Beach Girl Triathlon
Event Information
19320 West San Luis Pass, Galveston

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It's a pleasure to welcome you to the Beach Girl Triathlon! Please read over and familiarize yourself with all this information. Thank you for choosing our event, have a great day, and I will see you at the end. If you are missing anything in your packet email tina@itrievents.net.

RACE DAY SCHEDULE

5:30am	Transition and bike maintenance opens.
6:45am	Transition closes; athletes will start lining up for the swim and athletes briefing will be given.
7:20am	First swimmers in the water and duathlon runners start.
9am'ish	Post-race refreshments, after party, and awards.

PARKING

Holiday Inn located 19320 West San Luis Pass. **(**Any where to the left as you enter or to the right up to the coned area)

RACE NUMBERS & CHIPS

You will receive your all your numbers and your timing chip at packet pick up and we will body mark you on Saturday morning. Swim caps are not required, so the swim cap number and wrist band are not necessary. The running bib must be worn during the run and you can pick up pins at packet pick up or race morning. Replacements numbers will not be available if lost. DO NOT MISPLACE ANY OF THESE ITEMS. If these items were not in your bag please email tina@itrievents.net.

TRANSITION AREA AND BAGS - OPEN RACKING

Athletes may enter transition @ 5:30am-No Earlier! Remember your numbers and chip, replacements will not be issued if LOST. Arrive early enough to set up your gear; additional time will not be given if you are late. Transition will close promptly at 6:45am. Remember, only competitors are allowed in the transition area. No Exceptions! Please make sure all your race equipment is in your area only. Once the last athlete has left for the run, transition will re-open; at that time you can get your bike and other items. NOT ANY EARLIER!

BATHROOMS

For your convenience rest rooms are located right outside transition.

SWIM COURSE

Your swim will take place in the pool and each swimmer will have their own lane. The first swimmers will begin at 7:20am and swim 8 laps; once a lane is free the next swimmer will start. We will seed you according to your swim time for a 200 meter swim Saturday morning.

BIKE COURSE

The bike course is out and back. You must walk your bike in and out of the transition area to the mount and dismount lines. You must have your helmet on with the chin strap fastened before leaving the transition area. Follow cones and directional signs and absolutely no drafting. All turns will be monitored by local and county officers; please follow their direction. Do not remove your helmet until your bike is racked safely in the transition area. Please make sure your water bottles are filled; there are no water stations on the route.

RUN COURSE

The run course is two, one mile loops. Please follow directional signs and cones for the run course; your water station will be located at mile one. The run is on the side walk, so please keep to the left and look for two way traffic.

RELAY TEAMS

Cyclist need to wait at their bike until the swimmer has given them the timing chip at which time they can leave; do not un-rack your bike until then. Once the cyclist has returned, you must first rack your bike and get the timing chip before the runner can start. Relays will receive their chip the morning of the event.

FIRST AID

Please report any injuries to the Race Director; for your convenience medical will be located at the finish line.

VOLUNTEERS

If you need assistance during this event, volunteers are here to help.

Things that are a MUST: Bike bar end caps, Bike helmet during the ride and shoes for the run.