

# Elite / Junior / Youth Athlete Guide

Lake Summerside 2018





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## Welcome

Welcome to the third Athletes in Action Victory Triathlon, elite edition! Thank you for choosing our event to be a part of your racing season. We are very excited to be hosting our third elite race, featuring an open water swim and a draft-legal bike course, and this year Victory Triathlon has also been chosen as the host event for the Junior Provincial Championships!

Included in this athlete guide is important information pertaining to the day leading up to the race, as well as the race itself. Please take the time to familiarize yourself with the details.

Welcome back to all of our returning elite and junior athletes and a warm welcome to all of our new athletes as well! We wish everyone a safe and fun weekend and hope you enjoy it as much as we've enjoyed organizing it for you!

- Your AIA Victory Triathlon Organizing Team



## General Triathlon Rules

Please take the time to familiarize yourself with the ATA rules, which can be found on the ATA website at: [www.triathlon.ab.ca](http://www.triathlon.ab.ca). It is your responsibility to know these rules and regulations.

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The one basic rule of thumb is to do the course distances marked out in a sportsmanlike manner as fast as you can without jeopardizing yours or anyone else's safety.

We would like to highlight the following rules for you:

- If your bike is off the rack, your helmet **MUST** be on AND chin-strap **MUST** be done up. Failure to do so could result in a time penalty.
- Dangerous riding that puts you or others in danger will not be tolerated and could result in penalty or disqualification.
- Please **do not litter**. If you need to dispose of your garbage, please do so **ONLY** within the marked limits of an official aid station.
- Absolutely **no music/communication devices** are allowed on the course during the swim, bike, or run - this includes cell phones, iPods, mp3 players, etc...
- **No outside assistance is allowed**. This includes: taking food/water/clothing from bystanders (other than volunteers at an official aid station); having non-racers bike or run alongside you; accepting assistance from non-racers or officials in the event of bike malfunction (ie. flat tire, chain problems, etc..)
- Please treat all athletes, volunteers, spectators and race officials with courtesy and respect. Verbal and physical **abuse towards athletes, volunteers, spectators and race officials will not be tolerated** and could result in disqualification.
- "Toe cages" on bike pedals are **NOT** allowed due to safety concerns.
- All athletes **MUST** race on a **UCI compliant road bike** and use an ANSI- approved helmet. (no time trial bikes, or aero bars that stick out past your hoods)



## Prior to Race Day

### Pre-Race Athlete Briefing/Race Package Pick-Up

Friday July 13 2018

Lake Summerside - 1720 - 88 street

6:30pm

The pre-race elite athlete briefing is **mandatory**. You will NOT be able to pick up your package with the age group package pick up. In the event you are unable to make this athlete briefing, you must make alternate arrangements. You will not be able to rack your bike until you have had the appropriate pre-race briefing. No briefing = No race.

Your race package will include important items needed for race day, such as your event-specific wristband (required to enter transition), race stickers, and swim cap. **Please note: the semi-elite race package pick-up time is different from the age-group race package pick-up, and will be take place at the elite athlete briefing.**

- If you have any concerns about your bike, or you would like to have a bike check completed, please feel free to bring your bike to **United Cycle** at any time before the race. **All major bike repairs must be completed prior to race day.**
- A mechanic will be available on race day to assist with minor bike maintenance issues only. **NO major bike repairs will be done on race day.**



## **Race Day - Pre-Race**

### **Parking**

Parking will be available in the Lake Summerside parking lot; however, spots are limited. Please note that this parking lot will be closed for access from 6:50am until the end of the age group races. If you wish to park in this parking lot, we advise you to arrive early and be prepared to stay until the end of the event. Alternative parking is available on residential streets, but please refrain from parking south of the Lake Summerside entrance on 88th street, as this is part of the course.

### **Registration and Body-Marking**

An athlete registration table will be set up near the transition/finish line. You must check-in prior to the race, as **a mandatory pre-race bike check will be taking place, starting at 6:00am.** You will receive your timing chip during registration/body marking.

Body-marking will be set-up beside the registration table. Volunteers will mark both of your arms, and the back of your calf with your race number. Please remember to wear loose fitting clothing so these areas can be easily exposed for marking.

