

Athlete Guide

Lake Summerside 2018



Table of Contents

Welcome.....	2
General Triathlon Rules.....	3

Race Day- Pre-Race

Race Package.....	4-5
Parking.....	6
Check –in/ Body Marking.....	6
Transition.....	6
Pre-race athlete briefings/ start times.....	7

Race Day- Race

Swim.....	8
Bike.....	9
Run.....	9
Finish Line.....	10

Race Day- Post Race

Massage.....	11
Snacks/meal.....	11
Awards.....	11
Door prizes.....	11
Others.....	11

Course Maps

Swim.....	12
Bike.....	13-16
Run.....	17-19

Triathlete Checklist.....	20
----------------------------------	-----------

Sponsors.....	21
----------------------	-----------

Welcome

Welcome to the 6th annual Athletes in Action Victory Triathlon/ Duathlon! Thank you for choosing our event to be part of your racing season. We are very excited to once again be hosting our race out of Lake Summerside, and would like to thank the Summerside Residents Association for their help in making this event possible. We are also excited to be an official sprint-distance age-group World Championship qualifying event for the 2019 Grande Final in Lausanne, Switzerland. As such, we can't wait to see how the training of those hopeful individuals comes to light on race day; it's sure to be an exciting, action-packed day for everyone!

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

We wish everyone a safe and fun weekend and hope you enjoy it as much as we've enjoyed organizing it for you! For those of you participating in your first triathlon or duathlon, welcome to our world! We hope you love it as much as we do!

- AIA Victory Triathlon Committee



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. It is your responsibility to know these rules and regulations.

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 your or other'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** your chin strap **MUST** be done up. Failure to do so could result in a penalty.
- Absolutely **NO DRAFTING** is allowed on the bike course
 - To avoid a drafting penalty, please keep **4 bike lengths (7m)** between your front tire and the back tire of the person in front of you.
 - If you need to pass somebody on the bike course, please **always pass on the left hand side**, and do so within 20 seconds to avoid a drafting penalty.
 - If you are passed, please **drop back 4 bike lengths (7m) before you attempt to re-pass** to avoid a drafting 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/ non-race 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** use an ANSI-approved helmet

Prior to Race Day

Race Package Pick Up

Your race package will include important items needed for race day, such as your race bib, event-specific wristband (required to enter transition), and swag items from Athletes in Action and our sponsors. As a result, please make every effort to pick up your race packages before race day. Race package pick up times and locations are as follows:

Wednesday July 11th

United Sport and Cycle- 7620 Gateway Blvd

5:00-8:00pm

Friday July 13th

Summerside Residents Association- Lake Summerside

5:00-7:30pm

Saturday July 14th **Pre-arranged******

Summerside Lake (Registration Tent)

6:00-7:00am

*** This is a last minute option if you are absolutely unable to pick up your race package before the event. Please make every effort to pick up your package prior to race day.

- 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 14th July 2018, or during race package pick-up. **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.**

Prior to Race Day

Race Package

The following important items will be included in your race package:

- swim cap – to be worn during the swim
- athlete wristband (MUST be worn on race day as it serves to assist volunteers on course, and required to enter transition)
- race bib – please wear your race bib on run portion. Though it is not required to wear your race bib during the bike, you may.
- bike sticker – please put this sticker on the top tube or handlebar stem of your bike, as it will be required to enter and exit transition before and after the race

Race Day - Pre-Race

Parking

As parking is limited, we encourage you to carpool if possible. Parking is available PRIOR To 6:50 am in the Summerside Residents Association parking lot. After, the parking lot is closed to access. **Due to the nature of the course, vehicles will also NOT be permitted to leave the parking lot until AFTER the race is complete.** There will be parking on the road once the race starts but it will be a bit of a walk.

Registration and Body-Marking (06:15- 08:15)

An athlete registration tent will be set up in the athletes village. It is mandatory that you check-in prior to the race to receive your timing chip and complete the body-marking. If you need to pick up your race package, the athlete registration table is where you will do so.

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.

If you require a place to store your morning clothes, please ask for a bag at the registration tent. We will store your morning items in this bag (that will be labelled with your name and number) in the tent until the end of the race. However, please make every effort to store your belongings in your vehicle, as storage space is limited.

