

Be Strong - Say Yes to a Triathlon Adventure

Austin's PinkStrong

Women's Sprint Triathlon & 5K

TRI RELAY | AQUABIKE & 5K TRAIL RUNNING FESTIVAL



2022 ATHLETE GUIDE

LEARN MORE AND REGISTER AT
[WWW.RUNSIGNUP.COM/
PINKSTRONGTRIATHLON](http://WWW.RUNSIGNUP.COM/PINKSTRONGTRIATHLON)

 @pinkstrongtriathlon

 @swimbikerunfunevents

Swim. Bike. Run. FUN

TABLE OF CONTENTS



GENERAL RACE
INFORMATION



VENUE MAPS



RACE-DAY
SCHEDULE



POOL COURSE



BIKE COURSE



RUN COURSE



Good To Know



Race Awards



Sponsors

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



GENERAL RACE INFORMATION

PinkStrong Sprint Triathlon Multisport Festival

#Sayyestoadventure

WELCOME ATHLETES!

Thank you for #sayingyestoadventure and being a part of our inaugural Women's Triathlon Festival.

A PinkStrong woman knows what she wants. She is passionate, determined, and unstoppable. She isn't afraid to let her beauty and strength shine through. She loves the thrill of the race but also treasures the quiet moments when she is alone with her thoughts. She has grit and won't quit until she's done!

Whatever your age, physique, or level of training, this multisport festival was created for you! Regardless of whether you are a seasoned athlete or a newbie, competitive by nature, or simply want to have a fun workout with your bestie, you will find an event suited just for you.

We pride ourselves as a team that believes in FINISH LINES EXPERIENCES- not finish times. We DO recognize the FAST, celebrate each FINISH and FOCUS ON THE FUN for the entire.



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

Venue Details

PinkStrong YMCA Camp Moody event swim takes place in a state-of-the-art swim center, with our monitored bike course on quiet country roads that surround the onion creek nature preserve and concludes with a run on the shay trails at traverse along side the creek with stunning views.

SWIM: The swim leg occurs in a 10 lane pool swim in the YMCA competition Natatorium pool. Participants start at one side of the pool and snake their way up and down each lane as they work towards the other side of the pool. You will be provided with a swim cap.

BIKE: The bike course is rolls through country county roads and onion creek neighborhoods. The roads are open to traffic – but traffic is usually fairly light and there will be police at major intersections, sag and EMS motorcycles on the route.

MULTISPORT RUN LEG The 2.5 mile run course is completely on the Nature preserve tree-lined paths. The course is partially shaded and mixed terrain.

5K TRAIL FUN RUN: The 3.1m run course starts out in the paved section of the campground near the Rain Water Tank and proceeds onto the Nature preserve tree-lined paths. The course is partially shaded and not 100% paved. Timed event.

INCLUDED WITH YOUR REGISTRATION

- Custom Finisher Shirt
- Custom Finisher Medal
- Backpack
- Bandana
- Race Photos
- Swim center entry
- Celebration, including Post-Race Lunch + Beer Garden
- Fully Stocked Aid Stations
- Motorcycle & Emergency Route Support
- Brick Clinic – March 6, 2022
- Trail Run Clinic March 27, 2022
- Transition Clinic April 2, 2022
- Swim Clinic – May 2022



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

RACE DAY INFORMATION

Transition Area

There will be one transition area in front of Swim Center

Timing

This event will be professionally chip timed! We will be providing race day results at our results kiosk immediately after you finish your race. Athletes will be given an ankle chip to wear on their LEFT ankle.

Course Support

We will have water and sport drink at the water stations on the run as well as at the finish line. You will have up to 4 opportunities to hydrate on the run course. There are no water or food stations on the bike course. We will also have food items and beverages at the finish line area for volunteers and participants only.

Athlete Responsibility

Athletes responsibility is to know the course. Please study the map and drive the course in advance if possible.

Subject to Change

Maps and routes shown to illustrate the best potential race course layout based on ideal conditions. We reserve the right to change/alter at will or for safety.

Course Time Limits

Each athlete will be given an ample *3* hours time limit to complete their event. No woman left behind and course/finish line will remain open till the last athlete crosses.

Beginning after the last wave of bikers crosses onto the course, there will be a two-hour cut-off time to complete both the first swim and bike portions of the race. In addition, there will be a three-hour cut-off time to complete the entire race. The cut-off begins once the last cyclist enters the bike course. Aquabike, Bike/Run and 5K course limit is 2hrs.

RACE MANAGEMENT PLAN

- Rain or Shine Event
- Inclement weather/Covid Lockdown - automatic deferrals to PinkStrong Shero Cycling Event on Oct 30, 2022.
- No refunds - race cancellation insurance option is offered to help handle cancellations, illness and injuries.

Time Trial & Wave Starts

We will have swim waves and bib number seeding on race morning and possibly corrals to account for social distancing if required.

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

Multisport Competitive Rules

- Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon the Competitive Rules.
- The safety of race equipment is the sole responsibility of each and every participant.
- Time penalties may be imposed on athletes not behind the official start line 5 minutes prior to race start.