### **Transition (T1 and T2)**

You will be required to show your orange athlete wristband (provided in your race package) to enter your transition area. The semi-elite transition will be located outside of the age group transition in a separate location.

You will have a transition spot assigned to you according to your race number. Please set up your transition in this area.

Your bike should initially be racked by the seat with front tire towards you for T1 and by the front bars / brake levers with front tire away for T2.

You will be provided with a bin, in which all of your items must be placed following use: ie. swim cap, wetsuit, goggles, bike shoes (if not left attached to your bike).

When setting up your transition, your run attire and shoes may be left on the ground, they do not need to be in the bin.

***Please note that the transition area will close 15min. prior to your respective-event's start.***



## **Race Day - Pre-Race**

### **Swim Warm-Up**

Athletes may warm-up inside the roped-off day-use area of the beach only. Warm up swim will be done at your own risk as no lifeguard will be on duty. Please do not swim on the course. Please be mindful of your warm-up time as it is your responsibility to be on time for your event's pre-race briefing.

### **Pre-race Briefing**

Pre-race briefing will occur 15 minutes prior to your event start. Pre-race briefing will occur on the beach. Our announcer will be doing his best to keep you in the know, but it is ultimately your responsibility to ensure that you are present and on time for you pre-race briefing.

Women: 6:45am

Men: 7:15am

### **Race Start Times**

Women: 7:00am

Men 7:30am

## **Race Day - Race**

### **Swim**

- Your timing chip will be given to you at registration.
- Please remember to bring your swim cap, as they **MUST** be worn in the water so that we are able to identify you.
- You will be called in ascending numerical order, (according to your ranking number which is given out at the Friday pre-race briefing), and allowed to choose your starting position on the beach.
- The swim start will be a mass start from the beach. When indicated by the starting gun, all athletes will begin the race at the same time.
- Kayakers and paddle-boarders will be monitoring your swim from on the water. If you need to stop, you may put your hand up, which indicates to the on-water volunteers that you need assistance. If required, you may hang on to the flotation device for as long as you like, before continuing on. However, the device may not propel you forward, or you will be disqualified.
- Please be aware that scuba divers will be underwater monitoring around the turn buoys for safety.
- You may use any stroke you like to complete the swim. No assistance devices, such as flutter board, pull-buoys, fins, or paddles are permitted during the swim.
- Drafting is permitted in the swim.





## **Race Day - Race**

### **United Cycle Bike**

- Please familiarize yourself with the bike course prior to race day. Our volunteers will be doing their best to guide you along the course, and look out for your safety, but it is ultimately your responsibility to know the course.
- This is a closed-course bike, and as such there will not be any vehicular traffic on the road. However, please keep your head up and be mindful of other athletes as there will be 2-way bike traffic on parts of the course.
- Though the bike course is draft-legal, you are responsible for defensive biking and road safety. Dangerous biking that puts you or others at risk could be penalized or even disqualified.
- A lap-out rule may be in effect – in the event you are lapped on the bike, you may be asked to no longer continue in the race, in the event you are allowed to continue, you must do your best to stay away from the leaders as to not obstruct, join, or effect the lead riders in any way.
- All athletes **MUST** race on a UCI compliant road bike and use an ANSI-approved helmet.
- Due to safety reasons, the use of toe cages on pedals, and disc brakes are not permitted.



## **Race Day - Race**

### **Hammer Nutrition Run**

- Please familiarize yourself with the run course prior to race day. Our volunteers will be doing their best to guide you along the course, and look out for your safety, but it is ultimately your responsibility to know the course.
- Aid Stations: There will be 1 aid station per lap on the run. Bottled water will be provided, with the caps off.

### **Finish Line**

- Your timing chip will be removed by volunteers in the finish line area. Please do not leave the finish line area until you have handed in your timing chip. (\$50 will be charged to you in the event of a lost timing chip or if it's not returned)

### **Post-race Massage (Resolve Physio and Wellness)**

- To help speed up recovery, and mend injuries, Resolve Physio and Wellness will be on site to deal with your aches and pains. Complementary 5 min massages on a first come first serve basis. There will be a sign up sheet available, so please visit resolve to get yourself fixed up. "Resolve to move better. Resolve to perform better. Resolve to live better."



