

Rockin R Triathlon 2015 Race Instructions

Race Start: 7:00am

Transition opens at 5:00am

Directions: From IH35 from either direction, exit 191 on FM 306 and head west towards Canyon Lake. Take a left on Hunter Road and then right on Gruene road. Follow Gruene road down the hill, cross over the river and Rockin R is on your left.

Security: YOU MUST attach the provided adhesive sticker to your bike. You may place this sticker anywhere on the bike as long as we can see it.

Parking: Parking in the secondary parking lot is \$5.00. Parking in the main Parking lot is 10.00. If you don't want to pay parking, then park in Gruene and cycle down to facility, make sure you have your helmet strapped in

Transition: Before you can enter the transition area, you must be body marked and have the **BIKE #** attached to your bike.

ATTENTION, you will not be able to remove your bike from the transition area at the end of the race unless you can prove that the bike is yours by matching the bike number sticker to your race bib or body marking number. DO NOT remove your bike until we open transition.

**You will not be able to remove your bike until the last bike rider has finished, be patient and be nice☺
Go down to the water and relax and chill out.**

Swim Course: The swim will be a 400 meter out and back RIVER swim. The swim start will be a time trial start athletes will leave every 5- 10 seconds. The time trial start will be by age groups. Please use caution in the river, at some points it is narrow and you must sight your swim path often, this is the first 100 meters of the swim. We will have volunteers in the areas that are of concern for the swimmers safety. The swim maybe wet suit legal and will be decided on race day

Bike Course: OPEN COURSE, The bike course will consist of an out and back of 13 miles. The course is open to traffic and you must use caution when turning. There will be Policeman at the main turns and Volunteers stopping traffic for you to pass. Ultimately, you are responsible for your safety and should look for traffic at every intersection. If a Volunteer or a Policeman motions for you to stop, you **MUST STOP. Some of the bike ride is along the beautiful Guadalupe River. Caution!!!! 2 very sharp turns**

Run Course: The run course will be one loop that will go through the quaint little town of Gruene.

Kayak Triathlon: Your start will be in transition. You will cycle the bike course first. Once you return and rack your bike then run to the river and your kayak, paddle and Life vest will be ready. You must wear your life vest at all times during the kayak portion. Once you exit the river pull your kayak up on the bank and then proceed with the run. (See separate instructions)

Food: We will have Kielbassa Sausage wraps, fruit, cookies, pickles, etc etc. Veggie Burger wraps upon request. We not only feed the athletes but spectator too, we aim to please☺

Awards: We will have age group awards after the last person has finished the race. We will also have an Overall Female and Male awards and Overall Masters Female and Male awards.

Toobing: A 2 hour float down the river is available for the afternoon for a discounted fee. Once the float is completed you will be picked up by Rockin R Toobing Company. Call them for details or check them out on race day.

Timing: The event will be chip timed with 5 splits on the Triathlon. Pick up your chip at the Trailer on race morning.

Bathrooms: Behind the 2 story building

All race results will be posted on the RRP Timing website Saturday Night. WWW.rrptiming.com

Packet Pickup: Packet pickup requires you to be present and present your photo ID and USAT card. If you are not a member of USAT, you will need to purchase a one day permit for \$12, cash or check only. This is only done at packet pickup by the participant only. Please do not send someone else to pick up your packet; the packet will only be released to the participant.

Thursday 5-14-2015: SAN ANTONIO – Soler Sports, 18720 Stone Oak Parkway #150. (4:00pm – 7:00pm)

Saturday 5-16-2015: NEW BRAUNFELS - Rockin R River Rides, 1405 Gruene Rd. (4:00pm – 9:00pm)

Race Day 5-17-2015: Opens at 5:00am_

NO IPODS or anything that goes in your ear, don't bring them!!!! Leave them at home.

Mandatory Rule!!!! Penalty is dis-qualification