



Strathmore Women's Triathlon

August 16, 2009

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. There is a Tempo Station/store at this corner. Turn right (east). The high school & pool are on your left. Parking: Parking will be available at the Family Recreation Center east of the Aquatic Center. Do not park on the residential roads as many of the roads are used for the run portion. The residents along the run route have been notified that the run event will be down their street(s) and they have agreed not to park on the run route.

Race Day Schedule of Events

7:00 a.m. - Transition opens

7:00 – 8:15 a.m. Late package pick-up

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

8:15 a.m. - Mandatory pre-race meeting in Transition area

8:30 a.m. – Transition area closes

8:30 a.m. – First swim heat Starts!

12:15 p.m. - Lunch served

Approx. 1:30 p.m. – Awards and draw prizes

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. 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 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 get 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 area.

Those who haven't picked up their race package at Tri-It Store in Calgary may pick up their package here. Tables 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!

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.

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.

The SWIM – Sponsored by Tri-It

Swim caps are given to you at race package pick-up. Don't forget it for race day! Each person in a lane should have a different color cap to help the swim lap counters identify the 4 different swimmers per lane.

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 on the pool deck, **only those with the same heat letter will be allowed on deck**. 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 lane empties, the next 4 swimmers will walk through the timing mat and slip into the pool – NO DIVING! This is called a continuous feed. Your individual start time will be recorded when you walk through a timing mat. We will try to stagger the swimmers 5 seconds apart in each lane. Once the race has started, please enter the women's pool change room entrance through the front to use the washrooms if you are waiting for your heat to start. Please do not walk past the lap counting area after the race has started. 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, or a wave).

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**. Please watch your step as there may be slippery sections.

Walk through the timing mat and exit out to the transition area.

If you need to use the women's washrooms after your swim, notify the volunteer near the window that you are doing so. You will have to be careful that you don't run into those entering the water. Head out to the TRANSITION AREA with a huge smile!!!

The TRANSITION

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.

No assistance allowed from spectators, spouses, friends, children, etc. Only competitors are allowed in the transition area. This rule applies for the entire race (no 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!

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 and is one big loop. Please see the bike map.

The highway is open to traffic and 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 two **Ridley's Cycle** support vehicles driving up & down as well. They are permitted to help you – 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 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 racecourse. Everything should be left in your transition spot.

The RUN – Sponsored by Choose Energy

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

Follow the race route for the run. The route: cross Brent Blvd. to the right hand side of the road. There will be road marshals there to stop traffic but keep alert for vehicles. Run east until Maplewood Dr., turn right and stay on the right. Turn right at Brentwood Drive (at the school) and cross over to the left side of the road. The run will proceed along the left side (with fewer houses)

of the road until a T-intersection. Turn left at the T-intersection (Thomas Drive). You will have to cross the road to the right hand side of Thomas Dr. A water station will be ahead. Follow this route until you see the "turn-around" sign. At the turnaround, yell out your race number or ensure your race number is on the front. Run on the same route back to the finish line. You will be passing the same water station again, but be careful of those running in the opposite direction! Stay to the inside of the pylons on the one side of the road. The residential roads are still open to traffic so please stay alert. There will be volunteers along the run route to direct you.

The FINISH – Hurray!!!

When returning to the finish area, make sure your number is in the FRONT so our timing folks and race announcer can see it. Stay to the left hand side of Brent Blvd. and cross the road only when told to do so by a road marshal. 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: www.mikecousins.com

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.

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. There is a grand draw prize of a TREK WSD road bike donated by Ridley's Cycle! 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 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 1:00 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! Plus it will speed up the process so we can all go home earlier!**

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