



Playtri McKinney Triathlon, Run-Bike-Run & 5K

Athlete Guide



Sunday, August 29, 2021
The Colony, TX



2020 CERTIFIED RACE DIRECTOR



SANCTIONED EVENT

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USA Triathlon

USA Triathlon is the national governing body for the multisport disciplines of triathlon, duathlon, aquathlon and winter triathlon in the United States. USA Triathlon is a member federation of the U.S. Olympic Committee and the International Triathlon Union. Its headquarters are in Colorado Springs, Colorado.

USA Triathlon's 140,000-strong membership is comprised of athletes of all ages, coaches, officials, parents and fans striving to strengthen multisport. As an athlete, we know your focus is to swim, bike and run to the best of your ability - here are the resources to help you reach your multisport goals.

USA Triathlon Competitive Rules

It is important for all athletes competing in USA Triathlon sanctioned events to have a basic understanding of the USA Triathlon Competitive Rules. USA Triathlon has issued a set of rules to maintain consistency and order from race to race across the country, keeping competition safe and fair.

[Learn more about the USA Triathlon Competitive Rules.](#)

USA Triathlon's [race rules video briefing](#).

The Most Common Rules Violations In Triathlon

[Please learn about Most Common Rules Violations here.](#)

USA Triathlon's membership program

Annual members of USA Triathlon receive information to take their training to the next level, access to great discounts on products and services, and the satisfaction of providing support for programs designed to promote and grow multisport throughout the country.



How to Avoid Penalty

Headphones:

Headphones, headset, radio, or a personal audio device may not be carried or worn during competition.

Penalty: Time penalty – WEARING HEADPHONES OR EARBUDS OF ANY KIND = TIME PENALTY.

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

Helmet

Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

Outside Assistance

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Time Penalty

Transition Area

All bar ends must be solidly plugged.

No participant shall bring ANY glass containers into the transition area.

Penalty: Disqualification

Unsportsmanlike-Like Conduct:

Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators.

Penalty: Disqualification

Resource: [USAT Competitive Rules](#)

Health Safety Procedures

Playtri Team has established the necessary protocols for a safe environment and is committed to following CDC recommendations and guidelines.

Athletes should also practice hygiene protection measures recommended by the [WHO](#) and [DCD](#).

Any specific procedures required by the hosting site will be announced on the event website the week prior the event. Please check for updates.

Packet Pickup Schedule & Guidelines

Packet pickup procedures are regulated by USA Triathlon and the logistics of race timing and liability. Please plan accordingly. USA Triathlon is temporarily allowing athletes to pick up race packets for other individuals in order to reduce the number of people at packet pick up and reduce the risk of spreading Covid 19.

Every person picking up a race packet must show a photo ID. If you ask someone else to pick up your packet, please make sure they have a copy of your photo ID they can present to the event staff at packet pickup. A picture of your photo ID on your family member or friend's phone is acceptable for race packet pickup.

Wednesday 8/25/2021

11:30am – 2:30pm [Playtri Cycling The Colony](#)

Wednesday 8/25/2021

4pm-7pm [Rockwall Cycling](#)

Thursday 8/26/2021

11:30am-2:30pm [Playtri Fort Worth](#)

4:00pm-7:00pm [Playtri Colleyville](#)

Friday 8/27/2021

12:00am-6:00pm [Playtri Dallas](#) - free pre-race clinic for all participants @ 6:00pm.

Saturday 8/28/2021

12:00pm - 6:00pm at the Craig Ranch Fitness & Spa

Sunday, race morning:

5:30am -6:30am at the race site.

***Race day packet pickup will be available for an additional charge of \$20 per athlete.

Only **cash** will be accepted. Please be prepared accordingly for this option if you plan to take advantage of it.

Event Parking

Event Parking



Event Site Overview



Event Schedule

5:30AM Transition Opens

5:30AM - 6:30 AM Late Packet Pickup, Body Marking, Timing Chip Pickup Available

*****Race day packet pickup will be available for an additional charge of \$20 per athlete.**

Only **cash** will be accepted. Please be prepared accordingly for this option if you plan to take advantage of it.

