

Katy Triathlon at Cane Island Race Instructions

Please read this information prior to race morning so that you can be better prepared to adhere to the day's schedule of events.

Arrival Time:

The race starts at 7:00 A.M. with you or without you. Time, tide, and triathlon waits for no one. Plan your morning in order that you've parked, rode your bike to the transition area, been body marked, set up at your bike rack ready to leave for the swim start before 6:30 A.M. This leaves little time to go to the port-a-cans, put air in your tires, find water for your water bottle, visit with friends, and go to the port-a-can.

Directions to race site:

Take IH-10 West to Katy. Exit at Pin Oak and FM 1463. Stay on the feeder road under Pin Oak down to FM 1463. Turn right at FM 1463 and The Merrill Center parking area will be on your left in the next block.

Parking:

All parking will be at the Leonard E. Merrell Center 6301 South Stadium Drive Katy, TX 77494 (www.merrellcenter.org). Do not attempt to park in Cane Island or try to unload bikes and equipment there. The police will ask you to move. Park at the Merrell Center and then walk or ride your bike (with your helmet on) across Hwy 90 to Cane Island Parkway. Police officers will be present to safeguard your crossing.

Body Marking:

This will take place before you enter the transition area. You will be marked on your arms and thighs with your race number and on the back of your left calf with your age. Know your race number and age and tell the volunteer at body marking. **Wash these areas the morning of the event so the markers will write on your skin.**

Helmet & Bar End Inspection:

Have your helmet on your head so the officials can inspect it as you enter the transition area.

Transition Area:

Each row of bike racks has a number sequence. Read the sequence and rack in the correct row. Each bike rack holds eight bikes, four on each side. You may not rack a bike on the end of a row of racks. Once your bike is racked make mental notes as to the location. Practice how to get to it from the swim finish and how to return once back from the bike ride. **You may not ride your bike in the transition area.** There is a mount/dismount area at the timing mats at the front of transition area. Riding in the transition area is unsafe and will result in a disqualification. **When the last cyclist has entered the transition area from the bike course and left on the run course, we will open up for you to claim your equipment.**

The Swim Course:

The course is a five hundred meter course. Wear your assigned swim cap and enter the holding corral with your division or age group when called. You'll be instructed when to enter the water and given a short countdown before your wave start. **If you cannot swim this course, do not enter the water.** Tell the swim course coordinator, we'll take your timing chip, and allow you to do the bike and run. **ENTER THE WATER ONLY AT THE SWIM START PLATFORM AND SWIM EXIT PLATFORM.** Entering the water at any other location will result in a time penalty. This is an effort to not destroy the lake's banks.

The Bike Course:

The course is 15 miles. **At major intersections, lift your head get up off your aero bars and survey traffic conditions.** Things happen and it's best to be alert, rather than being involved in an accident because you weren't aware of the conditions. There are coned areas, stay inside of them for your safety. Moving outside the coned lane will place you in the traffic lane and in clear violation to receive a time penalty. If you have bike problems move to the outside off the course. Fix your problem and continue. If it's unfixable, remain there and a sag wagon will pick you up. **The signal that you need to be picked is to raise your helmet above your head and wave.**

The Run Course:

The 3-mile run course exits out the direction you returned from the bike course. You will run out of transition onto the sidewalk. Water is available at the run start and twice on the run course.

Your Responsibility:

It's your responsibility to know the entire course. Volunteers and police are there to assist you. Maps are included in this information.

Race Number:

You do not have to wear your number in the swim or on the bike. You must wear your number during the run. It has to be pinned on your body right above your belly button. This number is our means for identifying you at the finish line and the result of that identification is accurate results. If you forgot it, lost it, it fell off, the dog ate it, or your kid made paper dolls out of it, it's a problem you need to have solved before you arrive at the race site.

Bike Numbers:

You have a double-sided bike number that **must be on your bike before you enter transition and visible during the bike course**. Place the number on your top tube for easy visibility. You'll need this number to claim your bike. Your race bib and bike number must match to be able to remove your bike from transition.

Relays:

The relay swimmer wears the assigned swim cap and timing chip. The relay cyclists are at their assigned rack area awaiting the swimmer. Cyclist will stand next to their bike. When your swimmer reaches you and transfers the timing chip, you may move on to the mount/dismount area and start your bike ride. The runner is to be in the same position prepared to receive the timing chip from the cyclist. The runner can then start the run course. The runner must wear the race number on the front of their body during the run course. Swimmers, when you have finished, move quickly out of the area to reduce congestion.