## **Race Day - Post Race**

### **Post-race snacks/meal**

- Snacks and refreshments will be provided immediately following the race.

### **Post-race Massage (Resolve Physio and Wellness)**

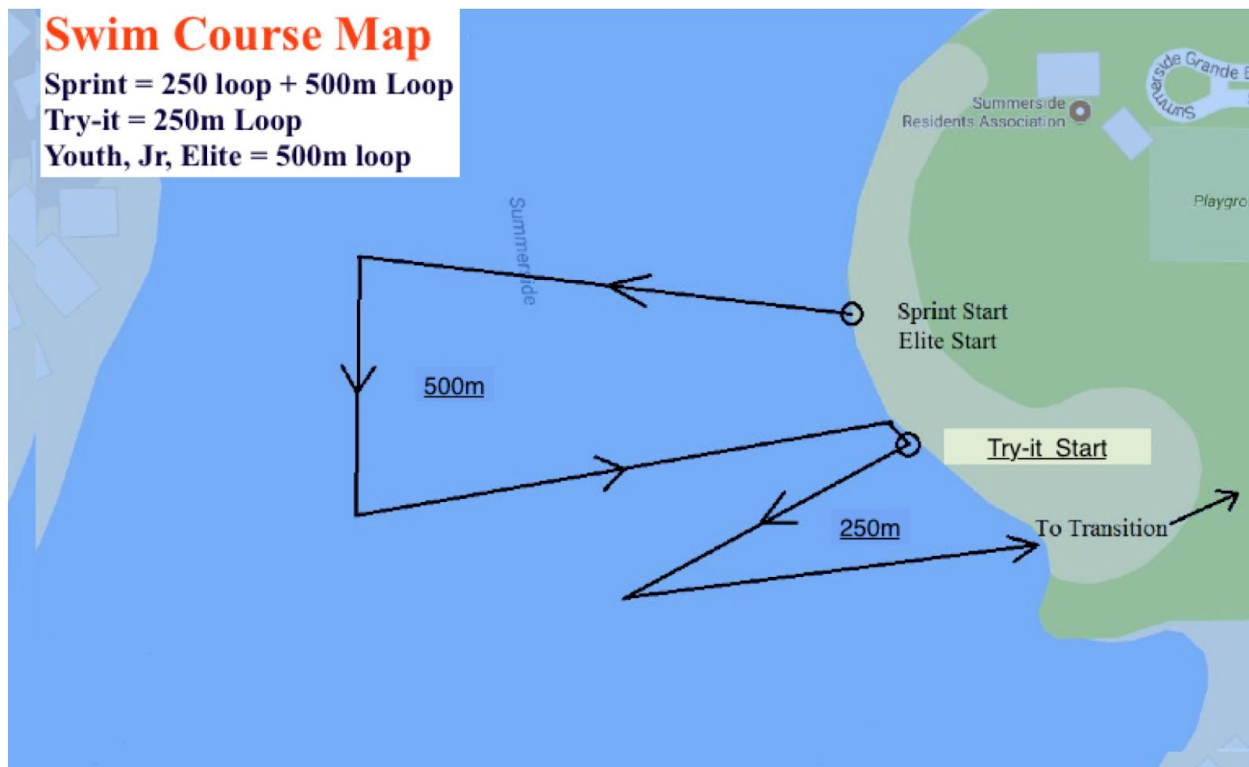
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### **Awards Ceremony**

- Award ceremonies will commence after the completion of both the mens and womens events, and after the Age Group Start! (8:35) At this point we will present awards in the following categories:
  1. Top 3 Youth athletes (men and women)
  2. Top 3 Senior Elite (men and women)
  3. Junior Provincial Championships
    - Top 3 junior females, overall
    - Top 3 junior males, overall

