

Hampton Ladies Triathlon Race Information 2017

Sunday 11 June 2017



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Welcome to our 9th Hampton Ladies Triathlon – we are thrilled to have close to 300 ladies pre-registered for our race making this by far our most successful Hampton Ladies Triathlon, thank you for your support and we hope you have a wonderful race experience with us.

PLEASE ARRIVE EARLY AS REGISTRATION WILL BE BUSY AND WE NEED TO START ON TIME. BE READY FOR RACE BRIEFING AT 7.30AM.

Please read this information carefully. It is your responsibility to be familiar with the Race Route and the information below. Our event is operated in conjunction with the rules of Triathlon under TriNB (www.trinb.ca) and Triathlon Canada (<http://triathloncanada.com>)

Swim Start Times will be posted on Friday 09 June - Please note that swim start times cannot be changed.



Parking

Due to the large number of entries this year we will NOT be allowing cars to park in the Community Pool as the main parking lot will be Transition area. We suggest parking at Hampton Middle School and making the short walk down to the pool, this is only a 2 minute walk to the pool.

Also No Parking in the church adjacent to the pool please

Para-athletes

Our goal is to ensure that everyone has a positive race experience so if you think or believe that you may be a Para-athlete please e-mail me with your needs and requirements for race day. Please refer to the Triathlon Canada website for more info on Para-Triathlon.

Volunteers

If you have a partner or supporter who is coming to the event with you please ask them to help volunteer as we require a large number of volunteers to run this event. Please contact me on garth39@fastmail.fm if you know someone who will volunteer at the race.

Timing

Our event will be timed by Atlantic Chip so details of your swim, bike and run splits will be available.

Registration

Opens at 6.30am. Registration will be outside by the pool. Please allow plenty of time to register and you must register **before** racking your bike.

There will be no race day registration for the Triathlon but we will accept entries for the Duathlon.

Toilets

There will be ample toilets in the Pool changing room and the Hockey Rink.

Human Performance Centre

Earle Burrows will be setting up for Massage Therapy for our athletes. If you take advantage of their service please show your appreciation with a donation for their time and effort for attending the race.



Weather & Pool Contingency Plan

In the event that the pool cannot be used on race day due to weather conditions / thunder or a mechanical breakdown in the pool a decision will be made between the Pool staff, Head Referee and the Race Director about alternative arrangements. My contingency will be to make the event a Duathlon comprising a 5k run, 20k bike and 2.5k run over the existing route used for the Triathlon. No refunds or deferments will be applicable for any of the above or any contingency we need to implement.

Race Briefing

There will be 1 compulsory Race Brief in the transition area at 7.30am. This will be conducted by the Race Director and the TriNB Race Official.

Body marking – We will write your race number on your arm and leg at race registration as this will help assist our volunteers identify you as an athlete.

Race Bib Number – to be used only by the Duathletes and must be clearly displayed at all times during the race. On the back on the bike and then rotate to your front on the run.

Bike Number – use the tear off slip from your race number and attach this to your bike seat post or top tube as this will identify your bike.

Your Start Time

The **Triathlon** will start at 08.00am. Please be ready to swim at least 10 minutes before your scheduled start time. If you miss your start time you must tell the Pool Deck Manager (Daryl Steeves) or Garth. Start times will be e-mailed to you on Friday 09 June. Once allocated these cannot be changed and will be based on your estimated 400m swim times. As per swim etiquette, slower swimmers will start first.

The **Duathlon** will start at 9.00am, it will be a mass start and will follow 1 lap (2.5k) of the run course used in the Triathlon, followed by the 20k bike course used for the Triathlon and a final 1 lap - 2.5k run on the same course as your first run. All Duathletes must wear a Bib number on all portions of the race.

Transition

You must register first before racking your bike. At registration you will be given a Bib number. Remove the tear off slip and attach it to your seatpost using a safety pin. You will be required to have your bib number with you at all times to access transition which must correspond to the number on your body. As long as these numbers match you will be given access to transition, if they do not match you will NOT be allowed to access transition at all. Friends or family will not be allowed in transition. This is to ensure the security of your bike and to make transition a safe environment for athletes, please do not try to bend these rules as the Race Officials and Transition volunteers have been instructed to follow these guidelines.

Relay Teams

There will be a separate bike racking area in Transition for Relay teams. You will have 1 timing Chip per team which you will exchange from swimmer to biker and biker to runner. Once this is attached you are free to proceed with your leg of the race. Team members will be located by the bike rack in transition where the chip exchange will take place.

Junior Triathlon

We have 3 athletes competing over a 400m swim – 10k bike and 2.5k run. Be aware that they will be turning their bikes at an earlier point on the bike course than the adults – **do not follow them.**

Anyone wearing a headset, headphones or earplug inserted or covering the ears will be disqualified.