Swim Waves:

You were given a colored swim cap at packet pick up and are expected to wear it race morning. You are being sent off in separate swim waves by division or age group in four-minute intervals. Pay attention to when your group is asked to be staged. Enter the swim corral from the back, stay out of the water until instructed to enter, and listen for your countdown to start.

Start	Division	Cap Color
7:00	Invitational	Red
7:04	Women 40+	Pink
7:08	Legends	Black
7:12	Men 20-29	Yellow
7:16	Women 20-29	Pink
7:20	Collegiate	Black
7:24	Men 30-34	Blue
7:28	Women 30-39	Pink
7:32	High School	Yellow
7:36	Men 40-49	White
7:40	Men 50+	Black
7:44	Men 35-39	Red
7:48	Clydesdale / Athena	White
	Men & Women 19 & Under & Relays	

Awards:

Awards will be presented at 9:30 am at the post race party if all age groups are complete. Check the scrolling screen for you times. If there is a problem talk with the timing official. Time penalties and DQs will be posted in this area.

Post Race Party:

Following your finish, relax at the party with friends and relive the morning's experience. Triathletes will be served before spectators. The party will provide pasta, pizza, No Label beer, smoothies, bagels, fruit, and music. Spread out on the grass, listen to some tunes, and soak up the morning.

Chip Timing:

This is a chip-timed event. You'll receive your chip at packet pickup. On race morning attach your chip to your left ankle. You are expected to wear your chip on your ankle throughout the duration of the event. Understand this...**no chip...no time!** We don't make up times or take the time from your wrist watch or your best friends guess.

Results:

Results will be on our website after 5:00 PM Sunday evening.

Entry Transfers:

Per USAT rules entries will not be transferred from one athlete to another regardless of circumstances.

Refund Policy: There are no refunds for this event.

Weather:

The weather is out of our control and we are its mercy on race morning. Under most circumstances we can continue to race. However, if it is deemed by the race committee and law enforcement officials that the course is unsafe we will first move to a swim/run event. Then we will move to a run only event if it is unsafe to be in the water. Finally we will suspend the morning's event should adverse weather conditions exist. **There will not be a reschedule date or any refunds or carry entries over to next year due to a weather cancellation or modified event.**

A Message from the Officials:

USA Triathlon rules are in effect and trained referees will be on the course to ensure fairness in the competition. Triathlon is an individual sport and you must take personal responsibility to understand the rules and avoid penalties. It is your responsibility to know the three courses. Penalties will be posted at the end of the race and individual results will be adjusted to the time penalty assessed for a violation.

- Ride on the right side of your lane
- Keep three bicycle lengths between you and the bicycle in front of you.
- Always pass on the left...never on the right.
- Complete your pass within 15 seconds.
- If passed, drop back before attempting to re-pass.
- Do not unbuckle or remove your helmet until you return to your rack.
- Treat athletes, volunteers and officials with courtesy.

Common rule violations:

- Illegal position or blocking – riding on the left side of the lane without passing
- Illegal pass – passing on the right
- Overtaken – failing to drop back 3 bike lengths after being passed and before re-passing
- Drafting – following a lead cyclist closer than 3 bike lengths and failing to pass within 15 seconds
- Chinstraps – unbuckled helmet chinstraps anywhere on the course or transition
- Conduct – unsportsmanlike conduct to other competitors, volunteers or officials
- Unplugged bar ends – bar ends must be solidly plugged

NO WARNINGS WILL BE ISSUED**Caution...Caution...Caution**

If you're not trained for this event and cannot complete the entire course, please do not start. Triathlon is a challenging sport that requires training. This race should not be viewed as a casual encounter.

The Check-Out Gate: No athlete is allowed in transition until the last cyclist has left on the run course.

In an effort to help athletes gather their bikes and gear so they may depart for other Sunday activities we will install a check out gate that will begin operation at 9:00 AM. Go to the Check-Out Gate and get in line. **You must have your race number to be allowed to enter.** Only athletes may collect their equipment. The gate keeper will allow 3-5 athletes in at a time. Collect your equipment and return to the Check-Out Gate to exit. **Your race number must match the number on your bike to be allowed to exit with your equipment.** Move quickly so that others may collect their equipment.