

## TRY-A-TRI – YOUR GUIDE TO WHAT HAPPENS ON RACE DAY



Not long to go until race day! It's a start to the triathlon season for some of you and a first-ever experience of triathlon for most of you. This is your final communication before the race on Bank Holiday Monday, 27<sup>th</sup> May. Along with this guide we'll be sending you a list of start times / arrival times, as we have the swim in five "waves" and everyone can't start the race at the same time. If you have any questions after reading this, please get in touch so I can make everything crystal clear. We're looking forward to seeing you on race day and hope everyone has a great experience!

**Before the race:** I'd advise everyone to give their bike and all the kit they plan to use on race day a good checking over – and if you can ride round the bike course (assuming you live locally) and have a practice transition, with your kit laid out as it will be on the day, that would be ideal. As soon as you know your race number / start wave you'll be able to plan your race day from arrival time to celebrating your triathlon finish.

### Travel to Tockington Manor School - BS32 4NY

We want to reduce traffic on the race route as much as possible, so if you are driving to the event, *please do not approach the school through Tockington Village*. This is especially important if you are arriving after 8am. Please head for the A38 regardless of which direction you are coming from and drive down Washingpool Hill Road towards Tockington, then you will come to the school car park without having to drive past the busy gateway of the race venue, which is the pavilion & playing field directly opposite the main school entrance. This may add a few minutes to your journey time, but it makes the race safer and simpler for everyone involved – thank you!

### When should I arrive?

You can arrive at Race HQ any time from 07:15 onwards regardless of your start time, and the latest you should arrive is 30-45 mins before your scheduled swim start – which is shown below.

**Race Numbers 120-135 – WAVE 1** – pick up your number no later than 07:30, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 07:50. Your pool swim will start at 08:00.

**Race Numbers 136-151 – WAVE 2** - pick up your number no later than 07:40, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:00. Your pool swim will start at approx. 08:10 but that time could vary by a few minutes.

**Race Numbers 152-167 – WAVE 3** - pick up your number no later than 07:55, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:10. Your pool swim will start at approx. 08:25 but that time could vary by a few minutes.

**Race Numbers 168-183 – WAVE 4** - pick up your number no later than 08:10, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:25. Your pool swim will start at approx. 08:40 but that time could vary by a few minutes.

**Race Numbers 184-199 – WAVE 5** - pick up your number no later than 08:20, rack your bike and lay out your kit in transition then be at the Swim Wave Meeting Point at the top of the field by 08:40. Your pool swim will start at approx. 08:50 but that time could vary by a few minutes.

## Toilets

For this small event there are few toilets in the pavilion and plenty more at the swimming pool which you will have a chance to use immediately before the swim start.

## Transition setup, numbers & swim kit

When you pick up your race pack it will contain 2 large race numbers, 8 safety pins, a number sticker for your helmet, a number sticker for your bike, a swim cap and a key/bag tag (you can put your race number on this tag and attach it to your keys, if you need to leave them with the race marshals in the Pavilion for safekeeping during the race). As soon as you get your race pack:

- pin the yellow race number on the back of your kit, the white one on your front
- if you have a Race Belt, just use the yellow race number, the white one won't be needed
- apply the number stickers to any visible place on your bike and helmet

Then you can rack your bike on any space labelled for your start wave (each spot on the bike rack is marked Wave1 or Wave2 etc. rather than having a specific race number allocated to it). Next, lay out your kit as you want it. Everyone has 60cm of bike rack space allocated to them so that is more than standard but still not a lot – please keep your stuff within that space.

*\*Those of you in waves 3-5, if you are racking your bike and setting up your kit while the race is underway, please be mindful of athletes who are coming into transition from the swim to take their bikes and head out on the course – give them priority and make sure you don't impede them, thanks!*

## The Swim Wave Meeting Point

Once you've racked your bike and laid out your kit in Transition, please wait at the top of the field next to the gate where there is a sign saying SWIM WAVE MEETING POINT. Make sure you have with you:

- Your race swim cap & goggles.
- Shoes to wear on the way to and from the pool (the trainers you are going to run in later would be ideal).
- An extra layer to wear, if you want, to/from the swim – totally optional.

Within a few minutes the race director will meet your group and walk you over to the swim start which is only 2 mins away. You will have a few mins there to use the loo if required and stash your shoes by the poolside so you can get them on straight after the swim. We will show you where to put your shoes and any other kit you need for that jog between swim and transition. If the weather is a bit dodgy, feel free to wait undercover in (or just in front of) the Pavilion, until the race director arrives at the meeting point and announces that the briefing for your wave is about to start.

## The Swim Start

In advance of the race, you will have been told your race number and start wave and also your Pool Lane – there are 4 lanes with up to 4 swimmers in each. The marshals at the pool also have lists so they will know what lane to put you in if you forget. For the swim start we will get everyone in the water and the starter will say “white hat swimmers get ready – 5,4,3,2,1, GO!.....blue hat swimmers get ready, 5,4,3,2,1,GO!.....yellow hat swimmers get ready, 5,4,3,2,1,GO!..... green hat swimmers get ready, 5,4,3,2,1,GO”. Make sure you go when the starter says GO! and not before, we don't want any false starts!

