

# Hampton Ladies Triathlon Race Information 2018

Sunday 10 June 2018

Race Registration opens – 6.30am

Mandatory Race Briefing – 7.30am

Triathlon Start time – from 8.00am

Duathlon Start time – 9.00am



**ABERDEEN SUBARU**  
299 ROTHESAY AVENUE  
SAINT JOHN, NB  
**1-888-633-0833**



Welcome to our 10th Hampton Ladies Triathlon – we are thrilled to have over 300 ladies pre-registered for our race, Thank you for your support and we hope you have a wonderful race experience with us.

**If you have raced with us before please note that we have made changes to this years race with regard to Transition and the Run Routes – so please read this info carefully.**

**PLEASE ARRIVE EARLY AS REGISTRATION WILL BE BUSY AND WE NEED TO START ON TIME. BE READY FOR MANDATORY RACE BRIEFING AT 7.30AM ALONG WITH OUR DRAW PRIZE GIVEAWAY.**

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](http://www.trinb.ca)) and Triathlon Canada (<http://triathloncanada.com>)

Swim Start Times will be posted on Friday 08 June - Please note that swim start times cannot be changed.



### Parking

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. There will be no parking in the Community Pool as the main parking lot will be our Finish area.

**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 race 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](mailto:garth39@fastmail.fm) if you know someone who will volunteer at the race.

### Timing

Our event will be timed by Atlantic Chip.

### 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 initial 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. **Start times will be e-mailed to you on Friday 08 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, family, children and dogs 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.

**Note** – No Bags are to be left beside your bikes as they take up too much space for all the athletes. We will set up a bag drop area in the Arena where bags can be left unattended at your own risk.

### **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 several 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.**





Sports Suds have created promo code “HAMPTON”. It provides a 20% off all their products - ([www.sportsuds.com](http://www.sportsuds.com)). Expires July 15, 2018,

### Swim

16 lengths of 25metres = 400m

Everyone in the Triathlon will receive a 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. **Back stroke is not permitted.**

**NEW FOR 2018 – Transition will be inside the Hockey Rink building**

**For 2018 we are having transition (bike racking) in the indoor arena.**

**The floor of the arena may be slippery so we will not be allowing anyone to run while in the transitions of the race – you must walk through all elements of transition.**

**No bike cleats will be permitted in the arena. If you are wearing cycling shoes these must put on at the bike mount line and removed at the dismount line so that you walk with sock covered or bare foot to your bike rack. If you are wearing sneakers for the bike then you may wear these in transition but again no running please.**

### **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.

We have a stop and foot down rule in effect for exiting the pool onto the bike route as you will turn left across traffic. 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 are potholes on the course and avoid swerving into the path of other cyclists or vehicles. **We work with the Town Of Hampton with regard to Potholes and they are behind schedule this year due to the severe flooding so there are more potholes than normal.**

**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.

**CN Railways** – we have been in discussion with CN Rail as our bike route crosses a rail line twice. We have explained to them about the race and they are aware that a bicycle event is taking place during the morning but we have no guarantees from them that the train will not come across. If you are delayed by a train please make a note of how much time you lose and we can make an adjustment on your final race time.

### **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, turn right across the grass and turn right onto the trail. 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 run through the parking lot to start lap 2. At the end of your second lap you will run through the finish line gantry located in the parking lot.

**IMPORTANT NOTE FOR 2018 – we have made slight changes to the run route to make it flow better. If you have raced with us before please make note of the changes. The route now extends roughly 100 metres further up the trail before the turnaround at 1.25k.**

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

Link to Run Route - <https://flow.polar.com/training/relive/2520714843>

**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/>



