



Strathmore Women's Triathlon

August 15, 2010

Participant Information Booklet

How to get to Strathmore: Strathmore is located 40 km east of Calgary on the TransCanada Highway. Turn LEFT (north) at the first set of lights at Wheatland Trail/Highway 817 (at the Husky and BIG Canadian Flag), then proceed straight (north) past the ponds and golf course until you see Brent Blvd. on the right. Turn right (east). The high school & pool are on your left. Parking: Parking will be available at the High school parking lot West of the High School.

Race Day Schedule of Events

7:00 AM. - Transition opens

7:00 – 8:15 AM. Late package pick-up

7:00 – 8:15 AM. - Body Marking, Timing chip pick up

8:00 AM – Mandatory Relay team meeting (outside swim exit)

8:15 AM. - Mandatory pre-race meeting for all individual participants in Transition area

8:30 AM. – Transition area closes

8:30 AM. – First swim heat Starts! Relay teams go first, then Heat B – and onward

12:15 PM. - Lunch served

1:15PM – Fast & Female Raffle Draws (do not have to be present to win!)

Approx. 1:30 PM. – Awards and draw prizes (have to be present to win participant draw prizes!)

We still need MORE RACE DAY VOLUNTEERS or help with Saturday late afternoon set-up. If you know of anyone who can help us, please have him or her email Carla at cgulka@shaw.ca.

What to do when you get to the race site:

First of all, RELAX! You will want to find a spot for your bike on the transition bike racks. Locate the "Transition Area". This area has all the A-frame bike racks and will be taped off from the public and only racers are allowed inside. Look for a spot on the bike racks that has space. It's first come, first served. Relay Teams will have a special section. Do not lean your bike against the fencing! Out of consideration for the other racers, please keep large gear bags out of the transition. **Space will be limited.** Each transition spot should have enough room for all of your transition gear and bike. Rack your bike by the nose of your bike seat only. Each A-frame section should have about 8 bikes (alternating) on it. Note: If the race has already started, you will have to enter the transition area only when allowed by the transition volunteers. Access to the Transition area will be very limited after 8:30 a.m.

You may have your bike looked at by the Ridley's mechanics if you are unsure of your bike or need to pump up your tires. The Ridley's Tent will be visible on the west side of the transition.

Those who haven't picked up their race package at Ridley's Cycle in Calgary may pick up their package here. Tables and signs will be located in the hallways of the civic centre.

Next, find the registration table for your **timing chip**. This should be located near the pool entrance or just inside the main hallway. This year, we are asking each participant to sign a waiver stating that they are who is stated on the timing chip. For insurance reasons, we cannot allow participants to race under someone else's name. **NO EXCEPTIONS!**

Once you have your timing chip, you will have to go over to the area where you will be "**Body**

Marked". Body marking is a fancy name for "getting your race numbers on your legs and arms"! Make sure you know your race number. You will your HEAT LETTER written on your calf as well.

About washrooms: Public washrooms (20 flushing) are available to the racers and public inside the Civic Center (same as pool entrance). The pool washrooms are for competitors only. There will be 2 port-a-potties in the transition area (near the run exit) for competitors ONLY.

The SWIM – Sponsored by Tri-It

Swim caps are given to you at race package pick-up OR handed out on-site when you are in line to start your swim.

Be sure you know what swim heat letter you are in. The heat times will only be an **estimated** start time. There will be no assigned lanes. Listen for an announcement when your HEAT LETTER is called. To avoid congestion of awaiting swimmers, **only those with the same heat letter (or the subsequent letter) will be allowed in line**. Please be ready to start 10 minutes before your estimated start time as you may start earlier. Swimmers are to wait for their heat to start by the window. PLEASE try to find swimmers that swim close to your swim estimation. To keep things going and move everyone through the pool quicker, when one swimmer exits the pool, the next swimmer will walk through the timing mat and slip into the pool – NO DIVING! This is called a continuous feed swim. Your individual start time will be recorded when you walk through a timing mat. Please do not walk past the lap counting area after the race has started. Due to pool construction, there will be very limited viewing for the swim. We are sorry about this but it is out of our control. Avoid crossing the timing mats unless you are racing. Swimming rules:

*No diving!

