



# McKinney Kiwanis Triathlon, Run-Bike-Run & 5K Athlete Guide



Sunday, April 25, 2021

McKinney, TX



2020 CERTIFIED RACE DIRECTOR



SANCTIONED EVENT

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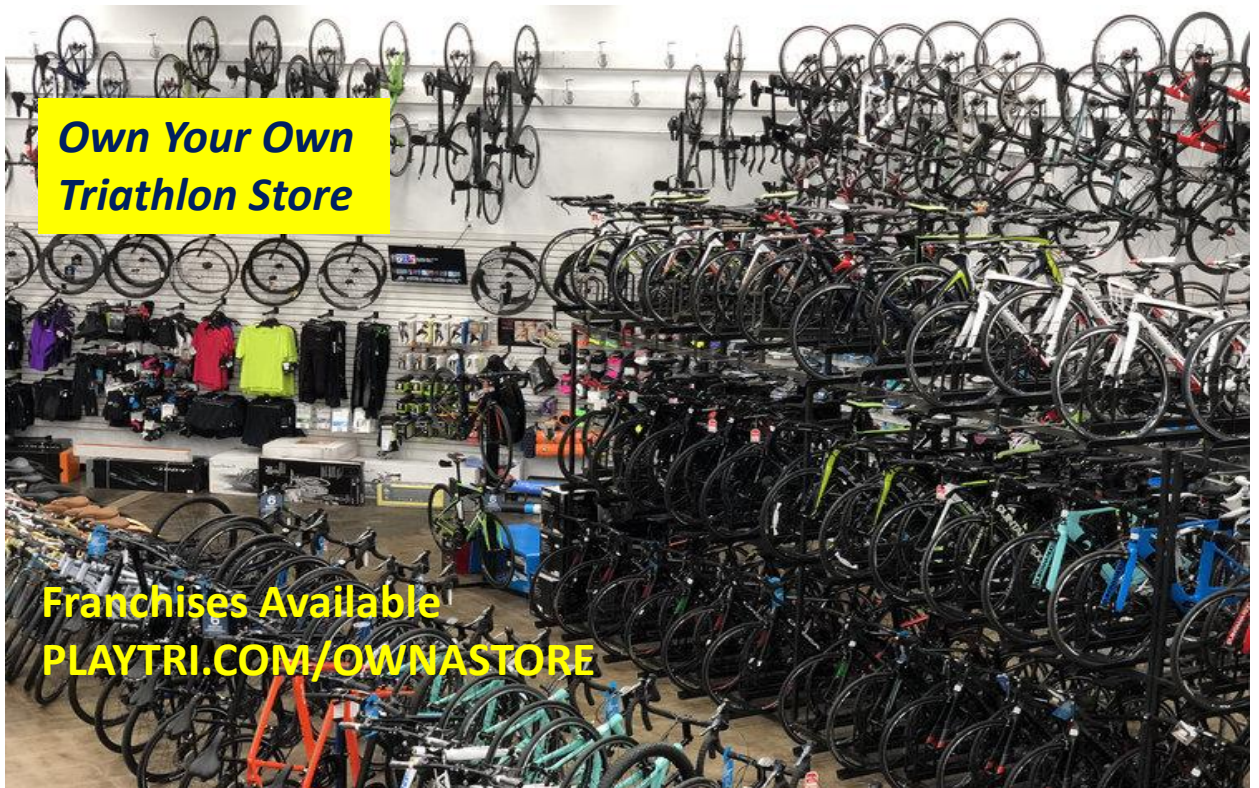


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# USA Triathlon

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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.



# Health Safety Procedures

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Everyone's safety is the priority, and we will be following all state and city guidelines and regulations on Covid-19. [USAT Safe Return to Multisport](#) will also be followed.

