



## Champions Triathlon Weekend– *3 events in one weekend!* *Women's-only super sprint / Co-ed olympic / Pro - Elite*

### Saturday - April 25, 2009

**EVENT DESCRIPTION:** Women's -only super-sprint triathlon. First race in the *Women's Tri Series*.

**DISTANCE:** 300 meter swim. 12 mile bike. 2 mile run.

**LOCATION:** Pace Bend Park – Spicewood, TX – ph: 512.264.3951

**START TIME:** First swim wave begins 8:00 a.m.

#### **REGISTRATION INFORMATION:**

Individual \$60 – till 4/4/09

\$75 - late – till 4/24/09

\$80 - race day 4/25/09

Relay - 2 or 3 person: \$80 – till 4/4/09

\$95 - late – till 4/24/09

\$100 – 4/25/09

### Sunday - APRIL 26, 2009

**EVENT DESCRIPTION:** Co-ed olympic distance triathlon

**DISTANCE:** 1500 meter swim. 40k bike. 10k run.

**LOCATION:** Pace Bend Park – Spicewood, TX - ph: 512.264.3951

**START TIME:** First swim wave begins at 8:00 a.m.

## REGISTRATION INFORMATION:

Individual: \$80 - till 4/4/09  
\$95 - late - till 4/25/09  
\$110 - 4/26/09

Relay - 2 or 3 person: \$110 - till 4/4/09  
\$125 - till 4/25/09  
\$135 - 4/26/09

## Sunday - April 26, 2009

**EVENT DESCRIPTION:** Pro/Elite olympic triathlon - \$6,000 prize purse

**DISTANCE:** 1500 meter swim. 40kbike. 10k run.

**LOCATION:** Pace Bend Park - Spicewood, TX

**START TIME:** First Pro / Elite swim wave begins at 11:00 a.m.

## REGISTRATION INFORMATION:

Individual: \$80 - till 4/4/09  
\$95 - late - till 4/25/09  
\$110 - 4/26/09

Relay - 2 or 3 person: \$110 - till 4/4/09  
\$125 - till 4/25/09  
\$135 - 4/26/09

## ADDITIONAL EVENT DETAILS

**USAT:** Events are USAT sanctioned races. Current USAT annual membership or one-day pass is required.

### ***PACKET PICKUP / REGISTRATION:***

**Location:** Bicycle Sport Shop Central - 517 S. Lamar Blvd, Austin TX 78704

**Thursday** April 23 - 5:00-7:00 p.m. - Bicycle Sport Shop in Austin

**Friday** April 24 - Noon-6:00 p.m. - Bicycle Sport Shop in Austin

**Saturday** April 25 - Noon-4:00 p.m. - Pace Bend Park (race venue)

*Packet pickup for Co-ed & Pro will not be allowed before noon on Saturday!*

**Sunday** April 26 - 5:45-7:15 a.m. - Pace Bend Park (race venue))

Current USAT membership or one-day pass **AND** photo ID are required for packet pickup. Athletes must pick up own race packets. All relay team members must be present together for packet pickup.

***OVERNIGHT BIKE RACKING AVAILABLE ON SATURDAY- SECURITY WILL BE ON SITE OVERNIGHT. RACKING IS OPTIONAL, NOT MANDATORY***

**AWARDS:** 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> Age Groups, Overall, Masters AND 1<sup>st</sup> / 2<sup>nd</sup> Relay . Cash prizes for pro/elite race.

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All athletes must wear a Cadence provided chip to be timed & included in race results or eligible for awards. All chips must be returned at finish line. Any chips not returned are the sole responsibility of the athlete & will be charged by Cadence.

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**[FAQ's : packet pickup, venue, swim/bike/run, awards, merchandise, pro race, volunteer](#)**

**PACKET PICKUP**

***Can I pick up my race packet early and where?*** Yes, and we encourage early pickup, which is available at Bicycle Sport Shop. Please see website and top of this information sheet for times.

***Can I pick up my race packet race morning?*** Yes. Packet pickup will be available on race morning from 5:45-7:15 a.m. Please plan to arrive early if you need to pick up your packet on race morning – the lines will be much longer and you will need to pick up your packet before you enter transition area on race morning. Please remember that you must have USAT membership (annual or one day) AND photo ID in order to pick up packet – no exceptions.

***Can I pick up packets for my whole relay team?*** No. Per USAT rules all relay team members must all be present together to pickup packets. Each relay team member must also make sure they receive a 'relay team wristband', which will enable them to enter the transition area after it closes. Relay members must exchange timing chip inside special 'Relay Zone' inside transition.