Swim

16 lengths of 25metres = 400m

Everyone in the Tri will receive a TriNB swim cap **but can we ask you to bring your own Cap as well as we want to be able to easily identify swimmers by the colour of your Cap in the lanes.**

Please be ready 10 minutes prior to your start time at the far end of the pool. The swim will start and finish at the shallow end of the pool. No Diving. After finishing your swim please walk briskly to the pool exit, **no running poolside.**

You will swim 16 lengths and after 14 lengths a float will be dropped in the water to indicate to you that you have 2 lengths to swim. If you think you have swum too far do not argue with the lane counter. Swim the extra lengths and we will resolve the issue at the conclusion of your race.

Each person will be allocated a swim start time starting at 8.00am through to 11.10am roughly. Each start time will be roughly 45 seconds apart which means that every 45 seconds a new swimmer is introduced to the pool

Lane 1 – 8.00am start

Lane 2 – 8.00.45sec am start

Lane 3 – 8.01.30am sec start

Lane 4 – 8.02.15am sec start

Lane 5 – 8.03am sec start

Lane 1 – 8.03.45sec am start and so on until all the swimmers are in the pool.

Swimmers will swim in a counter clockwise direction, which means that you must be aware of other swimmers in your lane and there may be occasions where you will be passing or being passed by other swimmers, just as if you were swimming in a regular pool session at your local pool.

This style of swim start will cause a more even spread of cyclists on the bike route as there will be no gaps between waves as in previous years. It will also be more interesting for our spectators and volunteers as there will always be people on the course.

Bike Route – Out & Back Route

Please familiarise yourself with the bike route as it is your responsibility to follow the correct route. The route turns left out of Hampton Pool onto Main Street, the bike mount line will be at the exit to the Community Pool and will be marked with Green Pylons and Green Duct Tape. (You must check for traffic in both directions before making your left turn. Failure to stop and check traffic will result in disqualification and we will have a volunteer in this position to monitor this rule).

Continue along Main Street and cross over the Railway Crossings to the traffic circle where you will go left onto Centennial.

Continue on this road to the end and turn left at the junction of Centennial and Fraser Road. Continue on Centennial until you see the Bike Turnaround after 10km which will be marshalled with volunteers. The course is out and back. Re-trace the route back to the Community Pool. Please exercise caution at the turnaround and at all times as the roads are open to regular traffic.

Junior Athletes will turn at the 5k point of the bike course as their total bike route is 10k – do not follow them.

Please be extra careful over the Railway Crossings which you will cross twice. In the event of a wet day or wet road conditions we strongly recommend that you climb off your bike and walk over the crossings.

Caution – Please be aware that there may be potholes on the course and avoid swerving into the path of other cyclists or vehicles.

I have a Polar link to the bike course which can be found by clicking on the following link:

<https://connect.garmin.com/course/embed/1259004>

Roads are open to traffic, please follow instructions by RCMP or Marshalls.

Bikes & Beans

Marci from Bikes & Beans will be following the bike route to assist with any mechanical problems you may have. If you have a mechanical issue please stop, so that she can identify you as having a problem. If you have a flat tyre and keep riding she will not be able to pick you out. This is a local rule for this Triathlon as outside assistance in any other race from a mechanic will result in disqualification. Here is a personal message from Marci –

To make the bike portion of your event run as smooth as possible, the easiest way to reduce your chance of the most common roadside repair (the flat!) is to pump up your tires to the maximum pressure that is listed on the side of your tire. Typically, this means 65 pounds of pressure (psi) for mtn bike tires, 80-90psi for hybrids and 120 for road bikes. However, please check your tire for it's recommended max. pressure. If you have a road bike that lists a higher pressure than 120psi I would still recommend the 120.

Not only will you greatly reduce your chance of getting a flat but you will also be helping yourself pedal as efficiently possible and since you have signed up for this wonderful race why not help yourself out? Your run will thank you for it.

Yours truly,
Marci Webb – Bikes & Beans

We strongly suggest that each competitor carry at least 1 spare tube a set of Allen Keys, tyre levers and a gas canister.

Run Route – 2 laps for Triathlon and 1 lap for each leg of the Duathlon

The route is as follows. Exit transition, across the car park and onto the red path. Where signed cut across the grass to your right and turn onto the new trail adjacent to School Street dropping down the hill. You will join the new Town trail system for 1.25k before turning 180 degree and following exactly the same route that leads to the red path and drop down into the parking lot where there will be a drinks table close to transition. You will turn here and start your second lap. At the end of your second lap you will run through the finish line gantry located in the parking lot.

It is your responsibility to know the course prior to the event.

Link to Run Route - <https://flow.polar.com/training/relive/94225720>

Awards & Door Prizes

We will present the awards as soon as possible after the last person has finished. We will have Subway & Tim Horton's Bagels and fruit from Kredls' which we will set out at the Finish Line as well as Hammer Heed drinks & water.

This event could not have been run without the co-operation of the Town of Hampton and Gena Fowler of The Town of Hampton Leisure Services Dept. Our sincere thanks to everyone who helped us plan this event.

Please take a few moments to thank all the volunteers around the course – without them races could not happen.

Please support our Race Sponsors:

Hammer Nutrition Subway Tim Hortons Pharamasave Kredels SaveEasy Shell Gas Station Irving Hampton Subaru – Aberdeen Motors



Aberdeen Motors – Saint John
<http://www.aberdeenmotors.ca/>