Please read carefully health-safety requirements and procedures:

- Do not attend if you are sick or have been in the last 14 days.
- Do not attend if you have been near anyone with Covid-19 symptoms.
- There will be no race day registration, no packet pickup on race day morning.** No exceptions, please plan ahead to pick up your race packet before race day.
- Specific check-in times will be assigned and communicated to athletes via email and social media: athletes will be invited to check in pre-assigned waves to avoid large crowds. Details of the corral assignments will be emailed to participants Monday (4/19) later in the day.
- Social distancing 6 FT apart will be required.
- Face masks or face coverings are required at all time (packet pickup, clinics, transition, etc.) unless you are actively competing. You will have an opportunity to safely dispose your mask prior entering the pool/ start.
- Cover your cough or sneeze. Stay at least 6' away if you cough and do not cough or sneeze while passing another athlete.
- Announce yourself to your fellow racer when passing so all parties can make effort to stay 6' apart.
- Do not spit on the course or in the transition area.
- Bike racks will be spaced per the [USAT Safe Return to Multisport](#). Spots for on bike racks will be marked with orange marking tape, please only rack your bike where a mark is available.
- Athletes are encouraged to come pre-body marked (self-body marking stations will be available). See [body marking instructions here](#).
- Athletes are encouraged to bring their own nutrition as aid stations will be self-served and minimally staffed to avoid physical contact. Do not place anything personal on tables. Do not place any items back on event tables after removing them.
- Dispose all trash into provided trash cans.
- Sanitizing stations will be placed at both sides of TA. You are encouraged to bring your own sanitizer as well.
- To minimize shoulder-to-shoulder contact, an awards ceremony will not be held this year. Awards will be mailed to winners. Results will be posted online live race day. After completing your event, please pick up your finisher medal and leave the event, do not congregate. Let's protect each other!
- This event is sanctioned by [USA Triathlon](#) and rules will be in effect, please familiarize yourself with those prior the event: [Race Rule Video Briefing](#) and [Most Common Rules Violation](#).**

# Event Schedule

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A statewide mask mandate is in place; please wear a face mask and keep 6 FT apart from others during packet pickup, clinics and all other places and activities during the event unless actively competing.

## Packet Pick Up and Late Registration

**WEDNESDAY, 4/21 FROM 11:30AM-2:30PM**

[Playtri Fort Worth Store](#)

**WEDNESDAY, 4/21 FROM 4:00PM-7:00PM**

[Playtri Colleyville Store](#)

**THURSDAY, 4/22 FROM 11:30AM-2:30PM**

[Playtri The Colony Store](#)

**THURSDAY, 4/22 FROM 4:00PM-7:00PM**

[Rockwall Cycling Store](#)

**FRIDAY, 4/23 FROM 11:30AM-6:00PM**

[Playtri Dallas Store](#)

We will hold a free pre-race clinic at this location @ 6:00pm for those interested in tips on transition, race site details and other detail. This clinic will be held outside to minimize shoulder-to-shoulder contact.

**SATURDAY, 4/24 FROM 10:00AM-2:00PM**

McKinney, [Apex Centre](#) - the race site

Race Day 101 Clinic Saturday 4/24 @2:00pm at the [race site](#). Quick tips on transition set up, race site details, what to expect on race day and more!

There will be no race day registration, no packet pickup on race day morning. No exceptions, please plan ahead to pick up your race packet before race day.

## Race Day Schedule

5:30AM Transition Opens

Race updates will be communicated repeatedly by an announcer

6:50AM National Anthem

7:00AM Triathlon Starts

7:01AM 5K Run Starts

7:10AM Run-Bike-Run Starts

To minimize shoulder-to-shoulder contact, awards ceremony will not be held this year. Awards will be mailed to winners. Results will be available live on race day. After completing your event, please pick up your finisher medal and leave the event, do not congregate.

Let's protect each other!

# Packet Pick Up Guidelines

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Packet pickup procedures are regulated by [USA Triathlon](#) and the logistics of race timing and liability. They are NOT suggestions—if they are not followed, there is the potential that you will be unable to race, so please plan accordingly! There are NO exceptions!