Bike Rules

In order to minimize misunderstandings on race day, We hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

- Ride on the right side of your lane.
- Keep three bike lengths between yourself and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right - announce verbally.
- Complete your pass within 15 seconds.
- If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

There will be course marshalls on the course to ensure fairness in the competition

All Multisport athletes must have the following to compete:

- Bike Helmet ID placed on top front of helmet
- Bike Frame Sticker placed on seat post
- Bar Ends/Caps on handle bars

Marshals commonly cite the following violations:

- Position– riding on the left side of the lane without passing.
- Blocking – left side riding and impeding the forward progress of another competitor
- Illegal Pass – passing on the right.
- Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.
- Headphones – no headphones/music or use of cellphones allowed while participating in multisport event.

Make sure your helmet is a CPSC approved model

- Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events. While on your bike, always have your chinstrap securely fastened – before, during and after the event! The chin strap rule is easy to follow, so don't forget!
- Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

- Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.
- All that being said, I hope you have a great race, lots of fun, and achieve all your goals.

Run Rules

All athletes are required to wear race numbers at all times during the run:

- Numbers clearly visible at all times on front of body
- Numbers may not be cut or folded or altered in any way
- Numbers designated to another athlete make not be used
- Penalty: Variable time penalty for missing or altered number. Disqualification and membership for transferring a number without race director permission.

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

TRANSITION

- Entering and Exiting. A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area. Failure to do so shall result in a variable time penalty.

- Placement of Equipment. All participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all time keep their equipment confined to such properly designated areas. Any violation of this Section shall result in a variable time penalty.

- Bicycle Placement. All participants must return their bicycles to an upright position in the properly designated bicycle corral after completion of the cycling course and before beginning the next segment of the event. Any violation of this Section shall result in a variable time penalty.

FINISH LINE

- Family & Friends are welcome to cross the finish line with you. We understand this is a big accomplishment for our participants and sharing this moment with those that have supported you through all of the hours, days, and months of training; should be acknowledged. Be consideration of others, as the finish line can become crowded with these additional people.
- Continue to move forward after you cross the finish line, allowing others to finish.
- Remove timing chip
- Receive Finisher Medal
- Medical Support on hand if needed
- Enjoy post race refreshments.

ALL ATHLETES MUST WEAR A TIMING CHIP

- PLACE RACE TIMING CHIP ON YOUR LEFT ANKLE.
- MUST BE RETURNED AT FINISH LINE.

FAILURE TO DO SO WILL RESULT IN A \$50 CHARGE

ATHLETE BIBS & GEAR ID'S

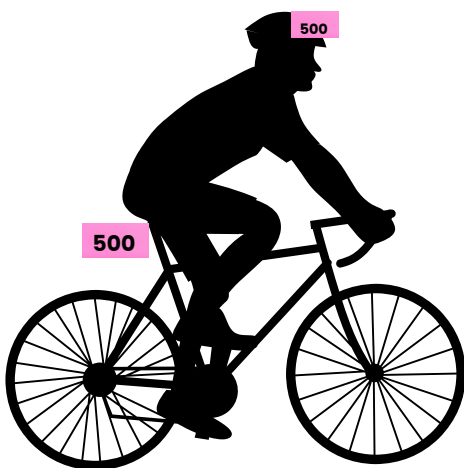
Number Placements

ALL ATHLETE BIBS AND GEAR ID'S MUST BE VISIBLE AND FRONT FACING WHEN THE ATHLETE IS ON THE RACE COURSE

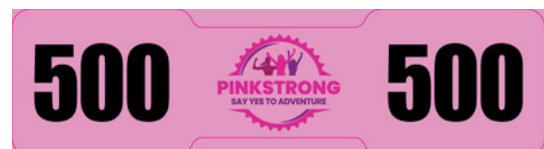
TIMING CHIPS & BIBS FOR ALL ATHLETES



BIKE STICKERS FOR TRI/AQUABIKE/CYCLISTS



Bike Helmet ID
Place Center
Front



Bike Frame ID
Place on seat post

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

MULTI-SPORT ATHLETE BODY MARKING

Number Placements

Athletes are encouraged to come to the race pre-body marked. For those unable to get body marked beforehand, volunteer & self-body marking stations will be available. Please follow these instructions for body marking:

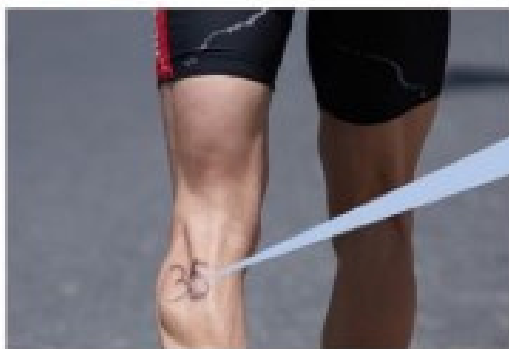
Triathlon Body Marking



**Your Bib #
on your left arm**



**Your Bib #
on your left leg**



**Your race age
(age on 12/31 of this year)
on your left calf**

Pro Tip:

**Body Mark
before you
put on
sunscreen/
lotion on
these 3
spots**

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



RACE DAY PARKING

Athlete & Volunteer Parking: Buda Elementary

Address: 1060 Old San Antonio Rd, Buda, TX 78610



PACKET PICKUP CHECK-IN TENT

Parking

- Park at Buda Elementary in a marked parking spot. Do not park in the red zone or on the grass.
- Plan to arrive early and allow time to park and walk/ride into Camp Moody. Approx .25-.50 mile walk.
- Do not leave any trash behind
- We are not responsible for your vehicle. Please secure all belongings.

