

JUNIOR SPRINT, ADULT SPRINT, TEAM RELAY RACE INFORMATION PACKAGE

www.woodystriathlon.com



**WOODY'S RV WORLD
TRIATHLON**

CHARITY OF CHOICE

Ronald McDonald House[®]



A house is built with walls and beams..... A home is built with hope and dreams..... Ronald McDonald House[®] Southern Alberta is pleased to announce it is building a new House in Red Deer, Alberta. Ronald McDonald House[®] Central Alberta will be prominently located facing the Red Deer Regional Hospital Centre and backing onto Gaetz Avenue. A portion of your race entry as well as profits from the BBQ will be given to this worthwhile cause.

EVENT LOCATION

For the third year, we will use the beautiful Roland Michener Recreation Centre located at 51A Street and 38 Ave. in Red Deer, Alberta.

Please see web site map for exact location. Transition will be in the Michener Curling Rink parking lot on your left just off 40th Ave onto 51A Street. We will have an unloading zone that will be clearly marked.

REFUNDS

There are **NO** refunds for racers, no matter what your 'great excuse' might be. If you need to pull out **PRIOR TO JUNE 15th** a roll-over spot for 2011 will be allowed. Please contact us via email, through our website, should this be necessary.

PARKING FOR RACE DAY

Signs will direct you to several parking lots to the EAST of the Michener Recreation Centre Pool.

WEEK AT A GLANCE

Monday June 21st

Transition Tips 'For a Fast Change'
Michener Centre Curling Rink
51A St. and 38 Ave.
6:30 pm

Thursday June 24th

Race Package Pick Up 5:00 - 8:00 p.m.

**** New location this year due to increased entries****

Michener Centre Curling Ring (where Transition for the race is)
51A St and 38 Ave.

Friday June 25th

Race Package Pick Up 5:00 - 8:00 p.m.

Michener Centre Curling Ring (where Transition for the race is)
51A St and 38 Ave.

Friday June 25th Transition and Course Sweep

5:00 p.m. Michener Centre Curling Rink Parking Lot

Volunteers are needed to help hand sweep the Transition area, set-up tents, and snow fencing. Bring your own broom!

Saturday June 26th

Volunteers needed 7:00 – 10:30 am

8:00 am Kids Of Steel Race/Michener Recreation Centre. Come cheer on 280 racers ages 5 – 15.

3:00-6:00 pm Final Race Package Pick Up for Jr. Sprint, Adult and Team Entries
Michener Centre Curling Rink, 51A St. and 38 Ave.

Sunday June 27th

5:30 am **Late** Package Pick up for out of town entries ONLY

5:45 am Check bike and race gear into transition. There are no assigned racks except for the Junior Sprint and Relay Teams. Please place 8 bikes per rack alternating bikes so 4 are facing each direction. Lay out transition gear to the **RIGHT** of your front tire (which should be facing out). This is standard for all triathlons. Proceed to Body Marking and pick up Timing Chip. Once you receive your timing chip, put it on immediately. You are responsible for the return of the chip after the completion of the race. Lost chips result in a \$25.00 charge. If you drop out in the middle of the race, please bring your timing chip to the Finish Line.

6:45 am Transition Closes

6:50 am Pre-race meeting for all athletes on pool deck

7:00 am One heat of slowest swim times start, followed by Junior Sprint and Relay Teams. We will then continue according to the swim times you submitted. NOTE: We will be moving swimmers ahead in heats, keeping 4 per lane at all times. Heat sheets will be posted at body marking and at pool area.

Barbeque sponsored by Save On Foods to follow for all participants and volunteers. Coffee and food for purchase available for family and friends with proceeds going to Ronald McDonald House[®] Central Alberta.

Complimentary post race massage provided by Sports Therapy Centre.

11:00 am Bike Draw courtesy of Bike Werx, Alta Law and Bower Dental will take place after the last finisher crosses the line. **You must be present to win!**

12:00 pm Pool change rooms closed and locked. One hour later this year to accommodate post race showering. Be sure nothing is left inside. We will take any left articles to the Lost and Found in the Finish Area.

SAMPLE CHECK LIST OF WHAT TO BRING ON RACE DAY

Barbeque coupon (provided in your race package)
Sports Bag
2 Towels (transition/post race)
Swim Suit
Swim Goggles
Race Number (pinned to front of race shirt or race belt)
Running shoes
Running/Biking Clothes (plan for all weather)
Socks (if you wish)
Sunscreen
Sunglasses (if you wish)
Bike
Water Bottle
Bike Helmet
Running hat (if desired)

NOTE: Coloured swim caps will be distributed inside pool, well ahead of your swim start.