- Social distancing 6 FT apart will be required.
- Face masks or face coverings are required at all times.
- Sanitizer will be available at the tables.
- Only the participant may pick up his or her packet, except in the case that the participant is under the age of 17, in which case his or her parent or other legal guardian may pick up the packet.
- Every participant must show photo ID and proof of USAT annual or one day membership. If you purchased a one-day pass during registration, we will have record of it. If one of these is not provided at packet pickup, the participant will be required to purchase a one-day pass in order to pick up his or her packet, **regardless of whether he or she already has a membership.**(\$15 for adults)
- All Relay team participants must check in at packet pick up individually (team members do not all have to come at the same time). All team members must have their own USAT membership (whether annual or one day). Each member will be assigned their own unique race number.
- USAT regulation for Athena and Clydesdale weight class divisions. The qualifying weight for the Athena division is 165 pounds; for the Clydesdale division the weight is 220 pounds.



# Parking Guide

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## Apex Centre

3003 Alma Road, McKinney, TX, 75070

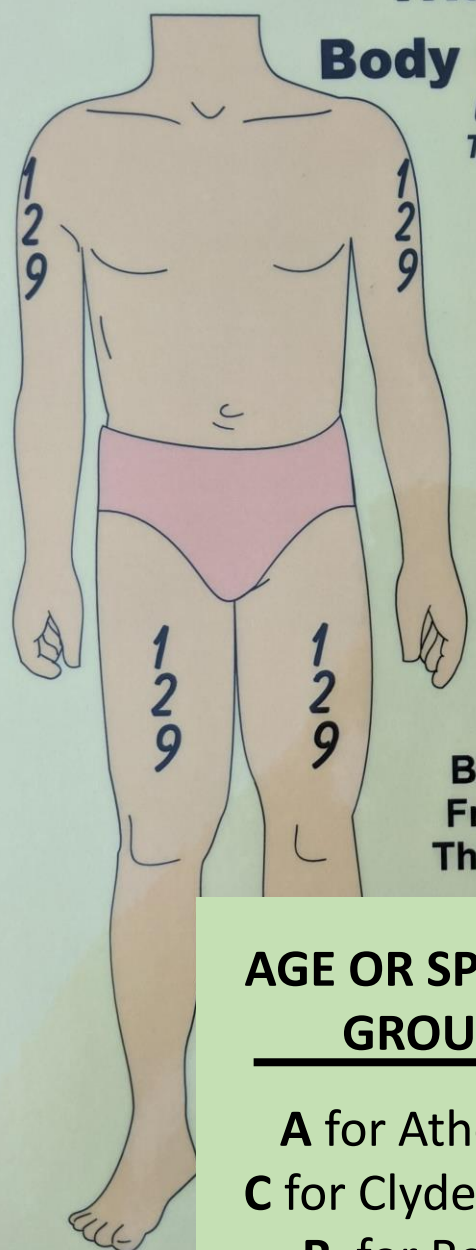




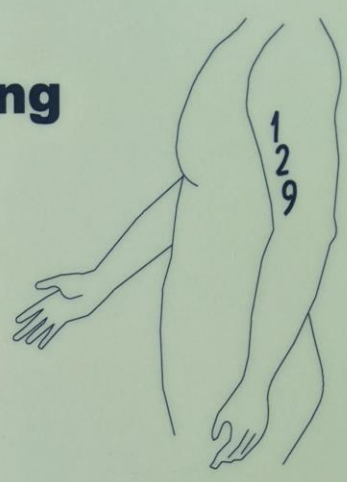
Athletes are encouraged to come to the race pre-body marked.  
For those are unable to get body marked beforehand, self-body marking stations  
will be available. Please follow these instructions for body marking:

## Triathlon Body Marking

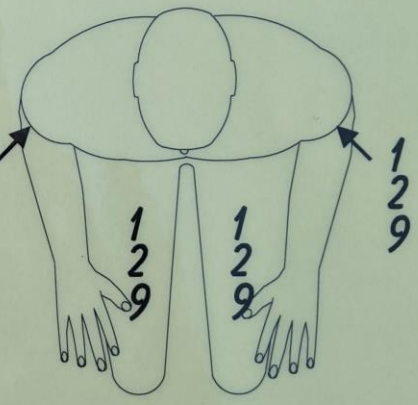
*Use Broad  
Tip Markers*



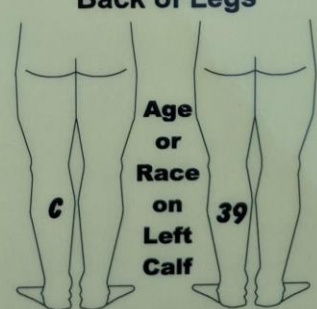
**Upper Arms**  
45deg  
to  
front



**Both Front Thighs**



**Back of Legs**



**AGE OR SPECIAL GROUP**  
→  
A for Athena,  
C for Clydesdale,  
R for Relay

# Race Numbers

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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.**