## Course Maps/Routes

### Swim Course

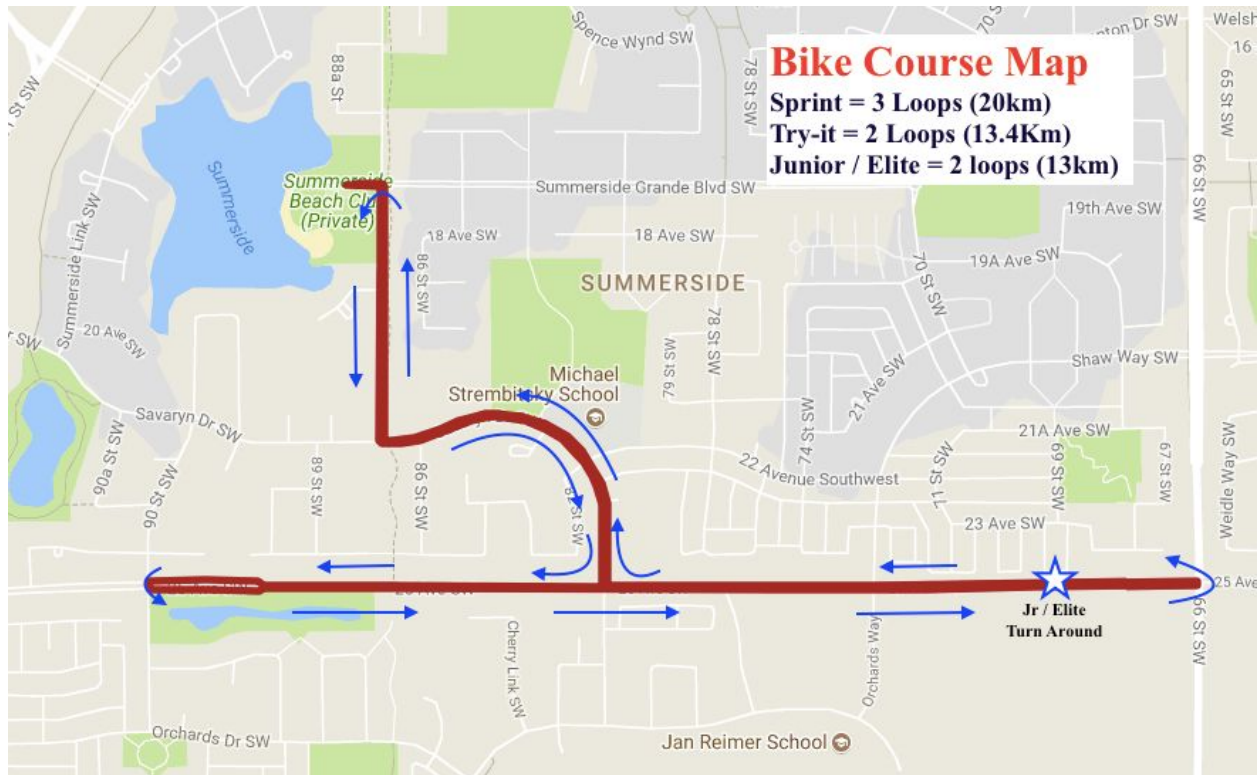


#### 750m - two loops

- 1 large loop of the top triangle course, in a counter-clockwise direction, followed by 1 small loop of the bottom triangle course, also in a counter-clockwise direction
- The swim will begin as a mass start from the beach, and require you to exit the water following the first loop and run around a buoy on the beach before entering the water to begin the second loop.