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



VENUE LAYOUT MAP

Athlete & Volunteer Parking:

Buda Elementary Address: 1060 Old San Antonio Rd, Buda, TX 78610



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

RACE TRANSITION MAP



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



RACE-DAY SCHEDULE

Schedule is tentative and subject to change

5:00 AM – Staff & Volunteers Arrive

6:00 AM – Athlete Packet Pickup & Transition Area Open

6:40 AM – Athlete Packet Pickup Closes

6:45 AM – Transition Area Closes

6:50 AM – Anthem & Athlete Briefing Sprint Events

6:55 AM – Swim Warm-Up – Sprint Events

7:00 AM – Start – Sprint Tri & AquaBike Events Start by
assigned swim waves

7:15 AM – Start – Bike/Run – Time Trial Start by Bib#

7:30 AM – Start – 5K

9:30 AM – Bike Course Closed

9:45 AM – AWARDS – 5K

10:00 AM – AWARDS – Sprint Events

11:00 am – Venue Closes

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



POOL COURSE

BEGIN: YMCA INDOOR COMPETITION SWIM CENTER POOL
DISTANCE 300 YDS

Individual TT Start – 300 YDS – Seed according to your projected swim time Corrals and wave start lines will be provided. To advance on this serpentine course, you must snake under the lane lines every 50 yards. We ask for faster swimmers to line up near the front. To facilitate traffic, all lanes shall be the same width and set to the widest format possible.

The pool is 25 yards long and has seven lanes. A warm-up lane is utilized on one of the lanes. The remaining six are for the race.

A pool triathlon swim is not the same as a triathlon swim in open water. Athletes are seeded based on their predicted swim time and begin in a time trial format set at entry every 5-10 seconds.

Individual athletes begin by descending the ladder into the water, then swimming up the lane and back down the same lane before crossing under the lane rope and repeating the cycle in the next lane. After swimming all six lanes, athletes will have finished the 300-yard swim course and will exit the building through the stairs to transition. Timing mats will be provided to keep track of total pool time.

Pool Entry Seeding: Each athlete self seed themselves at the start of the swim. We will have volunteers on the pool deck with signs depicting the estimated finish time. Example 4 Min & under, 5 – 5:30, 6:31 – 7:00 etc. If you have any questions please ask a staff member or volunteer on the pool deck.

1. **Swim Times:** All participants must submit an estimated 300 yard swim finish time for seeding purposes. Being a pool swim with a staggered start, participants are seeded from fastest to slowest. It is in your best interest to submit an accurate 100-300 yard "pace" time for your swim. In other words, don't submit your fastest 100 yard swim time, **submit a 300 yard FINISH** time that represents what you'll do on race day over the event distance. By seeding yourself properly, you'll end up swimming near people who swim the same pace as you. This will reduce the number of people who you will need to pass or the number of people who will be passing you.

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



POOL COURSE

BEGIN: YMCA INDOOR COMPETITION SWIM CENTER POOL
DISTANCE 300 YDS

2. **Seeding Order:** All participants will be sorted by the submitted **ESTIMATED 300-yard swim time**. And will be collected via an emailed form [10 days] before the race. Youths will go into the water in their own wave. Triathletes and AquaBikers will line up together and self-seed according to swim time. Assigned Waves (see below) will be written on all wrist bands.

A couple hints to guide you with your 100 yd swim time if this is your first time doing this:

- **50-80 SECONDS - (0:50 - 1:20):** Super Fast (In contention to win the race and you swim competitively)
- **81-105 SECONDS - (1:21 - 1:45):** Fast Enough (still starting in the first 1/3 of the event)
- **106-130 SECONDS - (1:46 - 2:10):** Average Swimmer (Swim well enough and don't need to stop at the end of each lane line)
- **131-164 SECONDS - (2:11 - 2:44):** Novice (Still getting used to this thing called triathlon)
- **165-259 SECONDS - (2:45 - 4:59):** Complete Beginner/I want to start at the back

Please note these are ranges. The best thing for you to do is to time yourself in a pool to get your time. There is no substitute for this.

Passing Etiquette: If you need to pass someone, just lightly touch their toes. The athlete being passed can pause 1-2 seconds at the wall allowing you to pass them. Pool swim triathlons are not a contact sport, be respectful.

Walking/Resting in the Pool: If you are short of breath, feel free to pause at the end of a lane and hold onto the wall. If you need to walk in the shallow end, please do so. There is no penalty for resting or walking in the pool. Compose and Continue when ready.

To assist with entry and exit, the pool will feature dedicated lifeguards and volunteers. Depending on capacity, athletes will be let into the pool every 5-10 seconds. From the time they enter the water, athletes will have 25 minutes to complete the swim.

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

POOL COURSE

BEGIN: YMCA INDOOR COMPETITION SWIM CENTER POOL
DISTANCE 300 YDS

Swim Race Course Must Knows:

- Athletes will be provided **mandatory** swim caps
- Warm up lane will be open 5 minutes before the start of the race.
- Swim to the right always. Pass always on the left.
- Swimmers may tap another swimmer on foot gently to alert passing intentions
- MUST swim to the wall, touch it, and **push off from wall** to reverse direction and to go under the lane line to the next lane. Minimal touch suffices.
- Flip turns **will not** be permitted. Use of flip turns will be cause for **disqualification**
- NO diving or jumping into the pool (you'll be allowed to slide in or use ladder to enter)
- Don't start until we signal YOU that it's your turn to start/enter
- No wetsuits or buoyancy shorts allowed
- Please bring your own towels if you require one post swim
- Time cutoff - **25 mins**