5:50AM – 6:50AM Pool Available for Warmup

Only participants and event staff are allowed in the transition area. Please advise your family and friends that they will need to remain outside of the transition area.

6:50AM Transition Closes

7:00AM Sprint Triathlon Start

7:05AM Run-Bike-Run Starts

7:20AM 5K Starts

7:30AM Super Sprint Triathlon Starts

8:30AM - 9:00AM Super Sprint Tri & 5K Awards Tent Opens

9:00AM - 9:30AM Sprint Tri & Duathlon Awards Tent Opens

Bikes cannot be removed from the transition area until all bikes have returned from the course. To remove bikes and gear from the transition area, all athletes must show their race number (body marking or bib). Race Officials will monitor all equipment removal.

The logo for Shimano, featuring the word "SHIMANO" in a bold, blue, sans-serif font with a registered trademark symbol (®) to the upper right of the letter "O".

Body Marking

Athletes are welcome to:

- **arrive** at the race self body marked, (sharpies or marks-a-lot work well)
- **self body mark** at the event prior to entering the transition area (a table with markers will be provided),
- wait to **be body marked by volunteers** prior to entering the transition area.

Triathlon Body Marking



**Your Bib #
on your left arm**



**Your Bib #
on your left leg**



**Your race age
(age on 12/31 of this year)
on your left calf**

Race Numbers

Your packet will include your race number, which you **MUST** have to race. Please follow the below instructions to make sure you and your equipment are properly marked on race day. Please note that body marking will take place on race day when you check into transition.



Please mark both of your arms and legs before you enter in transition. Have your number ready.



Bike numbers should be folded over either the top tube of your bicycle or around the seat post and fastening securely using the adhesive backing. The number should be visible on both side of the bicycle.



Helmet numbers should be stuck on the front of the participants helmet using the sticker adhesive.



The run or bib number must be worn on the front of your body during the run portion of the event. It can be attached to the athlete's garment with safety pins or worn on a race belt.

How to wear your timing chip

Pick up your timing chip* at the race site on race morning. **You will need to show your bib to receive your timing chip.**

You must wear the TRI Tag timing chip around your ankle.

Put the Tri Tag on at least 15 minutes before your race.

Make sure the Tri Tag Velcro is secure around your ankle.

Please be sure to return the timing chips and Velcro band into provided bibs after finishing your race. Loss of a timing chip may result in a \$39 charge to replace it.

*5K Runners will have disposable timing tags on the back of their bibs.

Reusable tags are for TRI and RBR participants only.

