
Secret City Pre-Race Email - The Secrets to the Universe

1 message

Personal Best Racing <noreply@awntx3.email.active.com>

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Reply-To: munarodriguez@gmail.com

To: munarodriguez@gmail.com



Greetings Friends!

This email holds the answers you've been searching for, the secrets to the universe....or at least the information you need to compete this weekend in the Secret City Triathlon in Oak Ridge, TN! Baby Steps.

I want to say first of all, thank you to all who raced with us at Kona. We had a fun day and it was great to see each of you. We limited each wave to 50 people. Although we are still practicing these restrictions, we are able to accommodate more people as long as we keep the staging area very big, covering lots of area at our venue in Oak Ridge.

Before you begin, I would ask that each of you check out our Social Distancing guidelines. Although there is finally room for wiggle, be prepared for them. We are still trying to decide what steps we can take to make the race seem more normal, but nothing is guaranteed.

Here is our schedule of events:

5:45am - Transition Opens

7:00am - Pool opens for warm up

7:15am - begin lining up for Pre-race meeting

7:30am - First swimmer in!

10am - Virtual Awards Ceremony

Now to fill in the details:

Packet Pickup will be upon arrival. You will bring your picture ID (THIS IS A MUST, no exceptions) Jennifer may or may not be giving your bag to you, so they won't know you. Please also wear a mask when checking in to ensure your little droplets don't make it past your nose. There will be a tent where you enter (I'm going to put up signs, because raceday). Upon being next, you will show your ID, get your brain scanned, answer the following questions:

1. Have you come into close contact (within 6 feet) with someone who has a laboratory confirmed COVID – 19 diagnosis in the past 14 days?

2. Do you have any of the following: fever or chills, cough, shortness of breath or difficulty breathing, body aches, headache, new loss of taste or smell, sore throat?

Once you answer (and it better be NO if you came to my event), you will be given a bag with your BIB and CHIP and then you will be instructed to enter transition and set up your bikes. Due to social distancing, we are limiting the number per rack. In order to make this work, you will need to rack your bike the opposite as the bike next to yours. You will then place your stuff at the right side (your right) of the wheel down. Looks like this:



Now this is important: There is only one entrance to Transition on the side and you will exit out the ends where there is bike in and swim in. This true for the duration with the exception of during race time.

Once you set up transition, you need to leave transition and keep spread out from the area.

Once you are set up and it is time to line up at the pool start, there are a few changes. We will line up in groups of 5, and then allow 6 feet before the next group. You will line up fastest swimmer first, and so on. Once you enter the pool to swim, you can stop to stand up BUT YOU CANNOT WALK. The great pool walk of '83 shut that down for everyone. I realllly wish I could find that video.... But it is a shallow pool all the way across, so you will always be able to touch the bottom (of the pool) so for those of you who may have forgotten how to swim, you will be safe!

Once its time for you to exit, you can climb the ladder or hoist yourself up to the deck. There will be a different exit than where you came in and there will be cones to guide you.

SO here is the bike course link: [BIKE COURSE LINK](#)
and here is the run course link: [RUN COURSE LINK](#)

What you need to know about the bike:

- You must wear a helmet and make sure it is fastened before you even touch your bike
- You will exit out the bike out side that is the opening towards the finishline
- You will enter the same exact way
- You will walk or run your bike to the sign that says "Bike Mount"
- You will stop at the same sign and dismount
- You WILL **OBEY ALL TRAFFIC LAWS** - There will be police officers and volunteers, but people get confused driving around with all these cyclists in spandex and sometimes aren't paying attention to the actual athletes....so please be vigilant.
- No drafting. I know I am not out there to see it, but I get texts and messages from people that are helping me and someone is always competing against you!
- NO CELL PHONES VISIBLE. They must be put away and out of sight.
- Always pass on the left. If you are being passed, make sure you are on the right. Don't weave.

What you need to know about the run:

- It is a 2 LOOP course. I know if you can do a 5k in 15 minutes or not, and you are always someone's competition or rabbit, so if you only do one loop they will make sure to tell me.
- You must wear your bib during the run, in front, visible
- NO HEADPHONES, NO MUSIC unless its in your head and probably the same song over and over again.
- You must obey all traffic laws. We have sidewalks for part of it, but not all.
- Bring your own water bottle. There will be coolers on the course, but no cups. We may just put one communal cup there for those of you that forgot yours.... 😊

And here's what you need to know about me:

- I'm 5'2", blonde, and kind of sarcastic, but definitely loud and bossy....
- I love little babies, dogs, bribes, and flattery
- I loathe athletes that are rude to staff, volunteers, police officers, their momma's and I won't tolerate it. It is instant DQ for any of that behavior
- I also loathe littering, and its against USAT rules. This includes any nutrition trash, your water bottle, shirt, hat....
- I love to see all my athletes following the rules so we can continue to have events, because I love having events!
- I love the tanks I have for you, and you will get all your swag once you cross the finish line! I cannot wait to do the shirt reveal....maybe thursday or friday!
- My timing team loves timing, and loves providing for you accurate times. We will do our best to get you that as quickly as possible, but please be patient as we are up against a lot of factors on race day!
- I love the post race party almost as much as I love yelling at people...however, we cannot do one this year. When you are done with your race, please head back to transition after you cool down and walk it off, and get yo stuff and get out! I love ya, but I gotta keep everyone safe. Now here's the thing. You can hang out in your car, around your car, down the street...etc. And then pull out your smart phone devices and watch my live ceremony and then swing right over and get your award....
- I just moved into a new house and my garage is busting at the seams with swag! I will have some previous years Secret City Swag available on site for a donation to our favorite charity [The Julia Barbara Foundation](#) (which we support with our Zombie run and our Unicorn run)

The results will be posted on active and I will email out the awards QR code towards the end of the week. I won't be sending out any more emails until Thursday or Friday, so if this email doesn't answer your questions, you can ask me!

Just so you know, these are not template emails and I actually sit at a computer and type them out. So please take the time to read them before you send me an email, text, bat signal or otherwise. I'm happy to answer any questions, but only the really good ones like " Hey Muna, Can you tell me which hand to put your beer in?" or "Where is the RD Cooler?" (hint: its always under the table or behind the barrier)

Stay Safe and I'll send another lovely email soon!

Love ya, mean it,
Muna
Personal Best Racing
865-567-0358
munarodriguez@gmail.com

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