Resolve Physio and Wellness

Pre-race Taping and bandages courtesy of Resolve Physio and Wellness. (06:30- Race Start)

Transition (T1 and T2)

Both T1 and T2 will use the same transition area

The Transition area will be located within the Summerside Residents Association park/compound. This Transition area is where you will set up your bike and associated bike and run gear (helmet, bike shoes, sunglasses, swim gear bag, running shoes, hat, etc). **Transition will open at 6:15am.**

You do not need to be there right at 6:15am to set up your transition, but please note the following transition close times:

Elite/ Junior Transition Close: 6:45am
Age Group Transition Close: 8:15am

You will be required to show your **athlete wristband (provided in your race package)** to enter your transition area.

- Try-a-Tri: pink
- Sprint: yellow
- Duathlon: blue
- Elite/Junior: orange

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 warmup 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 for each of your respective events, 10 minutes prior to your event start. Pre-race briefing will occur on the beach (with the exception of the Duathlon event, which will occur at the Duathlon start line near T1). Our announcer will be doing his best to keep everyone in the know, but it is ultimately your responsibility to ensure that you are present and on time for your pre-race briefing. (Please be early, to prevent missing your start time should your race start a few minutes early)

Female Elite/Junior - 6:50am
Male Elite/Junior- 7:20am
Sprint pre-race briefing: 8:20am
Try-a-Tri pre-race briefing: 8:20am

Race Start Times

Female Elite/ Junior - 7:00am
Male Elite/ Junior - 7:30am
Sprint: 8:30
Try-a-Tri: 8:35

Race Day - Race

Swim

- Please ensure you have your timing chip and that it is securely fastened to your Left ankle to avoid contact with right crank ring. (\$50 will be charged to you if lost or not returned)
- Swim caps should be worn in the water so that volunteers are able to easily identify you. If you are a nervous swimmer and require extra attention, red or pink swim caps will be available for you to wear. A red or pink swim cap will indicate to our on-water volunteers that you are asking for extra attention in the water.
- Wetsuits will be permitted for the swim portion based on ITU ruling. Wetsuits will be mandatory if the water temperature is below 15 degrees, and forbidden if the water temperature is above 22 degrees. For any water temperature between 15-22 degrees, wetsuits will be allowed on race day, but not mandatory. As the water temperature at Summerside is hovering around 18 degrees, it appears to be shaping up to be a wetsuit-legal race, pending any drastic change in temperature. The final wetsuit ruling will be made on race morning.
- You are responsible for knowing your event's course, and doing the appropriate number of laps for your registered distance.
- All swimmers will assemble on the beach, prior to race start. Once the swim start is indicated by a race official, a mass start from the beach will commence.
- You may use any stroke you like to propel yourself through the water and complete the swim. No assistance devices, such as flutter board, pull-buoys, fins, paddles, gloves, or booties are permitted during the swim. You may rest by holding onto an inanimate object (such as a stationary boat or kayak). If, however, you move forward with the assistance of these inanimate objects you will be disqualified (ie. if you are pulled forward when holding onto a kayak/canoe/boat, etc you will be disqualified).
- If you require assistance during the swim, raise you arm high in the air so that an on-water volunteer can see you. They will come to you and you have the decision to rest whilst holding on to the flotation device then continue the race, or resign from the race and be assisted back to shore
- Drafting is permitted in the swim.
- Wetsuit stripping will NOT be provided; however, if you require assistance, please let a volunteer know when you enter transition.

Race Day - Race

United Sport & 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.
- Bike course is closed to traffic; however, please keep your head up and be mindful of other athletes. You will also have to turn around at 90th St SW/ Orchards Gate SW. Volunteers will be stationed at these points to assist with directing vehicular traffic, but please keep your head up and watch for motorists. Please note: the roads will be open to traffic after 10:30am. If you are still on the bike course, please be aware of moving vehicles. In case of emergency, keep in mind that emergency vehicles have the right of way even during a race.
- You are responsible for defensive biking and road safety. Dangerous biking that puts you or others at risk could be penalized or even disqualified.
- You may use any type of bike you'd like to complete the bike course - road bike, time trial bike, mountain bike, cyclocross bike, etc.. However, due to safety reasons, the use of toe cages on pedals is not permitted. **Disc brakes will be allowed for non-drafting events only.**

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. Please note that the run is a “STAY RIGHT” course.
- Aid Stations: There will be 1 aide stations/per lap on the run, fuelled by Hammer Nutrition Products (Heed).

