



ATHLETE GUIDE

SEPTEMBER 10, 2023

Dear Athletes,

Welcome to the 15th annual CHRISTUS Trinity Mother Frances Rose City Triathlon, hosted by the East Texas Triathletes! Please read this guide completely, as it includes important details to ensure you have a safe and successful race.

Each athlete must pick up his or her own race packet. **No exceptions!** You must provide ID! Rose City Triathlon is a USAT sanctioned event. Each competitor is responsible for knowing and following all USAT rules.

Please refer to the USAT website for a complete list of rules located at www.usatriathlon.org. If you have questions about the race please contact meganraeriaz@gmail.com

RACE LOCATION The race is held at The Boulder's at Lake Tyler.

The address is: **16538 McElroy Road Whitehouse, TX 75791**

Packet Pickup Information:

Saturday, 11 a.m. – 5 p.m. at Peter's Autosports, 3306 W Grande Blvd, Tyler, TX 75703

Race Morning, September 12, 6:15 a.m. – 7:30 a.m. *(Please plan to arrive early for race morning pick up)*

RACE DAY SCHEDULE:

- Race Day Packet Pickup 6:15 AM
- Transition Opens 6:30 AM
- Packet Pickup ENDS 7:00 AM
- Transition Closes 7:40 AM
- Athlete Pre-Race Mandatory Meeting 7:50 AM
- Invocation 7:55 AM
- National Anthem 8:00 AM

RACE START (See schedule for wave start times)

IMPORTANT CONTACTS:

1. Race Director: Jonathan Johnson, johnsonj@me.com
2. Operations/Registration Megan Riaz, meganraeriaz@gmail.com
3. Volunteers: Rachel Johnson, racheljohnson4011@gmail.com
4. Course: Sean Kwiatek, skwiatek@hotmail.com

AWARDS

Cash prizes will be awarded to the top three male/female finishers broken down as follows: • First place – \$300 • Second place – \$200 • Third place – \$100

An additional \$250 will be given for new course records. All individual and relay finishers receive a finishers' medal. Age group awards will be given to first through third place (male/female) for each age group 12-14;15-19;20-24;25-29;30-34;35- 39;40-44;45-49;50-54;55-59;60-64;65-69;70 and up. Other awards will be given three deep: Relays, Clydesdale, Athena and Master's

RULES FOR RELAY TEAMS

CHRISTUS TMF Rose City Triathlon provides disposable timing chips (ankle straps) and each relay team will have ONE timing chip. Between legs, athletes must transfer the timing chip to the next athlete in the transition area. From swim to bike, the bike must be racked and cannot be un-racked until the swimmer touches the relayer; from bike to run, the bike must be racked before the runner can go. All team members must wait in the transition area until it is your time to go. The runner will receive all medals at the finish line.

RCT DISTANCES: 650m Swim, 13 mile Bike, 3.1 mile Run

WAVE START TIME	WAVE NUMBER	ATHLETE GROUP	CAP COLOR
8:00 a.m.	1	Male Ages 20-60	GREEN or WHITE
8:05 a.m.	2	All Females	PINK
8:10 a.m.	3	Male 19 and under Male 60 plus Relays	BLUE

PARKING

On race day, the parking area will be manned by volunteers who will guide you to a parking spot. We suggest you arrive at the race site in time to check-in and prepare your gear. Please make note: **if you are a participant or if you have family or friends that are coming to watch, they need to arrive before 7:30 a.m.** They will not be able to enter the parking area after this time or once the race has started. The main parking area will be in the grassy center section of the park, north of the tent/finish-line area. As that area fills, attendants will direct the overflow to the additional parking areas.

TRANSITION

The transition area is fenced in and has only one entrance. There will be volunteers at the entrance who will make sure you have correctly applied your race numbers (these are tattoos that come in your race packet). Our bike racks are first come, first serve. Each bike spot will be marked but not with a number, find a bike spot and rack your bike appropriately. Relays will have their own section marked. If you have a problem parking your bike, or cannot find your number, ask a volunteer. Be sure to have your assigned swim cap, race numbers and timing chip that is worn around your ankle. We have a chip timing system to supply quick, accurate results, with splits.

