



Champions Triathlon & Duathlon

Saturday March 27, 2010

Lake Pflugerville

PACKET PICK-UP – All athletes must pick up their own packet. Make sure to have photo ID & USAT card

Friday March 26, 2010 Time: 11-7pm Location: Jack & Adams - 1210 Barton Springs Rd,
Saturday March 27, 2010 Time: 7-8:30am Location: Champions Venue - Lake Pflugerville

ENTRY & PARKING

All parking will be outside the venue perimeter. Parking will be on side of the road, on Weiss Road and Pflugerville Parkway. Please be prepared to walk /ride with your gear to the North Shore of Lake Pflugerville. (this is NOT the same location as the Lake Pflugerville Tri 2009). Please be courteous of residents, roadway & your fellow athletes when parking. See website for map.

RACE DAY SCHEDULE

Parking Opens:	7:00 a.m.
Packet Pickup & Registration Opens:	7:00 a.m.
Transition Opens:	7:30 a.m.
Packet Pickup & Registration Closes:	8:30 a.m.
Transition Closes:	8:40 a.m.
Pre-Race Meeting:	8:50 a.m.
Tri & Du START:	9:00 a.m.
Food Service Open:	9:30 a.m.
Awards:	approx. 11:30

TRIATHLON START

-see website for course maps-

9:00 - Men OLYMPIC
9:04 - Women OLYMPIC
9:04 - Relay OLYMPIC
9:30 - Men SPRINT
9:34 - Women SPRINT
9:34 - Relay SPRINT

DUATHLON START

-see website for course maps-

9:00 - Men / Women OLYMPIC
9:04 - Relay OLYMPIC
9:30 - Men / Women SPRINT
9:34 - Relay SPRINT

SWIM COURSE

Please make sure to review course maps – provided online – prior to race day. Know your course. The Champions swim course will be marked with Red Bull buoys – look out for the bull! Sprint distance swim will be ONE interior LAP. Olympic distance swim will be ONE LARGE LAP. Be aware – there are stairs from swim exit to transition – review swim entrance / exit prior to race.

BIKE COURSE

Please make sure to review course maps – provided online – prior to race day. Know your course. Volunteers and law enforcement are provided on course for safety purposes only – athletes must keep track of their own laps / loops.

Olympic bike course will be TWO (2) LOOPS

Please note that the bike course is 'long'. There will, however, be a timing point located at 40k, so you will be able to review your 40k split post-race.

Awards will be based on full course distance = 41.70K

Sprint bike course will be ONE (1) LOOP

Champions bike course is not a closed course – so please be aware vehicles may be on the road. Police officers will be positioned at strategic locations to assist with vehicular traffic.

Per USAT rules & for safety reasons, NO bikes will be released from the transition area until all participants are off the bike course.

RUN COURSE

Please make sure to review course maps – provided online – prior to race day. Know your course and number of loops. SPECIAL NOTE FOR SPRINT DISTANCE DUATHLETES: please follow all run course signage carefully – you are running a different route than everyone else.

GENERAL RACE DAY INFO.

* Chip timing provided by Cadence Sports. Cadence Sports timing chip MUST BE USED in order to receive race time. NO CHAMPIONCHIPS! Chip pickup will be on race morning only.

Results will be available at www.mychiptime.com and www.cadencesportsonline.com

* Average water temperature for March is 63 degrees. Champions Triathlon will be wetsuit legal race.

* Athletes must be bodymarked prior to entering Transition Area. Please wait until after you have been marked to apply sunscreen or lotion.

* Make sure your race number is on your bike & helmet

* Relay teams must hand off at bike rack

* Neutral bike support provided courtesy of our friends at Jack & Adams Bicycles

* Merchandise will be available for purchase – jerseys, shirts, caps & more. Bring cash or credit!

* Coffee will be available, for purchase by spectators, courtesy of Kohana Coffee

STAY FOR THE AWARDS – YOU MAY WIN AN XTERRA WETSUIT!