*Of the 4 lanes in the pool, 2 are designated CLOCKWISE so in those you swim on the left of your lane, the other 2 are designated ANTICLOCKWISE and in those you should swim on the right of your lane.*

TIP for first timers – most novice triathletes go off way too fast out of nerves/excitement so, as there is a full 10 seconds before the person behind you is due to start swimming, why not take the first few strokes nice and slow then ease up to your normal pace as you get well down the pool? If you go off too fast you might get breathless, so just try to swim your normal pace and only think about going fast once you are settled.

### **The swim**



The swim is **8 lengths** – or you could think of it as 4 laps as that is easier to count. The swim marshals will be counting your laps and ticking them off as you go, so if you lose count, stop at the end of a lap and ask them. We hope to have enough volunteers at the race to provide a couple of “tappers” who will simply tap each swimmer on the shoulder with a swim float when they have 1 more lap to go. Overtaking is best done at the end of a length rather than mid-pool, if somebody catches you up it is best to hold on to the end of the pool for 1-2 seconds while they turn and then follow them, it allows the faster swimmer to go at their natural pace and the slower swimmer to swim without any pressure.

If you do overtake mid-pool, it's a bit like overtaking in a car, just look before you pull out and make sure there is not going to be any problem with a swimmer coming back in the other direction.

### **The Swim Exit**

Once you have completed your 8 lengths, get yourself out of the water at the end of your lane, without using the steps, and head over to where the shoes are, alongside the wall of the pool area. When putting on your shoes PLEASE FACE TOWARDS THE POOL with your back to the wall – otherwise you could easily step back accidentally and push somebody into the water which would not be great on their first triathlon! Once you have your shoes on, you exit via the door at the side of the pool and marshals/signs will show you the way to Transition.

### **Road Crossing**

**To get from the main school where the pool is, over to the pavilion/field where your bike is, you need to cross a road which is open to traffic. Here you will have to wait if there are cars OR BIKES approaching. The marshals have a STOP/GO sign and this is directed at you, not at the traffic, so if you see a red stop sign facing you, please wait until they swivel it round to GO before you cross.**

## Field Gate and Transition

Enter the field through the LEFT SIDE of the gateway as cyclists will be exiting through the other side – there is a cone in the gateway so stay left of the cone. You follow the arrows into Transition, which lead you down the left side of the bike racks and in from the lower end – don't go IN the way people are coming OUT. This is well signed.

Make sure you have your helmet on and clipped up before you take your bike off the rack. Push your bike out of transition and up to the top of the field where you can get on and start riding as soon as you have passed the CYCLISTS MOUNT HERE sign. Take care turning out of the field on to the road, it is open to traffic and you don't have right of way – highway code applies.

## The Bike route

The route is well signposted with hi-viz signs. It's a 5km loop so you do 2 laps and then return to the Transition area to start the run. Make sure you do both laps! The point where you turn left to go round the loop a second time is clearly signed and marshalled.



You must display a race number on your back on the bike ride, obey the highway code, ride safely....and no "drafting". There are signs explaining what drafting is, displayed at the race HQ. Essentially the rule is you cannot ride alongside or just behind another rider except briefly when overtaking.

A sweep vehicle will follow each wave of riders and the mechanic who is in it will be able to help you if you need assistance with a puncture or minor mechanical problem. The mechanic or

any marshals on the course can also call out a first aider if you need one, there are two on site and one can travel quickly to any spot on the course if required. If you see another rider needing first aid, please assist if you can and inform the nearest marshal or the driver of the sweep vehicle.

## Transition and Run Course

Once you have completed the bike ride you will need to enter the field on your bike at a safe speed (this is a right turn so you must give way to oncoming traffic) through the left-hand side of the field gateway. Immediately dismount and push your bike down into transition (following the arrows again, so you go down the left side of the bike rack and in from the lower end).

After you have stowed your bike and helmet and are ready to run, come out of the Transition Exit and instead of heading up to the gate, you turn sharp left to start the run course which is 5 laps of the field, turning around a cone at each corner. As well as the cones at the 4 corners of the course there are arrows to mark the run route.

We will tick off your laps as you go, so if you lose count, ask the marshals with clipboards and they will tell you how many you have still to go. You MUST have your race number clearly visible on your front throughout the run. There is a water station where you can grab a drink if you need to (self-service). When you are on your final lap you fork left as you run along the top edge of the field and finish between the red and white GO TRI flags – as soon as you finish you get your medal and your race tee shirt (only if you pre-paid for one, they will be labelled with the name for those who did)

then we will get a photo of you proudly wearing your medal. If you didn't pre-order a Tee, we will have a few extras on sale in the Pavilion.

After finishing, we recommend you have a rest before driving/riding home, so take your time collecting your bike/kit etc. You will need to show your race number as you leave so we can make sure you have taken the right bike, so keep hold of that number until you have left the race venue.



If you have any questions please get in touch, we'll see you on race day.

Good luck!

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