

# She Tris Sprint Triathlon - I'On Club

## Event Information

### Where and When

- **Event Day:** May 21, 2022
- **Event Start:** 7:30 a.m.
- **Event Venue:** I'On Club, 252 Ponsbury Road, Mount Pleasant, SC 29464
- **Transition Area:** I'On Club Employee Parking Lot
- **Race Start Location:** I'On Club pool

### Packet Pick-up

**May 20th (Friday) between 3:00pm – 6:00pm at the I'On Club Clubhouse.**

**May 21st (Saturday) between 5:45am – 7:10am at the I'On Club Clubhouse on the Front Lawn.**

*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 April 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 former Bi-Lo and also O'Quinn Preschool parking lots. There will be volunteers to direct you into the parking areas. Please view our parking map.

O'Quinn School

761 S. Shelmore Blvd.

Mount Pleasant, SC 29464

Former Bi-Lo

774 S. Shelmore Blvd.

Mount Pleasant, SC 29464

## Restrooms

There are restrooms available at the portalets near transition and by the pool.

## Body Marking and Chip Distribution

- 5:30 am - 7:10 am
- **Location:** Grassy courtyard in front of the clubhouse
- Race bib is required for body marking. PLEASE WAIT TO **APPLY SUNSCREEN UNTIL AFTER BODY MARKING.**
- **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 your 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.
- Only athletes will be allowed in the Transition Area.

### **The Swim**

- Swimmers will start in waves, and will start according to swim ability with the fastest swimmers entering the water first. Participants will self seed according to their pace. There will be volunteers on hand to organize and line up swimmers by pace.
- 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 without penalty.

### **The Bike**

- Bike helmet 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 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 virtually and/or in person on May 20, 2022. Stay tuned to communications for specific details.

## **Spectators**

The best place to spectate is outside of the transition area, where you can see your athlete transition through the sports and of course at the finish line.

## Post-Event Party and Awards

Stick around after the event and celebrate your accomplishment with fellow athletes, volunteers and your supporters! We'll provide yummy food and drinks!

## Accommodations

### **Hilton Garden Inn**

[Reservation Link](#)

300 Wingo Way

Mount Pleasant, SC 29464

May 20-22, 2022

*\*\*Reservations must be made by April 20, 2022 to guarantee rate of \$249/night*

### **Hyatt Place Mount Pleasant Towne Centre**

[Reservation Link](#)

1600 Palmetto Grande Drive

Mount Pleasant, South Carolina, 29464

May 20-22, 2022

Participants may also call 1-888 HYATT HP (888-492-8847) and reference the group code **G-STT1**

*\*\*Reservations must be made by April 22, 2022 to guarantee rate of \$279/night*

## 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.