



Burnet 2015 Race Day Instructions

Race Starts at 7:30am

Directions to park: Inks Lake State Park, is located west of Hwy281 on Park road 4. The Park road 4 turn is about 5 miles north of Marble Falls.

Parking: After you enter the park, you will turn right at the stop sign and proceed to the center of the Park. We will have volunteers or signs directing you.

Transition: Walk your bike and equipment to the transition area on the grassy area in the middle of the park. If you have received your packet go directly to transition and get body marked and get your bike and helmet checked. You must do all 3 before entering transition. Open racking. ***Transition closes at 7:10am***

Last Bike must come in before we open transition for you to collect your equipment after the race is over.

Timing Chips: Pickup your timing chips at the staging area. You must be body marked or have your race bib.

Pre-Race Meeting 7:15 at the swim entrance

Swim: This will be a 800/1500 meter open water swim. You will swim a triangle course. When you exit the water proceed to the backside of the transition area next to the bath house. Swim start will be a time trial start with the Olympic race first. Approximately 10 minutes later the Sprint race will start.

Bike:

Sprint: Bike is an out and back 18 mile ride. Open road so obey all traffic laws and stay to the right at all times. When you exit the Park you will turn RIGHT on Park Road 4. Proceed down the road and turn RIGHT on FM2342, proceed down the road to the turnaround and come back the same route.

Olympic: Bike is an 2 loop course of the Sprint Course.

Run: The 5k/10k run will be a combination of out and back and loops on trails. You will exit the park on the service road and then turn left. You will go approx .7 miles and then turn back into the park and onto a trail. The trails will be mostly marked with Orange tape on trees. The pavement will be marked with flour and signs.

If you reserved a camping spot you must go to the Packet pickup tent near Cabin 1 in the center of the park. You will then be assigned a camping spot. Camping spots will be available starting at 2:00pm.

All USAT rules will be in effect, if you are on your bike at anytime your helmet must be firmly strapped onto your head.

Leave your IPOD at home, they are not allowed at all.

Post Race Food: We will have sausage wraps, fruit, cookies, muffins and other stuff after the race. As is our custom all Spectators are allowed to chow down along with the athletes.

Awards: Overall Male and Female; Overall masters Male and Female; Age group awards will follow standard USAT 5 year age groups.