****Table/Area will be designated for glasses/assitive devices****



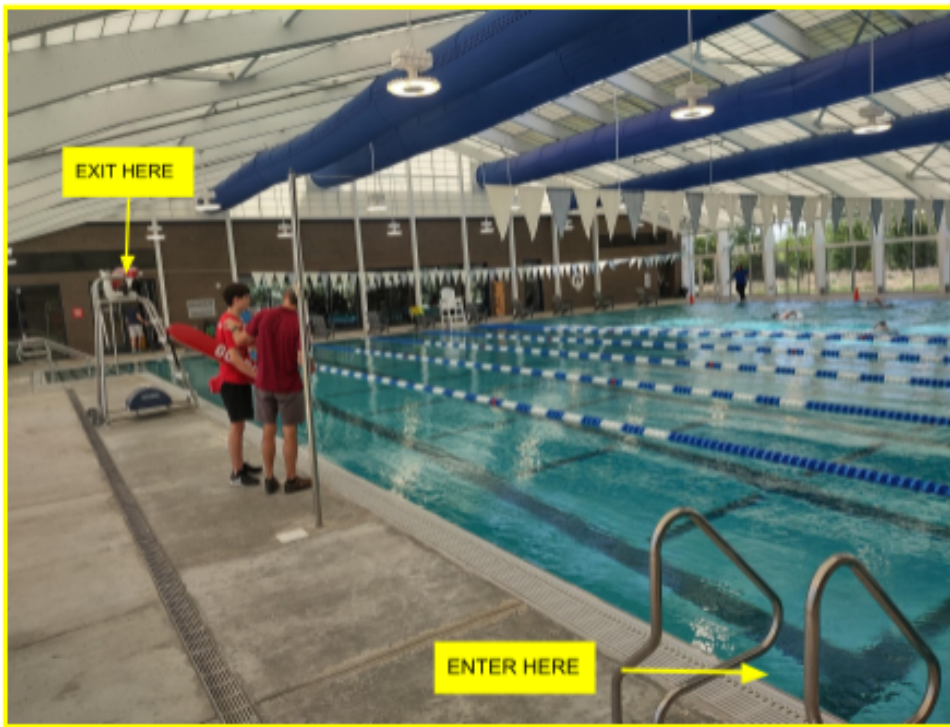
Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

SWIM COURSE MAP



SWIM IN

FEATHER FLAG



Directional 15ft Feather Flags will be placed around the course and transition area to aid athletes in locating Swim Entry to - T1- Swim Exit to Transition



SWIM OUT

FEATHER FLAG



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

COEUR SWIM COURSE WAVES



SWIM IN

FEATHER FLAG



MUST WEAR ASSIGNED YELLOW SWIM CAP

SPECIAL SWIM CAPS AVAILABLE FOR ATHLETES WITH BRAIDS/EXTREMELY LONG HAIR



SWIM OUT

FEATHER FLAG

**Assigned
Based on
Estimated
Swim
Finish Times**

- WAVE 1 - Under 4:30 minutes
- WAVE 2 - 4:31-5:00 minutes
- WAVE 3 - 5:01-5:30 minutes
- WAVE 4 - Under 19 & Family
- WAVE 5 - 5:31-6:00 minutes
- WAVE 6 - 6:01-6:30 minutes
- WAVE 7 - 6:31-7:00 minutes
- WAVE 8 - 7:01-7:30 minutes
- WAVE 9 - 7:31-8:00 minutes
- WAVE 10 - 8:01-8:30 minutes
- WAVE 11 - 8:31-9:00 minutes
- WAVE 12 - 9:01-9:30 minutes
- WAVE 13 - 9:31-10:00 minutes
- WAVE 14 - 10:01 minutes +

