

Dear SPA GIRL ladies,

WELCOME! WELCOME! WELCOME!

We're so very excited about y'all joining us for our 4TH Annual SPA GIRL TRI at the incredible JW Marriott San Antonio Hill Country Resort & Spa.

Please familiarize yourself with our San Antonio Course Race Maps:

<http://www.spagirltri.com/course-maps/>

AS well, please see the venue map & parking map located at the bottom of the San Antonio race info page: <http://www.spagirltri.com/spa-girl-tri-san-antonio/>

Some of our SPA GIRL ladies are very new to the fun sport of triathlon and may not know what to bring so here is a helpful list of race items as well as informative advice for Race Day:

<http://home.trainingpeaks.com/blog/article/triathlon-race-day-checklist-%281%29>

PACKET PICKUP: Friday, MAY 8th from 3-8PM in the JW Marriott Conference Center Exhibit Hall along with our creative EXPOTIQUE shopping experience. The Exhibit Hall is on the furthest western portion of the resort down all the escalators. Parking is nearby on both sides.

****PLEASE BRING YOUR BIKE TO PACKET PICKUP FOR CHECK IN AT TRANSITION AREA AFTER YOU GET YOUR RACE BAG ON FRIDAY****

Race Information Meeting (NOT Mandatory but helpful): Friday, May 8th, at 7:30 Exhibit Hall. Q&A session as well to alleviate any concerns.

AFTER you get your Race Packet, please put your bike sticker on your bike and then you can safely put your bike in our secured Transition Area. We will have overnight bike security. A simple bike check up is always good on Race Week BEFORE you arrive at the SPA GIRL TRI. When you receive your custom Race Packet, you will get a Race Bib with your number on it. Please place this on the **front** of your outfit **FOR THE RUN ONLY**. We'll be able to recognize you on the swim & bike with your Bodymarking. Some pin them on their shirts for the run while others buy a race bib belt. Your bike sticker will go on your bike so you can

collect it AFTER the last rider comes in during the race.

You will need to pick up your Timing Chip (ankle strap & device that gives you your time for the race) on RACE DAY located at the Transition Area Exit on the way to the Pool. (RELAY TEAM MEMBERS hand off their Timing Chip strap to their teammates in the Transition Area BETWEEN LEGS OF THE RACE)

You will set up your other gear on RACE DAY MORNING beginning at 5:15AM. The JW Marriott San Antonio Resort & Spa has several nice restaurants open on Friday evening. Those in need of Saturday morning energy, Starbuck's will open very early on Race Day for y'all at 4:30AM and Cibolo Moon along with the River Top Cafe within the Pool Area at 6:30AM. (this is also a good spot for family members to grab a bite to eat)

Race Day ~ May 9th

RACE DAY PARKING:

For non-resort guests, please park in the “Valero Lot” on Marriott Pkwy just off TPC Pkwy. This is about 1/2 Mile from the Conference Center Entrance. We will have several luxury shuttles for you, your friends, family & race gear. If for some reason you bring your bike late on Race Day morning, you will have to ride it to the resort from the Valero Lot **WITH YOUR HELMET ON!!**(it won't fit on the shuttle) Once at the Conference Center Entrance on the half circle drive, go up the escalators to the Rotunda. **BODY MARKING** is in the Rotunda where it is well lit. Lines will form coming up from the escalators and from the Starbucks direction for those staying at the resort. Proceed to the Transition Area on Event Lawn 1 just

outside the Rotunda via the hallway to the Sunday House or the Starbucks Exit.

Spectators can view the swim portion on the South End of the Lazy River by the Main Pool Entrance. Please remind your fans to STAY OFF the course from the lazy river to the back pool gate!! ;-)

Thanks!

BODYMARKING Starts @ 5:15am in the Rotunda (just meters West of Starbucks).

Your race & post race gear can be safely left in the Transition Area just underneath your already racked bicycle. Please pack this gear tightly together under your bike so as to share scarce transition space with your SPA GIRL neighbor.

Bikes will already be checked into the TRANSITION AREA located on the maps

(#14 on the 3D map, and labeled on the detailed map) from Friday Packet Pickup times. You can ONLY check your bike in on FRIDAY (only a few emergency exceptions are allowed so we can start ON TIME). Please ONLY participants in our Transition Area. NO EXCEPTIONS!!!

BE SURE TO PICK UP YOUR TIMING CHIP RIGHT OUTSIDE TRANSITION AREA on the way to the pool.

The good folks from [AUSTIN TRICYCLIST](#) will be kind enough to assist any bike issues (be sure to air up your tires BEFORE you rack your bike on Friday).

**DO NOT FORGET YOUR HELMET.
HELMETS ARE MANDATORY**

NO HELMET / NO RACE!!

THERE IS ABSOLUTELY NO USE

OF IPODS/earbuds, ETC. DURING THE RACE. If you are using a phone for pacing that is fine, but no music.

We need your best safety asset, your hearing, to be completely alert in case we need to direct you OR get your attention for any reason safety or otherwise.

Plus it's fun to enjoy the sounds of nature and encourage one another out there. Our SPA GIRL ladies are famous for cheering each other onto a fantastic Finish. Please listen and use all the Volunteers & Deputies out there for your assistance. They will be placed to help guide you and to also respect the resort.

