

2009 BRAZOSPORT RELAY TRIATHLON

To: All BRT Participants

Your entry into the 2009 Brazosport Relay Triathlon has been received. Whether you are an 'old-timer' or a newcomer, we welcome you and your team. This is a unique event, and the emphasis is on participation, friendliness, and fun. Please communicate the information in this letter to all your team members and check the information concerning your team as shown on the attached form; report any errors to us immediately (Daytime:979-297-4533 or email (preferred) at bportrelaytri@ccaaswim.org). Thank you for entering!

Please take note: THERE WILL BE NO RAIN DATE FOR THIS EVENT.

Maps of the running legs and the cycle route can be found at www.brazosportrelaytriathlon.org

Before the Triathlon

1. Swimmers' starting times will be assigned on Thursday, September 10th. You may check on the Website to learn your swimmer's starting time.
2. Packet pickup will be at relay headquarters located at the Lake Jackson Recreation Center at 91 Lake Road in Lake Jackson on Friday, September 11th. Packet pickup time will be from 5:00 p.m. - 8:00 p.m. Participants may also pick up their packets at Lake Jackson Recreation Center pool starting at 6:00 a.m. Saturday, September 12th.
3. Restrooms and showers are available at the Lake Jackson Recreation Center. Towels will not be available, so participants should bring their own.
4. Optional swimming time trial to get a certified time will be held at the Lake Jackson Recreation Center. Contact Renée Cooper at rncooper@dow.com to set up a time.

Accommodations and Route

1. Room accommodations are available at the local hotels.
Best Western 979-388-0055; Cherotel 979-297-1161; Comfort Suites 979-297-5545; Holiday Inn Express 979-265-5252; La Quinta Inn 979-265-7461; MainStay Suites 979-388-9300; Motel 6 979-265-4764;
2. For those participants coming from out of town, it takes approximately 1 hour to travel from the Astrodome to the Lake Jackson Recreation Center Swimming Pool. The best route is to take Hwy. 288 South from Houston until it crosses Hwy. 2004 at the edge of Lake Jackson. Take the Hwy 2004 access road exit. At Hwy. 2004 turn right (west) from the access road (do not go over the overpass), and go approximately 0.7 miles to Lake Road (stop light with the Texas Dow Employees Credit Union and the Brazos Mall on the left) and turn left. Continue on Lake Road till you get to the end (past 3 stop lights) and that will be with MacLean Park on the right. Here you will be directed regarding where to park. If you arrive after 7:00 am, the road into the park may be blocked. If it is blocked turn left at the 3rd light (Oak Drive) and go past the hospital to the light and turn right. At Canna Ln. go right and proceed to Lake Road to get into the back parking lot at the recreation Center. A general map is on the web site.

Day of the Event

1. PARKING

Parking will be available at the MacLean Park parking lot and back behind the Recreation center. The parking across the street at the Rasco school parking lot is reserved for the cycling transition area. Please park where indicated on the map and as directed. The race will start and end near this area, so please arrive early.

2. SWIMMING -- the 1st leg of the event

The first swim "heat" will start promptly at 6:45 a.m. in MacLean Park at the Lake Jackson Recreation Center Swimming Pool, which is at the rear of the building. The pool will be available for warm-up starting at 6:00 a.m. *Swimmers, BEFORE STARTING WARM-UP, are to check-in with the Clerk of Course at the starting end of the pool to confirm their lane assignments and have their team number marked on their arm before entering the water.* There are locker room facilities and showers available at the pool. The pool is 25 yards long and divided into 8 lanes. Each swimming "heat" will consist of 3 swimmers in each lane with a 10 second starting interval between swimmers. The swim heats will be seeded slowest to fastest. Each "heat" will last 15-30 minutes. Swimmers must check in at the pool at least 20 minutes prior to their assigned starting time. Swimmers will not have to change lanes, so there will be no crossing under (or over) the ropes. Swimmers will stay in one lane and swim in a circle keeping always to the right in their lane. When passing a swimmer tap their foot to let them know you are going around them. The lane managers will be responsible for counting each swimmer's laps (22 laps x 50yards = 1100yards (~1000 meters) total swim). Once the swimmer has completed the swim, he/she will tag the runner from the pool to begin the 2nd leg of the event. Swimmers will be required to wear a swim cap that will be provided in their

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packet. Goggles are permitted during the swim. Flotation devices, wet suits, fins, etc. are not permitted. Swimmers may rest between laps of the swimming, but are not to leave the pool except in case of emergency. A limited number of lap counting devices will be available at the end of the pool opposite the starting end; however, each team must provide their own personnel to operate them. Individual participants will have a staging area just outside the side entrance to the pool to put their shoes, etc. for the remainder of the event.