\*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)

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This will be a snake swim. Swimmers will line up 6FT apart by bib numbers and enter the pool as directed by race staff. Only a limited number of athletes will be allowed inside the building at time so please follow signs and volunteers to form a line outside.

Swimmers will swim down the lane, under the lane rope, down the next lane, under the lane rope, etc. until 11 lanes are completed.



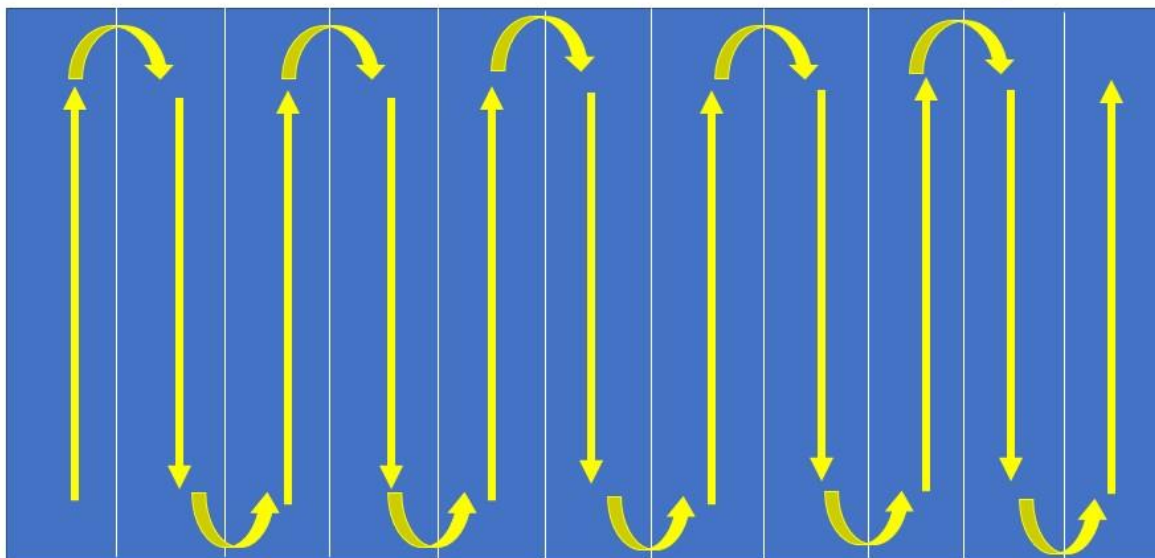
You will have an opportunity to dispose of your face mask or coverings immediately prior entering the pool.

No warmup in the pool will be available.