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

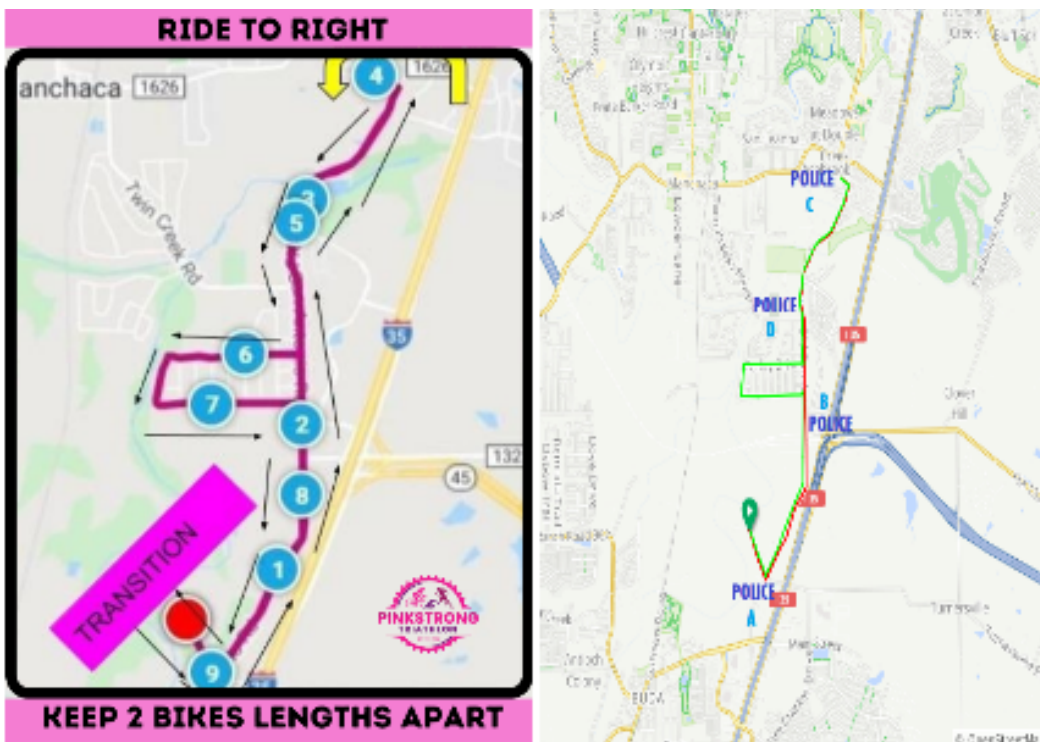
BIKE COURSE

BEGIN YMCA CAMP MOODY 1220 Old San Antonio Rd 78610

EXACT STARTING/ENDING POINT: Bike Dismount Line at Lower end of Parking Lot/Transition.

NOTE: THERE ARE NO WATER STOPS/AIDE STATION ON COURSE

ROUTE SUPPORT: Special Event MotorCycle EMS, Police at large intersections and Course Marshall volunteers in special locations



Bike Race Course Must Knows:

- Must have helmet
- Must have handles with bar ends capped [no tape allowed]
- Ride to the right always.
- Keep 3 bike lengths until you can pass safely
- Pass within 15 secs
- Pass always on the left with announcing "Passing"
- Open course - Police at Key intersections
- Time cutoff - 90 mins
- Course closes at 9:30am or 90mins after the last athlete leaves - whichever is later.

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



BIKE COURSE | CUE SHEET

BEGIN YMCA CAMP MOODY 1220 Old San Antonio Rd 78610

- 1. ← LEFT ON OLD SAN ANTONIO 0.0 miles
- 2. ↑ PROCEED STRAIGHT FOR 3.88 MILES 3.88 miles
- 3. ● TURN AROUND BEFORE 1626 -
- 4. ↶ TURN LEFT/DRIVEWAY ADJACENT TO CHURCH SIGN -
- 5. RIDE, ALL THE WAY DOWN TO END OF DRIVEWAY WHICH CURVES LEFT

(PAST THE FLOOD GATE) - TURNAROUND AT FENCE/DEAD END AND GO BACK OUT TO OLD SAN ANTONIO RD AND TURN RIGHT

- 1. ↑ PROCEED STRAIGHT FOR 1.84 MILES 5.72 miles
- 2. ⇒ RIGHT ON TURLEY DR FOR .68 MILES 6.41 miles
- 3. ← LEFT ON ONION CREEK DR FOR .25MILES 6.66 miles
- 4. ← LEFT ON ONION CREEK DR FOR .84MILES 7.38 miles
- 5. ⇒ RIGHT ON OLD SAN ANTONIO -
- 6. ↑ PROCEED STRAIGHT FOR 1.52 MILES 8.9 miles
- 7. ⇒ RIGHT INTO YMCA CAMP MOODY 9.5 miles

END YMCA CAMP MOODY
1200 Old San Antonio Rd
78610

TURN AROUND SNAP SHOT OF
END OF DRIVEWAY IF OPEN



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

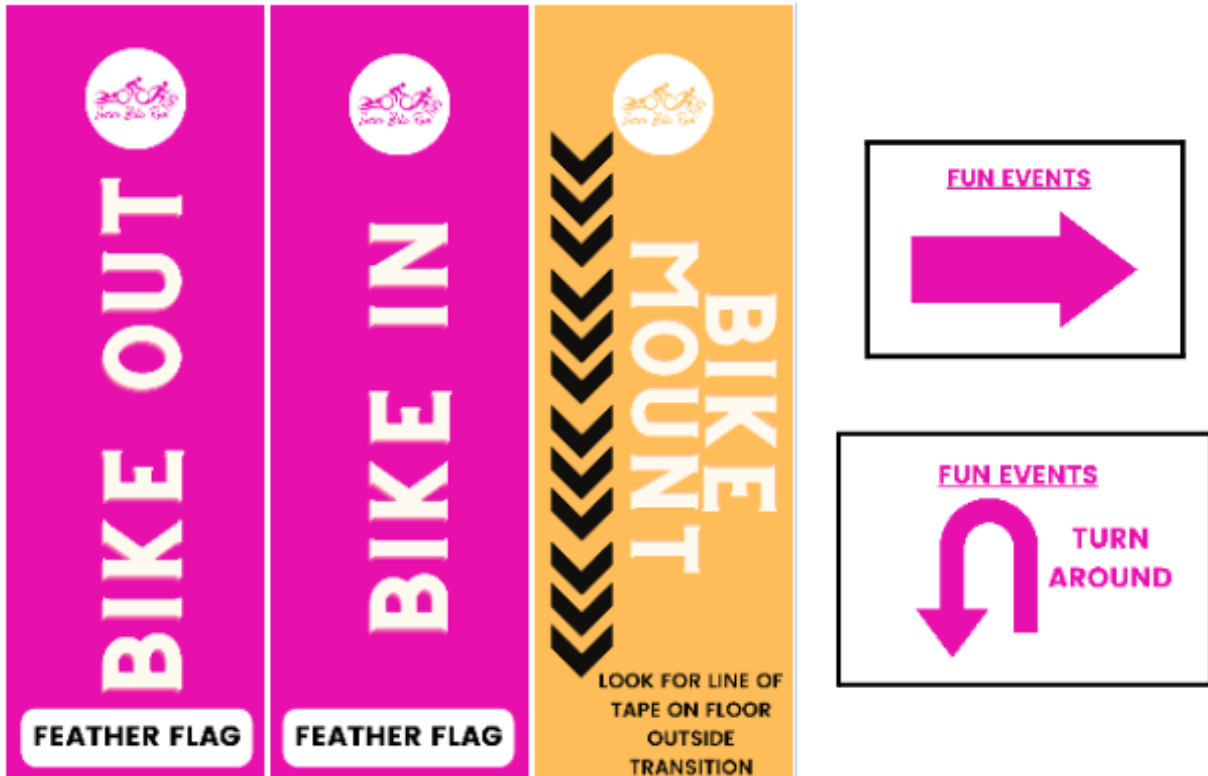
BIKE COURSE MAP FILES:

