

CONTACT TRIWOMAN PALMERSTON NORTH
18th March 2012

IMPORTANT TIMES

7:00am Transition Opens

7:30am Safety Briefing (compulsory for all participants)

7:40am Warm-Up

8:00am Triathlon starts

8:00am Duathlon starts

10:00am approx. Prize Giving (or when the last participant comes over the finish line)

RACE NUMBERS

In your race pack you will receive a race number and a helmet sticker. You pin the number to the front of your shirt for the cycle and run and wear the sticker on your helmet. If you have any medical conditions please write medical details on the back of your race number and inform Event Staff. In teams, the cyclist wears the smaller number on their helmet, the runner has the bigger number pinned to the front of their shirt (the swimmer does not require a number).

SWIM

SWIMMING POOL

When you receive your pack at registration you will be allocated a **wave letter** (e.g. A, B, C). When your wave is called forward, please line up by the pool, starting further forward if you are a confident swimmer and more towards the end of the line if you would prefer. This is to limit the amount of passing. Please enter one by one as directed by the swim starter. Your timer will automatically start as you pass over the timing mat when getting into the pool.

SWIM CAP

You must wear the swim cap provided in your race pack

TIMING

You must wear the transponder (timing chip) at all times during the race in order to have your time recorded correctly (this includes the swim). **You wear the transponder on either of your ankles.** If you don't race or fail to complete the course please return the transponder to the Timing Tent at the finish line. Any transponders that are not returned will result in a \$50 replacement fee charged to the participant. If for whatever reason you pick up your race pack the day before the event, and then are unable to make to the event, please return your transponder in the post to Triathlon NZ PO Box 128-509, Remuera with your name. Thank you in advance.

Teams, you will have one timing transponder per team and this transponder must be passed to the next team member (as in a relay) in transition. No transponder means no time recorded.

PARKING

Participants and supporters should park in the surrounding streets, but not on the course.

PRIZE-GIVING

Prize giving will be held near the finish area at 10am or after the final participant crosses the finish line. Make sure you are present to go in the draw to win spot prizes from Contact Energy, 2XU, Banana Boat, Vitasport, More FM, Choice Hotels, Adidas Eyewear, Saucony and Good Health NZ Magazine and to win a 1 in 10 chance to win a Suzuki Splash. You must be present to receive a spot prize.

TRANSITION

This is the area you go between each leg of the event to collect your bike, helmet, running shoes etc. Bike racks are not numbered **but each spot will be marked with a dot**, so choose whichever spot suits you. Be mindful of your other participants, keep your area tidy and make sure none of your gear ends up in the rows between racks.

Transition will close at 7.40am, after this time only the marshals are allowed in transition. Please advise your supporters that they will not be allowed in transition. Collection of gear cannot be made until the last participant has left transition onto the run. An announcement will be made at this time when only participants can collect their gear. If you require warm clothing after you finish, please ensure this is outside of transition.

Please do not request to enter transition before the announcement to do so, as the answer will be no (with a smile of course).

BIKES AND HELMETS

It is your responsibility to ensure your equipment is in safe working condition. Make sure that your helmet is on and done up before you take your bike off the bike rack, and don't take it off again until your bike is back on its rack. For safety reasons, please don't ride your bike through transition, please wait until you get to the mount/dismount line (a marshal will be able to tell you where that is).

THE BASICS

All participants are required to attend the safety briefing at 7.30am. As a participant, you are expected to know the course, the entries and exits to transition, and any changes that will be briefed to you. There are large course maps displayed at the race venue. You must stay on the course, and should you leave it, please re-enter at the point where you left it.

Please be respectful of all the marshals working at the event. They are volunteers and are here to help ensure you have a safe and fun event. Communication with them is to be polite at all times. Use of foul language is unsportsmanlike and is grounds for immediate disqualification/removal from the event.

THERE ARE NO ROAD CLOSURES IN THIS EVENT!

Please obey all normal road rules. Ensure you keep as far to the left as possible during the cycle leg. Crossing of the centre line will result in instant disqualification.

All TriWoman events are non-drafting. Drafting refers to following the bike in front of you so that you are in their slipstream. This means you do less work! We ask that no one drafts in a race, even if you are a seasoned triathlete, expert in catching a free ride. The danger of a novice rider following too closely can lead to dangerous consequences. So we ask that you follow the person in front of you with enough room so that you could stop without hitting them if you had to (e.g. about two bicycle lengths).

If at any stage you withdraw from the race please advise Event Staff of your race number and that you are withdrawing from the event or else we will be looking for you for hours!