***What do I get in my race packet?*** In addition to lots of wonderful schweg from our sponsors, each athlete should make sure their race packet includes: race numbers (3 pieces), t-shirt, swim cap, parking pass and information brochure. Please check, before leaving packet pickup that your packet includes all these items.

***Is there a special perk if I do all 3 of the women-only races?*** Yes! Women that complete all 3 races of the Women's Tri Series (April, August, September), will receive a beautiful 'Series Finisher' bike jersey! Register for all 3!



## VENUE FAQ'S

***I will need to leave right after my race, are there any restrictions?*** Yes. Per USAT rules, no vehicles will be allowed out of park until all bicycles are off the race course.

For Saturday, this should be approximately 10:00 a.m.

For Sunday, vehicles will not be allowed to leave until approximately noon, when the bikes from the pro race are off the course. Please plan accordingly. These rules are for the protection of all athletes and we appreciate your understanding and patience. As vehicles will not be allowed out until later on Sunday – there will be live music, lots of wonderful food, massage, and games for the kids. Please plan on hanging out and enjoying your race accomplishment and the beautiful Pace Bend Park!

***Where are the nearest hotels?*** For out of town athletes, please see our online PDF for more information on Pace Bend Park area hotels.

***Can I bring my dog?*** Yes! We love dogs and welcome them to the event. For the safety of the athletes, spectators and our canine friends, please make sure dogs are on leash at all times. Special 'Sweet & Twisted' bandanas are available for all dogs attending and cost \$5 each – proceeds benefit Blue Dog Rescue.

***Is there camping?*** Yes. Pace Bend Park offers camping – both primitive and RV hookups. Please contact them directly for reservations. Camping is a wonderful way to race one day and volunteer the other!

***Where is a good place for spectators to watch?*** We will have spectator viewing area maps available in race packets and at the packet pickup tent on race morning. We encourage spectators to bring camp chairs for a comfortable way to hang out for the day! Pace Bend Park does not have any concession stands, so we encourage spectators to bring their own food and beverage. Although soft serve ice cream will be available for athletes and spectators alike – all other food is for athletes only.

***What time should I arrive?*** We recommend arriving as early as possible, preferably no later than 6:45-7:00 a.m. Be mindful that there may be traffic, along with time to park, unload your gear, getting body marked, get checked in to transition, racking your bike, setting up your transition space, picking up your timing chip, picking up your packet if you haven't done so at early packet pickup, using the restroom, etc. Remember, it always takes longer than you anticipate and you don't want to be racing & frantic before your race begins. Transition area opens at 5:45 a.m. and closes promptly at 7:30 a.m. – you must have all your equipment/gear setup and be outside of transition at 7:30 a.m. – please plan accordingly. Pre-race meeting will take place near swim start at 7:45 a.m. and first swim wave begins at 8:00 a.m.

***When I arrive will I know where to go?*** A venue area map will be available for viewing near the packet pickup area on race morning. Additionally, there should be ample signage and volunteers to help direct you when you arrive. You will want to ensure you pickup your timing chip and race packet before 7:45 a.m. when we have the pre-race meeting.

***Will there be enough bathrooms for everyone?*** We will provide approximately 12 portalets for race day – some inside as well as outside transition. The park also provides some bathroom facilities, although they are a short walk from the venue site itself. Please plan to use the facilities early, so that you are not racing or stuck in a line when the pre-race meeting happens or the swim begins.

***Will there be food & beverages for the athletes and spectators?*** For athletes, yes! We have wonderful food provided free of charge for all registered athletes. Each athlete will receive a wristband at packet pickup and they must wear it to enter the athlete food area. Food provided will include sandwiches from Which Wich, organic fruit from Greenling, soft serve ice cream from Kool Kones and cupcakes from Hey Cupcake. Beverages from Sweet Leaf Tea, Genesis Boost and Real Ale Brewery will also be provided. We

encourage spectators to bring their own snacks and beverage as there are no concession stands at Pace Bend Park.

## **SWIM. BIKE. RUN FAQ'S**

***Where is the swim?*** The swim will be in the waters of Lake Travis. Water levels may be low, due to the extended drought in Texas, so please bring shoes for placement at swim exit – to make your run to T1 easier.

***What will the water temperature be?*** In April the water in Lake Travis will be approximately 68-70 degrees. Per USAT rules, the swim will most likely be a 'wetsuit legal' swim. Wetsuits are optional – not mandatory. For athletes in the Austin area, water temperature will be much like Barton Springs

***Can I rent a wetsuit?*** Yes, it is possible to rent wetsuits. Wetsuits can be rented in Austin at our swim sponsor, Austin Tricyclist, for \$25 per weekend. The rental fee can then be applied to the purchase of a wetsuit if you choose. Wetsuits rentals are also available through online companies. Wetsuits are recommended, and optional, for the Champions Triathlon weekend. For beginner triathletes, a wetsuit will help you feel more buoyant and comfortable in the water. We would suggest some practice swims with a wetsuit prior to race day. Again, wetsuits are completely optional for this race.