App/Link

Apps	Links
RideGPS	https://ridewithgps.com/routes/39345294
Strava	https://www.strava.com/activities/7104641706
Garmin	https://connect.garmin.com/modern/course/103303843
Mapmyfitness	https://www.mapmyfitness.com/routes/view/4986235051/

BIKE COURSE SIGNAGE

Directional 15ft Feather Flags will be placed around the course and transition area to aid athletes in locating Bike IN/OUT, mount line and course directional signs will be placed along the bike route course.



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

MULTISPORT RUN COURSE

2.5 TRI Run Leg

2.5 TRI START - OUT OF TRANSITION TOWARDS NEAR YMCA BROWN SIGN MARKER

5K START - UNDER FINISH ARCH [RAIN WATER TANK]

Note: 2.5 m route & 5k are on the same route for the first half and 5k split at back of course for an additional .6 [out/back portion that re-joins the main route]

WATER STOP/AIDE STATIONS: We highly **encourage athletes to bring a handheld/camelbak hydration system to reduce waste**, conscience of health guidelines and due to the nature of the trails - be able to readily access water in case of extreme heat or extended time on course. There will be [2] aid stations on the course. One station (water stop #2) may be self-serve at the back end of the trails. Water & Gatorade will be on course.



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

5K RUN COURSE

5K TRAIL FUN RUN

RUN TO RIGHT ON PATHS/ RUNNERS RUN BOTH WAYS



5K TRAIL RUN MAP

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

ROUTE MAP CUE SHEET/RUNNER INSTRUCTIONS

BEGIN YMCA CAMP MOODY 1200 Old San Antonio Rd 78610
5K & 2.5 TRI Run Leg

1. ↑ Head towards street/trail head – enter on left



2. Follow the mowed wide path until it circles back to where you started and the edge of the curb – stop
3. 📍 TURN AROUND just before where you started and follow the same path back.
4. ↶ TURN LEFT coming out of the trails when you hit the parking lot and head back towards the Y sign where you started



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



ROUTE MAP CUE SHEET/RUNNER INSTRUCTIONS

BEGIN YMCA CAMP MOODY 1200 Old San Antonio Rd 78610
5K & 2.5 TRI Run Leg

- 5. ← PROCEED to the trail path just to the left of building
- 6. Follow the path straight up and when you get to the Bathroom Buildings turn right -proceed to the trail head just past the fire pit



