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Brent Gibson Memorial Icebreaker Triathlon May 6, 2018

Tip Sheet

Pre-race Tips

Before Race Day

- Practice a dry run of each race transition to check your gear organization.
- Make sure your bike is tuned up. Western Cycle Source for Sports will also have a few bike mechanics on site race day, but they will be busy. Do not leave it until the last minute!) Put new tubes on your tires if they're old.
- Make sure your fitness monitor has a battery that won't quit during the race.
- Make a race-day checklist. We have provided one below. Customize if needed!
- Two nights before, try to get a good night of sleep—that's when you're most likely to get quality sleep.
- Make sure your toenails are clipped.
- Avoid using new gear (e.g., clip-on pedals) for the first time on race day.
- Make sure you know the directions to the race start.
- Study the course so you know what to expect. Where are the turns, uphill, downhill or flats? How many aid stations? Where are they located? See our website: <http://www.reginamultisport.com/bgmi-icebreaker> for the Race Information and Maps.

The Night Before

Organize your gear: Lay everything out and go through your checklist. Then put related items in separate bags for easier sorting. Example:

- Swim/morning. What you need for the swim is in this one; put any extra clothing you will wear in the morning in it, too.
- Bike gear.
- Run gear.

Put all of this into your transition bag.

Eat normally: Don't start eating new things; stick with the foods you usually eat. Try to have some protein (chicken, fish, turkey), a little healthy fat (avocados, nuts, olives) and a lot of carbohydrates (fruits, vegetables, whole grains, beans). Note: It's best to eat this way for 3 days before your event.

Get some sleep: Go to bed early. If you're nervous about waking up in the morning, set multiple alarms (alarm clock, watch, cell phone, wake-up call) for a more relaxed and peaceful sleep.



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Morning of the Race

- **Eating:** Eat something. As with the previous night's meal, eat the same foods your body is used to eating, and eat at least 2 hours before the race so the food can digest. Oatmeal, pasta, baked potatoes, pancakes and muffins are good choices. A beverage high in carbohydrates is a good alternative if you have problems with eating and digesting foods before a race.
- **Clothing:** It'll probably be cool in the morning, so dress in layers. Swimsuit, compression clothing and/or tri suit, light shirt, sweatshirt, sweatpants and hat.
- **Arrival:** Get there about an hour before the race, and remember where you parked your car. If transition spots are not pre-assigned, the earlier you get there the better choice you'll have in selecting a spot. Plus, it can be fun talking to the other athletes.
- **Check in:** Sign in to receive your race chip and body marking.
- **Transition deadline:** Make sure you know what time the transition area closes. You want to have all your gear there and set up before it does.

Setting Up the Transition Area



Get familiar with the transition area and be sure your gear is set up efficiently. This will help ensure a quick transition between the first transition (T1) from swim to bike and the second transition (T2) from bike to run.

Your Location

- At this race you can choose your own spot! We have designed transition so if you have a short run out with your bike it will be a longer run in or vice-versa. Any spot should be relatively equal.
- Memorize your spot by walking from the pool to the T1 transition area. Take note of landmarks to help find your bike.

Set Up Your Gear for T1 and T2

- Space is limited. Bring only what is necessary.



- Lay your items on an open towel so you can stand on it and wipe your feet clean and dry while putting on your helmet.
- Open the straps on your cycling shoes.
- Clothing and socks don't go well onto wet bodies, so roll your socks down to the toes to put them on easier. Do the same with sleeves or other clothing you might put on.
- Set the socks in your shoes.
- Place your helmet with straps out and upside down on the aero bars.
- Put your sunglasses into the helmet with arms open so you can put the glasses on first, then the helmet.
- Have a water bottle for rinsing your feet after the swim; you may want some sips during the transition, too.
- If using a hydration belt, have the bottles filled and any energy food loaded.
- If the weather is questionable, cover the gear with plastic.