This event is an individual event. No outside support is allowed, except from event team or medical support. **There is a singular exception to the rule.** In an act of sportsmanship a participant may assist another **particularly for medical reasons.**

When you have finished the event please don't go back out on to the course. Once you have crossed the finish line you assume the mantle of spectator or a supporter.

Both for safety and to avoid bringing the event into disrepute, **deliberate discarding of bottles, food wrappers, etc. is prohibited.**

St Johns will be in attendance. Should a participant be advised to withdraw from the event by St Johns then they must do so.

Due to adverse weather or other factors beyond our control, the course/event may need to be altered, please follow the instructions of event officials in this instance.

Remember as a participant in this event you are responsible for your own safety and equipment. Please obey all traffic rules.

Please undertake everything you do within the race to your own capabilities and swim, bike and run in a responsible and fair manner.

Course Description

Swim-Pool

This is a pool swim. Participants will enter the pool one by one as directed by the swim starter. You will then swim up and down the 50m pool in a zig zag pattern across the pool for 6 lengths and exit

If in trouble in the water, raise your hand. A lifeguard will get to you as quickly as they can. Ensure you are sportsmanlike in your swimming.

HAZARDS: At the shallow end the water is 1.4 metres and it is 1.8 metres at the deep end. Please be careful of your footing as you exit the pool and make your way to transition as the ground may be uneven.

Duathlon Run #1

1.5k loop. Start at the corner of transition and follow the arrows taking you along the river side, around the park, in front of the swimming pool and back in to transition. See www.tri.co.nz for a visual description

HAZARDS: The ground maybe uneven at certain points on the course. Ensure that you stay on the marked path at all times which will be marked with arrows. Please keep to your left unless otherwise instructed in the race briefing

T1 (first transition)

From the swim exit or end of the run (duathlon) make your way to the transition entry. Once in the transition, find your bike, put on your helmet and fasten it (the strap must be done up tightly under your chin for the entire time that you are on your bike), then put on anything else you require, take a sip of drink and wheel your bike out of transition. Do not start cycling until you get to the mount line.

Cycle

2 laps, 9.5km total. Take your bike from transition and walk it up to Dittmer Drive. Mount your bike and continue on Dittmer Drive. At the crossroads, take a left on to Buick Crescent until the turn around point. Go back the way you came towards transition and repeat for your second lap. At the end of your 2nd lap ensure to dismount before walking down to transition. See www.tri.co.nz for a visual description

Please remember to be aware of your safety at all times, cars could be backing out of their drive way, pedestrians crossing the road without looking, etc. Be mindful of your surroundings and remember the road is open to normal traffic at all times. A Traffic Management Company is contracted to manage the traffic within and around the course to assist you safety around the course.

Please keep to the left at all times unless you are passing another participant. If you are passing another participant say 'on your right' or ring your bell if you have one (that is very French!).

HAZARDS: When you need to slow down, use your brakes evenly and together. Watch and listen to the marshals on the course and take caution when turning a corner and completing the turnarounds

THERE ARE NO ROAD CLOSURES FOR THIS EVENT therefore you will be sharing the road with other users and normal road rules apply. **ALL roads are open to ALL traffic. It is very important that participants keep vigilant throughout the entire event, cycle safely, and abide with all New Zealand Road rules.**

T2 (second transition)

Dismount your bike at the dismount line and wheel your bike back into transition. Find your spot and rack your bike (don't forget to take off your helmet!). Take a sip of drink and make your way to the transition exit to start your run/walk.

Run/Walk

3k 1 lap. Make your way out of transition and follow the arrows taking you along the river side towards the bridge until the marked turn around. Back along the river, around the park, in front of the swimming pool and to the finish line. See www.tri.co.nz for a visual description

Please watch out for other members of the public, fellow competitors, cars backing out of driveways. If it is a hot day make sure to use the water at the drink station located on the run course and at the finish line. You must wear shoes.

Please keep to the left at all times unless otherwise instructed or you are passing another participant. If you are passing another participant say 'on your right'.

HAZARDS: The path maybe uneven at points. Ensure that you stay on the marked path at all times. The path will be marked with arrows. Road rules apply, please be aware of vehicles entering or exiting driveways and at Intersections.

RACE RULES

We try not to have too many rules in the Contact TriWoman Series but the rules we do have are important for your own safety.

The key rules are:

- You must behave in a sportsmanlike way and respect other participants and marshals
- You must follow the prescribed course
- You must obey the road rules, especially no crossing of the centre line
- Ipods/Earphones or similar such devices are **NOT permitted** at any time on the course. No exceptions.

MOST IMPORTANTLY, HAVE A GREAT DAY AND ENJOY THE EVENT!

For other Contact TriWoman events please go to www.tri.co.nz