Thank you sponsors!



TRANSITION CONT'D

If you cross the finish line without your chip or if you have it around your wrist, you will not be scored. Please don't exchange chips with your friends—this will be an automatic disqualification. You will be asked to start moving out of the transition and to the swim area at the retaining wall at 7:30 a.m. Volunteers will funnel participants across a chip identification mat used for athlete accountability. It is imperative, after crossing the mat, to notify the race management team if you withdraw from the competition at any time. Proceed to the shoreline retaining wall where the swim wave staging will occur. Once out of the transition area, you will not be allowed back in, so please remember all of the items you will need at the swim start. At 7:40, there will be a short, mandatory race meeting. At 7:55 the National Anthem will begin and the race will start promptly at 8 a.m. (see swim waves for detailed breakdown).

SWIM COURSE

Warm up swimming is allowed inside the public swimming buoys. The swim start area must be free of swimmers during the race meeting and national anthem. The swim is a knee-deep water start. During the swim, the large yellow buoys will be on the swimmer's left at all times and indicate a left turn for the swimmer. The orange buoys should also be kept to the swimmer's left and indicate continuing in the same direction. Canoes and kayaks will be in the water to assist if needed. You may rest by holding on to the side of a kayak—please swim to the kayaks if you do so. We do not want the kayaks to maneuver into the lane of swimmers unless there is an emergency. Kayaks must remain stationary and may not assist you in forward motion (this would result in a disqualification). All participants must wear an assigned swim cap color with their race number. You will be disqualified if you are not wearing the race-issued swim cap for your age group. There will be three wave starts this year.

RACE NUMBERS

All competitors will receive three numbers in their packet. The paper Tyvek number with four pin holes is your run number. The bike number is the vertical adhesive number that will go on your bike frame. The small sticker goes on the front of your helmet. You are required to wear the proper number on each segment of the race. You will not receive a time if you cross the finish line without the Tyvek run number. Please have your race number visible on the front (either pinned on front of your shirt or attached with a race belt, included in your packet) when you cross the finish line. Athletes will receive bodymarking race morning as they enter the transition area.

BIKE COURSE

All bikes will be checked for end plugs, proper braking, and steering before entering the transition area. Any bike deemed unsafe by our tech crew will not be allowed to race--no exceptions! All handle bar ends must be solidly plugged in during the race--tape alone is insufficient. If you have a question as to whether your bars are plugged properly or if you need any bicycle parts or maintenance, call Playtri Bicycles at 903.534.9502. There will be bike tech tents near the transition area on race day if you need assistance. Only participants will be allowed to retrieve their bikes after the event and no bikes will be released from the transition area until the last cyclist is in. The bike course is open to traffic, however intersections will be monitored by uniformed police. Unless overtaking another cyclist, stay to the right at all times. Blocking and/or drafting penalties may be issued so please carefully read the drafting rules below. It is the responsibility of each competitor to know and obey the USAT rules. All participants will be responsible for water on the bike course. The helmet chin strap must be fastened before the participant first mounts the bicycle, at all times when the participant is on the bicycle, and must not be unfastened until the participant has dismounted. A USAT official will be monitoring the transition area. Headphones and headsets are not allowed on the running and cycling portion of the race (automatic disqualification). At the entrance and exit of the transition area, there will be a marked mount and dismount line on the parking lot. Safely proceed with your bike to this area for mounting. Once you have completed the bike course, you will be asked to dismount before reaching the dismount line. Violations of the mount and dismount rules concerning crossing the line will result in a one minute time penalty. We ask you to please slow down when nearing the dismount line. We will have volunteers at this point reminding you to slow down.

RUN COURSE

There will be a minimum of 3 water aid stations on the run course. Water will be provided at each aid stations. It is the responsibility of each participant to know the complete course. Remember, each person working the course is a volunteer and should be treated with respect. Remember that your race number must be visible from the front at all times on the run course.

If you have any additional questions please email Megan at meganraeriaz@gmail.com.

We look forward to seeing you soon! Let's race!