## McKinney Kiwanis Triathlon swim

25 yards pool, 11 lanes

275 yards swim



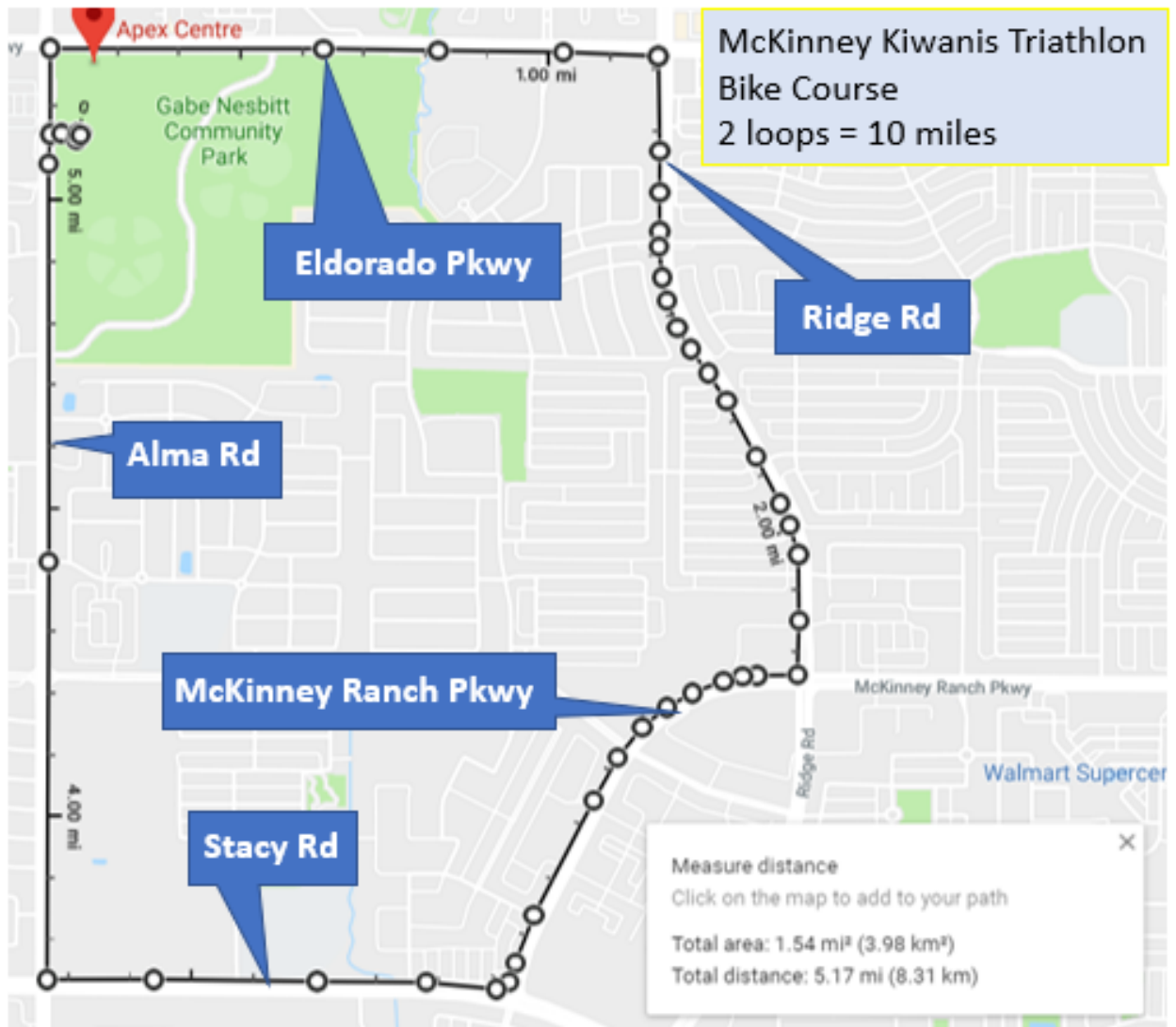
# Bike Course for TRI and RBR

The bike course will be a 5-mile route that begins and end at the Apex Centre. Athletes will complete 2 loop to ride 10 miles total.

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.