THE SWIM

The swim takes place at the Roland Michener Centre's 25 meter indoor heated pool. Due to time constraints there will be no warm up sessions permitted. The swim will be a lane format with each participant in his/her pre-designated lane. Maximum 4 swimmers per lane. Racers were put in heats from their estimated swim times given on registration forms. You can 'seed' yourself when you line up with your group of 4. Swimmers will swim in a counter clockwise format staying close to the lane rope so others can pass you. If you need to pass, please pass on the left hand side of the swimmer in front of you and do so when it is safe. Lap counters will notify you by putting a kick board into the water, when you have 1 lap (2 lengths) to go. You will exit the same end you went in. Heats will start each time there is an empty lane. Starting Line Ups will be posted at Body Marking and pool area. Please be on deck at least 15 minutes before your heat. We will start with one heat (24 racers) of slower swimmers followed by Junior Sprint and Relay Teams. We are issuing 4 different coloured swim caps in the staging area. This will make lap counting very easy and eliminate any confusion. Remember your swim times may seem slow because the 'chip' timing starts as you leave the staging area and does not stop until you exit the pool building. Faster swimmers will have a 2 to 2 1/2 hour wait. Unfortunately it is 'the nature of the sport' with pool swims. Stretch, relax and visit with fellow triathletes. We have been able to book the pool until 12:00 pm this year allowing a little more time for late starters to get back, shower and gather their belongings.

SWIM DISTANCE

Junior Sprint ~ Team Relay ~ Adult
750 meters 15 laps 30 lengths of pool

SWIM CHANGES

If you have major time changes to when you first registered, please email swimchange@woodystriathlon.com. Deadline for these changes is June 15th, 2010.

THE BIKE

Helmets must be CSA, ANSI or Snell approved. There is no bike check, however we recommend having bikes properly inspected at your local bike shop, seat height, tire pressure checked etc. Once again, we are very fortunate to have Bike Werx on site to assist our racers on bike morning. They will have tire gauges, air pumps, etc. available. Your helmet **must** be secured and strap completely fastened before you remove your bike from the rack. Do not mount your bike until you reach the clearly marked MOUNT LINE which is a 100 meter jog beside your bike.

Bike course is 19.4 km and is one lap. Maps can be viewed on the website: www.woodystriathlon.com.

Last year our course had to be modified 3 days before the event due to road construction. We are BACK to ONE LOOP which includes a gradual 1 km hill and a shorter slightly steeper hill. Focus on the wonderful downhill cruise on the return!

CAUTION: It is an open bike course. Volunteers and traffic marshals will be stopping traffic but BEWARE of cars on the roads and obey volunteers for your own safety.

There is a difficult traffic corner at 67th Street and 30th Ave. (both directions) so slow down and keep your head up. There are TWO turn around cones so slow down there as well. It is a 'no passing zone' at the cones please. RIDE TO THE RIGHT HAND SIDE OF THE ROAD and pass on the left. Do not cross the center line or you will be DQ'd.

Drafting WILL NOT BE PERMITTED. The Bicycle Draft Zone for all athletes is the following: The draft zone is a rectangle seven (7) meters long by three (3) meters wide which surrounds every competitor. You have 15 seconds to pass through this zone. When exiting the bike course SLOW DOWN and get off your bike at dismount line.

LEAVE HELMET FASTENED until your bike is racked in transition.

Walk the transition area to be aware of the 'bike in and bike out' and the shortest, safest route from there to your bike rack. Walk out to the mount and dismount lines so you know well ahead of time where they are located. It is quite a jog beside your bike! Also know exactly where the 'run out' is from your bike rack. Much time can be saved in fast transitioning.

If you have a flat tire, or any problem, go to the nearest Volunteer and they will arrange to have you picked up.

THE RUN

Exit the clearly marked 'Run Out'. Be sure your race number is still visible on the front. No bare torsos or IPODs permitted. Racers who use an IPOD will be disqualified. This is a Triathlon Canada ruling and will be strictly enforced. Slower runners please stay right and be aware this is an 'out and back' course so athletes will be coming towards you on your left. Athletes will run along the top of the Michener Grounds, almost to the cemetery, and run down the hill using the asphalt bike path. On the return, athletes will run the shorter steep grass hill, same as last year.

