

Athlete Guide

Lake Summerside 2019



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Welcome

Welcome to the 7th annual Action Multisport Victory Triathlon! 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 2020 Grand Final in Edmonton, Alberta, Canada. 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, welcome to our world! We hope you love it as much as we do!

- Victory Triathlon Race 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 safety, or the safety of others.

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.
- 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 Action Multisport 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:

Thursday June 20th

United Sport and Cycle- 7620 Gateway Blvd

5:00-8:00pm

Friday June 21st

Summerside Residents Association- Lake Summerside

5:00-8:00pm

Saturday June 22nd **Pre-arranged******

Summerside Lake (Registration Tent)

7:00-8:00am

*** This is a last minute option if you are absolutely unable to pick up your race package before the event. It requires you to Pre-arrange with us to have your package available. 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 22nd June 2019, or during race package pick-up.
- **No mechanic will be available on race day.** Please ensure all bike repairs are completed prior to 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 x2** - 1 wristband MUST be worn on race day as it serves to assist volunteers on course, and is required to enter both the race site and transition. IF you are utilizing our bag drop tent, please attach the second wristband to the bag that you will be dropping off.

Athlete wristband colours will be assigned as follows:

- **Sprint Males:** blue
 - **Sprint Females:** pink
 - **Sprint Teams:** yellow
 - **Try-a-Tri:** yellow
- **Race bib** – Your race bib will be colour-coded to match your wristband for your assigned event distance. Please wear your race bib on run portion. Though it is not required to wear your race bib during the bike, you may and it is typically displayed on your back side.
 - **Bike sticker** – please attach this sticker to the seat post or down tube for a wrap sticker, or on the top tube or handlebar stem of your bike for a stem sticker, as one of them will be required to enter and exit transition before and after the race
 - **Helmet sticker** - please attach this sticker to the front of your helmet (if one sticker) or one on each side (if 2 stickers)

Race Day - Pre-Race

Parking

As parking is limited, we encourage you to carpool if possible. Parking is available PRIOR To 7:50am in the Summerside Residents Association parking lot. After this time, 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, at approximately 10:30am. If you need to leave prior to 10:30am, please do NOT park in the parking lot. There will be parking on residential roads, outside of the course limits, prior to, and once the race starts.

Athlete Check-in and Body-Marking (7:00 - 8:00am)

Athlete Services will be set up near the finish line 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 have pre-arranged to pick up your race package on race day, the athlete check-in table (in the athlete services tent) is where you will do so.

Body-marking will be set-up beside the Check-in table. Volunteers will mark both of your arms, and the back of your right calf with your race number. Please remember to wear loose fitting clothing so these areas can be easily exposed for marking.

Bag Drop (7:00 - 8:30am)

Athlete Services will be offering a bag drop tent if you require a place to store your morning clothes. Bags will **NOT** be supplied, so please put all of your belongings (not valuables) in one smaller personal bag, and attach your second athlete wristband (that you received in your race package) to this bag. We will store your morning items in the bag drop tent until the end of the race. Unlabeled bags will **NOT** be accepted, so please remember to label your bag with the wristband provided, and put your name/number on your bag for extra security. However, due to limited storage space, please make every effort to store your belongings in your vehicle or with your family/friends who are spectating.

Transition (T1 and T2)

Both T1 and T2 will use the same transition area.

The Transition area will be located in a grassy field 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, running shoes, hat, etc). The storage of bins/bags in transition will **NOT**

be permitted. Please do not leave any bags/bins in transition, but rather make use of our athlete services bag drop, or leave these items in your vehicle/with friends/family.

Transition will open for all events at 7:00am.

You do not need to be there right at 7:00am to set up your transition, but please note there is lots to do before the following transition close times:

Male Sprint Transition Close: 7:48am

Female Sprint Transition Close: 8:08am

Sprint Teams Transition Close: 8:08am

Try-a-Tri Transition Close: 8:25am

Please ensure your athlete wristband is securely attached to your wrist as you will be required to show your **athlete wristband on your wrist, and bike sticker on your bike (provided in your race package)** to enter your transition area.

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. 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)

Sprint males pre-race briefing: 7:50am

Sprint females pre-race briefing: 8:10am

Sprint Teams pre-race briefing: 8:10am

Try-a-Tri pre-race briefing: 8:30am

Race Start Times

Sprint males race start: 8:00am

Sprint females race start: 8:20am

Sprint teams race start: 8:20am

Try-a-Tri race start: 8:40am

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 the crank ring. (\$50 will be charged to you if the chip is 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 swim caps will be available for you to wear. A red swim cap will indicate to our on-water volunteers that you are asking for extra attention in the water. Red swim caps will be available during race-package pick-up. Please ensure you ask for one at the race package pick-up if you require one. If race day arrives and you decide to change from your assigned colour swim cap to a red-colour swim cap (or vice versa), please exchange your swim cap at the athlete services tent on race morning.
- 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 16-18 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.
- There will be 2 heats of Sprint athletes, and 1 heat of try-a-tri / super-sprint athletes.
Heat 1: Sprint Males
Heat 2: Sprint Females and Sprint Teams
Heat 3: All Male and Female Try-a-Tri/Super-Sprint athletes
- All swimmers will assemble on the beach, prior to your respective heat's race start. Generally faster swimmers should start near the front and slightly slower swimmers should place themselves accordingly to insure there is not as much unnecessary jostling for position during the first couple hundred meters of the swim 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 boards, pull-buoys, fins, paddles, gloves, or booties are permitted during the swim. You may rest by holding on to an inanimate object (such as a stationary boat or kayak, not the turn around marker). It is not legal however, to gain any forward