3. RUNNING -- the 2nd and 3rd legs of the event

The first running course will exit the rear of the Lake Jackson Recreation Center swimming pool. None of the running course is on public streets other than crossing the parking lot. You will pass through MacLean Park and take the loop through the Bottomlands trail behind the park. The trail is a 6 foot wide asphalt shaded course through the remaining tropical rain forest of Lake Jackson. Both runners will follow this basic run route. *Runners must have their number on the front of their clothing*, and will be checked at the turn around in the forest. Volunteers and bright yellow directional signs will direct them along the course. The second runner will start and finish at the run / bike exchange point on the sidewalk near the entrance to the recreation center.

There will be water stations approximately half way and at the end of the running course. As the second runner nears completion of the leg, a radioman will announce their team number at the bicycle staging area. When the 2nd runner reaches the run-bicycle transition area and crosses the running finish line, the cyclist will begin the last leg of the event. See the web page for a map of the course. Safety Note: Runners should be alert to the fact that some of the running trail surface have developed cracks. Some repairs are underway. Some remaining hazards will be marked with paint.

4. CYCLING -- the last leg of the event

HELMETS WHICH MEET OR EXCEED THE SAFETY STANDARDS OF THE AMERICAN NATIONAL STANDARD INSTITUTE (ANSI Z-90.4), AND/OR SNELL MEMORIAL FOUNDATION (PROTECTIVE HEADGEAR FOR BICYCLE USERS) AND/OR THE CONSUMER PRODUCT SAFETY COUNCIL, CPSC, AND ARE CLEARLY LABELED BY THE MANUFACTURER OF SUCH HELMET WITH A LABEL "APPROVED BY ANSI, SNELL MEMORIAL FOUNDATION, OR CPSC" ARE REQUIRED FOR ALL CYCLISTS!

Cyclists should have their bicycles at the MacLean Park area by the time their swimmer starts. *The number that cyclists receive in their packet must be firmly affixed to the **back Left** of the cyclist's jersey.* Each cyclist is responsible for the safe operation of his/her own bicycle. As the 2nd runner nears the completion of their leg, a radioman located at the bicycle staging area will announce the runner's team number. *At that time*, the cyclist for that team must proceed with his/her bicycle to the runner-cyclist transition point. Once the runner crosses the transition finish line, the cyclist will ride one loop around the bicycle course. Cyclists are responsible for their own safety and must obey all traffic laws and signs unless otherwise directed by traffic control personnel. There are some 90 degree and 180 degree turns that must be made on the bicycle course, so be careful! Repair kits, tubes, and tires may be carried with the bicycle. Fairings will not be permitted. Support vehicles and/or cycles are not allowed (disqualification will result). Drafting during the cycling leg will not be permitted. The course will be monitored for violations. Remember, the cycling should be an individual effort. See the webpage for the course map. A bicycle rack will be provided for individual participants for their bike and shoes at the transition area.

POST-RACE FUN

Awards will be presented at the MacLean Park pavilion adjacent to the swimming pool starting at about 10:30 a.m. and will finish as soon as possible after the last cyclist has finished. Results are computerized. The final decision regarding any contested matter, whether it pertains to age category, finish times and places, laps counted, rules violations, etc. will be made solely by relay officials. The post-race activities will be at MacLean Park. Music and refreshments will be provided from about 8:30 a.m. until the Awards Ceremony. The park has picnic facilities that you are welcome to use if you would like to pack a lunch.

SAFETY

CAUTION: WEATHER ON THE TEXAS GULF COAST IN SEPTEMBER IS HOT AND HUMID! Temperatures and humidity will probably be in the mid to upper 80's and perhaps higher. Please do not jeopardize your own safety for the performance of your team. If you see someone else in trouble on the course, it is the responsibility of each of us as concerned human beings to lend assistance. Life is more important than winning. Water stations will be available on the course.

Please help us make this a safe event. A first aid station will be at MacLean Park, near the location of the run-run transition, and the run-bike transition. Please report all injuries and accidents. Animals, glass containers and baby strollers will not be allowed on or near the race course.

Hope everyone has a safe and fun event