

# STEP-BY-STEP GUIDE

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- I. **PREPARE YOUR GEAR** PRIOR TO RACE DAY
- II. ATTEND THE **MANDATORY PRE-RACE MEETING & FESTIVITES.**
- III. ON RACE DAY ARRIVE EARLY! STEPS TO GET THROUGH YOUR **PRE-RACE MORNING.**
- IV. SETTING UP **T-1** AND GETTING THROUGH YOUR **SWIM SECTION.**
- V. CLOSING **T-1** AND GETTING THROUGH YOUR **BIKE SECTION.**
- VI. ARRIVING AT **T-2** AND GETTING THROUGH YOUR **RUN SECTION.**





# PREPARE YOUR GEAR

Prior to race day separate your gear and **label everything** with your name and phone number in case items get misplaced. Once you receive your packet please add stickers for your equipment, and label your transition bags with your name and bib #. You will have the option to drop off your equipment prior to race day, so bring all your T-1 and T-2 gear with you to the Pre-Race Festivities on Saturday, June 2 10am-5pm.

## PRE-RACE GEAR



Triathlon Suit or Race Set



Warm-ups



Flip-flops

## T-1 (A) GEAR

### SWIMWEAR



Wetsuit



Swim Cap  
(provided in your Auburn Tri packet)



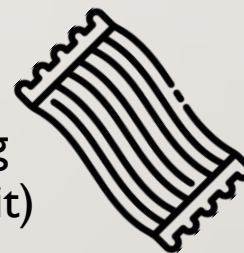
Goggles

## T-1 (B) GEAR

### BIKE GEAR



Plastic Bag  
(for wetsuit)



Towel



Helmet



Cycle Shoes



Bike



Large T-1 Bag #1  
(provided in your Auburn Tri packet, Label Bid #)

## T-2 GEAR

### RUNNING GEAR

Running Shoes



Visor or Cap



Race Belt & Bib  
(Bib & safety pins provided in your Auburn Tri packet)

Large T-2 Bag #2  
(provided in your Auburn Tri packet, Label Bid #)





# PRE-RACE FESTIVITIES

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**Saturday, June 2nd 2018 at 10am-5pm**

Location: Downtown Auburn, Lincoln Way and High Street, Auburn, CA

## # 1 . FAMILY FUN RUN

Starts at 10 am. Come join us for a 1/2 mile run/walk or a 1 mile run/walk for everyone to enjoy. This will be a non-timed event with a running clock at the finish line. [REGISTER NOW!](#)

## #2 . CHECK IN

Open until 11am-5pm. Check-in and pickup your athletic packet, goodie bag, and t-shirt.

## #3 . ATTEND PRE-RACE MEETING

Starts at 3pm-4pm. This meeting is mandatory. A course overview will be presented, as well as an open Q&A Session.

# PRE-RACE FESTIVITIES

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continued...

## #3. VISIT T-2 & DROP OFF BAG

Optional... (Open until 5pm). Visit prior to Race to mentally help you prepare you for the race. You have the option to drop off prior to race day. Put your gear in bag and label clearly with your Name/Bib #. [DIRECTIONS](#)

## #4. VISIT T-1 & DROP OFF BAG/BIKE

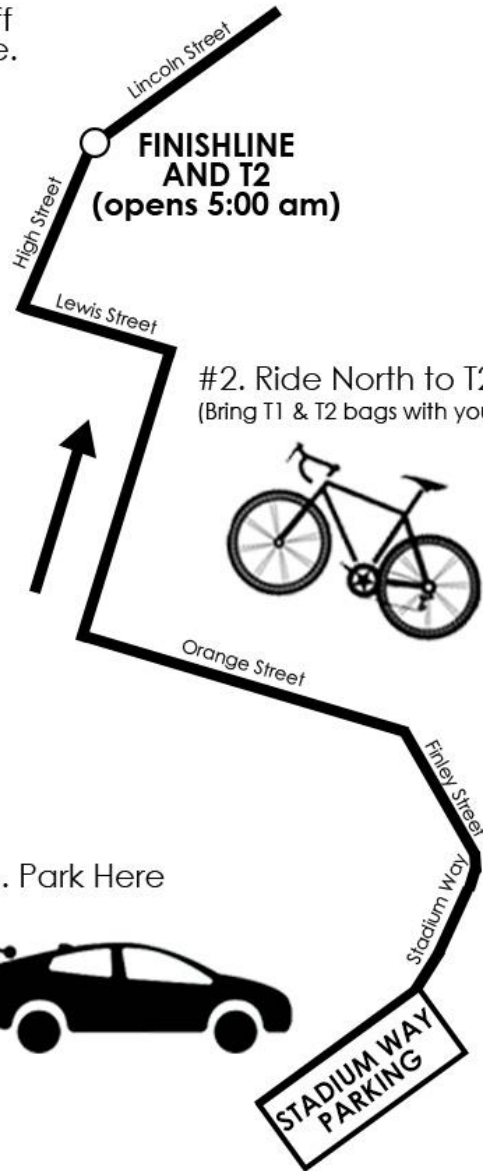
Optional... (Open until 5pm). Visit prior to Race to mentally help you prepare you for the race. You have the option to drop off prior to race day. Put your gear in bag and label clearly with your Name/Bib #. [DIRECTIONS](#)