- 7. ← LEFT ON PATH AND FOLLOW DOWN TO MEADOW AND DON'T TAKE ROCKY PATH -
- 8. ← LEFT AT THE BOTTOM IN MEADOW/OPEN FIELD



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



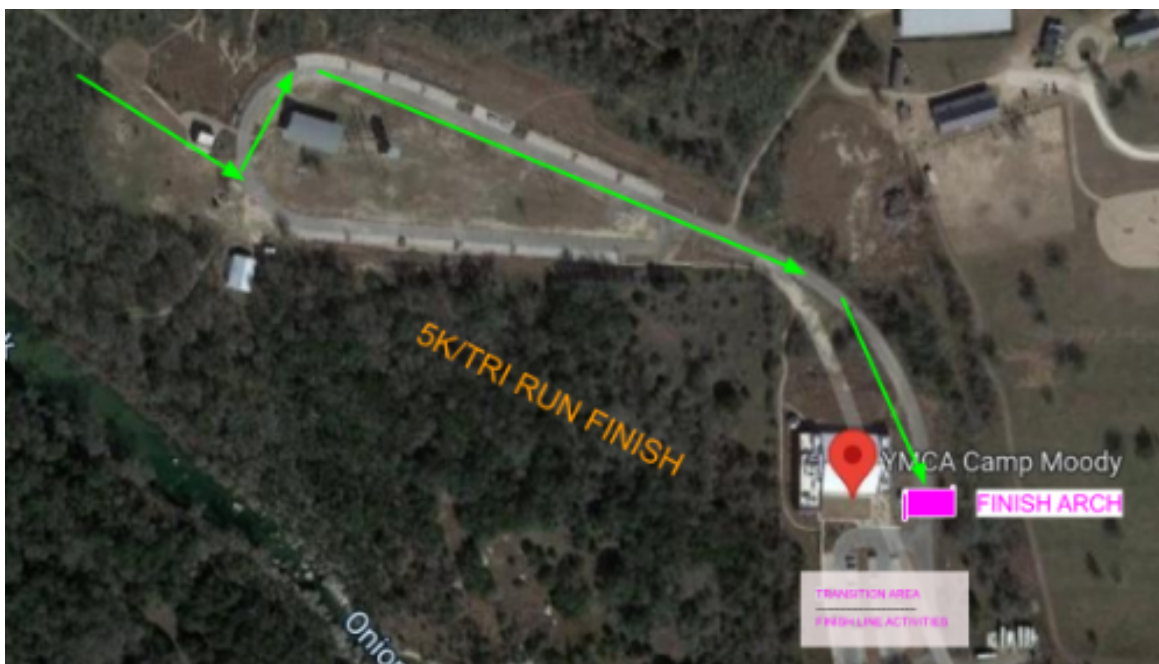
ROUTE MAP CUE SHEET/RUNNER INSTRUCTIONS

BEGIN YMCA CAMP MOODY 1200 Old San Antonio Rd 78610
5K & 2.5 TRI Run Leg

- 9. FOLLOW THAT PATH PAST CANOES, AND ALL THE WAY DOWN UNTIL END AND TURN AROUND - do not go up rocky hill -
- 10. TURNAROUND AT BIG TREES JUST PAST RETAINER WALL



AND HEAD BACK THE SAME WAY YOU CAME TO TRANSITION/MAIN BUILDING/FINISH LINE WOULD BE NEXT TO BIG RAIN WATER GIN TANK



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

RUN COURSE MAP FILES:

2.5M TRI RUN MAP/ROUTE FILES

Apps	Links
RideGPS	https://ridewithgps.com/routes/39346766
Strava	https://www.strava.com/routes/2958236544356543006
Garmin	https://connect.garmin.com/modern/course/103769697
Mapmyfitness	https://www.mapmyfitness.com/routes/view/4986589039/

5K RUN MAP/ROUTE FILES

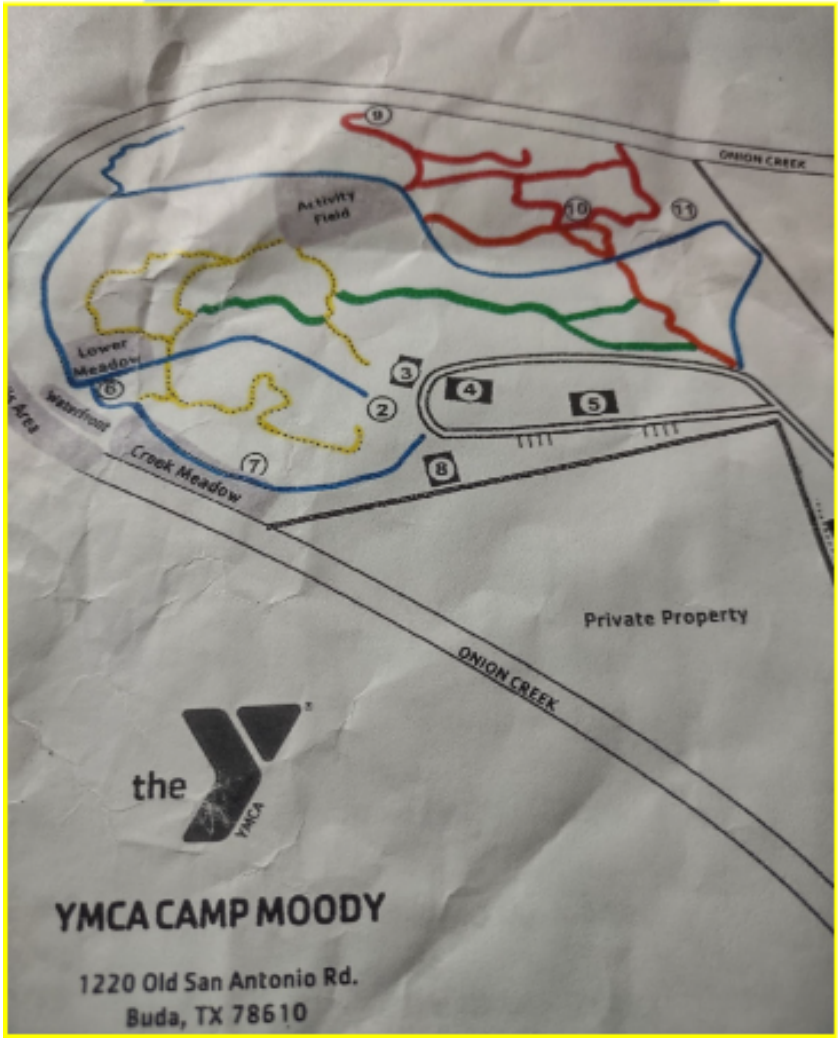
Apps	Links
RideGPS	https://ridewithgps.com/routes/39365245
Strava	https://www.strava.com/routes/2958801766991757100
Garmin	https://connect.garmin.com/modern/course/104092511
Mapmyfitness	https://www.mapmyfitness.com/routes/view/4989271969/



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

RUN COURSE MAP FILES:

CAMP MOODY TRAILS MAP



RUN OUT

FEATHER FLAG

RUN COURSE SIGNAGE

Directional 15ft Feather Flags will be placed around the course and transition area to aid athletes in locating RUN OUT, 5K Start, finish line and course directional signs will be placed along the run route courses.