Race Day - Race

Finish Line

- We know you'd like your picture taken at the finish line, because after all, finishing a triathlon is an event to be celebrated! But again, please be respectful of other athletes who are crossing the line and would like to do the same thing. Please clear the finish line as soon as possible.
- 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)

Race Day - Post Race

Post-race snacks/meal

- To ensure nobody goes hungry, Athletes in Action will be holding a for-purchase pancake breakfast for family and friends watching the race. Pancakes will be available during and after the race. It will be located near transition/ finish line.

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.”

Awards Ceremony

- Award ceremonies will commence at:
 - Elite/Junior Awards 8:35am - Male/Female top 5 finishers
 - Age Group Triathlon/ Duathlon Awards: 10:15am - Male/Female top 3 finishers

2019 World Championship Qualifying Spots

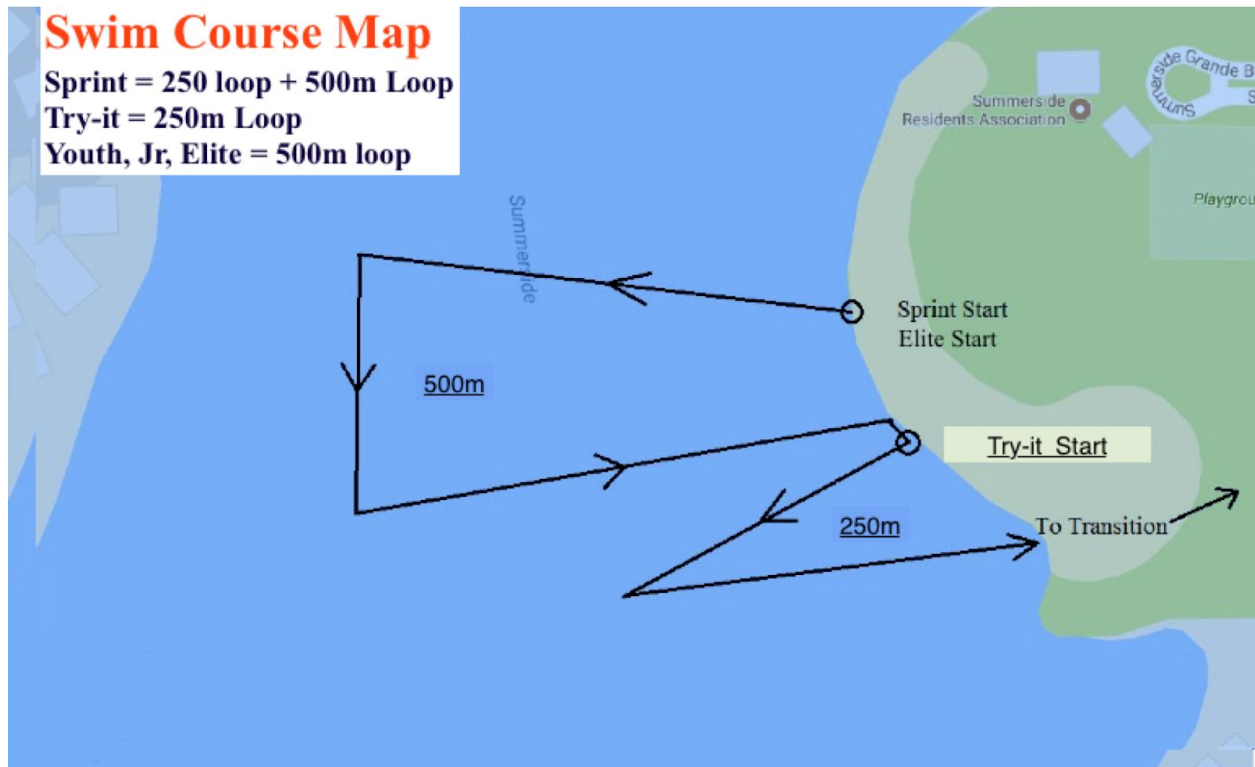
- There are 2 spots available per 5-year age category in the sprint-distance event.
- Please note that these spots will be age-adjusted based. As per Triathlon Canada rules and regulations: “Athletes are qualifying for the Age Group World Championships in the following year, so qualification will be determined by age-adjusted results. These are results with birth dates as of December 31st of the following year and NOT race-day results. If an athlete is first in the race-day results, but is bumped to second in the age-adjusted results, that athlete does NOT automatically qualify for a spot if there is only one spot available at the qualifying event.”
- To be eligible to qualify, please note that Triathlon Canada requires the athlete to possess Canadian citizenship or Canadian Permanent Residency, and hold a valid annual membership from their respective provincial triathlon body, as well as Triathlon Canada.
- For more information on qualification requirements from Triathlon Canada, please see: <https://www.triathloncanada.com/age-group/>