## #5. ENJOY DOWNTOWN

Enjoy some of the great downtown restaurants, breweries, and merchants while you're in Auburn on Saturday



#3. Drop off  
T2 Bag here.



**FINISHLINE  
AND T2**  
(opens 5:00 am)

#2. Ride North to T2  
(Bring T1 & T2 bags with you.)



#1. Park Here



To Finishline and T2 from  
Stadium Way Parking:

Head northeast on Stadium  
Way toward Finley St  
0.1 mi

Slight left onto Finley St  
0.1 mi

Turn right onto Orange St  
0.1 mi

Turn left onto Lewis St  
325 ft

Turn right onto High  
St/Lincoln Way

# PRE-RACE MORNING

1. Put on pre-race gear, and don't forget to bring your all your T1 and T2 gear.
2. Head to the following designated parking location.
  - Stadium Way Parking, Auburn, CA 95603  
[MAP IT](#)
3. T2 Opens 5:00 AM - If you have not done so already. First, go to T2 at the following location. Put you T2 Gear in bag and label clearly with your Bib Number and drop off in your chosen spot.
  - T2 Location: Downtown Auburn, Lincoln and High Street [MAP IT](#)

# PRE-RACE MORNING

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4. Head (6.5-mile) South by bike or take shuttle with your T1 Bag. Fastest option, ride by bike (appx. 30 min) to the following location:

- Rattlesnake Bar Boat Launch

[MAP IT](#)

#4. Head South by bike or take Shuttle to T-1  
(Bring T1 bags with you.)

Note: Limited space on shuttles. For the fastest option bike down (6.5-mile bike ride) appx. 30 min warmup.



**FINISHLINE AND T2**  
(opens 5:00 am)

To Rattlesnake Bar Boat Launch from Finishline and T2:

Head southwest on High St/Lincoln Way toward Linden Ave. Continue to follow High St  
0.6 mi

Turn left onto Auburn Folsom Rd/Sacramento St  
0.2 mi

Turn left onto Sacramento St  
0.9 mi

Turn left onto Auburn Folsom Rd/Sacramento St  
Continue to follow Auburn Folsom Rd  
2.2 mi

Turn left onto Shirland Tract Rd  
75 ft

Turn right onto Rattlesnake Rd  
1.5 mi

Turn left onto Newcastle Rd  
141 ft

Continue onto Rattlesnake Rd. Destination will be on the right

**T1: RATTLESNAKE BAR  
BOAT LAUNCH**  
(opens 5:30 am)

# SWIM SECTION PREP

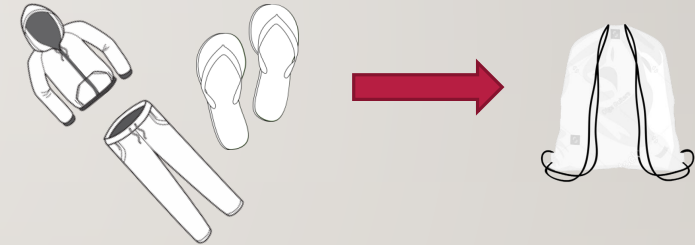
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1. Place items from your T-1 (b) gear at your designated spot.
2. Then remove warm ups and place in transition bag (with it clearly labeled with your bib number).
3. Dress for the swim section with your T-1 (a) gear.

# 1 . FIND DESIGNATED SPOT IN T-1 AND SET-UP YOUR AREA



# 2 . PLACE YOUR PRE-RACE GEAR IN TRANSITION BAG



# 3 . DRESS FOR SWIM. THEN HEAD TO THE SWIM START TO WARM-UP.





# SWIM SECTION

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5. Participate in the Swim Event. Once you return to T-I after the swim, remove all swim items place in Plastic Wet Bag.
6. Gather all your gear including your Plastic Wet Bag and place in Large Transition Bag. **PACK ALL ITEMS FOR TRANSPORT.** Any items left in transition outside your bag will be placed in the lost and found.

# 5 . AFTER, PLACE YOUR WET ITEMS IN WET BAG.  
GEAR UP FOR THE BIKE EVENT.



# 6 . PLACE ALL ITEMS IN TRANSITION BAG FOR  
TRANSPORT.

