

# Bridge City Duathlon Athlete Guide

## Course Familiarization – Monday 29 April, 2019

The Race Director will offer a review of the course and rules.  
Meet at Rotary Parking Lot at 6:15pm

## Race day - Saturday 4 May, 2019

### When you arrive go directly to the Rotary Parking Lot to Check-In

We will confirm your race distance and provide your race bib and timing chip.  
Race numbers must be visible on the front during the run segments.  
Pins are available, but a race belt is recommended.

### Proceed to Transition to rack your bike and arrange your area.

Your bike area will be designated by your race distance.  
No bags are allowed to be left in the transition area.  
Only race participants are allowed in the transition area.  
Once transition closes no one will be allowed back in.  
Transition will re-open only when Officials allow.

### Proceed to Athlete Pre-Race meeting

All athletes must gather near the start line for a pre-race meeting where the Race Director and Officials will remind / inform you of important details.  
Questions are welcome after the initial information is delivered.

### Course Distances

Course Loop is 1.5km run / 10km bike / 1.5km run  
Short Course – 1 loop  
Long Course – 2 loops

### Schedule of Events (Tentative)

7:00 Race course closes to traffic  
8:55 - 9:30 Participant check in  
9:00 Transition opens  
9:45 Transition closes  
9:50 Athlete pre-race meeting  
10:00 Long Course (Heat 1) Race start  
10:05 Long Course (Heat 2) Race start  
10:15 Short Course Race start  
11:00 - Kids Course Race start  
11:30 – Prizes and Awards

**Have a great race!**

## Race Procedures

### Smile!

- STCI's official photographer Bob Holtzman will be on the course (he is everywhere!) to capture your amazing race day experience. Within 48 hours Bob will provide low-resolution, watermarked, image files, suitable for free download. Bob can provide high-res digital image files, suitable for printing, for a small fee.

### Review your bike and equipment prior to race day

- You must remove all bike 'accessories' such as mirrors, climbing bars on mountain bikes, kick stands and loose equipment. This is for safety of your fellow bikers. **The officials will enforce this and you will not be allowed to race if not done.** It is your responsibility to remove the items yourself.

### Transition set-up and equipment

- Athletes only in the transition area. No children, spouses, spectators or pets.
- Bike mechanics will not be on site. Bring your own pumps, tubes, tools, etc.
- Platform pedals are allowed; pedal cages are allowed but all straps must be removed.
- Make sure handlebar ends are plugged, not open.
- Hang your bike on the bike rack bar by its seat, with the front wheel facing towards the center of transition.
- Your helmet must be free of cracks; the chin strap needs to be tightened so only two fingers can be inserted between the neck and the strap when worn.
- Your helmet must be on whenever you are handling your bike - even during warm-up.
- No biking in the transition area.
- Keep equipment to a minimum to ensure the transition area is not cluttered; only have what's needed for your race, keeping backpacks and bags out of transition.
- Repeat! Athletes only in the transition area. No children, spouses, spectators or pets.

### First Run

- The Officials will sound the horn to start the race.
- Long course and short course athletes will start at different times.
- The long course heads north toward Cosmopolitan Park for 750m, returning to the start / finish area and then follows the short course.
- The short course is a loop of the Victoria Bridge and switchbacks as shown on the map.

### T1: Transition from First Run to Bike

- Put your helmet on and clasp it before touching your bike.
- Walk or run your bike past the mount line.
- Athletes must mount their bikes after the mount line by having one complete foot contact with the ground after the mount line.
- Preferably the rear wheel is also past the line before mounting.
- When mounting your bike, watch for other athletes already on the course.

### **Bike – critical information!**

- This course travels along many public areas which is a great show for spectators and beautiful scenery for our racers, but it does pose risk of injury for you and members of the public. Volunteers and signage will be in place to prevent the public from being on any part of the course but they simply cannot monitor everyone. Safety is an absolute priority and you must race responsibly. There are a number of no passing zones and even in areas where passing is allowed you must only do so if absolutely clear.
- Officials will be placed in these key areas to ensure racers follow this rule – any breach will result in a disqualification (ITU rule 3.7).
- Keep your distance from other cyclists – a bit more than 10 meters from the cyclist in front of you. There may be sections of the course where this is difficult – do your best. The intent here is to prevent drafting.
- If you are ready to pass, call out “passing on your left” and pass within 20 seconds.
- If you are being passed, don’t speed up; wait for the other athlete to come alongside then fall back within 20 seconds until you are the 10 meters back from the cyclist that passed you.

### **T2: Transition from Bike to the Second Run**

- Get off your bike before the dismount line.
- Walk or run your bike back to the same spot on the bike rack.
- Rack your bike – your choice of wheel direction (by seat or both brake levers)
- Only then may you unclasp and remove your helmet.

### **Second Run**

- Same as the first! Don’t continue back to transition though – grab your medal and smile at the Finish line.

### **Relays**

- Relay team members will have consecutive number bibs.
- The biker will wait in the relay box for the runner to tag the biker.
- The runner must not interfere with other athletes coming into transition. When the biker has left the transition area to begin the course the runner may access transition (upon authority of the Officials) in order to access water / food / warm clothes.
- The runner will return to their relay box and await the tag from the biker who must remove their helmet and rack bike before tagging.
- Due to the uncertain weather in early May no removal of bike or running shoes is required during relay hand-off.

**Acknowledge the sponsors!** This is a Saskatoon Triathlon Club event with sponsorship from **Zone Sports Physiotherapy**, Triathlon Saskatchewan and SaskSport.

## **More Information!**

**Registration Closes May 1<sup>st</sup>** - Race Day sign up is not allowed. No exceptions.

**Kids and Strollers** – are not allowed on the race course.

**Parking** is not available in the Rotary parking lot. You will not be able to drive into the park. You will need to park on residential streets and walk or ride to the park. Please be respectful of area residents!

**Water** will be available 750m into the long run course, at the 5km bike marker and at the finish. Gatorade or similar will also be available at the finish.

**Times and results** will be posted on the STCI Facebook page, website and via email to race participants. Note these will not be immediately available – we are busy volunteers!

**Environment** - keep course clear and do not leave garbage or gear on the course.

**Electronics** – headphone usage is strictly prohibited during the race. The safety of being aware of your surroundings trumps their use. The officials have authority with respect to any other electronic gear.

**Clothing** - your entire torso must be covered on the bike and run. Due to uncertain weather in early May please ensure to wear appropriate clothing. Plan to feel at least 10 degrees cooler than air temperature on the bike.

**Injury** - if you decide to pull out of the race you must notify an Official or Volunteer.

**Respect and sportsmanlike behavior is absolutely required by all participants, spectators and volunteers.** You must abide by the instructions and / or decisions of the Officials, Race Directors and Volunteers.

**Stay and Socialize** – if you are speedy please stay and cheer on those finishing behind you – we all need support. Share your race stories and upcoming adventures with your fellow club members, new and old!

### **More Questions?**

Should you have any further questions that need to be answered before Race Day please do not hesitate to ask via our email [info@saskatoontriathlon.org](mailto:info@saskatoontriathlon.org)

**Thank the volunteers – we work hard!**

**We need a lot of hands to make events fun.  
Remember this is your member-based, non-profit club.  
Please considering helping out at our next event.**