

She Tris Sprint Triathlon Hamlin

Event Information

Where and When

- **Event Day:** Saturday, August 20, 2022
- **Event Start:** 7:30 a.m.
- **Event Venue:** 100 Amenity Drive, Mt. Pleasant SC
- **Transition Area:** Hamlin Clubhouse pool parking lot
- **Race Start Location:** Hamlin Pool

Packet Pick-up

August 19th (Friday) between 3:00pm – 6:00pm at the Hamlin Clubhouse.

August 20th (Saturday) between 5:45am – 7:10am at the Hamlin Clubhouse

If you do not pick up packet materials during the designated pick up times listed you will not be allowed to race. There will be no exceptions made. You must collect your own packet. No other person will be allowed to pick up your packet. Government issued photo ID will be required to pick up materials.

PLEASE NOTE: T-shirts are guaranteed to participants who register prior to July 1st.

USAT members must show a valid USAT membership card or pay the one day membership fee, \$15.

Parking

All event parking will be located in the St. Peter's Church parking lot located at 1287 Porchers Bluff Road, Mt. Pleasant, SC 29466. Participants will be able to drop off their bikes at Hamlin prior to parking at the church.

Bike Valet & Event Trolley

To facilitate parking/bike logistics we are offering bike valet service and trolley transportation. Here's how it works:

1. Drive to the event site to drop off just your bike or to drop off athletes/bikes
2. Drive to the event parking at St. Peter's Church
3. Take the free trolley from the parking site to the event site
4. After the event, take the trolley back to the parking location
5. Follow the same route as before to drive through and pick up bikes/athletes



ALL WOMEN & SPORTS. ONE JOURNEY.

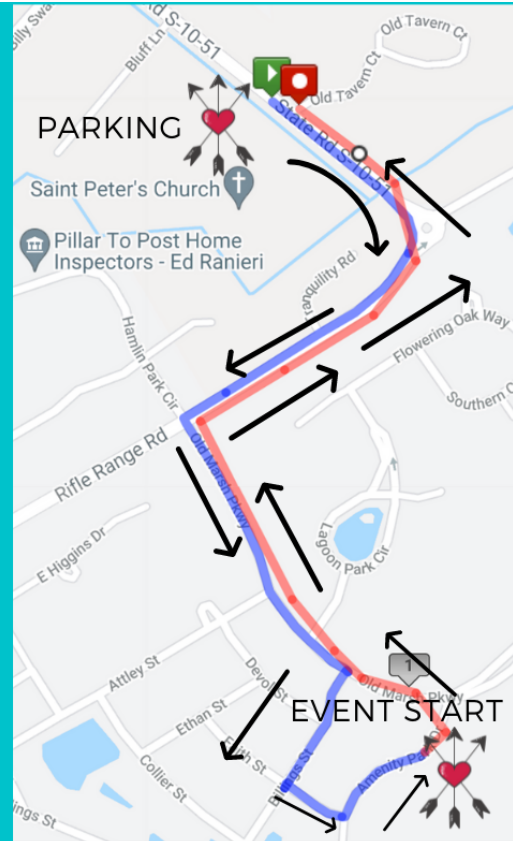
BIKE & TROLLEY DROP OFF ROUTE

*BLUE ROUTE IN, RED ROUTE OUT

EVENT START: HAMLIN CLUBHOUSE (100 AMENITY PARK DRIVE)

PARKING: ST. PETER'S CHURCH (1307 PORCHERS BLUFF RD.)

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DIRECTIONS FROM PORCHERS BLUFF RD:

- EXIT 1ST RIGHT AT THE TRAFFIC CIRCLE ONTO RIFLE RANGE RD
- MAKE LEFT ONTO OLD MARSH PARKWAY
- MAKE RIGHT ONTO BILLINGS STREET
- MAKE LEFT ONTO FAITH STREET
- MAKE LEFT ONTO AMENITY PARK DRIVE & DROP OFF BIKE
- RETURN TO PARKING LOT BY TURNING LEFT ONTO OLD MARSH PARKWAY AND RETURNING TO ST. PETER'S CHURCH

Restrooms

There are restrooms available at the portalets near transition.