***Can I use a noodle on the swim?*** Champions Triathlon is a USAT sanctioned event and in accordance with rules, noodles are not allowed. Lifeguards and paddle boards will be on the swim course as safety measures for all athletes, but athletes are required to complete the swim under their own power.

***Are there opportunities for open water swim practice before the race?*** Yes! Red Licorice Events, Team Texas and Pure Austin Fitness have partnered to offer 6 open water swims. There will be one open water swim monthly from April thru September. The first open water swim will take place on Sunday April 19<sup>th</sup>. Athletes can choose to participate in the 'swim only', or a 'swim & clinic' – taught by 3-time Olympic gold medalist, Sandy Neilsen-Bell. Registration for the swims and clinics are available at [www.redlicoriceevents.com](http://www.redlicoriceevents.com)

***Is the Champions Triathlon on-road or off-road?*** The bike course is a fully paved 'on-road' course. The run portion of the triathlon is on natural park terrain – no pavement - thus considered 'off-road'.

***Can I use my hybrid/mountain bike at this race?*** Absolutely! Any bike, as long as it is safe and in good working order, is allowed. Hybrids, mountain bikes, road bikes and tri bikes are all acceptable. All bikes must have 'bar ends' – so please check with your local bike shop before race day to ensure you have bar ends and that your bike is in good working order.

***Can I rent a bike?*** Yes, bike rentals are available at most bike shops and triathlon stores. Bicycle Sport Shop – who will be providing neutral bike support at Champions Triathlon – offers bicycle rentals. Check their website or contact one of their 2 convenient Austin locations for more information. We highly recommend practicing on a bike before race day to ensure proper size and comfort.

***Do I need a helmet?*** Yes, helmets are mandatory for participation in the triathlon. Your helmet must be worn at all times when you are on your bike at the race venue. Helmet must be on and fastened before leaving the transition area for the bike portion of your race. Volunteers will check for helmets before you are allowed to enter the transition area on race morning.

***Is there overnight bike racking available?*** Overnight racking will be available for the Sunday co-ed olympic event only. Racking for Sunday's event will open at 12:00 noon on Saturday – no earlier. Security will be on-hand overnight on Saturday evening.

## **VOLUNTEER FAQ'S**

***I am participating in one of the races, can I volunteer for the other?*** Absolutely! We love volunteers and can always use them. In addition to getting a free shirt, schwag, I, finishers medal and our undying gratitude, volunteers receive PIF points (see our website for more information) good for prizes, race discounts and will be entered in a drawing for a beautiful Orbea mountain bike!

## **PRO / ELITE RACE FAQ'S**

***I understand there is a PRO race on Sunday, after the co-ed, who is racing?*** There will be a number of local pros, such as Desiree Ficker, Kelly Handel-Williamson, Brandon & Amy Marsh, James Cotter – along with athletes such as Haley Peirsol – that are traveling from out of state to participate.

***Will I able to see them?*** Yes! The race course will still be closed until after the pro/elite race is completed, so everyone will have an opportunity to watch these incredible athletes in action!

***Can I get an autograph?*** Yes! Each athlete at Sundays co-ed event will receive a souvenir poster of all the pro/elite athletes and the athletes will be available post-race for autographs & photos.

## **MERCHANDISE & AWARDS**

***Where can I buy an Event Jersey?*** Event jerseys (shown at top of page) are currently available online for \$30. Jerseys will also be available on race day at the Red Licorice Events merchandise tent, for \$40...it pays to shop early!

***When is the awards ceremony for the Saturday super sprint race?*** The awards ceremony for the Saturday women's only race will take place at approx 10:30. Lots of wonderful giveaways in addition to awards so plan on sticking around, enjoying all the wonderful food, free massage and prize giveaways!

***When is the awards ceremony for the Sunday co-ed olympic race?*** The awards ceremony for the co-ed olympic event on Sunday, will take place following completion of the pro/elite race, at approximately 12:00 noon. Lots of awesome giveaways in addition to awards so plan on sticking around, enjoying all the wonderful food, free massage and prize giveaways!

***What charity do these events benefit?*** The Champions Triathlon Weekend benefits Texas Parks & Wildlife and the Young Survival Coalition. All Red Licorice events benefit a charity – other event beneficiaries include: SafePlace, Hope Alliance, Girls on the Run and Bike for Kids.

**If you have any additional questions, please contact us at: [info@redlicoriceevents.com](mailto:info@redlicoriceevents.com)**