

# Windcrest Freshman Triathlon

## Race Instructions



**Race Date:** Saturday, April 30, 2011

**Race Start:** 7:30am

**Transition opens at 6:00am**

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

**Parking:** Parking will be available at New Creation Christian Fellowship Church located at 8700 Fourwinds Drive right off the access road of IH 35. You will walk your bike through the alleyway to the Pool.

**Transition:** Before you can enter the transition area, you **must** be body marked.

**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. **Please use as small a spot as possible in the transition area as it is going to be cramped.**

**Swim Course:** The swim will be a 200 meter snake style swim. You will swim up and back in the same lane. You will then go under the rope and swim up and back again. You will do 4 up and back laps. You will exit the swim and proceed to the transition area on carpet. The swim start will be one person at a time leaving every 5 to 10 seconds. You will start in order according to your bib number with number one being the first.

**Bike Course:** The bike course will consist of 2 loops of 5 miles for a total of 10 miles. The course has many turns and you must use caution when turning. There will be plenty of Police 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**.

**Run Course:** The run course will be one loop that will go through the neighborhood and loop around the Windcrest Golf Course. **Race Bibs must be visible on the front of the runner on the Run Course. This is a mandatory USAT rule**

**Awards:** We will have age group awards after the last person has finished the race. This being a Beginner race, we are focused on the ultimate experience of FINISHING the race. Please do not get in a hurry for the award ceremony but relax and enjoy all of the beginners finishing the race for the first time. Custom made Plaques for the Overall Winners

**Food:** We will have food and drinks for ALL after the race at the pavilion.

**DOOR PRIZES:** We will have plenty of door prizes provided by the Tri-Sition Area and other Sponsors.

**Timing:** The event will be chip timed with 5 splits on the Triathlon. You must use the provided chip, do not bring your own. Pick up your chip at the Pool on race morning.

**First Race in Alamo Tri Series:** Points will be accumulated for the Tri Series – [www.AlamoTriSeries.com](http://www.AlamoTriSeries.com)



**Rules:** All USAT rules are enforced for this event. If you are seen riding your bike without a helmet before, during or after the race you will be disqualified. When riding the bike during the race please stay as close to the right side of the road as possible.

All race results will be posted on the RedemptionRP and RRPTiming website Saturday Night

**Packet Pickup:** Packet pickup requires **each athlete to pick up their own packet** and present their 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). 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 from 10:00am - 7:00pm Thursday 4-28-11 and Friday 4-29-11. Store is located at 1602, NW Loop 1604, suite 106, San Antonio. Race-Day Packet pickup is available at the Windcrest Pool from 6:00am - 7:00am. The Pool is located at 5609 Winsong, San Antonio, Texas 78239. Race Day packet pickup will cost an additional \$10, cash or check for San Antonio athletes. All out of town participants - NO extra fee for race day packet pickup.