

# Gator Bait 2009 Race Day Instructions

## SWIM, RUN and then BIKE

**Arrive at the park before 6:30am to avoid the park entrance fee. After 6:30am you will be charged \$8.00 per car.**

**Directions to park:** Boerne Town Lake, Boerne, Texas is located north of San Antonio on IH10. Directions: North on IH10, exit Ranger Creek Road, mile marker # 538. Take a left on Ranger Creek Road, go under the freeway and then take an immediate right turn on the IH10 access road. Head north and then take a left on Upper Cibolo Rd. Proceed on Upper Cibolo and then take a left into the park.

**Parking:** After you enter the park, you will turn right at the stop sign and proceed around the corner to the parking large grassy area. We will have volunteers directing you.

**Transition:** Walk your bike and equipment to the transition area on the east side of the park close to the Pavilion. If you have received your packet go to south side of transition and get body marked and get your bike and helmet checked. You must do all 3 before entering transition. Open racking.

**Packet Pickup:** 6:00am -6:30am Packet pickup at the Pavilion. You must pickup packet before you enter transition.

**Timing Chips:** Pickup your timing chips at the pavilion. You must be body marked or have your race bib.

### **Pre Race Meeting 7:30 on the road in front of Pavilion**

**Swim/Run bag:** You will be provided a bag to put your running gear in to place in the special shoe transition area. We will walk approx 500 yds to the special shoe transition area and you will place your bag in the numbered area that has your bib# on it. After the swim place your swim cap and goggles in the bag and we will transport them back to the main transition area. There will be 5 rows of 60ft length for shoes. Each row will be numbered with a sign.

**Swim:** This will be a 500 meter open water swim. You will swim a triangle course. When you exit the water proceed to the shoe transition area and put on your running gear. Place your swim cap and goggles in the T bag and place back on your assigned spot.

**Run:** The run is an out and back 4 mile run. You will exit the park and turn LEFT on Upper Cibolo Creek Road. Run on the road until you come to the turnaround then proceed back. Re-trace the route back into the park and run past the swim area. You will run a short section of off-road and then head to the transition area and Pavilion.

**Bike:** Bike is an out and back 13 mile ride. Open road so obey all traffic laws and stay to the right at all times. When you exit the Park you will turn RIGHT on Upper Cibolo Creek Road. Proceed down the road and turn RIGHT on IH10 access road and head south. Proceed down the road and then turn RIGHT on Ranger Creek Road. Proceed on Ranger Creek Road and go up the STEEP HILL. The Turnaround is at the top of the Hill. You might find the hill is too steep to cycle up, so use caution in dismounting the bike and walk up the hill keeping to the right of the road as much as possible. On the downhill please use caution as you will pick up speed quickly. Retrace the

bike route back to the park. **When you get to the dismount Line, you will get off of your bike and run the bike and yourself through the large blue and yellow finish line archway.**

**Post Race Food:** We will have sausage wraps, fruit, cookies, muffins and other stuff after the race. As is our custom all Spectators are allowed to chow down along with the athletes.

**Awards:** The awards ceremony will start approx 2hours and 15 minutes after the race starts. If you are still out on course, no worries as the support will still be there and we will cheer you as you come through the finish line. If you place in your age group, we will get your award to you.