

Race Instructions

Race Start: 8:00am

Transition opens at 6:00am

Directions: From IH35 from either direction, 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 provided adhesive sticker to your bike. You may place this sticker anywhere on the bike as long as we can see it.

Food and Toobing Bracelet: All athletes will be provided in your packet, a YELLOW BRACELET that will allow you to eat for free and get a River Tube for free. Please secure this on your wrist.

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 remove your bike until we open transition.

Swim Course: The swim will be a 400 meter out and back RIVER swim. You will be provided a swim cap that will designate your wave start. Wave starts will be every 3-5 minutes. 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 River channel is 7-10 ft deep so there will be NO walking. The swim will be wet suit legal.

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.**

Run Course: The run course will be one loop that will go through the quaint little town of Gruene. The Race will take place during MARKET DAYS so there will be some traffic and pedestrians to watch out for. It will somewhat of an interesting challenge and a busy course.

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.

Food: Rockin R Toobing Company will be providing the food. The athletes will eat for free but they will charge for spectators and family so bring some extra money. Supplies, food, drinks and adult beverages can be purchased from the onsite store located on the property.

Toobing: After the race all athletes will be allowed to go and pick up a TUBE and float on the river in front of the facility until the awards ceremony and afterwards. Spectators and family will be charged a fee. A 2 hour float down the river is available for the afternoon for a discounted fee. Once the float is completed you will be picked up by Rockin R Toobing Company. Call them for details.

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

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

WWW.rrptiming.com

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 5-14-09. Store is located at 2602, NW Loop 1604, suite 106, San Antonio. and at the Rockin R Facility on Friday May 15th from 3-9pm. 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, and will be from 6:00am - 7:30am. All out of town participants NO extra fee for race day packet pickup.