

## Sprint and Tri-it RACE INFORMATION PACKAGE 2017

[www.innisfailtriathlon.com](http://www.innisfailtriathlon.com)

These Race Notes will not be put in the packages so please **READ** and print if you would like a hard copy.

### EVENT LOCATION

The Innisfail Aquatic Centre located at 5117-42 Street, Innisfail, Alberta. Transition will be in the North parking lot (between the pool and the helicopter landing pad).

### REFUNDS

There are **NO** refunds for racers for any reason. If you need to pull out **PRIOR TO September 1**, a roll-over spot for 2018 will be allowed. Please contact us via email, through our website, should this be necessary. No changes are permitted after September 1, 2017. We do appreciate knowing if you are not racing so we don't prepare bags, swim heats, timing chips, race numbers etc. with your name on it.

### PARKING FOR RACE DAY

There will be limited parking on race day near the pool. The area north east of the pool by the Historical Village will be open. There is additional parking at the schools north of the pool.

### WEEKEND AT A GLANCE

#### *Friday September 08*

Race Package Pick Up 5:00 - 8:00 p.m. Innisfail Aquatic Centre located at 5117-42 Street, Innisfail

#### *Friday September 08 Transition Set-Up and Final Course Sweep*

5:00 pm - Innisfail Aquatic Centre Parking Lot. Volunteers are needed to help hand sweep the Transition area, set-up tents, etc.

### NOTE THE LATER RACE START

#### *Saturday September 9*

#### *Volunteers needed 8:00 a.m. – 1:00 PM*

7:00 am - Transition/Bike Check Opens (North of the Innisfail Aquatic Centre) **Late** Package Pick up for out of town entries **ONLY**

7:00 am - **Mandatory** Pre-race Athlete Check In (timing chip/body marking)

9:00 am - Transition **CLOSES**

9:00 am - Athletes Meeting

9:30 am - start in the pool

Check bike and race gear into transition. There are no assigned racks. Please place 8 bikes per rack alternating bikes so 4 are facing each direction. Lay out transition gear to the **RIGHT** of your front tire (which should be facing out). This is standard for all triathlons.

Proceed to Body Marking. Timing chips will be distributed on the pool deck just prior to your heat starting. Once you receive your timing chip, put it on your left ankle immediately. You

are responsible for the return of the chip after the completion of the race. Lost chips result in a \$25.00 charge.

There will be no medal ceremony as we want to promote our event as a comfortable first time/noncompetitive event. We encourage athletes to challenge themselves and compete against themselves.

## **THE SWIM**

The swim takes place at the Innisfail Aquatic Centre 25 meter indoor heated pool. Due to time constraints there will be no warm up sessions permitted. The swim will be a lane format with each participant in his/her designated lane. Maximum 4 swimmers per lane. Racers are put in heats based on their estimated swim times given at registration. We will start with the slowest swim times then continue according to the swim times you submitted. The Sprint event is followed by the Tri-it event. Tri-it Athletes note you still must be out of transition at 9:00 am. There is typically a 2hour minimum wait until your heats will start. The format for the tri-it will be the same as the Sprint (slowest to fastest swim times). NOTE: We will be moving swimmers ahead in heats, keeping 4 per lane at all times. Heat sheets will be posted. You can 'seed' yourself with in your lane when you line up with your group. Lap counters will notify you by putting a kick board into the water, when you have 1 lap (2 lengths) to go. You will exit the same end you entered. Please pay attention to what heat is up and be on deck at least 30 minutes before your heat. We are issuing 3 different colored swim caps in the staging area. This will make lap counting for our volunteers very easy and eliminate any confusion. Remember your swim times may seem slow because the 'chip' timing starts as you proceed to a lane and does not stop until you exit the pool building. We have booked the pool until 1:00 pm this year allowing time for those that start later to get back, shower and gather their belongings.

### **Swim Etiquette:**

Swim COUNTER clockwise. It is best to make the pass at the walls rather than in the middle of the laps. Here is how it works:

- Passer: Gently taps feet of Passeur then backs off a little. (be nice)
- Passeur: At the next wall turn, pulls over to the Right Corner and stops.
- Passer: Makes flip turn or touch and go at Left Corner of wall.
- Passeur: Starts swimming again, behind the Passer.

In general when circle swimming in practice, swimmers should make their turns at the Left Corner of the lane. As soon as the swimmer ahead of you finishes his/her turn and goes by, you should swim towards the center of the lane, make your turn to the left of the cross on the wall, and push off on what is now the right-hand side of the lane. If everyone does their turns this way, we will avoid crashing in to each other.

- When resting on the wall in the middle of swim, swimmers should hang on the wall in the Right Corner of the lane. This will allow the other swimmers to continue to make their turns in the Left Corner without interference.

### **SWIM DISTANCE**

Sprint - 750 meters (15 laps/30 lengths of pool) Tri-it – 300 meters (6 laps/12 lengths), Tri-it 10/11 yr olds 200 meters

### **SWIM CHANGES**

If you have major time changes to when you first registered, please email [info@innisfailtriathlon.com](mailto:info@innisfailtriathlon.com). Deadline for these changes is September 1<sup>st</sup>, 2017.

## THE BIKE

Helmets must be CSA, ANSI or Snell approved. There is no bike check, however we recommend having bikes properly inspected at your local bike shop, seat height, tire pressure checked etc.,. We are very fortunate to have Castaway Sports on site to assist you. They will have tire gauges, air pumps, etc. available.