REUSABLE TAG AND STRAP APPLICATION

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



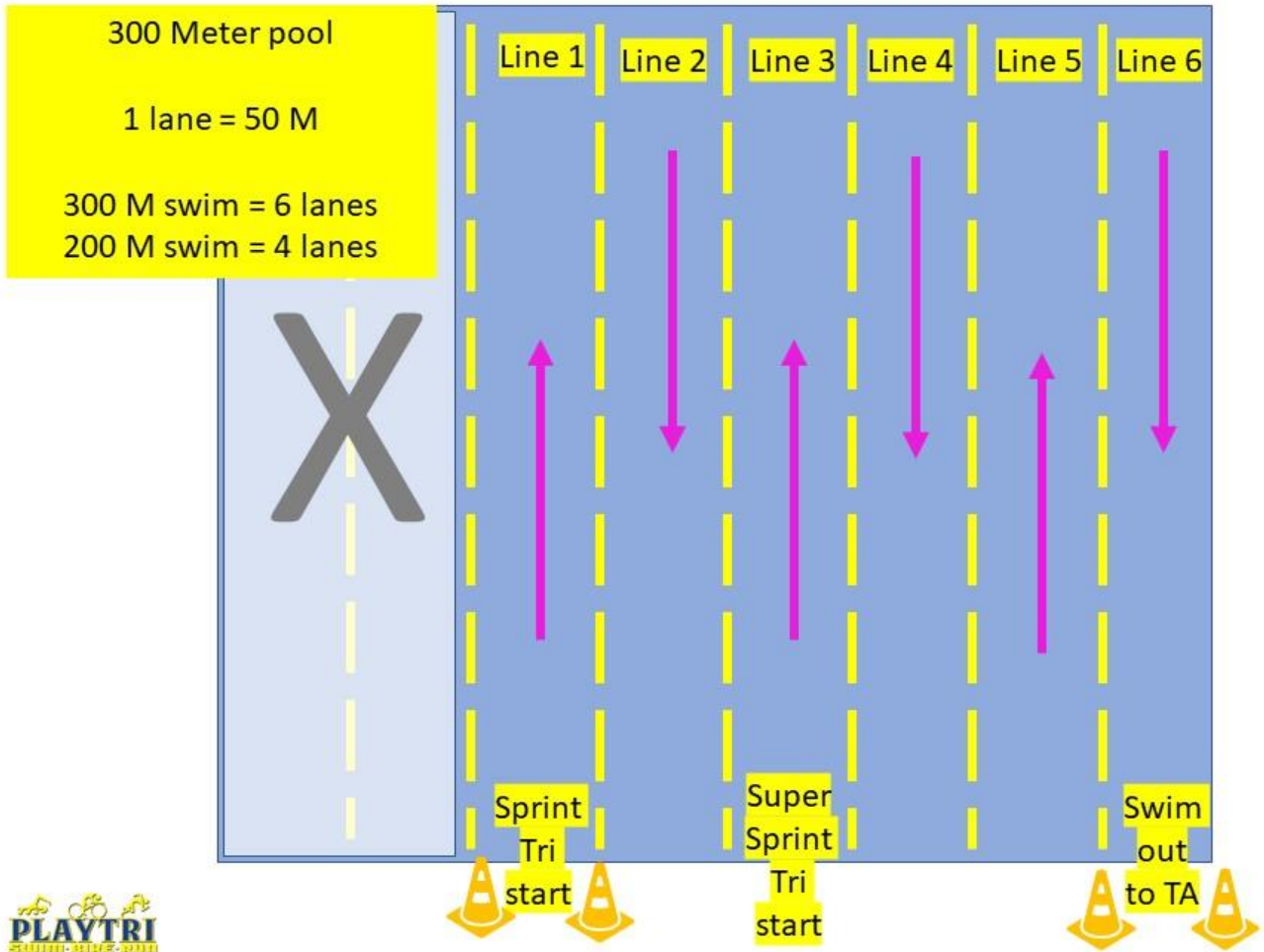
Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the **outside** of your ankle and press the Velcro to ensure a solid clasp.



Swim Course - triathlon

This will be a snake swim in an outdoor pool. Swimmers will line up by bib numbers and