Setting Up the Bike

- Check for correct tire pressure using a floor pump.
- Ensure the brake-release lever (which may be loosened to take a tire off) is set and not open.
- If using a speed and distance monitor with an accelerometer as a sensor, be sure it's attached properly to the bike hub.
- Make sure the handlebar has end caps—you can get disqualified if they don't.
- Make sure your bike is racked so it comes off easily. If you can rack your bike so the front is pointed out, do so. It allows quicker exits and better visibility.
- If using gloves, attach them to the handlebar with their hook-and-loop straps.
- Make sure water bottles are filled with water or a nutrition drink and pull the spout open so it's ready to use.
- If using a bike computer, make sure it's reset and ready to go.
- Put the bike in an easy gear for starting out.
- With small pieces of duct tape (or other adhesive), tape your energy gels to the tube of your bike in layers. Then you can rip one off and open it at the same time.

Tip: If using an aero-style bottle, be careful with energy drinks. Your bike can turn it into a sticky mess as it's jostled while cycling.

Extras

- A few band-aids and a travel-size antiseptic.
- Waterproof sunscreen with an SPF of 30 or more (use SPF 50 if you're sun sensitive).
- Lip balm.
- Duct tape—it can always come in handy.

Preparing Yourself

- Put the timing chip on your left leg—on the right leg it could catch on the bike gears.
- Have your watch or fitness monitor ready to go.
- If using a speed and distance monitor with a foot pod, attach it securely to your running shoe.
- Stay warm and hydrated.
- Transition areas can get hectic during a race so make sure you know the flow of swim in, bike out, bike in and run out.
- Try walking the transitions before the race starts.
- If you have time for a warm-up, do it in reverse—run, bike and then swim.



- Put on the goggles and adjust them to fit.
- A swim warm up will be allowed. Make sure you get in the water 10 minutes before you start to warm up and get used to the water.

Swim Gear Tips

Goggles

- It's best to have 2 pairs of goggles on hand just in case a strap breaks.
- Make sure they are sized correctly. The straps and lenses should be comfortable yet snug enough to keep water out.
- To avoid getting goggles knocked off your head, put the straps under the cap.

Swim Caps

- The cap will be supplied by the race, try it on beforehand.
- Have an extra cap. They rip easily.

If you're bald or shave your head, a cap will go on easily. Otherwise:

1. Flatten short hair down. Put long hair into a ponytail.
2. Put your hands in the cap and spread it open as far as you can.
3. Pull the back of the cap over the back of your head and pull the front to your forehead while pulling down at the same time.
4. Pull it down overall and tuck into the cap any short ends of hair that are sticking out.

Extras

- Earplugs.

Swimming Tips

Getting Ready

- Survey the swim course. This is a pool swim. Swimmers will be started according to their pre-submitted times. Volunteers are on hand to help count laps, but make sure you know how many you have to do! (Super-Sprinters swim 300m = 6 laps (12 lengths), Sprinters swim = 15 laps (30 lengths).

Etiquette

- If you need to pass. Tap the swimmer's feet in front of you and wait until they have finished the length. That swimmer should then pause and wait for you to go ahead before proceeding with their next lap.

Starting

- You will be starting in the shallow end of the University Pool in the water. No diving is allowed. Simply push off of the wall as you would when you are swimming laps in practice.



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During



- Flip turns will not be allowed in the age-group races. They will only be allowed in the Junior Elite Sprint Race.
- If you get tired and need a rest, please try to stop at the end of a length and hang on to the wall until you can proceed forward. You cannot move forward by walking on the pool bottom. You must swim or you could be disqualified.

Leaving the Water

- A volunteer lap counter will insert a flutter board into the pool when you have one lap to go. During this lap, stop kicking from the hip and start bending your knees. Use your quads and hamstrings to prepare your legs for cycling.

T1 Tips: Swim to Bike

Hopefully, you have checked out the swim-finish-to-transition area prior to the race. If so, you'll know how far it is to the transition area.

Preparing for the Bike

- The gear on your towel should all be sitting in the order you need it.
- You should be standing on the towel and wiping your feet. Make sure they are as clean as possible. Use a water bottle to rinse off any debris before putting on socks and/or shoes.
- If you need more lubricant, put it on now.
- Take your previously rolled-up socks out of the shoes and roll them on your feet.
- If you choose to wear socks, put socks and shoes on one foot at a time.

