

Rockin' R Triathlon

Race Instructions



Race Start: 7:30am – Saturday, May 21, 2011

Transition opens at 5:45am

Directions: From IH35 (North or South), exit 191 on FM 306 and head west towards Canyon Lake. Take a left on Hunter Road and then right on Gruene road. Follow Gruene road down the hill, cross over the river and Rockin R is on your left.

Security: YOU MUST attach the adhesive sticker to your BIKE (provided in your packet). 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 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** attempt to remove your bike until we open transition.

You will not be able to remove your bike until the last bike rider has finished, be patient and be nice☺ Go down to the water, relax and chill out.

Swim Course: The swim will be a 400 meter out and back. RIVER swim. The swim start will be a time trial start where 3 athletes will leave every 10 seconds. The time trial start will be by age groups. Please use caution in the river, at some points it is narrow and you must sight your swim path often, this is the first 100 meters of the swim. We will have volunteers in the areas that are of concern for the swimmers safety. The swim **may** be wetsuit legal and will be decided on race day.

Bike Course: The bike course will consist of an out and back of 12 miles. 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**. **Some of the bike ride is along the beautiful Guadalupe River. Caution!!!! 2 very sharp turns**

Run Course: The run course will be one loop that will go through the quaint little town of Gruene, Texas.

Food: We will have Kilobassa Sausage wraps, Frito pies, fruit, cookies, pickles, etc etc. Veggie Burger wraps upon request. We not only feed the athletes but spectator too, we aim to please☺

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

Toobing: A 2 hour float down the river is available for the afternoon for a discounted fee.

Timing: The event will be chip timed with 5 splits on the Triathlon. Pick up your chip at the Trailer on race morning.

Bathrooms: Behind the 2 story building

Race results will be posted Saturday Night - RedemptionRP.com, RRPTiming.com, AlamoTriSeries.com

Packet Pickup: Packet pickup requires each athlete to 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 5-29-2011 and Friday 10:00am – 7:00pm 5-20-10. Store is located at the corner of Bitters and IH1604 on the North side of San Antonio. **Packet Pickup on race day** is at the Rockin' R Facility from 5:45am – 7:00am. The Rockin' R Facility is located at 1405 Gruene Road, New Braunfels, Texas 78130. **Race Day packet pickup will cost an additional \$10, cash or check for San Antonio athletes only.**

All out of town participants NO extra fee for race day packet pickup.

NO IPODS or anything that goes in your ear or might distract you on the Bike or Run, do not bring them!!!! Leave them at home.

Mandatory Rule!!!! Penalty is dis-qualification