## Course Maps/Routes

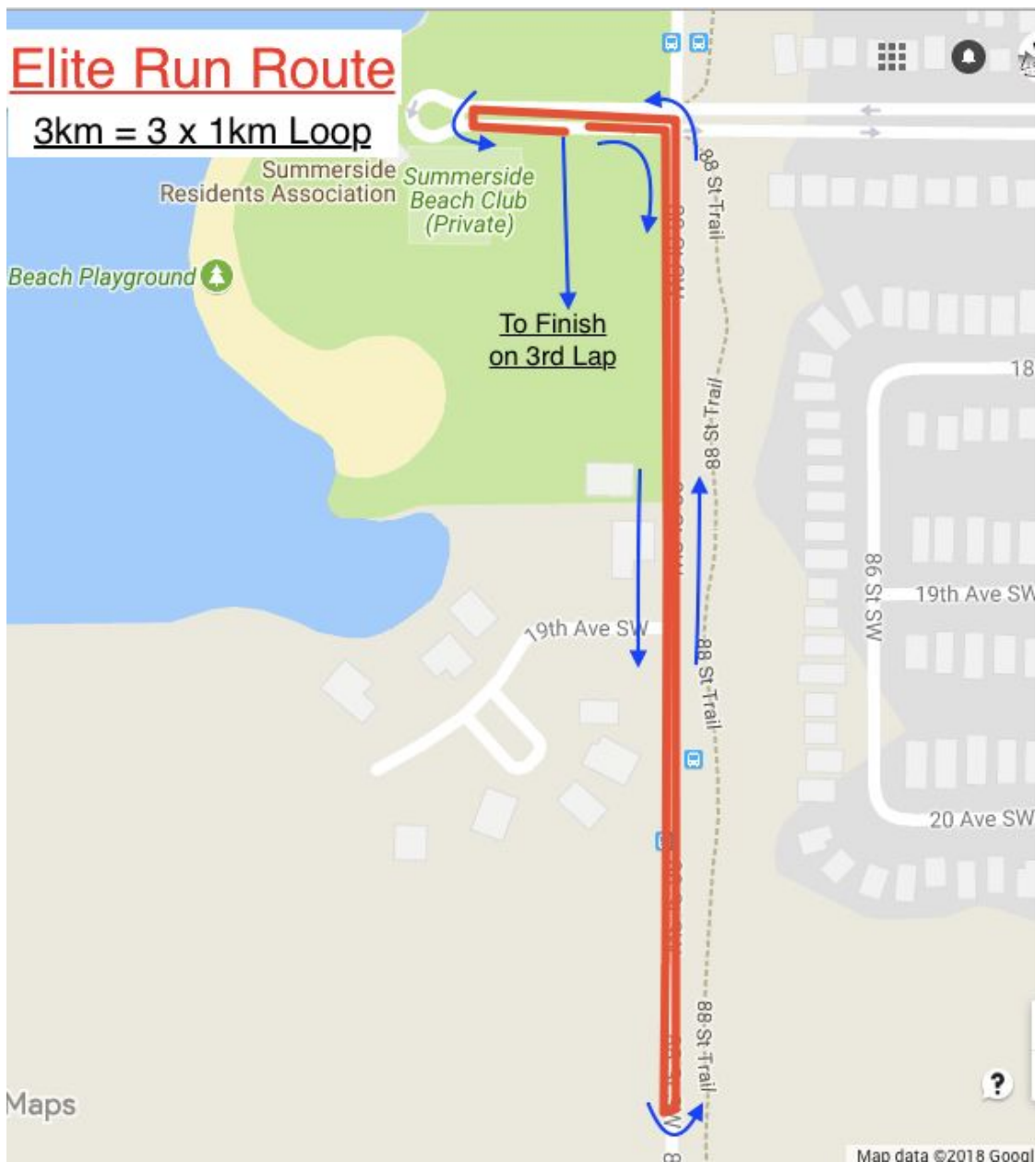
### United Cycle Bike Course



#### 20km -- 3 laps, out and back

- Coming out of T1, athletes will immediately turn right and ride southbound on 88th St. Continue riding until Savaryn Drive. Turn left to get on Savaryn Drive riding eastbound and as the road bends, southbound. Make a right turn at 25th Ave and travel westbound until 90th St/ Orchards Gate. At the intersection of 25th Ave and 90th St, make a left turn around the median, now traveling in the opposite direction, heading eastbound on 25th Ave until just before 66 st. Turn around just before 66th and while heading westbound make a right turn on Savaryn Drive to travel northbound. After a bend that turns westbound, turn right at 88th St. to head northbound again. Make a left turn onto Summerside Grande Blvd travelling west into the summerside residence turn around. Turn around at the end of the first median to head out for the second lap, or dismount here to rack the bike.

## Run Course



### **5km -- 3 laps**

- Leaving T2, athletes will turn right and travel southbound on 88th St. Athletes will then complete a hairpin turn around just before Savaryn Drive to travel back northbound on 88th street. Athletes will then turn left on Summerside Grande Blvd, travelling westbound towards Summerside Residents Association. Turn around again at end of median for second lap or follow roundabout and head towards finish line.

## Sponsors

A huge thank-you to all of our sponsors!! They have helped to make this event even better than we'd hoped for!



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ENDURANCE FUELS

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