Leaving T1

- Put your sunglasses on first, then the helmet. This way they will be under the helmet straps and won't get knocked off when you pull your helmet off in T2.
- Make sure your helmet strap is buckled before unracking your bike so you don't get disqualified.
- Make sure you pass the mounting line before getting on your bike.
- Your bike should be in a lower gear so it is easier to pedal when you start out.
- If you're using gloves, put them on once you're pedaling and out of the transition area.



Bicycling Tips

Etiquette



- If you're riding with other cyclists, remember to stay to the right until you want to pass.
- Warn "on you left" when you are about to pass, then pass quickly and get in front of that cyclist.
- When being passed, stay to the right and let the cyclist pass you.
- Have fun, wave, smile and cheer for people.
- Thank your volunteers.

Nutrition and Hydration

- Be sure to hydrate while you are cycling. Water is good, but an energy drink that replenishes carbohydrates and electrolytes is even better.
- Keep 1-2 water bottles accessible in holders.

On the Course

- Ride single file except when passing.
- Don't draft behind other riders. Make sure that you maintain a distance of 10m or 5 bike lengths between you and the competitor in front of you to avoid a drafting penalty.
- Be prepared. Make sure you have a spare tube, CO2 cartridges or a pump
- Watch the road. Besides the normal road hazards, watch for water bottles that may accidentally have been dropped.
- Do some shoulder shrugs occasionally to relax your shoulders.

Finishing the Ride

- When nearing the transition, downshift, up your cadence and start spinning to loosen up your legs for the run.
- When coming in to T2, slow down.
- Know the location of the dismount line.
- Remember where to park your bike in the transition area.
- Know the exit location.
- Rack your bike then unbuckle your helmet.



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T2 Tips: Bike to Run

- Reapply sunscreen if appropriate.
- Grab your hat and sunglasses (if wearing different ones for the run).

Running Tips



- Try to relax and settle into a pace.
- Keep hydrating as you go.
- Stay focused. You have two-thirds of the race done!
- Try doing a negative split run—start slower and get faster as the distance increases and as you loosen up from the ride.
- Watch for traffic.
- Smile and prepare yourself for the finish line picture!

Etiquette

- At this point, everyone is tired and needs encouragement. Pass on the left; stay to the right if going slower.
- When using the aid stations, go to the middle or end instead of the beginning to help control congestion.
- Throw trash away in the receptacles.
- Thank your volunteers.
- Keep moving up the finish chute; there are others behind you.



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Post-race Tips



- Keep hydrating.
- Keep walking to avoid cramping.
- Refuel with a protein-rich food in the first 30 to 45 minutes of finishing.
- On shorter races, do a cool down and some light stretching.
- Get out of your running shoes, put on something comfortable and give your feet a rest.
- Enjoy the finish line festivities.
- The next day, go spin on the bike, walk around, swim, relax or get a massage—it all depends on the race distance, intensity and how you are feeling.
- Give yourself a pat on the back and relish your accomplishment!



Avoiding Common Violations

You've worked hard and do not want to get penalized or disqualified from your race. Know your race rules.

Triathlon Canada Competition Rules: Key Reminders

Edited By Don Gallo-June 2010

Saskatchewan Triathlon Association Corporation

Complete Triathlon Canada Rules are available at <http://www.triathlonsaskatchewan.org/>

-It is the competitor's responsibility to know the rules. These rules are designed to create a safe and fair environment for everyone involved. If you have any questions, please ask! Safety always comes first!

-It is the competitor's responsibility to know the race course.

SWIMMING

1. PERMISSIBLE STROKES: An athlete may use any stroke to propel themselves through the water, and may tread water or float. Individual races can use their discretion; i.e., No backstroke in a pool race.

2. BOTTOM CONTACT AND RESTING: A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object. An athlete shall not use any inanimate object to gain forward progress.

3. SWIM CAP: An athlete must wear a swim cap.

4. EMERGENCIES: An athlete experiencing difficulty and in need of assistance shall raise an arm overhead, and pump it up and down, and call or seek assistance. An athlete who has received official assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the competition unless such assistance did not aid the athlete making forward progress. No athlete shall return to the competition if the official rendering assistance



requests that the athlete withdraw from the race or receive medical assistance.