*Touch the wall with your feet or hand to complete a length.

*Each lane must swim in counter-clockwise circles.

*Passing is permitted but try to pass at the walls. Touch the person's feet ahead of you (with your fingers) to signal you want to pass. If your feet are touched, wait at the wall to allow the swimmer to pass. You may pass in the center of the lane, but use extreme caution! Please be courteous.

*There will be volunteers counting your laps. When you have one more lap to go, the counter will submerge a flutterboard next to the wall. It may help to give them a signal that you have seen the board (i.e. head up & nod, wave or a smile!).

Once your swim is done, climb out & turn Left. You will be walking on the north wall side. **No running on the pool deck please**. If you ABSOLUTELY NEED TO CHANGE, please tell the volunteer and proceed to the right to the women's change rooms. We cannot have everyone doing this as the women's change rooms will become a quite congested with clothes! Do not leave anything behind on deck! Please watch your step as there may be slippery sections. Walk through the timing mat and exit out to the transition area.

Head out to the TRANSITION AREA with a huge smile!!!

The TRANSITION AREA

Important rules:

Absolutely NO bike riding in the transition area.

Your bike helmet must have your chinstrap connected before you remove your bike off the rack.

Please – no spectators, friends, spouses, dogs, strollers, etc in the transition area! Only competitors are allowed in the transition area. This rule applies for the entire race (no outside assistance on the bike or run or swim). Friends and family may cheer enthusiastically, though! Please avoid glass items in the transition area, as there are lots of bare feet!

Please **HAVE YOUR RACE NUMBER ON FOR THE BIKE!!** Please wear your number on your BACK for the bike (and FRONT for the run). This lets all the race officials know you are in the race and that we can see your race number clearly. Sometimes the body marking rubs off or fades and can't be seen on the bike.

Walk (or run) your bike to the side of the transition area closest to the grass area (north) then out towards the right hand bike exit. DO NOT GET ON YOUR BIKE UNTIL YOU ARE IN OR PAST THE MOUNT AREA!

RELAY EXCHANGE – SWIMMER TO CYCLIST (T1) will be located at the bike racks. Relay cyclist must not remove bike off the racks until the timing strap is secure on her ankle.

The BIKE – Sponsored by Ridley’s Cycle

NO HEADSETS, MP3 players, etc. allowed!! You will be disqualified if you are wearing them. Follow Brent Blvd. until you reach Wheatland Trail/Highway 817, turn RIGHT and stay on this Highway. The course will be marked, swept and is one big loop. Please see the bike map.

The highway is open to vehicle traffic and therefore they have the right to be on the road. Stay on the shoulder; avoid riding on the roadway as much as possible. Please listen to the road marshals and police for instructions. DRAFTING off another competitor or motor vehicle is prohibited on the bike course. The draft zone surrounding each competitor measures 5 meters by 2 meters from the front edge of the front wheel. Competitors have 15 seconds to pass through this zone when overtaking another athlete. Try to stay to the right of the shoulder of the road as much as possible. If you are cycling on the left, you are BLOCKING. **Pass ONLY on the left.** When passing, yell “Passing on your left” or just simply “on your left”. This will help the rider to know that you are passing and they may move over to the right for you. ALWAYS shoulder check before passing! Don’t assume that traffic will slow down for you. At the 9.9K turn-around, SLOW DOWN and wait until the Flag Person tells you to cross the road. There is no guarantee that the traffic will stop. Yell out your racer number to the lap counter. If you happen to have any bike trouble, pull off the shoulder into the grass to fix your bike. The grassy area beside the shoulder is somewhat flat. Please keep the shoulder clear for riders. Do not stop on the roadway! If cannot complete the bike portion, wait in the grassy area OFF the shoulder until the race motorcycle drives by. Raise your hand & wave if you need assistance. There will be a **Ridley’s Cycle** support vehicle driving up & down as well. They are permitted to help you if you run into bike mechanical issues– but do not rely on it. When you have completed the one loop, you will have to make a LEFT turn back onto Brent Blvd. This intersection will be busy and there are traffic lights there. Please LISTEN to the race officials/police to know when to move into the left turning lane. Again, there is no guarantee that traffic may not stop so yield to the oncoming traffic. When returning to the transition area, SLOW DOWN and dismount at the DISMOUNT AREA. DO NOT RIDE YOUR BIKE ANY FURTHER! Walk or run your bike into transition. Keep an eye out for exiting racers and rack your bike. **Do not undo your chinstrap until you have racked your bike.** Change into your run gear if you are changing. **Make sure your race # is on the FRONT; ITU rules state that race number is to be on the front of the competitor for the run segment. When exiting to the run, ensure you pass through the timing mats to receive a bike time. Note: your bike time will include BOTH transitions (Swim to Bike & Bike to Run).**

*Please do not leave personal items on the race course. Everything should be left in your transition spot.

