



# She Tris Sprint Triathlon – I'On Club Participant Guide

## WHEN & WHERE

**Date:** Saturday, May 16, 2026, 7:00 AM

**Venue:** I'On Club, 252 Ponsbury Road, Mount Pleasant, SC 29464

**Transition Area:** Front Lawn (by pool)

**Race Start Location:** I'On Club pool

## EVENT DAY TIMELINE

**5:15 AM** - Transition Opens & Participants Arrive

Note: **Park at O'Quinn School.** I'On parking lot on Mathis Ferry is closed

**5:30 AM** - Packet pick up, body marking, and chip pick up OPEN

**6:15 AM** - Pool opens for warm up swim

**6:30 AM** - Transition Area, packet pick up, body marking, and chip pick up CLOSE

**6:35 AM** - Swimmers Line Up

**6:45 AM** - Welcome, National anthem, and opening remarks

**7:00 AM** - Triathlon/Aquathlon race start

Note: Duathletes go to finish line for run 1 start

**7:05 AM** - Duathlon start

**9:00 AM** - Transition reopens

Note: This is an ESTIMATE for when the last cyclist is off bike and on run

**10:00 AM** - Awards (or once final finisher has crossed finish line)

## PACKET PICK-UP

**May 15th (Friday) between 3:00 PM – 6:00 PM**

Fleet Feet Mount Pleasant, 881 Houston Northcutt Blvd. Mt. Pleasant, SC 29464

**May 16th (Saturday) between 5:15 AM – 6:30 AM**

The I'On Club in the She Tris Tent



*You must have a photo ID to collect your packet. If you are picking up for someone else, you must have a picture of their ID. If you do not pick up packet materials during the designated pick up times you will not be allowed to race, no exceptions.*

**PLEASE NOTE: T-shirts (tank tops) are guaranteed to participants who register prior to April 17th.**

USAT members must register with a valid [USAT membership](#) or pay the one day Bronze Membership fee, \$14.

## COURSE MAPS

Click [here](#) for course maps.

## HOTEL ACCOMMODATIONS

We have partnered with the Hilton Garden Inn to provide group rates for our participants. This hotel is really close to the event venue as well as some delicious restaurants. Reservations must be made by April 16th, 2026 to secure the group rate of \$229/night during the May 15th-17th weekend.

[Booking Link](#)

Hilton Garden Inn Charleston/Mt. Pleasant

300 Wingo Way

Mt. Pleasant, SC 29464

843-606-4600

## PARKING - PLAN TO CARPOOL!

All event parking will be located in the O'Quinn School. There will be volunteers to direct you into the parking areas. Please view our parking map.

O'Quinn School



**PARKING MAP  
FOR SHE TRIS  
I'ON CLUB**

O'QUINN SCHOOL  
761 S. SHELMORE BLVD  
PARK WHERE YOU  
SEE THE LOGOS.





761 S. Shelmore Blvd.  
Mount Pleasant, SC 29464

## RESTROOMS

There are portalets near the transition area and toilets at the pool.

## BODY MARKING, CHIPS, AND BIBS

**Location:** Grassy courtyard in front of I'On 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 unreturned chips.

**Bibs:** During the run, your bib number should 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 3 numbers:

1. A large sticker number for your bike - adhere to the cross bar of your bike
2. A small sticker number for your helmet - adhere to the front of helmet
3. 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 available near the transition area to assist with tire inflation and any last minute bike maintenance needs. You are encouraged to visit our partner, [Trek Bicycle](#), 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 (~9:00 AM). All bikes must be removed from the transition area **by noon** and must be checked out by **only the athlete with their matching bib number to the bike**.

## RULES AND REGULATIONS

**Transition Area** - Only athletes will be allowed in the Transition Area. 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

- 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 predicted pace and volunteers will be present to help organize. Please see the swim pace estimator below.
- Any swim stroke is allowed, but we highly recommend the freestyle stroke if you are in corrals 5-10.
- A good way to determine your corral placement is to practice the 200 yard swim and time yourself.
- If you experience trouble during the swim, you may stop and rest by holding onto the wall without penalty.

## Swim Pace Estimator





## 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 5 bike lengths away from the athlete in front of you.
- You must dismount your bike before the dismount line.
- Do not unbuckle your helmet until after you have dismounted your bike.

## The Run

- Bib number should be on the front of your body 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.

## 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.

**NO HEADPHONE POLICY:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. You will be disqualified if found with such devices.

## PRE-EVENT MEETING

The pre-event meeting will take place virtually on **May 14, 2026 around 1:00 PM** on Facebook Live. A link of the video will be sent out to participants and is **mandatory** viewing for all athletes.



## 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! Spectators are not allowed inside the pool or transition area, but may watch from outside the fences.

## POST-EVENT PARTY AND AWARDS

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

## 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 USA Triathlon 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.

## SAFE SPORT GUIDELINES

Please see [our letter](#) on our expectations and commitment to keeping our events safe for all participants, especially youth.

## EVENT ALTERNATIVES

At She Tris events, we offer aquathlon and duathlon options so you can choose the race that's right for you.

### **Aquathlon (Swim + Run):**

Don't have a bike or not quite ready for the cycling portion? The aquathlon is a fantastic option. You'll start alongside the triathletes in the swim, head to the



transition area after exiting the pool, and then go straight out onto the run course to finish strong. Swim, Run, Done!

### **Duathlon (Run + Bike + Run):**

Not a fan of swimming or just prefer to stay dry? The duathlon is for you! After pre-race announcements by the pool, you'll head to the Run 1 start line (usually near the finish line) for your first run. Then it's into transition to grab your bike gear and hit the bike course. After the ride, you'll head back out for the final run and cross the finish line feeling unstoppable!

### **Relay Option at She Tris**

Want to experience She Tris as a team? Grab your friends and take on the challenge together! Relay teams can have 2 or 3 members, dividing up the swim, bike, and run portions of the triathlon.

The relay follows the same course as the individual triathlon, with just a few key differences:

- **Packet Pick-Up:** Each team member must pick up their own race packet at Packet Pick-Up and show a valid government-issued ID.
- **Race Morning Check-In:** All relay team members must check in on race morning.
- **Timing Chip Exchange:** The timing chip is passed between teammates in the transition area and should be worn on the left ankle.
  - The **swimmer** starts the race at the pool wearing the chip.
  - After the swim, they hand off the chip in transition to the **cyclist**, who will wear it for the bike.
  - After the bike, the chip is passed to the **runner**, who wears it to the finish.

**Who Needs to Be in Transition:** Only the participant doing the next leg needs to be in transition at a time.

- The cyclist waits in transition while the swimmer is on course.
- The runner should head to transition when the cyclist is expected to finish.

**Bib Number:** Only the runner needs to wear the race bib during their portion, along with the timing chip.



**Transition Courtesy:** After finishing their leg and passing the chip to their teammate, relay members should exit the transition area. Make sure your team communicates ahead of time and knows your designated spot in transition!

Relay is a great way to be part of the She Tris fun while sharing the experience with friends — perfect for beginners, specialists, or just a fun girls' day out!