****TRANSITION AREA CLOSSES AT 6:30AM SHARP!****

PRE-RACE MEETING - 6:45AM

Please proceed to Finish Line Area for Race Day Instructions, Prayer & National Anthem. You will be broken up into FOUR groups based upon your colored wristband, which is indicative of the swim pace you gave us; thus, you will be seeded accordingly.

BATHROOMS: There are lots of fine ladies bathrooms throughout the entire JW Marriott Resort for your pre- race needs. Please see Race Map on race site as well. The pool area has TWO bathroom buildings near the Water Slide and over on the far EAST (right) end by the Lazy River. During The Race itself there will be 2 port- o-potties just North of Transition between the Bike Out/ In AND Run Out.

Race Starts @ 7AM SHARP!

SWIM: Race begins with a Time Trial Start whereby one swimmer will enter immediately after the other into the Lazy River down the stairs by the bridge. Once you start, please stay to the right or middle unless passing. You will do ONE LAP (400 meters) in the Lazy River and exit the same set of stairs and U-TURN onto the bridge and exit the pool area via the back (North) gate.

*****NEW THIS YEAR: There will be NO running until you exit the pool area*****

(SAFETY FIRST!!)

To respect the resort and their sold out status, there will be no swim towels available during the race. It creates too many issues for them to be ready for other guests after we are finished in the

lazy river. So please bring your own towel if you really need one..usually ladies just dry off as they are transitioning to their bike :-)

BIKE: Once in the Transition Area grab your bike gear, HELMET & bike. Please be considerate of other athletes next to you by NOT taking up too much space. Thanks. PLEASE PLEASE strap your bike helmet on BEFORE YOU DO ANYTHING!!!! Walk or jog your bike out the BIKE OUT onto the cart path. **BE CAREFUL NOT TO SLIP ON CART PATH ** (It's 100 yards and short off road carpeted section) to the Parking Lot. where MOUNT LINE is located. DO NOT MOUNT YOUR BIKE UNTIL YOU PASS THIS LINE.

Once you are on your bike thru the short parking lot section to the STEEP DOWNHILL, PLEASE BE VERY CAREFUL GOING DOWN THIS HILL because you will be making a SHARP RIGHT TURN onto Resort Pkwy.

You will then speed down to the Resort Pkwy turnaround and then head back to the 4-Way Stop Sign. RIGHT onto Marriott Pkwy and up a gradual hill.

Once you reach TPC Pkwy, you will turn LEFT and go downhill towards Resort Pkwy then U-TURN into the opposite lane to go uphill. This 2-lane section of TPC Pkwy will have 2-way bike traffic so BE CAREFUL. Please STAY RIGHT unless passing. We will have lots of new triathlete participants SO PLEASE BE PATIENT WITH EACH OTHER. ONLY PASS ON THE LEFT side of your lane.

Be vocal about passing other athletes to let them know where you are, “ON YOUR LEFT” etc. Then it’s RIGHT onto Marriott Pkwy to the 4-Way Stop Sign. Then LEFT onto Resort Pkwy for your 2nd Lap. Please heed any Bexar County Deputy instructions. They are out there for your safety. Once you finish your 2nd Lap get in the Right Lane on Resort Pkwy and HEAD UP that original downhill (sorry it's uphill now to keep y'all safely away from other Resort traffic) and back to the Transition Area.

RUN: Rack your bike properly and put on your run gear after taking off your bike gear. Head to the RUN OUT exit towards the cart path that takes you back towards the pool area. PLEASE STAY LEFT on the cart path. You will pass the pool exit and keep going towards the Golf

Clubhouse. The run route will be well marked with volunteers and spectators.

Once you pass the Golf Clubhouse, you will run down the Clubhouse driveway onto the sidewalk taking you to that 4-Way Stop Sign. You will continue to stay on the LEFT side of the sidewalk and onto the Resort Pkwy sidewalk all the way down to the turnaround. We will have a Water Aid Station at Mile 1 of your 2 Mile Run as well at the beginning of the Run at the RUN OUT point. Once you turnaround on the sidewalk on Resort Pkwy, you will head back to the 4-Way Stop Sign and up Marriott Pkwy sidewalk towards the Golf Clubhouse and back onto the Golf Cart path while staying LEFT. You will go around the Pool Area to the Finish Line. Have fun!!! Smile for your FREE Race Photos and your adoring fans ;-).

POST RACE PARTY:" You will be treated to some fresh yummy mimosas (sorry limit one please until everyone has been served), delicious quiche in all cheese or lorraine, chocolate dipped fruit bar area and all sorts of fun. **Food & drinks ONLY FOR PARTICIPANTS.** Thank you for your understanding. JW Marriott will have food & beverages for your friends, family & fans for purchase.

RESULTS: You can see your race times & splits on the white timing trailer monitors next to the Finish Line.

One last request. We love our spectators and of course want many of your family and friends out cheering you on, we just ask that they respect the resort and stay in the designated areas according to the venue map. Please **stay off all cart paths** which are part of the race and

especially when watching the swim...DO NOT sit in or walk in any vegetation around the pool area or on the walls. We appreciate your assistance & support.

HAVE A GREAT RACE!!!

+Michael & Janelle
SPA GIRL TRI

www.SpaGirlTri.com

P.S. 2016 Registration will open promptly on Sunday, May 10th, along with THE best JW Marriott discounted group rates in our block.