

# Athlete Guide 2019

Spoke n' Hot Women's Triathlon at Echo Lake

June 16, 2019



## **Message from the Race Director**

Welcome everyone to the Spoke n' Hot Women's Triathlon. For some of you this is your first triathlon or maybe it's your first open water swim race...or maybe you're an experienced, badass triathlete already. Whatever your reason for being here, we thank-you for coming out.

This is the sixth year for this race! As the founders of Spoke n' Hot Women's cycling, my husband Mark and I have seen the benefits of women-specific events and we wanted to carry this on to a race. I want it to be fun and inclusive for everyone...unintimidating for beginners but also allow others to push themselves. After all, there's an athlete in all of us and we want to challenge ourselves however that may be.

For those of you who don't know, Spoke n' Hot is more than a cool name! It is a women's cycling group that was created in 2012. Our goal is to provide women a safe, fun, group environment for all levels and ages. We have had huge success with this and thought it was a natural fit to sponsor this race.

I would like to thank Sask Parks and the surrounding communities for allowing us to use this great venue. It really is a beautiful area and we're fortunate to have this so close to home. When you're out there on the course, make sure you take a moment to look around and appreciate the beauty and be thankful that we can do these things.

And of course I can't go without mentioning the volunteers that will be out there on race day and leading up to the race. Without volunteers we could never do these events....so a huge shout out to them.....THANK-YOU and don't forget to thank them as you go past them.

Good-luck everyone! And don't forget to have fun out there!

Cheers,  
Theresa Gibson

## Schedule of Events

### Saturday, June 15

12:00 – 3:00 Package pick-up at Dutch Cycle, 1336 Lorne St., Regina, SK

Don't forget you can also get your hair braided during this time!

### Sunday, June 16

6:30 Transition **Opens**

6:30 – 7:30 Registration, Timing chip pick-up, body marking - outside of transition

7:15 – 7:45 Swim area available for warm-up

7:15 – 7:45 The men's washroom will also be available for the racers to use. Don't worry, the men will not be allowed in!

7:30 MANDATORY Athlete Meeting at Transition Area  
\*Swim Angel assignments on beach area immediately following Athlete meeting

7:50 Transition **Closes** (please note: Participants from Heat 2 and 3 will be allowed into transition once Heat 1 swimmers start but this is only for last minute things. You must have your bike in and all set up before 7:50.

8:00 Sprint Distance (HEAT 1) Starts

8:30 Super Sprint Distance (HEAT 2) Starts

8:45 Sprint Distance (HEAT 3) Starts

\*\*Please note: Heat 2 and Heat 3 may start earlier if the swimmers are out of the water sooner.

10:45 (ish) Lunch and Awards (will start once the last runner is in)

Please note, everything will take place in the grassed area by the beach including the lunch and awards. If the weather is ugly we will make alternate arrangements for the lunch and let you know in the morning.

The lunch will start at approximately 10:45 but it will depend on when the last racer comes in, we will aim to start about 15 mins after that. Once the last runner heads out on the course, we will open transition up to finishers so they can start cleaning up their stuff. The sooner we can clear out transition the better.

### **Package Pick-up**

This will be at Dutch Cycle, 1336 Lorne St. from 12:00-3:00 on Saturday. If you are unable to make it on Saturday, please try and make arrangements for someone else to get it for you. If you're really stuck, let me know and I'll make arrangements with you.

### **Timing**

We will have chip timing. You will pick this up Sunday morning at the race site.

### **Showers**

There aren't any showers right at the race site so you may want to bring dry clothes at the very least. There are showers available at the campgrounds in Echo and Pasqua but you'll have to pay for a day pass for the park which is \$7.

### **The Course** (the Course map is on the last page)

### **Swim**

The swim is a two-lap course, each lap 375m. For any of you that are nervous about the open-water swim, this course is great for you. The water is shallow throughout and you can touch the bottom for part of it. If you ever feel nervous you can swim about 10m to get to the shallow part. We will also have several kayaks and a motor boat in the water. If you need a break or just need to relax, you can hold onto a kayak for as long as you need. You just can't make any forward progress. The person in the kayak will allow you to keep swimming when he/she feels that you are comfortable to carry on.

