Important Information

**Race Day Schedule:**

6:45 transition area opens (set up, get body marked, pick up timing chip, use bathroom, etc.)

8:00 transition area closes (race announcements and National Anthem)

8:15 sprint distance begins (time trial start in numerical race bib order; 2 ppl. every 3-5 secs)

9:00 mini-sprint starts (time trial start in numerical race bib order)

approx 10:45 awards ceremony, including door prizes

**Parking**: You can usually park in the numerous (industrial) parking lots conveniently located near Shady Oak Road and K-Tel Drive. BE AWARE that some businesses close off their parking lots on race day so be please respect that. We do have permission to use the lot at Cross of Glory church at the corner of Shady Oak Rd and Excelsior Blvd (.4 mile north of the beach, but remember, you do have a bike) Best route to take is Highway 62 to Shady Oak Road (north), Use the crosswalk to get to the transition area.

(NOTE: PARKING IN THE SHADY OAK BEACH LOT IS ONLY FOR VOLUNTEERS AND VIP SLOTS)

**Awards**:

Bottle “trophies” (wine, olive oil, or root beer) to the top 3 males and females in each Sprint distance age group, as well as for Clydesdales and Athenas . Custom ceramic platter to the overall male and female.

**Door Prizes**: (after awards; must be present to win)

1. catered meal for 10 by D-LISH Catering (known as the “Royal Feast”)
2. gift cards to Tonka Cycle and TC Running

**Post Race Food:** For the racers, there will be fruit, Clif bars, hummus/carrot sticks, and fresh “race rolls”. There will also be beef hot dogs for everyone (your fans too). We offer veggie & gluten free options too.

**Special Notes:**

SWIM: Race bib number is race order (i.e. 1, 2, 3…) Sprint start is 8:15. We will let people into the starting chute (1-50, 51-100, etc.) No need to be in perfect numeric order, as the clock doesn’t start until you cross the mat. All those registered as mini-sprint, will wait until 9:00 to enter the water, **unless** you are swimming the 750 yards. If so, then you will follow the last of the SPRINT group at 8:15.

BIKE: Sprint course is **3 laps** (first 2 laps on the “mini-sprint” bike route; 3rd lap on the longer route w/ a BIG hill-aka “roller coaster hill”) Mini-sprint course is 1 lap (but you can do 1, 2 or all 3 loops).

Tips/things to know, especially for “Newbies”:

* **Arrive early enough** to get your equipment setup (**between 7 and 7:45**). Even though you may not be starting until 9:00, you need to be on site and get your timing chip by 8:00 a.m. Find a spot to park your bike and lay out your equipment (shoes, socks, etc.) Get your body “marked” and pick up timing chip.
* It is highly recommended that you bring/wear clothing you can use for the entire race, as public nudity is highly frowned upon by the local law enforcement agencies. There will be nice private changing rooms available for use before and after the race.
* Those registered as “mini-sprint” get to pick the distance for each portion on the day of the race. Just use common sense. If you haven’t done any swim practice, the 750 yard swim is probably not realistic. But, if you’re feeling pretty good at the turnoff for the run, feel free to do the entire 5K.
* Swim caps **MUST** be worn. Removal of the swim cap alerts the lifeguards that you are in trouble, and subsequently removes you from the swim portion.
* Stay to the right on the bike course (and run course too). People may pass you (and that’s ok) and you may pass people yourself (and that’s awesome!) Just remember to pass on the left and announce it when possible. You must ride single file, a couple of bike lengths apart, and never cross the middle of the road.
* Breath in…breath out…breath in…breath out…