



Take on the Heat Triathlon, Run-Bike-Run & 5K Athlete Guide



Sunday, June 5, 2022
The Colony, TX



2022 CERTIFIED RACE DIRECTOR



2022 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](#)

Event Schedule

Packet Pickup

4pm-6:30pm [Rockwall Cycling](#)

Race week Thursday

12:00pm-2:30pm [Playtri Fort Worth](#)

4:00pm-6:30pm [Playtri Colleyville](#)

Race week Friday

12:00pm-6:00pm [Playtri Dallas](#)

Race week Saturday

10:00am - 4:00pm [Playtri The Colony](#) + free pre-race clinic for all participants at this location at 4:00pm.

There will be no race day registration.

***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.

Race Day

5:30 AM	Transition opens, - timing chip pickup starts, - body marking starts, - race packet pickup starts***
6:50 AM	Transition closes
7:00 AM	Sprint Triathlon starts
7:05 AM	RBR starts
7:20 AM	5K Starts
7:30 AM	Super Sprint Triathlon Starts
8:30-9:00 AM	Super Sprint Awards Tent Open
9:00-9:30 AM	Awards Tent Opens (awards will not be mailed)

Packet Pickup 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 packets for other participants. The person picking up a packet for someone else must present to the event staff a picture of a Driver License of the athlete they're picking up for. The person picking up will also present their ID to event staff.

NO CHANGES TO REGISTRATION DETAILS WILL BE DONE AT PACKET PICKUP. Request to change registration details must be emailed to Events@Playtri.com.

*****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.

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Event Parking

Event parking will be at [the Hawaiian Falls Waterpark](#)

4400 Paige Road The Colony, Texas 75056.

Hawaiian Falls - The Colony is located 1/2 mile north of the Highway 121 and Plano Parkway intersection.

There will be no parking at the Aquatic Center except for VIP Parking. Please have your VIP Parking Pass ready for the site security.



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

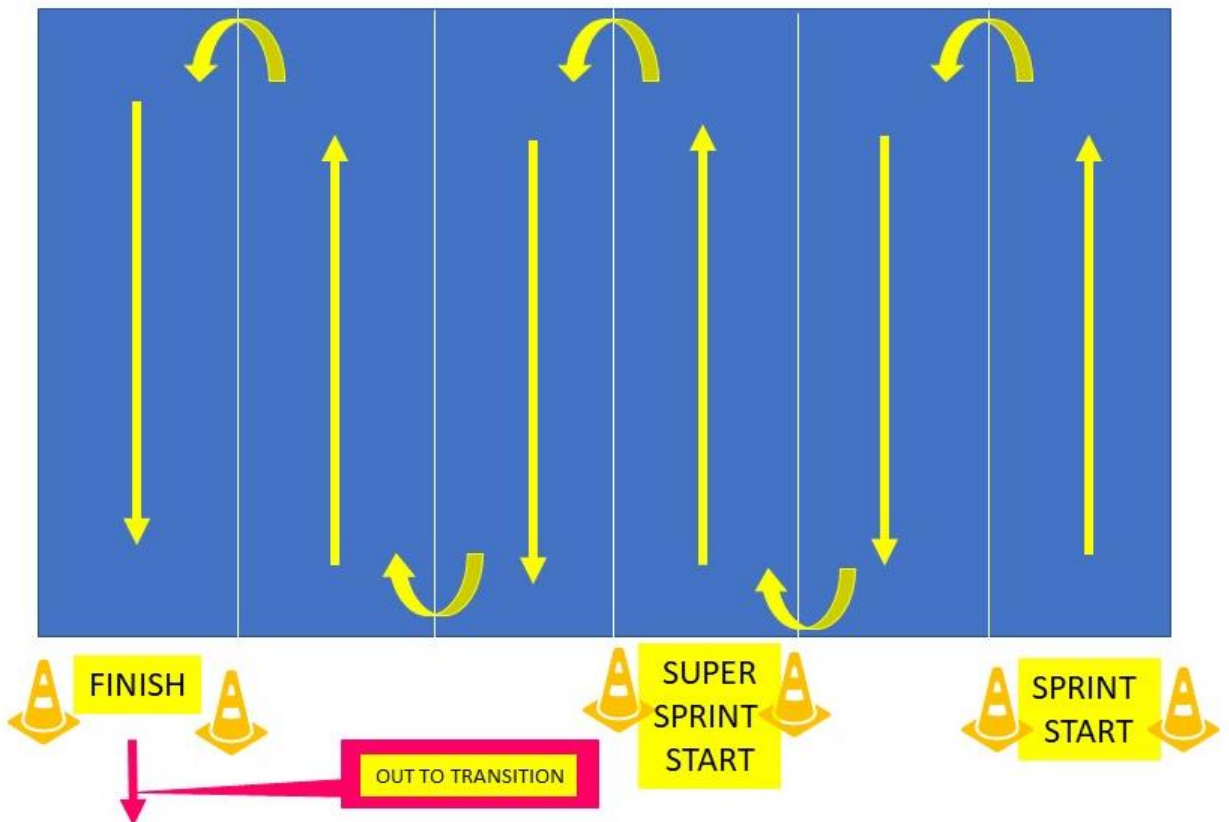
This will be a snake swim. Swimmers will line up by bib numbers and enter the pool as directed by race staff. Only a limited number of athletes will be allowed inside the building at time so please follow signs and volunteers to form a line outside.

Swimmers will swim down the lane, under the lane rope, down the next lane, under the lane rope, etc. until race distance is completed.

No warmup in the pool will be available. No spectators inside the building.

Swim Course 50 meter pool

Sprint 300 meter swim = 6 lanes, Super Sprint 200 meter swim = 4 lanes



Bike Course for TRI and RBR

The bike course is a 4.5 mile loop for the SUPER SPRINT race and 2 loops - 9 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.



Sprint TRI, RBR & 5K Run Course

The run course is a 5K loop, beginning and ending at the LISD Aquatic Center.

The RBR Run #1 is the 1.1 mile run to start the race on the yellow path.



Super Sprint Run Course

PLAYTRI[®] SWIM BIKE RUN



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.



After Crossing the Finish Line

Smile for the photo - Free Race Photo Courtesy of Playtri

You will receive an email during the post race week us with a link your race photos. You will be able to pick one free picture to download as courtesy of Playtri.

Don't forget to grab your finisher medal

Take off your timing chip and place it in one of our red buckets

Grab water and some snacks



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.



Playtri Little Elm Lake Triathlon & Run-Bike-Run

- SUNDAY, JULY 24, 2022
- 7:00 AM 11:00 AM
- 701 West Eldorado Parkway, Little Elm, TX