Body Marking and Chip Distribution

- 5:30 am - 7:10 am
- **Location:** Steps in front of the clubhouse
- Race bib is required for body marking. PLEASE WAIT TO **APPLY SUNSCREEN UNTIL AFTER BODY MARKING.** Participants may be asked to do their own body marking and directions will be provided.
- **Chips:** Timing chip is to be worn at all times during the race. Volunteers will remove chips in the finish chute after the race. All chips must be returned! There will be a \$30 fee for un-returned chips.

- **Bibs:** During the run, your bib number must be on the front of your body. You can use the pins you were given to pin it to the shirt you'll be wearing during the run or you may use a number belt. **REMEMBER TO WEAR YOUR BIB DURING THE RUN, OR YOU WILL BE DISQUALIFIED, AND YOU WILL BE SAD!**

Race Number Placement

At packet pick-up you will receive two numbers, a self-adhesive number for your bike, which should be attached to the cross bar of your bike. The other number is your run bib. Use provided safety pins to attach to the front of the running shirt, or attach to your race belt.

Bike Mechanics

Bike maintenance staff will be on hand in the transition area to assist with tire inflation and any last minute bike maintenance needs. You are encouraged to visit our partner Bicycle store prior to the event to receive a complimentary bike safety check.

Bike Pick-up

No athletes will be allowed back into transition to check out their bike until all participants have exited for the run. All bikes must be checked out of the Transition Area by noon. All bikes removed from transition must have a bike number matching the athlete's bib number. Only the athlete will be permitted to get their bike out of transition.

Rules and Regulations

Transition Area

- The transition area will be open on event day from 5:45 am – 7:10 am. Any athlete that arrives after 7:10 am will not be allowed into the transition area.
- Only athletes will be allowed in the Transition Area.
- Athletes and volunteers may be required to wear masks and maintain social distancing in all areas on the course.
- No congregating in groups.
- Access to the transition area to retrieve bike and gear after finishing will not be allowed until the last athlete has started the run.

The Swim

- The swim begins promptly at 7:30 am.
- Swimmers will start in waves, and will start according to swim ability.
- If you miss your wave time, see our race staff. You will be placed in the last wave.
- If you experience trouble during the swim, you may stop and rest by holding onto the wall.

The Bike

- Bike helmets must be on and buckled before you leave the transition area.
- Do not mount your bike until you have passed the mount line.
- The entire bike course is open to vehicular traffic. The roads are coned and marked, but you must always be alert to traffic.
- Stay as far to the right as safely possible and pass only on the left.
- Drafting is not allowed. You must remain 3 bike lengths away from the athlete in front of you.
- You must dismount your bike before the dismount line. Volunteers will be present to remind you.
- Do not unbuckle your helmet until after you have dismounted your bike.

The Run

- Bib number must be visible during the run. The course is well marked (follow the cones and arrows) and volunteers will be there to help.
- Aid stations will be available along the course.

Transition Area

The transition area will be open on event day from 5:45 am – 7:10 am. Any athlete that arrives after 7:10 am will not be allowed into the transition area. Body marking will take place outside the transition area between 5:45 am – 7:10 am. All bikes must display the proper bike frame number. Access to the transition area to retrieve bike and gear after finishing will not be allowed until the last athlete has started the run.

Equipment

On event morning, all transition equipment such as sunglasses, running shoes, bike helmets, water bottles, biking shoes, towels, etc. may be organized in your rack area. Do not leave any shoes or equipment overnight in the transition area.

Pre-event Meeting

The pre-event meeting will take place in person and/or virtually on August 19th, 2022. Stay tuned to communications for details.

Spectators

Spectators are welcome and encouraged to attend! Spectators are not allowed in the pool area or transition area during the event, but may watch from outside of those areas. Please be courteous to neighbors and aware that the roads are not closed to vehicles.

Post-Event Party and Awards

Post event party and awards will take place immediately following the final finisher.

Accommodations

TBD

Weather Policy

Races are rain or shine unless we determine that race conditions are dangerous. If the race is canceled there will be no refunds. This position is consistent with USAT recommendations and with the protocol of sharing the risks associated with the sport of triathlon. In the event of inclement weather, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race. Each athlete must accept any such risk of their entry fee paid including other amenities paid for such as t-shirts, insurance, and online administrative fees. All fees collected are used to develop and produce the event, including all race supplies.