## Kiwanis Triathlon 2020 Bike Course





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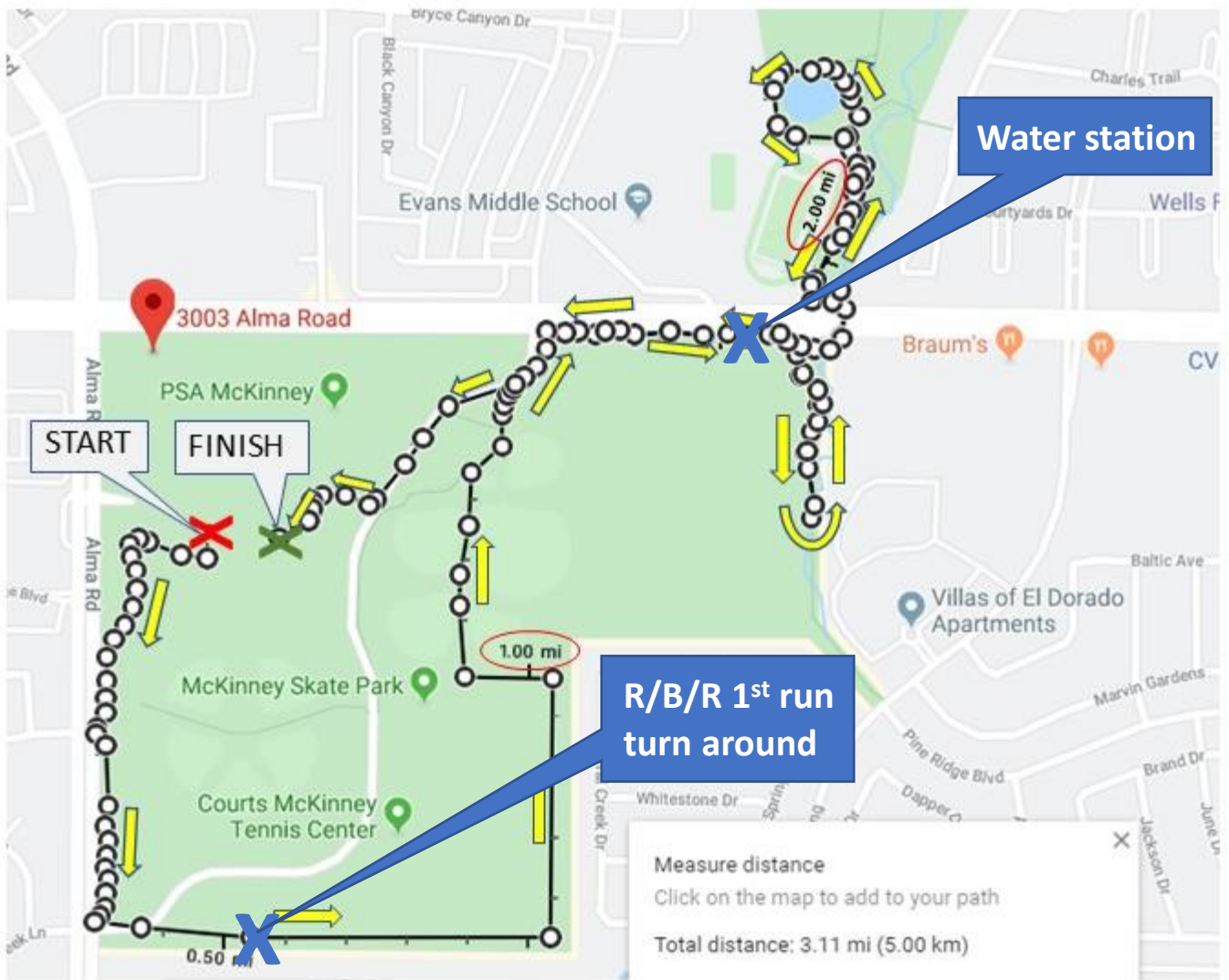
# Run Course for TRI, RBR and 5K Run

The run course is a 5K loop, beginning and ending at the Apex Centre parking lot. Participants of triathlon, R/B/R and 5K will run the same course.

The first run for R/B/R runners (1.1 mile) will take its participants 0.55 mile out of the transition area and back, merging in with triathletes.




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



# Aid Stations


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

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

# Post Race Party

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 We love inviting you to the post race festivities, but this year is different.

To minimize shoulder-to-shoulder contact, awards ceremony will not be held this year. Awards will be mailed to winners. Results will be posted online live race day. After completing your event, please pick up your finisher medal and leave the event, do not congregate. Let's protect each other!





# General Advice

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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!

# Race Day Checklist



- \_\_\_ HELMET AND SUNGLASSES
- \_\_\_ RACE NUMBER AND RACE BELT
- \_\_\_ NUMBER YOUR BIKE THE NIGHT BEFORE THE RACE
- \_\_\_ SWIM SUIT, 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

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In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the even 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.