BIKE

1. RACE NUMBER: Must be worn on the back.

2. HELMETS: CSA or CPSC certified helmets designed for biking must be worn. Helmets should be in good condition and fit properly. No hockey helmets or helmets designed for other activities are acceptable.

When biking, helmets must be worn at all times at the competition venue.

3. HELMET CHIN STRAPS: Chin straps must be buckled before un-racking your bike and can not be undone until after it is re-racked.

4. OUTSIDE ASSISTANCE: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

5. The torso must be covered

6. ROAD RULES:

Ride on the right side of your lane.

Keep five bike lengths between yourself and the athlete in front of you.

Pass on the left of the athlete in front of you, never on the right.

Complete your pass within 15 seconds.

If passed, you must drop completely out of the draft zone, to the rear, before attempting to re-pass.

7. An athlete leaving the course must re-enter the course at the same point.



8. DRAFTING (If drafting is not allowed): Each Bike is in an imaginary box 3 meters by 10 meters starting at the FRONT wheel of your bike to the front wheel of the other bike. The distance between bikes is 8m or 5 bike lengths. You have 15 seconds to travel through another athlete's box when passing. After this time limit you are in a drafting situation and will be penalized.

The Draft Zone For Long Distance events is 3 meters by 12 meters. The distance between bikes is 10meters or 6 bike lengths. The time to pass through the zone is 20 seconds.

9. PENALTIES FOR DRAFTING

Sprint Events 1 minute

Standard Events 2 minutes

Long Events 4 minutes

10. The draft zone for a moving vehicle is 15 meters to each side and 35 meters behind.

RUNNING

1. The competition number must be worn on the front.
2. An athlete is allowed to run or walk the course, no crawling.
3. The athlete must stay on the designated course.
4. An athlete leaving the course must re-enter the course at the same point.
5. The torso must be covered.

TRANSITION

1. No interference with other Competitors' equipment.
2. Mount and dismount the bike at the appropriate lines.
3. There is no biking in transition, before, during or after an event.
4. Athletes may keep only the equipment in transition that is necessary during the competition.
5. Athletes must re-rack their bike after completing the bike course.
6. Transition areas have closing and opening times. Consult with the race officials for these times. Items cannot be picked up prior to the end of an event.



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OTHER

1. **COURSE:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow centre road line for any reason. Cyclists must obey all applicable traffic laws at all times. An Athlete leaving the course must re-enter the course at the same point.

2. **UNSPORTSMANLIKE CONDUCT:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden and will result in disqualification.

3. **NO HEADPHONES:** Headphones, headsets, or portable music systems, etc. are not to be worn or used at any time during the race.

4. **NO OUTSIDE ASSISTANCE:** No outside assistance is allowed except by official race volunteers; i.e.: food and water can only be taken from the race aid stations.

5. **ONLY ATHLETES ARE ALLOWED IN TRANSITION AREA:** Competitors must collect their own gear. If assistance is required please ask a volunteer for help.

5. Team Guidelines - A Saskatchewan Initiative

6. Drafting Rules - A Brief Explanation

Drafting Rules: A Brief Explanation

Triathlon Canada Rules - June 2010

Prepared By Don Gallo

Diagrams TC

Draft-Illegal Races:

Drafting from another athlete or motor vehicle is forbidden. Athletes must reject attempts by others to draft;



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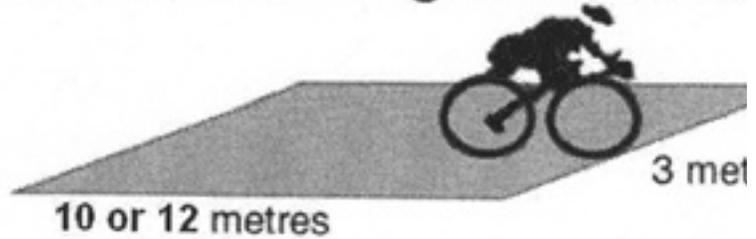


An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing;

An athlete, who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft;

To draft is to enter the bicycle or vehicle drafting zone:

