

Tri for Old Glory 2015 Race Day Instructions

Race Starts at 7:00am

Pre-Race Meeting: 6:45am (at Transition area)

Directions to River Ranch: From IH35 head east on Hwy 123. Travel ¼ mile and then left on FM621/Staples Road. Travel 3.6 miles and then left on Scull Road. Travel 2.7 miles on Scull road and then take a right into the River Ranch Sub-division.

20 MPH speed limit inside the Sub-division

Parking: After you enter the sub division, you will **turn right** at the stop sign and proceed around the lakes and then follow the signs to a large grassy area. We will have volunteers directing you.

Transition: Walk your bike and equipment to the transition area. If you have received your packet go to west side of 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 6:40am***

Packet Pickup: 5:15am -6:35am Packet pickup at the Transition area. You must pickup packet before you enter transition. Pickup your timing chips at the packet pickup area.

Swim: Olympic folks will start 1st and Sprint after last Olympic swimmer is in.

Olympic This will be a 1500 meter open water swim. You will swim an out and back course and and left to the dock. **Sprint** Swim will be a 500 out and back circular route. When you exit the water proceed up the boat ramp and take a right and go to the transition area. We will do a time trial start launching people one at a time. You will start by your age group, fast people up front, slower in the back.

Bike: Olympic: Bike is an 23.5 mile loop ride. Please review the map online at www.redemptionrp.com .

Sprint: Bike is a 11 mile loop course. Open roads so obey all traffic laws and stay to the right at all times. Steep downhill 1 mile from entrance to sub-division on Scull road, use caution. Police will be at all intersections and a motorcycle crew will be in support as well.

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

Run: Olympic The run is 2 loops around the sub-division and will finish by the River. There will be 2 water stations on the route that you will hit twice. **Sprint:** The run will be one loop around the sub-division. It will be hot so stay hydrated.

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: The awards ceremony will start approx. 3 hours after the race starts. If you are still out on course, no worries as the support will still be there and we will cheer you as you come through the finish line.