

## **NO SPECTATOR PARKING AT THE LAKE TRANSITION AREA!**

The Glade Springs Triathlon is a "point-to-point" race. As such - this race presents participants and race organizers with some unique logistical challenges. We have attempted to make this as easy for participants as possible. It will be important that all participants follow these instructions. At packet pick-up, all participants will be given an envelope containing one plastic bag w/drawstrings. The plastic bag will have your race number written on the outside of it. You will use this bag at the swim start/finish transition area (T1).

You'll notice that the bike racks at the Resort TA (T2) will be individually numbered - look for your specific rack. The racks at the Lake TA (T1) are NOT individually numbered, they are number ranges (1-6, 7-12, etc). You may rack your bike anywhere on those racks. Remember where you are located at the Resort TA (T2) - you won't see this spot again until you finish the bike course.

***Directions to Transition 2 from Swim Start/Finish TA (T1)*** – Turn Right out of the Swim Start/Finish TA (T1), Right on Lakeside Dr, Right on Far County Dr, Right on Edward Dr, Right on Lake Dr, Follow traffic circle around stay straight on Lake Dr, Left on Club Circle, Park in the designated area near T2 and the finish line (Club house).

***Directions to Transition 1 from Resort TA (T2)*** – Turn Right on Lake Dr, Left on Edward Dr, Left on Far County Dr, Left on Lakeside Dr, Left on Far County Dr, T1 will be on your left.

- 1) On race morning, participants who already picked up their race packets on Saturday, will go need to go directly to the Swim Start/Finish location (T1) to drop off your bike and swim gear - (proceed to paragraph #3);
- 2) On race morning, participants who have NOT picked up their race packets will go to the Swim Start/Finish location (T1). Those participants will pick up their packets and drop off their bikes, all their bike gear, and all their swim gear (T1). The racks at T1 are NOT individually numbered (the bike racks at the Glade Springs Resort TA (T2) are individually numbered). Volunteers and race staff will be present - so participants should not worry about leaving their bikes and gear. Make sure you leave everything you will need for the Swim-to-Bike transition. Make sure you leave your plastic bag - marked with your race number at T1. When you exit the water and get to the transition area - stuff your goggles, swim cap, and all other belongings (including your wetsuit - if applicable) into the bag - and leave it at your spot (bike rack).
- 3) Participants will then drive their cars to the Glade Springs Resort TA (T2) (5 minute drive) where the Race Finish is located. Once there, participants will be directed to parking areas close to the finish line. Before you drop your run gear at the Glade Springs Resort TA (T2), grab your run number and pick up your timing chip at the green tent, located near the TA and right next to the bus staging area. You will need to show your run number in order to receive your timing chip. Once you have your timing chip, drop your run gear at the Glade Springs Resort TA (T2) - adjacent to the finish line. Once again, find your numbered bike rack. At the Glade Springs Resort TA (T2) - the bike racks will be individually numbered. Find your specific spot and lay out your run gear. As with the other transition area - make a note of where you are - to eliminate confusion when you come in off the bike.
- 4) At this point you're ready to be transported to the Swim Start location. Buses will be provided to take you out to swim start. Friends and family are welcome to ride out on the buses - these buses will be returning to the Glade Springs Resort finish line following the swim start. **DON'T FORGET YOUR TIMING CHIP & ANKLE BAND.** When the race starts - you can insert anything you're not wearing during the swim into your plastic bag. Leave the plastic bag at your designated bike rack.
- 5) When the race is over - your plastic bag from swim start/finish TA (T1) will be transported back to the race finish location. All bags will be lined up in numerical sequence - to allow you to easily find your gear. These bags will be back to the finish line location before the final competitor finishes the race. This will prevent you from having to go back out to the lake following the race.

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