Door Prizes

- Door prizes will be drawn following the completion of all events

Course Maps/Routes

Swim Course



Try-a-Tri (300m)

- 1 small lap of the bottom triangle course

Sprint (750m)

- 1 Large loop + 1 Small loop, (1st 450m, 2nd 300m)

Try-a-Tri (10km) -- 2 laps, out and back

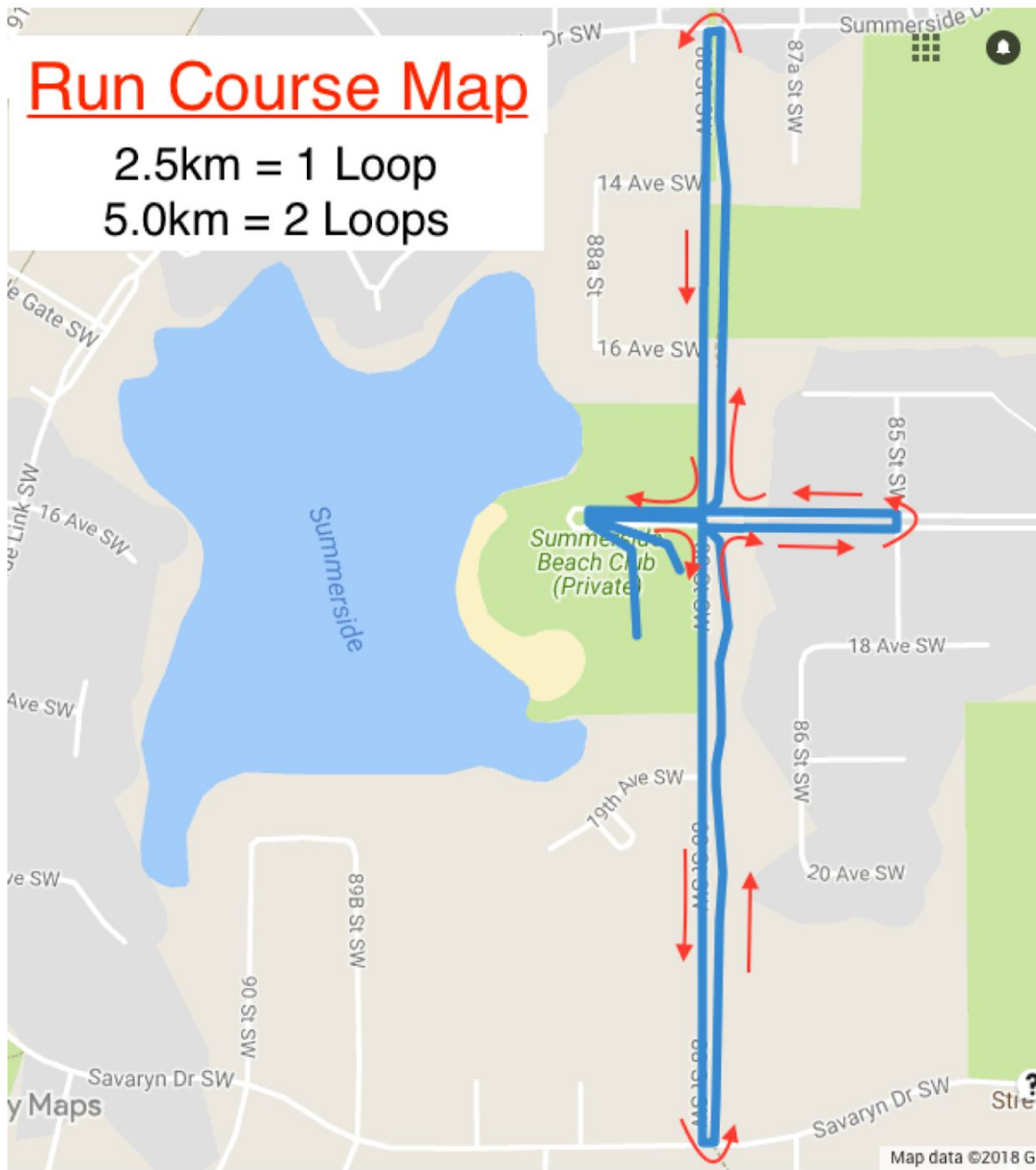
- Coming out of T1, athletes will immediately turn right and ride southbound on 88th St. Continue riding until Savaryn Drive. Turn left to get on Savaryn Drive riding eastbound and as the road bends, southbound. Make a right turn at 25th Ave and travel westbound until 90th St/ Orchards Gate. At the intersection of 25th Ave and 90th St, make a left turn around the median, now traveling in the opposite direction, heading eastbound on 25th Ave all the way to 66 st. turn around and go back west until Savaryn Dr. Turn right on Savaryn Drive, travelling northbound. Turn right at 88th St, travelling northbound. Continue riding northbound until the intersection of 88th St and Summerside Grande Blvd, where you will make a turn and travel south on 88th St for your 2nd lap. Continue riding southbound towards Savaryn Drive for your 2nd loop or turn left at Summerside Grande Blvd to enter into bike dismount for Transition 2.