FUN EVENTS
AID STATION

SBR FUN EVENTS
5K START



FUN EVENTS
RUN FINISH

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



PINKSTRONG WATER STOP/AID STATIONS



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



RACE-DAY GOOD-TO-KNOW'S

Race Management Special Categories & Support

AquaBiker's

Your race concludes when you return to transition. After you rack your bike - put on your race bib - forward facing- and walk around the swim center on the path to turn into the finish line chute to have named called and to collect your medal

Relay Teams

You will be assigned [1] timing chip per team. One set of bike stickers and a bib and 2-3 wristbands. Handoff will occur at the racked bike position. Teams may run into the finish line together. Runner must have bib visible in the front.

Bike Mechanical Support

Trek Bikes has pledged to have onsite bike support. Due to their current staffing conditions and strict adherence to covid policies - it's not 100 guaranteed. Please plan accordingly.

Photography

Free finish line race photos will be provided within 24-48hrs after the conclusion of the race.

Finish Line Celebration & Athlete Food

Popsicles, Cowgirl quiche, Blackbeans (V) & a Mimosa will be provided all athletes & finishers.

Camp Moody Trails

Do not engage with wildlife. This is a nature preserve with flourishing wild life (deer, turkey, birds, horses, turtles, bugs, etc.).

Sunscreen and bug spray - recommended. We will have some available in transition.

And remember to Tag us
on your Instagram pics!!!

 @pinkstrongtriathlon

 @swimbikerunfunevents

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.



VOLUNTEERS | TEAMS

RACE DAY VOLUNTEERS

ALL VOLUNTEERS ARE REQUIRED TO CHECK IN AT VOLUNTEER TENT FIRST BEFORE HEADING TO ASSIGNED STATION- EVEN IF OUT ON BIKE COURSE

June 5, 2022 | 5:00 am CDT - 11:00 am CDT

Location: YMCA Camp Moody | 1220 Old San Antonio Rd, Buda, TX 78610

US Army Recruiting Battalion Squad

June 5, 2022 | 6:00 am CDT - 11:00 am CDT

Location: YMCA Camp Moody | 1220 Old San Antonio Rd, Buda, TX 78610

TEAM FUN ZONE & VENDORS

CHECK WITH VOLUNTEER COORDINATOR FOR ASSIGNED LOCATION

June 5, 2022 | 7:30 am CDT - 11:30 am CDT

Location: YMCA Camp Moody | 1220 Old San Antonio Rd, Buda, TX 78610



Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.

Race Awards

All athletes will receive a Finisher's medal immediately after crossing the Finish Line. Additional medals will be provided for all relay team members.

Sprint Triathlon

Overall top 3 winners will be recognized. The top three finishers in each age group will receive awards.

- Group: 19 – UNDER
- Group: 20 – 24
- Group: 25 – 29
- Group: 30 – 34
- Group: 35 – 39
- Group: 40 – 44
- Group: 45 – 49
- Group: 50 – 54
- Group: 55 – 59
- Group: 60 – 64
- Group: 65 – 70
- Group: 70 – 75
- Group: 75+



Sprint Triathlon First Timer/Newbie Category

The top three finishers in this special group category will receive awards.

Sprint Bike/Run

Awards will be given to the top three finishers.

5K Trail Run Challenge

Awards will be presented to the top three overall and the top three finishers in each age group will receive awards.

- Group: 19 – UNDER
- Group: 20 – 29
- Group: 30 – 39
- Group: 40 – 49
- Group: 50 – 59
- Group: 60 – 69
- Group: 70 +

Sprint Triathlon Relay

Awards will be given to the top three teams

Sprint AquaBike & Special Awards

Awards will be given to the top three finishers.

Special recognition awards will be given to the FASTEST swim & bike splits.

Participants may receive awards in no more than one category



THANK YOU TO OUR EVENT SPONSORS!

Sponsored & Supported by:



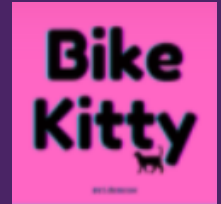
US Army Recruiting
www.recruiting.army.mil/5thbde/4kbn



Athletic Beer
www.athleticbrewing.com



Bath & Body Works
www.bathandbodyworks.com



Bike Kitty
www.letsridemeow.org



Mixologie Scents
www.mymixologie.com



Koia Protein Shakes
www.drinkkoia.com



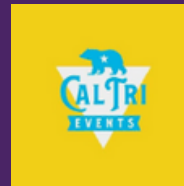
Port Roofing
www.portroofing.com



Coeur Sports
www.coeursports.com



Snake & Pig Goggles
www.snakeandpig.com



Cal Tri Events
www.californiatriathlon.org



YMCA Camp Moody
www.austinyymca.org/branches/y-camp-moody



Trek Bikes
www.trekbikes.com



Majestic Oak Financial
www.majesticoakfinancial.com



Texas Beef Council
www.texasbeefcheckoff.com



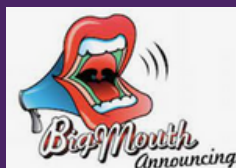
Shave King
www.shavesecret.com



HEB
www.heb.com



State Farm
www.statefarm.com



Big Mouth Announcing
www.bigmouthannouncing.com



Becky Sweet Crafts GA
www.BeckysSweetTreatsGA.com



DoMore Race Services
www.domoreraces.com

Additional race information at www.swimbikerunfun.net/pinkstrongtriathlon.