advantage with the assistance of these inanimate objects. (ie. if you are pulled forward whilst holding on to a kayak/canoe/boat, etc.).

- If you require assistance during the swim, raise your arm high in the air and call for assistance 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 on with your 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.
- The bike course is closed to traffic; however, please keep your head up and be mindful of other athletes. Turn around points will be at 90th St SW/25th ave and 66th St SW / 25th ave. 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 10:00am. 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. Clip-on aero bars will be allowed.
- Drafting is **NOT** permitted.

Hammer Nutrition 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, Action Multisport 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 in the food services tent.

Post-race Massage (Resolve Physio and Wellness)

- To help speed up recovery, and mend injuries, Resolve Physio and Wellness will be onsite to deal with your aches and pains. Complementary massages on a first come-first served 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:
 - Sprint Awards: 10:15am
 - - Male/Female top 3 Overall Finishers
 - - Male/Female top 3 Age Category Finishers

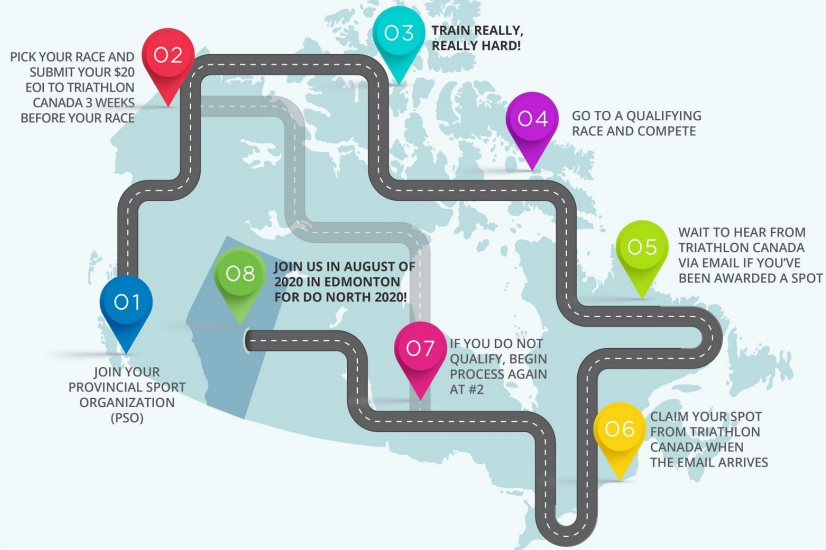
Door Prizes

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

2020 World Championship Qualifying Spots

- There are 3 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.”
- Age group world spots are awarded by Triathlon Canada, not Victory Triathlon. Tri-Can awards these spots based on the results submitted by Victory Triathlon. This means no spots will be awarded on race day. To be eligible for these spots please familiarize yourself with Triathlon Canada’s requirements.
- In an attempt to help you out on the course, we have assigned your race bib numbers based around 2020 age-adjusted qualifying age brackets. This way you will be able to see, at a glance, who you are likely competing against for that coveted age-adjusted qualifying spot. However, please note that results will be displayed on race day as normal 2019 10year age categories, and will NOT be displayed as age-adjusted.
- To be eligible to qualify, please note that Triathlon Canada has changed their qualification requirements (see photo below).
- For more information on qualification requirements from Triathlon Canada, please see: <https://www.triathloncanada.com/age-group/>

THE CANADIAN ATHLETE'S ROAD TO 2020



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Course Maps/Routes

Swim Course



Try-a-Tri (250m)

- 1 small lap of the inner triangle course
- Athletes will start on the south side beach of Lake Summerside. The swim will begin with a mass start from the beach. Athletes will swim south-west across the lake to go around the short-course buoy and back towards the beach. This loop is 250m. Athletes will then exit the water on the far south-east side of the lake to run on the sand, then grass, to enter transition.

Sprint (750m)

- 1 Large loop + 1 Small loop, (1st 500m, 2nd 250m)
- The swim will begin with a mass start from the beach. Athletes will swim in a clockwise direction around the first 2 swim markers. they will start by swimming west across the lake to go around the first Yellow buoy (keep buoy on right), then swim North to a second Yellow buoy (keep buoy on right), where they will then turn to swim east back towards the beach. The first loop is 500m. Athletes will then exit the water to go around the land buoy on the beach (keep marker on the right) and then head back into the water heading counterclockwise to go around the 3rd buoy, which is orange, (keep buoy to their left) to complete the 2nd loop of 250m, totaling 750m. Athletes will then exit the water on the far south-east side of the lake to run on the sand, then grass, to enter transition.