Sprint Triathlon & Duathlon (20km) -- 3 laps, out and back

- Same route as above. 3 laps, out and back

Run Course

Sprint Triathlon/ Sprint Duathlon Run 1- Run Course



Sprint Triathlon/ Duathlon Run 1 (5km) -- 2 laps

- Coming out of T2, turn left on Summerside Grande Blvd and run towards the Residents Association. Turn right to the other side of the road, travelling eastbound on Summerside Grande Blvd. Cross 88th St and turn right, continue southbound on the east side of 88th St. Turn around just before Savaryn Drive, continue travelling northbound on 88th St. Turn right at Summerside Grande Blvd heading eastbound. Just before 85th St, cross to the other side of the road, now travelling westbound on Summerside Grande Blvd. Turn right at 88th St and head northbound until the turn around at Summerside Drive. Turn around at Summerside Drive, now travelling southbound on 88th St. Continue southbound on 88th St for a second lap (continue south on red line) or cross 88th St at Summerside Grande Blvd to finish your run (continue west on black line). For the finish line, continue southbound on 88th St, turn right on Summerside Grande Blvd, continue westbound towards Summerside Residents Association. Turn around at the end of the road and follow the signs to enter the finish chute.

Try-a-Tri/ Duathlon Run 2 (3km) -- 1 lap

- Run route, same as above. 1 lap only

Victory Triathlon Athlete Checklist

Competing in a triathlon can be a bit overwhelming. With all the excitement and nervous anticipation, it's easy to overlook some of the finer details in the days leading up to the race, or the morning of. It's not uncommon for even the most seasoned triathlete to forget some of the essentials on race day.

Here is basic list of those essential items not to forget on race day:

Swim:

- Bathing Suit/Tri Suit
- Goggles
- Swim Cap –you will receive your swim cap in your race package
- Wetsuit
- Body Glide

Bike:

- Bike
- Helmet
- Bike shorts (*if not wearing a tri suit)
- Bike Jersey (*if not wearing a tri suit)
- Sunglasses – even if it's raining
- Bike shoes (*if applicable for your bike)
- Socks
- Water bottle

Run:

- Running shoes
- Running top *if not wearing a tri suit
- Running shorts *if not wearing a tri suit
- Hat or Visor

Transition:

- Athlete wristband
- Towel
- Race bib -- that you will receive in your race package
- Nutrition
- Plastic gear bag – that you will receive in your race package.

Sponsors

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



Alberta Eye
Health Clinic



Frontier
Lodge



ENDURANCE FUELS



Resolve
physio • wellness