enter the pool as directed by race staff. Swimmers will swim down the lane, under the lane rope, down the next lane, under the lane rope, etc. until race distance is completed.



Bike Course for TRI and RBR

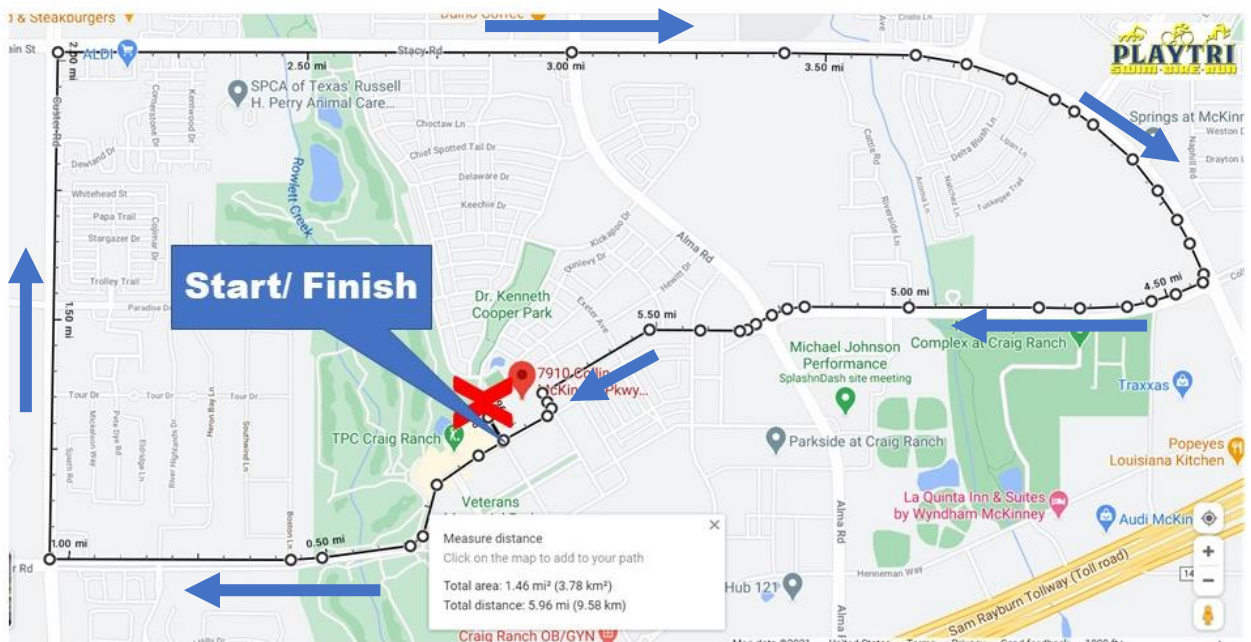
The bike course is a 6-mile loop for the SUPER SPRINT race and 2 loops - 12 miles total for the SPRINT race and Run/Bike/Run.