Diagram 1 Distance of Drafting Zone for AL

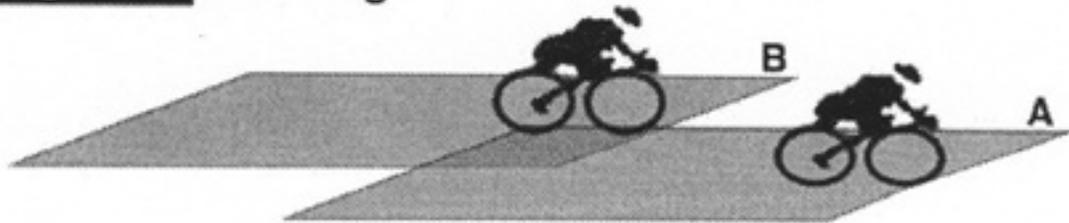


10m For Sprint & Standard Events = 5 bike lengths (15 sec to pass through the zone)

12m For Long Distance Events = 6 bike lengths (20 sec to pass through the zone)



Diagram 2 Drafting



Entry into the bicycle drafting zone: An athlete may enter a bike draft zone in the following circumstances:

If the athlete enters the draft zone, and progresses through it within 15 seconds for Standard distance events or shorter or 20 seconds for Long Distance events during the overtaking manoeuvre;

For safety reasons;

100 metres before and after an aid station or transition area;

At an acute turn;

If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

Overtaking:

An athlete is passed when another athlete's front wheel is ahead of theirs;

Once overtaken, a athlete must move out of the draft zone of the leading athlete within 5 seconds.

Athletes must keep to the side of the course (curb or shoulder side is the default side) and not create a blocking incidence. Blocking is where an athlete who is behind cannot pass due to the



leading athlete being poorly placed on the course.

Penalties for Drafting:

It is forbidden to draft in a race declared as draft illegal.

Technical Officials will notify the athletes who draft that they are subject to a time penalty.

The penalized athlete has to stop in the next Penalty Box and must stay there for a specific time depending on the race distance. One (1) minute for sprint distance; two (2) minutes for standard distance; and five (5) minutes for long distance.

It is the athletes responsibility to stop in the next Penalty Box. Failing to do this will result in disqualification.

A second drafting offence will lead to a disqualification in standard distance events or shorter.

The third drafting offence will lead to disqualification in Long distance events.

For complete Triathlon Canada rules on drafting go to
the STAC Web Site

<http://www.triathlonsaskatchewan.org/>



Pre-Race Checklist

Swim

- Tri suit or swimsuit
- Cap
- Goggles
- Antifog solution for goggles
- Bodyglide (skin lubricant)
- Pre-race sandals or other footwear
- Towel
- Spare goggles
- Ear plugs
- _____

Bike

- Bike
- Water bottles (for frame cages)
- Bag attached under seat or mounted on top tube for tire change kit
 - Spare tube or tubes (and/or patch kit)
 - Floor pump
 - Tire levers
 - Cyclist's multi-tool (with Allen wrenches)
 - CO₂ inflator (with cartridge) or minipump
- Helmet
- Sunglasses or clear eye protection
- Jersey, T-shirt or tank top (if not wearing a tri suit)
- Cycling shorts (if not wearing a tri suit)
- Cycling gloves
- Cycling footwear
- Cycling socks
- _____

Run

- Running shoes
- Speed (elastic) laces
- Running socks
- Cap or visor
- Sunglasses (if different from cycling glasses)
- Watch or heart rate monitor with chest strap
- _____

Other options

- First-aid items (blister treatment, bandages)
- Medical info/emergency contact card
- Prescription/over-the-counter medications
- Sunscreen
- Lip balm



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- Chamois cream
- Baby wipes (for cleanups) or hand sanitizer
- Race number and documents
- Race belt (for number)
- Safety pins
- Performance gels/chews/bars
- Performance beverages or drink mixes
- Recovery foods/drinks
- Transition bag(s)
- Handlebar end caps
- Cash/credit card/photo ID
- After-race clothing (insulation layers if cool)

References:

<https://www.rei.com/learn/expert-advice/triathlon-race-day-tips.ht>

<http://www.triathlonsaskatchewan.org/Officials/TriathlonCompetitionRulesUpdates.aspx>