Your helmet **must** be secured and strap completely fastened before you remove your bike from the rack. Do not mount your bike until you reach the clearly marked MOUNTLINE.

**Sprint Bike** course is two 10 km laps. Maps can be viewed on the website: [www.innisfailtriathlon.com](http://www.innisfailtriathlon.com) The course is TWO LOOPS that includes a gradual hill and a shorter slightly steeper hill. As you come back into town near the golf course the road does become quite narrow for a short distance – there is a shoulder but it is narrow. You will be required to cross the train tracks a total of 4 times. Please obey all train signals. If the bells are flashing DO NOT attempt to race the train. Doing so will result in immediate disqualification. If you are held up by a train volunteers will record the time you were delayed and this will be deducted from your final result. **CAUTION:** It is an open bike course.

Volunteers and traffic marshals will be alerting traffic but BEWARE of cars on the roads and obey volunteers for your own safety. All turns are right hand turns (except one) so you will not be required to make a turn while crossing traffic. RIDE TO THE RIGHT HAND SIDE OF THE ROAD and pass on the left. Do not cross the center line or you will be disqualified. Drafting WILL NOT BE PERMITTED. The Bicycle Draft Zone for all athletes is the following: The draft zone is a rectangle ten (10) meters long by three (3) meters wide which surrounds every competitor. You have 15 seconds to pass through this zone. When exiting the bike course SLOW DOWN and get off your bike at dismount line. **LEAVE HELMET FASTENED** until your bike is racked in transition. Walk the transition area to be aware of the 'bike in and bike out' and the shortest, safest route from there to your bike rack. Walk out to the mount and dismount lines so you know well ahead of time where they are located. If you have a flat tire, or any problem, go to the nearest Volunteer and they will arrange assistance.

**Tri-it Bike** course is a two loop 2.5 km course through quiet neighborhoods of Innisfail. Please be sure to check at registration. This route is flat.

## THE RUN

**Sprint Run** Exit the clearly marked 'Run Out'. Be sure your race number is still visible on the front. No bare torsos or IPODs/mobile phones permitted. Racers who use an electronic device will be disqualified. This will be strictly enforced. Slower runners please stay right and be aware this is an 'out and back' course so athletes will be coming towards you on your left. You will run approximately 2.5 km to the turn around. You will be required to cross the train tracks twice. Please obey all train signals. If the bells are flashing DO NOT attempt to race the train. Doing so will result in immediate disqualification. If you are held up by a train volunteers will record the time you were delayed and this will be deducted from your final result. **Tri-it Run** the turnaround is approximately 1 km out of transition – volunteers will be at the turn around and the turnaround will be clearly marked. **It is the athlete's responsibility to know the course.** If you drop out of the race for any reason, please be sure to return your timing chip to the finish line.

## AID STATIONS

There will be an aid station at the exit onto the run as well as an aid station at the 2.5 km turn around. Water and aid will be available.

## **Sprint or Tri-it TEAM RELAY INFORMATION**

**All** team members need to be body marked. Only the runner will wear the race number on his/her front. Swimmer wears the timing chip first. After exiting the swim, run to transition where the 'TAG' is made at the bike rack. Then pass the timing chip onto the leg of the biker. Once the biker returns to transition, the second 'TAG' is made, at the bike rack, and the timing chip is passed onto the leg of the runner. Be sure to let the volunteers know when the team runner crosses the finish line, that he/she needs 2 or 3 medals.

## **FINISH LINE FOOD**

Post-race refreshments consisting of: yogurt, bananas, etc. will be available after race participants cross the finish line.

This year we are fortunate to have a local company, **Sunshine Blends**, on site offering food for sale for athletes and their families. They will have a selection of cold pressed juices, kombuchi, energy bits and breakfast/lunch wraps.

## **TRANSITION CLEAN UP AND BIKE REMOVAL**

Spectators and family are **NOT** allowed in transition before, during and after the race. In fairness to athletes on the course and for obvious safety reasons, athletes will not be allowed back in Transition until the last athlete goes out on the run course. Thank you for understanding this safety policy.

## **DRAW PRIZES**

**Draws will be made in advance and race numbers will be posted** Be sure to check the draw prize area to see if you have won a prize from one of our great sponsors!

## **SPECTATOR VIEWING**

For the safety of our athletes, please respect the enclosed areas. Do not cross or go under barrier lines, remembering bikes and runners will be moving in both directions. Adhere to the directions of the volunteers and race marshals, who have the safety of the athletes in mind at all times. Finish line food is athletes only.

## **VOLUNTEERS**

Please remember to thank our amazing volunteers and wonderful sponsors! Without them, this race could not happen. If you know of someone in your family who could help out please contact [info@innisfailtriathlon.com](mailto:info@innisfailtriathlon.com). On race morning we seem to find a need for a few extra people. Please check with us at the volunteer tent if you might be able to lend us a hand. We also need help taking down fencing, tents, racks and general cleanup. Extra hands would be much appreciated. A special thanks goes out to the Race Committee who have worked hard for 8 months to organize this event! We continue to offer our race as a **'First Timer Friendly'** event. We strive to offer a safe and fun event and your comments are much appreciated. Please contact us through our website [www.innisfailtriathlon.com](http://www.innisfailtriathlon.com). We will, once again, be sending an email survey to our racers, post-race and we appreciate the time you take to give us feedback.

**HAVE A SUPER RACE CHEER EACH OTHER ON AND ENJOY THE DAY**