SPRINT TRI - Don't forget the bike course is **2 loops!** If you only complete 1 loop, you will be disqualified. Please pay attention to signage and directions as you come back for the second loop or finish.

Be sure to mount and dismount your bike on the visible line, do not ride your bike inside the transition area.

SUPER SPRINT = 1 loop
SPRINT TRI = 2 loops
RBR = 2 loops

Bike course
1 loop = 6 miles,
2 loops = 12 miles



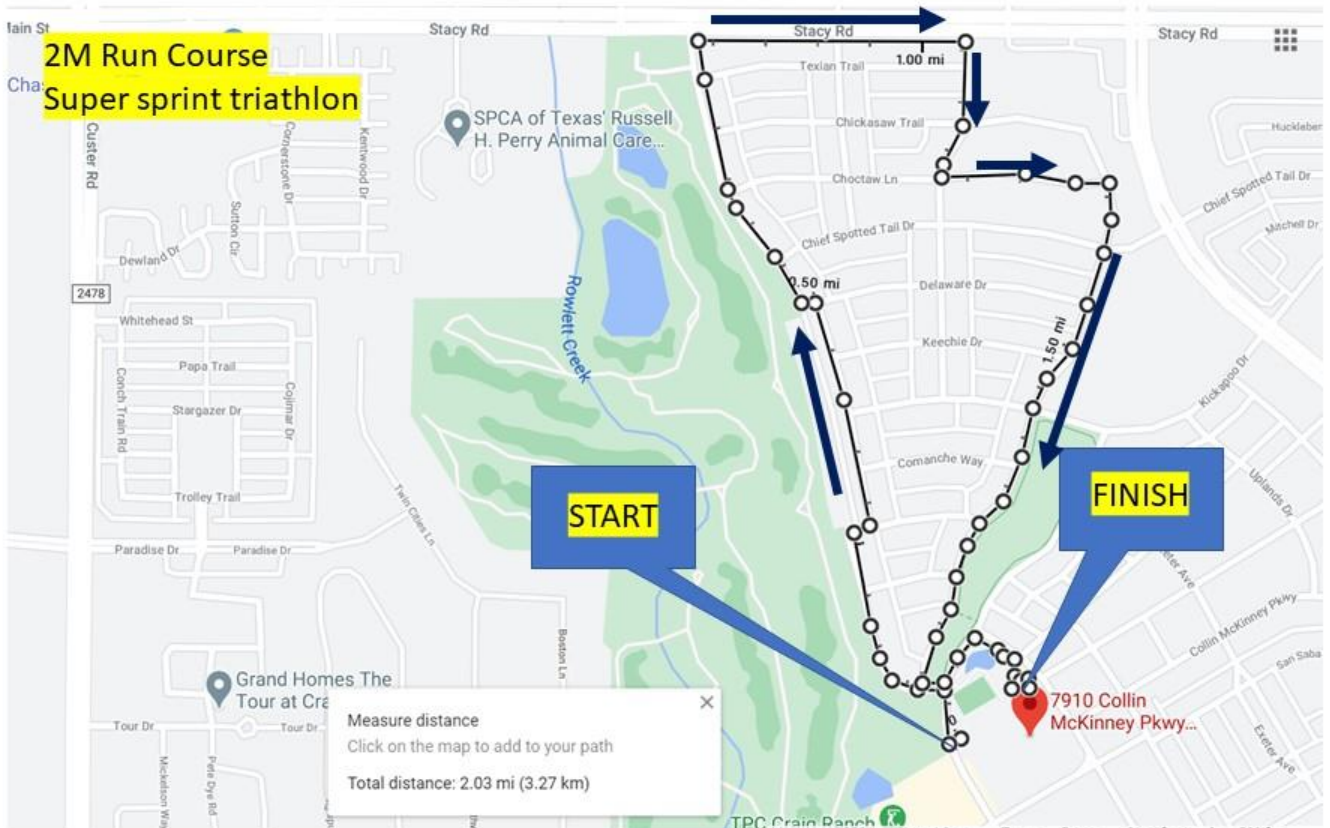
Sprint TRI, RBR & 5K Run Course



5K Run Course:
Sprint Triathlon,
Run-Bike-Run second run,
5K



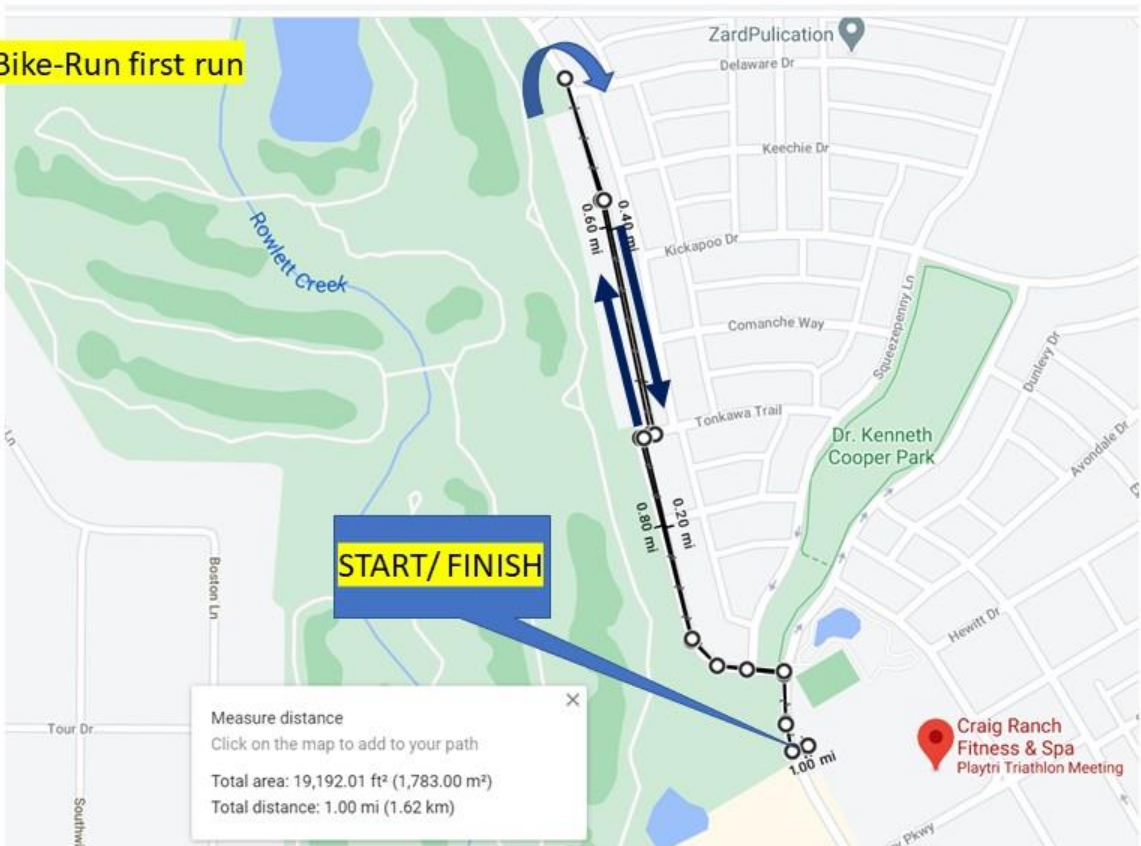
Super Sprint Run Course



Run-Bike-Run 1st RUN Course



Run-Bike-Run first run
1M



Aid Stations

Athletes are encouraged to bring their own nutrition as aid stations will be self-served and minimally staffed.

Please plan on grabbing water off the table yourself as opposed to the cups being handed out.



Post Race Party

Grab your meal ticket and head to the Honeylu's Coffee for a complimentary burrito! Enjoy post race breakfast on the patio! Additional food and beverages may be purchased at the café.



General Advice

Triathlons can be tough, but they should also be fun. The best way for that to happen is for you, the athlete, to be prepared! Along with the training that leads up to an event of this nature, there are some general tips for race day that can make your experience more enjoyable.

1. Have everything needed for race day ready the night before - use the checklist provided in this guide to make sure you have everything. To make transportation into transition easy, place everything needed into one bag. Make sure you affix the bike and helmet numbers before entering transition. You will not be allowed to race without these.
2. The earlier you show up, the better. The last thing you want to be is worrying about whether you're going to make it in time. Make you sure have time to find parking, self-body mark or be body marked, set up your transition, get your timing chip, use the restroom, warm up, etc.
