PACKET PICKUP ITEMS **&** THEIR PLACEMENT

Houston Methodist
TEXAS CITY tri

SWIM

1 — **1 LATEX SWIM CAP**

Each triathlon registrant is given a color coded swim cap (yellow, orange, pink, or green). This cap signifies which swim start wave you are in and must be worn at all times during the swim. **Swim start colors and times may be found on our website under info>schedule (scroll to the bottom).**

2 — **DO-IT-YOURSELF BODY MARKING (SHARPIE)**

We **DO NOT** hand out temporary body marking tattoos. Instead each athlete is asked to mark a T, D, or A on their left calf with a sharpie to symbolize their event and to write their USA Triathlon Age (how old they are at by the end of the year), horizontally, on their right calf. To do this we have Sharpies in metal buckets hanging from the ends of each row in transition. Please put the caps back on and return them to their bucket when you are finished. If you need help please ask a volunteer, staff, or fellow racer. You may also do this yourself at home before you leave for the race that morning if you'd like. No other body marking is needed.

BIKE

3 — **1 HELMET STICKER**

The helmet and frame sticker are the same. Stick one on the front and center of your helmet.

4 — **1 BIKE FRAME STICKER**

The frame and helmet sticker are the same. Stick one of them on the frame of your bike. The bike frame sticker should be placed **VERTICALLY** on the **LEFT** side of your bike/seat post (**NON** crank side) reading bottom to top.

PLEASE NOTE: A time trial bike (shown to right) is not required to participate in triathlon. You may use any non electric bicycle (gravel, mountain, cruiser, fat tire, etc) with two wheels that is safe to ride.
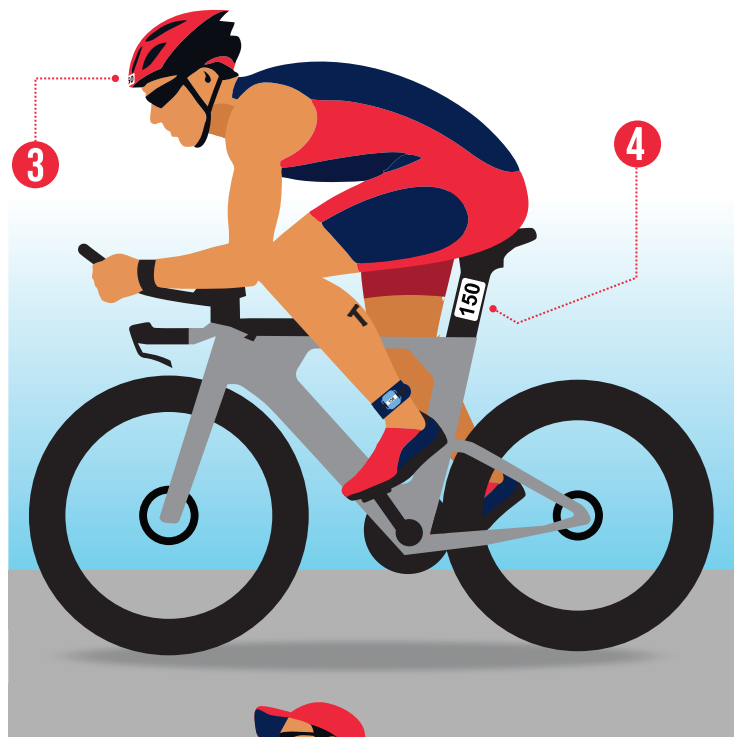
RUN

5 — **1 RUN NUMBER BIB**

Your run number bib is to be worn on the run **ONLY**. The bib can be pinned on or worn with an elastic race belt. It must be forward facing the entire run.

TIMING

6 — **1 TIMING CHIP & 1 ANKLE STRAP**

Your timing chip is light blue and should be fastened to your dark blue ankle strap by feeding the Velcro strap through and behind the chip. Wear the strap with chip on your left ankle to avoid your bike crank. **Please be sure to return both at the finish line.**

ON UR MARK PRODUCTIONS

REMINDER WE DO NOT HAVE PRE RACE BIKE CHECK-IN. PLEASE BRING YOUR BIKE AND ALL NECESSARY GEAR WITH YOU RACE MORNING.