after the event. **Penalty is disqualification.**

All race results will be posted on the RRP Timing website Saturday Night. WWW.rrptiming.com

The Kids race will start when the last or almost last Adult bike rider is back in.

Packet Pickup: Packet pickup requires you to be present and present your photo ID and USAT card. If you are not a member of USAT, you will need to purchase a one day permit for \$10, cash or check only. This is only done at packet pickup by the participant only. Please do not send someone else to pick up your packet; the packet will only be released to the participant.

Packet pickup will be at Tri-Sition Area Triathlon store from 10:00am - 7:00pm Thursday 6-17-10 and Friday 6-18-10. Store is located at the corner of Bitters and IH1604 on the north side of San Antonio. Packet Pickup will also be available on Saturday 6-19-10 at the race site from 4:00pm – 8:00pm.

Race Day packet pickup for San Antonio athletes will cost an additional \$10, cash or check for San Antonio athletes only, and will be from 5:45am - 7:00am. **All non-San Antonio participants NO extra fee for race day packet pickup.**