RELAY EXCHANGE – CYCLIST to RUNNER (T2) – at bike racks (same as T1) – cyclist MUST RACK bike BEFORE timing strap is removed to go to runner.

The “NEW to 2010” 5K RUN – Sponsored by Gord’s Running Store

Run over the timing mats at the run exit before you head out on your run.

Follow the race route for the run and listen to the run volunteers. The route: Run is an out-and-back. The route starts on the bike path going EAST. You will follow the bike path along Brent Blvd. Once you reach the Hope Community Church parking lot, you will proceed south on the sidewalks, then west on the side residential roadway to reach a bike path between the houses. You will reach the aid/water station on the beginning of the bike path. You will be passing the same aid/water station again, but be careful of those running in the opposite direction! ULTIMA REPLENISHER will be the official sport drink provided at the aid station. The residential roads are still open to traffic so please stay alert. There will be volunteers along the run route to direct you. On the return trip, there is a small out & back on the west side of Strathford Blvd. (on the side walk) to be an accurate 5K.

The FINISH – Hurray!!!

The finish area has been changed from previous years. There is a hair-pin turn from the bike path to the finish in the pool parking lot near the pool construction, Make sure your number is in the FRONT so our timing folks and race announcer can see it. When you cross the finish line, wear a big SMILE when you finish, as there will be a photographer there to take your finishing picture! Race Photographer's website will be on the race website shortly after the event.

You must remove your timing ankle strap at the finish. There will be volunteers to help you.

There will be food and water at the finish line for you.

Medical volunteers will be at the finish line as well.

Please clear your transition spot (bike & gear) as soon as the race is over. The area will be less secure once lunch is being served. Showers in the pool area will be available for you to use right after the race.

Once your race is completed, our sponsor Cadence Chiropractic Sports Therapy will provide RMT massage for all participants. Donations towards Fast & Female (\$5 - \$10) will be asked for a massage. The massage area will be indoors in the Chuck Mercer Room (near the public washrooms).

**** BRING SOME CASH** for the Fast & Female Fundraising Raffle! Amazing prizes Donated for this raffle: a spa package donated by Rapunzel Spa in Canmore, a 2011 Strathmore Women's Triathlon entry, a Fast & Female Lululemon Jacket, a Tri-Way Custom Bike Fit (value \$300) and more! You may choose which prize(s) you want to win with the tickets you purchase! Anyone (participants, volunteers and spectators) can enter plus you don't have to present to win any of the Fast & Female raffle prizes!**

The AWARDS BANQUET

Lunch will begin to be served at approximately 12:15 p.m. and the awards will be presented as soon as they are processed. Make sure you attend the lunch and awards as there are amazing draw prizes donated by many of our generous sponsors. You must be present at the awards to win these amazing draw prizes!

Each triathlon participant will receive 8 tickets when they check-in at the lunch in the Strathmore Civic Centre hall. (Please separate all 8 of them!) The 8 tickets are to be placed in the numbered bag corresponding to the many draw prizes (they will be grouped) on the prize table. All tickets must be in the numbered bags by 1:15 p.m. We will draw one ticket per prize group bag. This will be a great way for the participants to receive a draw prize that they really want!

Results will be available on the Winning Time website within hours of the last finisher! Link to Winning Time will be on the www.leapingdogracing.com website.

Volunteers will be eligible for separate volunteer draw prizes but they don't have to be there to win! If you can help with the clean-up of the banquet area that would be appreciated. Please be tidy.

Most of all, **HAVE FUN!!! Don't forget to thank all of the volunteers!**

See you at the finish line!

Deanne Jabs,

Race Director & Organizer