



Saskatoon Arctic Winter Triathlon

Race Information & Athlete's Guide

March 7, 2019

Schedule of Events

8:00 AM	Race course closed to traffic
8:45 - 9:20 AM	Participant check in
8:45 AM	Transition opens
9:15 AM	Transition closes
9:20 AM	Athlete pre-race meeting
9:30 AM	Race start

Check In (Opens at 8:45 am in the Clubhouse)

Holiday Park Golf Course, 1630 Avenue U S, Saskatoon, SK S7M 1J3

We will confirm your race event and provide your race bib.

Race numbers must be visible on the front during the race.

Pins are available, but a race belt is recommended.

Washrooms and post event social in the clubhouse.

Transition opens at 8:45 AM

You can choose any spot within the designated Transition area.

No bags are allowed to be left in the transition area.

Only race participants are allowed in the transition area.

Transition closes at 9:15 and no one will be allowed back in after that time.

Transition will re-open only when Officials allow.

Transition closes at 9:15 AM

Proceed to Athlete Pre-Race meeting for 9:20 AM

At 9:20 all athletes must gather by start line.

The Race Director and Officials will remind / inform you of various details.

Questions are welcome after the initial information is delivered.

Race Start scheduled for 9:30 AM!

Distances and loops

You are responsible for counting your own loops!

Arctic Duathlon

3.2km Run (1 Loop)
8km Winter Bike (1 Loop)
3.2km Run (1 Loop)

Arctic Stride n' Ride (Run/Bike)

3.2km Run (1 Loop)
8km Winter Bike (1 Loop)

Arctic Stride (Run)

3.2km Run (1 Loop)

Time Cut Off

For the safety and comfort of our volunteers, you must start the last run leg by 11:00 AM.

Transition & Equipment Procedures

Run Equipment and Rules

- Traction aids recommended

Bike Transition Set-up, Equipment and Rules:

- For your safety, only mountain bikes with studded tires or fat bikes are allowed. Minimum tire width is 1.5 inches for studded tire mountain bikes and minimum 3 inches wide for Fat Bikes.
- Watch out for signs and volunteers noting mandatory mount and dismount locations on course. **IMPORTANT:** There is a mandatory dismount location at a curb crossing from Malouf Rd. onto the Meewasin Path. You will encounter the same curb crossing twice: Once on your way outward on course, and once on your return back to the bike finish. Please refer to the Course Maps for more information.
- Prior to race day you must remove all bike 'accessories' such as mirrors, kick stands and loose equipment. This is for the safety of your fellow cyclists.
- Bike mechanics will not be on site. Bring your own pumps, tools, etc.
- Platform pedals are allowed; pedal cages are allowed but all straps must be removed.
- Make sure handlebar ends are plugged, not open.
- If a rack is available hang your bike on the bike rack bar by its seat, with the front wheel facing in.
- 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 at all times when you are on your bike - even during warm-up.
- No cycling in the transition area.
- Athletes only 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.
- This is a non-drafting event. Maintain a 5 meter space between other riders at all times except when passing. Passing can only be done when there is adequate space to do so

Race Procedures

Leg 1: Run 3.2 km (1 Loop)

- The Officials will sound the horn to start the race. Follow the pylons and stay on the LEFT side of the path.
- Follow the race signage and keep all pylons and pin flags on your left.
- Run is in a Clockwise direction
- Once completing your lap, enter the Bike transition area

T1: Transition from Run Leg to Winter Bike Leg

- Put your helmet on before touching your bike. **IMPORTANT**
- Walk or run your bike past the mount line.
- When mounting your bike, watch for other athletes already on the course.

Leg 2: Winter Bike 8 km (1 Loop)

- In several areas you will be cycling on roadway that is open to traffic in the adjacent lane. Stay within the closed off Northbound lane of Fletcher and Malouf Rd. in this section, and do not cross the center line or cut corners - cyclists should be no closer than 2 meters to the center of the roadway to avoid the open lane of traffic.
- Be sure to set your tire pressure appropriately ahead of time. If you are not sure then ask for some help. If your pressure is too high your chance of losing traction and falling will increase, and you will have difficulty steering.
- This is a non-drafting event. Maintain a 5 meter space between other riders at all times except when passing. Passing can only be done when there is adequate space to do so
- 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 10 meters back from the cyclist that passed you.
- **IMPORTANT:** There will be a mandatory dismount / mount location on the course where Malouf Rd. meets the Meewasin path to get over the curb. This location will be noted by signs and volunteers. Cyclists **MUST** dismount safely and walk / jog their bikes over the curb and mount safely on the other side of the obstacle. Any Cyclists that fail to dismount at these locations will be disqualified and asked to leave the course immediately.

T2: Transition from Winter Bike Leg to Run Leg

- Get off your bike before the dismount line.
- Walk or run your bike back to where your transition area is located.
- Rack your bike with the front wheel facing out, if possible.
- **Only then may you remove your helmet.**
- Put on your Running Shoes and run out of Transition and onto the run course.

Leg 3: Run 3.2 km (1 Loop)

- The Officials will sound the horn to start the race. Follow the pylons and stay on the LEFT side of the path.
- Follow the race signage and keep all pylons and pin flags on your left.
- Run is in a Clockwise direction
- Finish is under the Finish line Arch. Congrats!

Team Relays

- Relay team members will have consecutive number bibs.
- The cyclist will wait in the relay box for the runner to tag the cyclist.
- The runner must not interfere with other athletes coming into transition. When the cyclist has left the transition area to begin their course the runner may access transition upon authority of the Officials. This is allowed only to access water / food / warm clothes.
- The Runner will return to their relay box and await the tag from the cyclist who must rack bike and remove their helmet before tagging.
- Due to winter temperatures team relay members do not need to stay in the box during the full time that their partner is on the bike course.

Information and Reminders

Parking - is available at the Holiday Park Golf Course. Roadways Will be shut down once the race begins and will remain shut down until the last racer exits the bike course. Refer to the map provided for parking location.

Timing – no split timing, only final. 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 and it will be a manual process!

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

Aid on course - There will be no food / water station during the race. Please bring your own fuel (water bottles, gels, energy bars, etc) to consume during the event.

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 - Due to expected winter weather please ensure to wear appropriate clothing. Plan to feel at least 10 degrees cooler than air temperature on the bike. It is highly recommended that participants bring hand/feet warmer “hotshot” heat packs. You may want to consider different (dry) footwear for the bike.

Running Traction Aids - Based on current icy conditions you are highly encouraged to wear some form of traction aids. Pull-over traction aids that work with regular running footwear are widely available at running stores such as Brainsport for a low cost.

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.

Post Race Food – your Race Bib is your ticket to snacks and drinks after the race.

Weather - If temperature is below -20C with wind chills below -30C the event may be shortened or cancelled. Excessive snowfall or warm weather may also lead to cancellation of portions of the event. Organizers will try to make a determination late Friday night and make a posting to the event page.

Entry Draw Prizes - Winners will be announced at approx 11:30 AM. Thank you again to our early bird draw sponsors Bruce's Cycle, Brainsport, Escape Sports and Zone Fitness!

Thank the Volunteers! - Our volunteers work really hard to bring you fun, safe events at non-profit prices. Thank them and considering helping out at our next event!

Get a warm drink & snacks and show off your beautiful STCI Toque - Join us in the Clubhouse when you are done to warm up, socialize and tell your race story!

Have a fantastic race and smile for the camera!

**The Saskatoon Triathlon Club is very proud
to host this winter event in partnership with:**

Bruce's Cycle Works

Brainsport

Transition Sports & Fitness

Child of the Cross Ministries

And the City of Saskatoon