3. Mentally prepare yourself. Use techniques like positive self-talk and visualization to remind yourself of the positive experience that you are going to have. Remember that we will do all we can to support you. Medical staff will be on site, as well as volunteers and safety officials throughout the course. Remember the preparation that you have done for this event and be confident in your abilities as an athlete.
4. Last, remember to have fun! This event should be a positive experience for you and everyone else. A positive attitude will go a long way!

Be courteous. Have a good time and allow others to do the same.

Race Day Checklist



- ___ HELMET AND SUNGLASSES
- ___ RACE NUMBER AND RACE BELT
- ___ NUMBER YOUR BIKE THE NIGHT BEFORE THE RACE
- ___ SWIMSUIT, SWIM CAP AND GOGGLES
- ___ TRISUIT
- ___ CYCLING SHOES, RUNNING SHOES AND SOCKS
- ___ TRANSITION GEAR: TOWEL, WATER BOTTLE, GEL PACK OR QUICK FOOD
- ___ REMEMBER TO RESET SPEEDOMETER AND/OR RACE WATCH
- ___ PUT YOUR BIKE IN THE GEAR YOU WANT TO EXIT TRANSITION
- ___ FOOD AND WATER FOR THE BIKE
- ___ FILL WATER BOTTLES AND MAKE SURE THE TOP IS OPEN!
- ___ SUNSCREEN AND OPTIONAL TOILET PAPER
- ___ FLASHLIGHT FOR EARLY MORNING RACES
- ___ BIKE PUMP
- ___ PREPARE PRE-RACE MEAL FOR MORNING OF RACE
- ___ RUNNING CAP
- ___ A SOLID PLAYTRI ATTITUDE!

Say NO to safety pins with a race belt!



Weather Contingency Plan

In the event of inclement, unprecedented and severe weather the start time of this event may be delayed by up to 1 hour. Past this time, the event course may be shortened or altered to protect the participants.

If conditions turn unsafe, the event may be cancelled. Event changes and cancellations are at the discretion of the Race Director.

We always strive to produce a full and safe multi sport event, but sometimes the weather conditions can affect those plans.

Considerable amount goes into planning a multisport event and we do so with the best intentions. Unfortunately, no one can control the weather and race directors are not the exceptions.

Our goal is to always produce a full event as scheduled and only modify these plans due to safety concerns some of which can be caused by weather conditions. Thank you for your understanding of these policies and we appreciate your participation.

