

Participant Information

Registration

- Participant must pick up their own packet no exception.
- You must have picture I.D. and **USAT** Membership card or purchase a **USAT** one day race pass.
- Cash or Check will be the only form of payment accepted at packet pickup.
- On line registration www.active.com
- Check bag for race numbers: Bike frame#, Bike Helmet# (To be worn on front of helmet) Run# (Mandatory to be worn during the run, and worn on your front side), and Swim cap, (Must wear swim cap to race).
- No race day packet pickup or registration.
- Olympic distance \$80.00 and Sprint \$40.00

At Race Site: Wise County Park

Camping is available at Wise County Park, picnic tables, Playground, public restrooms, and showers are available.

Rough Camping \$5.00/per tent per night
RV Hookups \$20.00/per night

For more information or reservations call 940-644-1910
Individual camp site are not reserved.

Absolutely No Glass containers allowed in Park.

Race morning

It is recommended to arrive no later than 5:30am to insure Parking.

Wise County Sheriff's department will assist in parking.

Transition and body marking gets started at 5:00am.

You will also need to get your timing chip race morning.

You will not be eligible for awards or official race time without timing chip.

Return chip after you finish race, \$30.00 dollar replacement fee if lost or not returned.

After body marking proceed to transition area to rack your bike.

Your bib number will be your bike rack number.

bike racks will be set up by a range of numbers 1-15 6-30 31-45 and so on.

You will have a designated rack, not a specific spot on rack.

You will be required to show bike helmet before entering.

Transition. **NO HELMET NO RACE NO EXCEPTIONS!**

Your bike will be inspected for end plugs and brakes.

Participant and race officials are the only ones allowed in transition, No exceptions.

Plano Cycling and Fitness

Plano Cycling and Fitness is providing a race day mechanic. He will be available for last minute bike issues and on the Bike course assisting stranded cyclists.

Mandatory pre-race meeting

This is a USAT sanctioned race and will follow all USAT rules. A reminder of USAT rules will be discussed prior to race start. No I-pods, headphones, or listening devices of any kind allowed on any portion of the course this includes cell phones. After meeting swim staging will begin. First wave will start promptly at 7:00am.

Swim

Olympic and Sprint race will be a deep water start, a counter clock wise swim. Always keep the buoys to your left. A table will be provided for eye glasses located at the swim exit. It will be your responsibility to get glasses to the table and retrieve them. Race officials will not be responsible for lost or damaged eyeglasses. if you feel panicked or just need to rest you can hold on to a boat or bouy to regroup. As long as you do not Forward your progress, you may continue to race.

Special Note:

If for any reason you drop out of the swim, it is mandatory To turn in your race timing chip to a race official as soon as you are out of the water.

Swim to Bike Transition

Locate your bike and proceed to bike exit, do not mount your bike prior to designated mount line. Olympic course is a 24.8 mile out and back. The sprint course is a 12 mile out and back and is on the same roads as the Olympic course. (See bike course map) Ride to the right side of the road and always follow USAT rules. Have water on your bike, the bike course will not have any aid stations.

Bike to run transition

Dismount bike at dismount line before entering the transition. Rack your bike at your designated area then proceed out the run exit. The run course is a 3.1 mile out and back trail course (see run course pictures). At the end of the first lap the Olympic distance runners will repeat and do a second lap. Sprinters will cross the finish line at the

conclusion of the first lap. The Olympic runners will cross the finish line at the end of the second lap. All participants must turn in their timing chips at the conclusion of the race. There will be an aid station at every mile of the run course.

Awards

Awards will promptly start at 10:30
All participants must have their run bib number to retrieve their bike out of transition. No bikes will be removed from transition until the last bike is off the race course. Participants only in transition.

Results

The timing company is RunFar Racing Service. Results will be posted at www.wisetri.com and can also be found at Runfar.