

TLC Sprint Triathlon Race Details

750m POOL SWIM

The swim is in a 25-metre swimming pool and starts at 8:00 A.M. There are 10 lanes in the pool and a maximum of 4 swimmers assigned to each lane (wave). Please indicate your estimated 750m swim time on the entry form as accurately as possible so we can schedule the swim heats as efficiently as we can. Generally, the slower your swim time, the earlier you will be scheduled. If you have any special requirements, though, we are happy to accommodate your needs as much as possible. There will be volunteers there to count your laps.

20K BIKE

The tentative bike course starts out as a straight forward “out and back” course. The bike course starts by heading straight north from the Tri Leisure Centre on Campsite Road and continues for approximately 8.7 km. You will turn and go back the way you can with a little detour: there will be a short out and back at Century Road heading west for approximately 1.4k and then doubling back to Campsite Road. Then, right onto Campsite Road heading back south to transition. It’s pretty simple. And, with the course being overall out and back and with the extra little out and back in the last 5 k of the course, you have a few opportunities to see how you are doing relative to the rest of the field. The course can only be characterized as mostly flat. There is an overpass over the Yellowhead but nothing that could be called a hill. This course has the potential to be fast but you can never predict the weather in the area. Wind can be a factor!!

There will be marshals and noticeable signage at all major intersections and turnarounds. The marshals are there to attempt to direct traffic and ensure your safety as much as possible. However, all of the roads you will be riding on are open to vehicle traffic so you still need to be aware of what is going on around you. Also, you must and to ride as far to the ride hand side of the road as possible. When passing another cyclist, always remember to take the necessary precautions: shoulder check to make sure there are no vehicles overtaking you and announce yourself to the cyclist in front of you to

best insure your safety and theirs.

Bike & Helmet Check : Bike checks are no longer required in triathlon. Your bike is your responsibility. However, it is always recommended to have a qualified mechanic take a look at your bike annually. If you haven't had your bike looked at yet this year, we are quite happy to take a look at it for you anytime before the race. It would be better to have your bike inspected and tuned up well before the race rather than leave it to the week of the race. Your legs and your bike will be happier for it.

As for helmets, all participants in the race must wear a SNELL or ANSI certified helmet. If your helmet has been purchased at any reputable sporting goods store in the past few years, it almost certainly meets the standard. Look for a sticker inside your helmet that states that it is ANSI certified or that it complies with US CPSC Safety Standards. Also, consider the condition of your helmet. If it has been involved in a collision or if it doesn't fit you properly, you should consider a replacement helmet well in advance of the race rather than have an unhappy surprise race day.

5K RUN

The run will take advantage of the nice trails through the Heritage Grove Park and will be mostly flat. To start the run, you will head south on Campsite Road where you will cross the road with the help of a qualified marshall. Then, you head east on McLeod Avenue for approximately half a kilometer before you get to the start of the running trails. The run will be out and back and about half of it will be along the trail system. The only aid station will be at the start of the trail so plan your hydration accordingly!

Race Package Pick-up

The race package will have more information as well as your race number, a really cute t-shirt, your anticipated heat number and start time. Race package pick-up will be at Element Multisport in Edmonton:

11152 – 142 Street (the complex is called Coronation Corner)

(Element is on the NW corner of the intersection of 111 Avenue and 142 Street. Access to the store is off of 142 Street on the north side of

111 Avenue.)

Friday 3:00 – 6:00 p.m., and □Saturday 10:00 a.m. – 3:00 p.m.

ATA members will be required to show a membership card at race package pickup, otherwise a \$15 day fee may be collected.

Race Day Schedule of Events

6AM – 7AM - Transition set up. Please let the volunteers do their jobs without interruption. We will ensure you have plenty of time to set up your transition area before your swim heat starts. Also, please be considerate of the other participants in the event. If someone seems to be in a panicked rush because they are in an earlier swim heat, please be patient and give them the “right of way.”

630AM – Body marking and registration will take place outside, weather permitting. If you are in a later swim heat, you don’t have to register this early. Arriving 1.5 to 2 hours before your heat will give you more than enough time. Please allow athletes in the earlier heats to register first.

6AM – Transition is open to athletes.

7:45 AM – Pre-race meeting and final announcements.

8:00AM – First swim heat starts. Based on past results, the heat will include athletes having estimated swim times of 20 minutes and slower.

8:30 to 8:40 – Estimated start for second swim heat.

9:00 – Estimated start time for third heat.

9:20 – Estimated start time for fourth heat.

9:40 – Estimated start time for final swim heat if needed.

11:00 – Awards and draw prizes.

Body Marking and Transition Set-up

Body marking (i.e. your race number will be written on your arm and leg) will begin at or after 6:30 a.m., outdoors if weather permits it. If it is raining, body marking and registration will take place indoors after 7:00 AM. Please allow the volunteers time to set up. There will be plenty of time to get everyone ready to race. Body-marking will continue until the last athlete is numbered.

Even if you have a late swim start time, it is recommended that you arrive in time for the pre-race meeting at 7:45AM. If there are any weather or road conditions that have any impact on the race or any start times, these issues will be addressed at the pre-race meeting.

When setting up your bike for a later swim start, please pay attention to the instructions of the transition marshals to ensure the area is clear. Athletes that have already started their race and are doing their transitions will have the "right-of-way" and you may be asked to wait until they are clear of the transition area before you are allowed to proceed. Also, for the safety and security of all athletes and spectators, we ask that only competitors be in the transition area.

Bike racks will not be marked so pick your own spot when you are ready to setup your transition spot. It will be appreciated if you remove your bike from transition as soon after you finish your event to make more room for other participants. Please heed the instructions of the transition marshals when attending to your bike while the race is in progress and other athletes are competing.

The Transition Area

To ensure the safety of all athletes as much as possible, both those entering and exiting, the transition area will be set up so that bike or run traffic will go in one direction only. Please heed the directions of transition marshals. As well, space can be at a premium so we ask that your friends and family members not accompany you in to the transition zone at any time, whether during your set up or during your race. Here are some specific rules you should be aware of:

- No cycling is permitted in the transition area.
- Only walk or run your bike while you are in the transition area.
- You will not be allowed to mount your bike until you reach the mount line outside of the transition area.
- On finishing the bike section of the race, you must dismount the bike

at the dismount line before re-entering the transition area.

- The mount-dismount line will be clearly marked and a transition marshal may remind you (and, perhaps quite loudly at that!) when to mount or dismount your bike.
- Your helmet must be on and chin strap fastened before you are permitted to remove your bike from the bike rack. As well, you must keep the chin strap fastened until you rack your bike in your transition spot.

Race Timing

Computer chip: When you check in on race morning, you will be issued an ankle strap with a Results Canada computer chip. You must have the strap on your ankle for the complete race or you will not receive a time. Your time will be recorded while you run through each timing sensor mat.

Race Number: You will receive 1 race number at the race package pick-up. Your race number must be **visible** on your back for the bike portion so officials can see your race number clearly. For the run, your race number should be visible on your **front** of your body. The easiest way to attach your race number is by attaching it to a waist strap (i.e. a "race-belt", or thick, fabric elastic band).