Thanks to our partners at Xterra Wetsuits – Red Licorice Events will be giving away a wetsuit at all of our 2010 triathlons! Athletes MUST be present to win – so make sure to stick around!

Please hang out after you race, for the awards ceremony. Lots of great food & drink. Cheer on your fellow athletes! *Awards will not be mailed.*

EVENT CALENDAR 2010

March 27 | Champions Tri & Du

Saturday kicks off the Champions Triathlon with co-ed sprint distance and olympic distance races. As a special twist for 2010 - we will offer a duathlon also - for those athletes not ready to tackle the wetsuit legal water yet!

May 2 - Oct. 23 | Sub-17 Series

What's the #1 question most triathletes are asked... "Do you do all that in ONE DAY?" At the Sub 17 Series the answer is no. Complete 140.6 miles one race at a time - over the course of 5 months. At the end we'll tally your time and see how you fared. This series is all about having fun and building your training base... just in case a very long triathlon is in your future.

SWIM: Open Water Swim in **May**. **BIKE:** Ring of Fire in **August**. **RUN:** Frankenthon in **October**. **AWARDS:** End of Year Party in **November!**

June 20 | Varsity / Jr. Varsity Tri

This triathlon brings fun & fitness to the entire family! Saturday will feature the Varsity tri - a perfect, beginner friendly sprint distance course for men & women. Saturday will also launch the inaugural Junior Varsity triathlon - for kids aged 7-17. Prizes for all 'winners'! A great weekend event for families.

June 26 | Twilight 5K

Get your vamp on and join us for a family 5K at the Hill Country Galleria. We'll have Twilight themed water stops, and an excellent post race party as the sun goes down over the beautiful hill country. It all benefits the Blood and Tissue Center of Central Texas, of course!

July 25 | Cougar Country Classic 5K

The Cougar Country Classic is the cheekiest 5K in Austin...benefiting a very important cause. Race course in The Domain offers runners a flat, fast course...perfect for those cougars chasing their prey! Men's wave kicks off first & the women set chase a minute later. Post-race events include live music, bachelor auction and fabulous post-race party.

August 14 | Ring of Fire

Ride or Race Luckenbach! Riders will begin and end in the historic town of Luckenbach and be treated to a full day of live music, food, drink & bike vendors. Casual riders can enjoy a 15 or 40 mile course, which hard core cyclists can hammer it on a timed 65 or 112 mile course. A celebration of cycling!

August 22 | Sweet & Twisted Tri

In 2008, the inaugural year of the Sweet & Twisted Tri - this event sold out 7 weeks in advance! In 2009, this women's only tri doubled in numbers - offering athletes a sprint distance event. The Sweet & Twisted Tri has become a 'must do' for female athletes in Texas.

September 11 | East Side Mile

The East Side Mile is a tradition in the making. Toe the line with other runners and see who is the fastest in Austin. This (mostly) straight shot will give you a great opportunity to PR in a distance most of us haven't raced since high school. Whether this is your first race or you are a veteran runner you have no excuses - after all it's just a mile! One mile. Downhill. All out.

September 19 | Red Licorice Tri

This co-ed event rounds out our triathlon season and will be the grandest race of them all. This event will challenge athletes with an olympic distance course. Special amenities and extra participant treats will be a feature of this event.

November 12 | End of Year Party

Time to celebrate & thank all of our athletes, volunteers & partners - we throw a rockin' year-end party. We will introduce our 2011 event calendar and open registration at a deeply discounted rate - one night only. The EoYP is a great opportunity for partners to get in front of our athletes on a relaxed & personal level.

December 12 | Jingle Bell 5K

The Jingle Bell 5K is a family friendly, winter inspired event in Austin. The Domain will once again be the host venue for this holiday favorite, now in its 25th year.



2010 beneficiaries include: YMCA Partners of Youth, SafePlace, Ronald McDonald House, Team Survivor, MADD, Austin Pets Alive, Blood & Tissue Center of Central TX,

www.redlicoriceevents.com