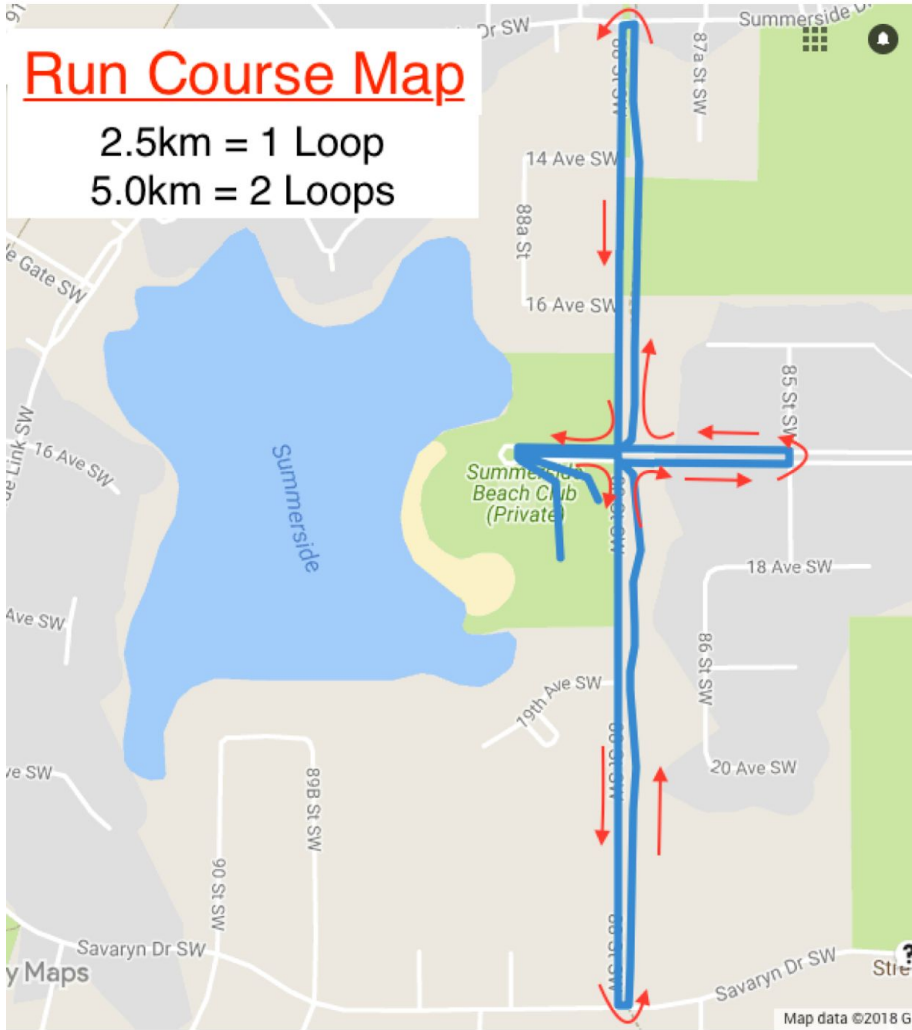
Try-a-Tri (10km) -- 2 laps, out and back

- 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.
- **Important note:** At the intersection of 88th street and Summerside Grande Blvd, please **STAY LEFT when making the hairpin turn to complete your next lap.** If you are going in **to transition, please STAY RIGHT** at this intersection. Please ensure you are on the appropriate side of the bike lane coming in to this intersection to avoid any collisions with other riders who are either turning for another lap or going in to transition.

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

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

Hammer Nutrition Run Course



Sprint Triathlon (5km) -- 2 laps

- Coming out of T2, you will run straight and make a slight right turn around the circle median and then run east on the sidewalk of Summerside Grande Blvd. Cross 88th street (at the 4-way stop) and turn right, now travelling southbound on the multi-use pathway (on the east side of 88th street). Turn around at the marked turn-around point just before Savaryn Drive, now travelling northbound on the multi-use pathway (on the east side of 88th street). Turn right at Summerside Grande Blvd heading eastbound. Just before 85th street, you will turn around and now run westbound on Summerside Grande Blvd. Turn right at 88th street and head northbound on the multi-use pathway (on the east side of 88th street) until the marked turn around at Summerside Drive. Turn around at Summerside Drive, now travelling southbound on the multi-use pathway (on the east side of 88th street). Continue southbound on the multi-use pathway (on 88th street) for a second lap (sprint distance athletes). For the finish line, turn right at the 4-way stop on to 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 (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 a 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 (with bike sticker attached)
- Helmet (with helmet sticker attached)
- 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 - you will receive in your race package
- Towel
- Race bib - that you will receive in your race package
- Nutrition
- Transition bag (with bag drop sticker attached to it) if needed.

Sponsors

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

