

2009 St. Albert Triathlon Competitor Notes

July 26, 2009 at Fountain Park Recreation Centre

SCHEDULE OF EVENTS

Race Day Schedule: Sunday, July 26, 2009

Fountain Park Recreation Centre, 4 Cunningham Road, 459-1553

Event	Time	Location
Race check-in: timing chip pick-up & body marking	6:00 a.m. – 7:30 a.m.	Outside the west door by the tennis courts.
Mandatory pre-race briefing	6:30 – 6:45 a.m.	Inside Fountain Park on the pool deck
Transition area	Transition area close at 7:30 am. ONLY ATHLETES may enter the transition area.	
Swim Check-in	See the time printed on the label of your race package	Pool deck between the lane pool and recreation pool
Race start	<u>7:00 a.m. sharp!!</u>	
Post race food	Approx. 9:00 a.m.	Fountain Park Recreation Centre
Awards and draw prizes	Approx. 11 a.m.	Finish Line

EVENT INFORMATION

This information is provided to ensure the safety and enjoyment of all competitors in the St. Albert Triathlon. Please review the information carefully before racing.

If you have any questions or concerns, please raise them at the pre-race briefing.

The Sprint event has a 750m pool swim (15 laps, 30 lengths), a 20km bike and a 5km run.

The Try-a-Tri event has a 250m pool swim (5 laps, 10 lengths), a 10km bike and a 2.5km run.

Maps of the run and bike courses are attached.

Race Check-In

On race morning, first check-in to pickup your timing chip and for body marking.

Race check-in is from **6:00 a.m. to 7:30 a.m.** outside the west entrance by the tennis courts.

You will also need to check-in later for your swim. Your **swim check-in time** is printed on the outside of your race package envelope.

Transition (Fountain Park Recreation Centre parking lot)

Put your bike, helmet, shoes and other belongings in your assigned rack in the transition area. **Bikes must be racked properly between the outside stands of the rack. Any bike improperly racked or not in a rack will be removed from transition**

ONLY ATHLETES may enter the transition area. Please respect athletes that are still racing and give them plenty of room and the right of way at all times.

Please advise family and friends that the transition area is off limits to anyone that is not competing.

Swim

The pool is 25 metres in length.

Sprint distance: 750m or 15 laps or 30 lengths

Try-a-tri distance: 250m or 5 laps or 10 lengths

Report to swim check-in on the pool deck between the lane pool and the recreation pool **½ hour before your heat time.**

Your **swim check-in time** is printed on the label on your race package envelope.

Your **heat number** is printed on your race package label. Swim caps will be provided when you report for the swim. Details of the swim start will be covered in the pre-race briefing.

After you check-in for the swim, each lane will self-seed. That is, you will decide what order you will swim in with the faster swimmer starting first. Swimmers will start 10 seconds apart. **Your individual timing starts only when you cross the start mat.**

While swimming, athletes must start on the right side of the lane and rest only at the end of the pool. Please be courteous to other swimmers and allow faster swimmers to pass.

Lap counters are provided as a courtesy. **Counting laps is ultimately the responsibility of the athlete** and volunteers are there to do their best at counting laps. The volunteers will put a kick board in the water at the end of the lane when you have one more lap left to swim.

Exit the pool area through the **north west exit door** to the transition area. Be careful walking on the pool deck as it may be slippery.

Bike

The bike course is an out and back loop with a turn-around.

Sprint distance: 20km

Try-a-tri distance: 10km

The bike exits the transition zone to the north and turns right onto Sir Winston Churchill Avenue. See the enclosed map for complete bike course details.

Helmets are mandatory and must be worn and fastened before unranking your bike and while in possession of your bike or **you will be disqualified**. You cannot mount your bike until you get to the mount line on Sir Winston Churchill Ave. after the exit of the parking lot. If you mount your bike while in transition or ride your bike at any time on race day without wearing a helmet, **you will be disqualified**.

Bare torsos are not permitted. Drafting is not permitted in the age group events and will be penalized. The draft zone of a bicycle is 7 meters by 2 meters (about the size of a minivan). Competitors must be through the draft zone of another competitor within 15 seconds or a penalty will be incurred. This course is not a closed course, so please be aware of traffic and follow all traffic laws

On return to the transition area, you must dismount before the dismount line or a penalty will be incurred and then push your bike back to your assigned spot in the transition area. Again, the helmet must remain fastened until your bike is racked or **you will be disqualified**.

The course is marshalled and traffic is controlled, however competitors are advised to be aware of traffic.

Competitors are responsible for their own safety.

Run

The run is a single loop through the neighbourhoods surrounding the pool.

Sprint distance: 5km
Try-a-tri distance: 2.5km

The run exits the transition zone to the west and turns left down Cunningham Road. See the enclosed map for complete run course details.

There are two water stations on the Sprint course, one at the beginning of the run and one at the 2.5km mark. There is one water station on the Try-a-tri course at the start of the run.

The Sprint run course follows Hebert Road to a park area where there is a short out and back before continuing on Hebert. Marshals will be positioned at the turnaround in the park. See the enclosed map for complete run course details.

Key People on Race Day

Race Director: Ian Laxdal	Transition Captain: Ian Ferguson
Swim Captain: Gord Ulrich	Volunteer Coordinator: Joanne Graham
Bike Captain: James Dean	ATA Technical Delegate: TBD
Run Captain: Liz Timeleck	Timing Captain: Rein Raudsepp

Race Results

Race results will be posted at the front door of Fountain Park Recreation Centre. Questions regarding preliminary results can be directed towards the timing captain.

All protests must be lodged with the Alberta Triathlon Association's (ATA's) Technical Delegate within 30 minutes of posting FINAL results. A \$50 fee must accompany all protests. This fee will be refunded ONLY IF the protest is successful.

Drafting violations are final and cannot be protested.

AFTER THE RACE

Showers, lockers, hot tub, sauna, and steam room are all available to competitors at the pool. Competitors must show their race number to gain entry to the pool after the race.

Fruit, juice and snacks will be available for competitors after the race. Draw prizes will be awarded at the end of the race. Competitors must be present to be eligible to win draw prizes.

Medals will be provided to the top three men overall and top three women overall as well as to the top three competitors in the following categories:

Male 16-19	Male 40-49	Male 70+	Sprint Team
Female 16-19	Female 40-49	Female 70+	
Male 20-29	Male 50-59	AWAD Male	
Female 20-29	Female 50-59	AWAD Female	
Male 30-39	Male 60-69	Try-a-tri Male	
Female 30-39	Female 60-69	Try-a-tri Female	

Thank you to our many Volunteers.

Please say thank you as you pass them on the course. If nobody volunteers, nobody races.

Thank you to our generous sponsors.

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Cranky's Bike Shop	St Albert Physical Therapy & Sports Injury Clinic
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