If you drop out of the race for any reason, please be sure to return your timing chip to the motorhome at the finish line.

AID STATIONS

There will be an aid station at the exit onto the run as well as an aid station at the 2.5 km turn around past Kerry Wood Nature Centre. Water from Culligan and Powerade from Red Deer Bottling will be supplied.

TEAM RELAY INFORMATION

You will have a clearly marked bike rack in transition. **All** team members need to be body marked. Only the runner will wear the race number on his/her front. Swimmer wears the timing chip first. After exiting the swim, run to transition where the 'TAG' is made at the bike rack. Then pass the timing chip onto the leg of the biker. Once the biker returns to transition, the second 'TAG' is made, at the bike rack, and the timing chip is passed onto the leg of the runner. Be sure to let the volunteers know, when the team runner crosses the finish line, that he/she needs 2 or 3 medals.

All members of the team are welcome to run the last 100 yards together for a beautiful team photo finish. Please try not to block other racers in front and behind you who also want a nice photo.

FINISH LINE FOOD

Post race refreshments consisting of: oranges, bananas, watermelon, yogurt, cookies, bagels, etc. supplied by Save On Foods will be available after race participants cross the finish line.

TRANSITION CLEAN UP AND BIKE REMOVAL

Spectators and family are **NOT** allowed in transition before, during and after the race. In fairness to athletes on the course and for obvious safety reasons, athletes will not be allowed back in Transition until the last athlete goes out on the run course. Thank you for understanding this safety policy.

TOP MALES, FEMALES AND TEAMS

Gift certificates for top male and female, junior sprint plus male female and mixed teams will be presented.

FINISHERS' PHOTOS/ RESULTS

Mike Cousins of Mike Cousins Photography will take a finishers' photo of EACH racer as they cross the finish line under the sponsors' banner. These photos may be viewed and purchased on line at www.mikecousins.com or through the link on the Woody's Triathlon website. Be sure to check the photo gallery on our site with close to 500 candid race pictures. Finishers medals will be given to ALL finishers. Unofficial results will be posted at the finish area after the race and official results 30 minutes after initial posting. Results will also be on the website at www.woodystriathlon.com. Be sure to check the draw prize area to see if you have won a prize from one of our great sponsors!

MASSAGE

We are pleased to offer a COMPLIMENTARY post race massage compliments of Sports Therapy Centre and Recovery Labs.

POST RACE BARBEQUE

A barbeque has been generously sponsored by our amazing Platinum Sponsor, Save On Foods. All racers received a barbeque coupon in their race package for a complimentary Hamburger or Hot Dog with a Coke/Sprite. Family members can also purchase food with proceeds going to the Ronald McDonald House® Central Alberta. Coffee and refreshments will also be available first thing in the morning and throughout the race.

BIKE DRAW

Woodys RV World Triathlon together with Bike Werx, Alta Law and Bower Dental are sponsoring a draw for an Adult Norco VFR Hybrid Bike valued at \$740. **YOU MUST BE PRESENT TO WIN.**

SPECTATOR VIEWING

For the safety of our athletes, please respect the enclosed areas. Do not cross or go under barrier lines, remembering bikes and runners will be moving in both directions. Adhere to the directions of the volunteers and race marshals, who have the safety of the athletes in mind at all times.

VOLUNTEERS

Please remember to thank our amazing volunteers and wonderful sponsors! Without them, this race could not happen. If you know of someone in your family who could help out please contact Dawn Iatrou at volunteers@woodystriathlon.com. On race morning we seem to find a need for a few extra people. Please check with us at the volunteer tent if you might be able to GIVE us a hand. We also need volunteers for the Kids of Steel Race to be held on Saturday morning June 26th from 7 – 11 am. As well any help taking down fencing, tents, racks and general clean-up would be much appreciated. A special thanks goes out to the Race Committee who have worked hard for 8 months to organize this event!

We continue to offer our race as a **'First Timer Friendly'** event. We strive to offer a safe and fun event and your comments are much appreciated. Please contact us through our website www.woodystriathlon.com.

We will, once again, be sending an email survey to our racers, post race and we appreciate the time you take to give us feedback.

***HAVE A SUPER RACE ATHLETES OF ALL AGES
CHEER EACH OTHER ON AND ENJOY THE DAY!!!!***



Race Sanctioned by:

