

# **Welcome to the Tri For The Shelter Sprint Triathlon**

We're so glad you are joining us and want you to know your safety is our highest priority. Please read over the inserts in your race packet and familiarize yourself with the USAT Rules of Triathlon.

## **PRE-RACE INFORMATION:**

- **Race packets** can be picked up on 4pm-6:30pm, Friday, June 20<sup>th</sup> at Cycle Therapy (608 Broad Street, Rome, GA 30161)
- If you are not familiar with the location of the Rocky Mountain Recreation Area, you may want to consider familiarizing yourself with its location the day before the race.



## **Hotels in Rome:**

- Hawthorne Suites: (877) 987-0068 100-110 West 2<sup>nd</sup> Avenue, Rome, GA
- Holiday Inn & Express: (706) 232-0021 35 Hobson Way, Rome, GA 30161
- La Quinta Inn & Suites (706) 291-1034 15 Chateau Dr SE, Rome, GA 30161
- Hampton Inn: (706) 232-9551 21 Chateau Drive. Rome, GA, 30161
- Comfort Inn (706) 232-6055 23 Chateau Dr SE, Rome, GA 30161
- Country Inn & Suites (706) 232-3380 15 Hobson Way, Rome, GA 30161

## **RACE DAY SCHEDULE:**

- Race day packet pick-up will begin at 6:30 am.
- Transition area will open for bikes at 6:30 am.
- A pre-race meeting will be held at 7:40 a.m. in the Transition Area. Please attend to listen to last minute instructions.
- 7:45 am TA closes. Then swimmers will move to the swim start.
- 8:00 am race begins.

## **KEY LOCATIONS:**

Chip pick-up, Body Marking, Transition Area and Finish are located at Rocky Mountain Recreation Area - Heath Lake side - 4054 Big Texas Valley Road, Rome, GA 30165. The staging area is located approximately 0.5-miles from parking. Volunteers will direct you.

## **PARKING:**

The parking area will be on the right immediately after you enter the park. Your race registration fee included the park's \$5 parking fee.

## **TIMING CHIP PICK-UP:**

Bring your race bib to the Chip Pick-up area on Saturday between 6:30 a.m. - 7:30 a.m. to get your timing chip. Please return your chip immediately after crossing the finish line. Volunteers will assist you. WEAR THE CHIP AROUND YOUR ANKLE. **\*\*TEAMS: Transfer your chip between teammates in the Transition Area.\*\*** Swimmers must have body markings and a swim cap, bikes and bike helmets must be numbered, and the team runner must wear the bib number on the front of his/her body.

## **IMPORTANT INFORMATION:**

- The bike racks in the transition area are organized by category. Please set-up in the correct location.
- All swimmers must have their number marked on their body. Go to the Body Marking area for assistance.
- Bike bar ends must be filled. Cycle Therapy has some available in the Transition Area.
- There are restrooms and porta potties available near the Transition Area/Finish/Swim start area.
- Swimmers will enter the water one at a time, 3 seconds a part, in numerical order.
- The course is not closed to vehicle traffic. Please be cautious and watch for residents leaving their driveways.

IMPORTANT INFORMATION CONTINUED:

- Stay on the right-hand side of the roads at all times. Bike and run traffic may overlap on Anglers Haven Road parkentrance road that leads to TA/Finish).
- There is 1 water station on the run course (at the turn around) and in the TA and Finish.

**SAFETY/MEDICAL:**

- There are Redmond ambulances on the bike course, and at the TA/Finish. Trainers and first aid stations will be at the TA/Finish
- EMA & lifeguards are overseeing the swim - please wave your arms above your head if you need help. Kayaks and canoes will be stationed along the course.
- Any volunteer can call for medical assistance, so just ask if you need it!

**AWARDS:**

Awards will begin around 10:30 a.m. at the Finish. Results will be posted online at [www.racerome.org](http://www.racerome.org) and [www.imathlete.com/events/TriForTheShelterSprintTriathlon](http://www.imathlete.com/events/TriForTheShelterSprintTriathlon).

**RACE PHOTOS:**

[www.ted-photography.com](http://www.ted-photography.com) <<http://www.ted-photography.com>>

Viewers can then click 'View/Order' to see the photographs under 'Holiday & Special Events'

**VIEWING AREAS FOR FAMILY & FRIENDS:**

- Swim: Spectators can view the entire swim from the waters edge.
- Bike: Can view the .5 mile bike start & .5 mile finish on Anglers Haven Road (park entrance road)
- Run: Can view the .5 mile run start & .5 mile race finish on Anglers Haven Road (park entrance road)
- ❖ We regret we are only able to provide water and refreshments for participants and the park does not allow vendors to sell onsite. Please tell your spectators to come prepared. It is going to be hot!
- ❖ Cell phone coverage will be sporadic in the area.

***THANK YOU RACE ROME SPONSORS!***

Please support our RACE Rome sponsors who graciously do so much to make RACE Rome events possible!

A complete list of sponsors is located at [www.racerome.org](http://www.racerome.org) and within the race packet.

Proceeds from the Tri For The Shelter Races benefit the Davies Homeless Shelter of Rome, GA.

***RACE Rome is presented by***



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