It is a triangular course utilizing the swim buoys set up for the park use. We are swimming clock-wise. From the main beach, the first big, yellow buoy will be on your left when looking out. Swim towards it and around it (keeping it on your right) and follow the white buoys to the next big yellow buoy, go around that (keeping it on your right) and head back to the yellow buoy on the beach. You will need to get out of the water (listen to all the cheers from the crowd) and then head back into the water for the second loop and repeat what you just did.

Once you complete your second loop you will have a short run to the transition area where you'll get ready to bike. It is approximately 75 m to the first buoy, 225m to the second buoy and 75 m back to the beach.

**\*\*For the Super Sprint, the swim is only one lap of the 375m course.**

### Swim Angels

Swim Angels are people that will swim beside you guiding you through the swim if you are a nervous swimmer. You can request one when you register. If you requested one, we will pair you up with one at the race, 7:30 on the beach, after the race meeting.

**\*\*Wetsuits are allowed if the water temperature is under 24 degrees celsius**

### Transition

The transition area is on the grassed area close to the beach. There is only one transition so you will return here after the swim and bike. We will have enough bike racks so you can spread your bikes out well but please keep in mind you don't have a lot of room for all of your stuff. Please keep your area tidy. We understand you're trying to transition as quickly as you can but please keep all of your things together to prevent others from tripping over them or from losing some of your stuff.

**\*\*PLEASE NOTE:** It is a Triathlon Canada rule that you must have your helmet on **AND FASTENED** before you can take your bike off of the rack. The Sask Triathlon officials will be watching closely for this. Also, when you return after the bike, you can't **UNFASTEN** your helmet until your bike is racked.

## **Bike**

Once you have all of your bike gear on including your helmet with your chin strap fastened, unrack your bike and exit transition. Please note, you are not allowed to get on your bike until after the MOUNT line. You must walk with your bike until then.

After exiting transition, follow the pylons to the parking lot and continue walking with your bike to the MOUNT line. We will have this marked with pylons as well as a volunteer there. After crossing the mount line, you will get on your bike. Please be aware that we have to allow room for cars to come into the park so the chute leading you to the road is narrow and you'll have to go single file. Please be courteous to the other racers....you'll get to the road in due time. It is only about 150m or so.

You will head out on Hwy 56 and take your first right towards Fort Qu'appelle. Follow that road for approximately 9.5k and as you near the town, it turns into Boundary Ave. You will approach a Stop sign at Broadway Ave but there will be barricades and volunteers directing traffic so you won't have to stop. As you turn right onto Broadway Ave, you will encounter another 4-way stop but again, there will be barricades and volunteers directing traffic. Carry on through town, keeping right, then Broadway Ave. turns into Hwy 210. Follow that around the lake until you get back to Hwy 56. Turn right and you will soon be back at the lake. There will be volunteers directing you to slow down and DISMOUNT before the line. After dismounting your bike, walk with it back to transition and rack it. After racking your bike you are free to remove your helmet and other biking gear to get ready to run. Please note, the bike course isn't closed to traffic so please be aware of cars and follow all road rules. Also, there has been some concern with dogs in the first 3k or so of the bike. We are aware of this and we have a plan in place so you don't encounter any dogs during the race. IF you do, please proceed with caution.

You must always stay to the right and are only allowed to pass on the left. If you are passing someone, please yell out 'on your left' so they know you are passing. You will be penalized if you pass on the right.

**\*\*The bike course is the same for the Sprint and Super Sprint.**

## Bike Support

We will have Freddy from Dutch Cycle doing bike support for the day. He will be there before the race to help with any last minute things you need for your bike and he will also be out on the bike course. If you get a flat tire he will help you change it (or give you a replacement wheel) to help you get you on your way. It is still recommended that you carry a flat repair kit with a spare tube in case Freddy can't get to you right away.

## Drafting

Drafting is riding close behind someone which helps block the wind and allows the person behind to use less energy. Drafting is allowed in draft legal triathlon events but NOT in this race. You can be penalized if you are too close to the person in front of you. You must allow 10 m (4-5 bike lengths) between you and the person in front of you. You are allowed to be closer if you are passing someone in front of you, and you have 20 seconds to complete your pass. If you get passed by someone else, it is your responsibility to drop back to allow 10 m between. There will be race officials on course watching for drafting. They will give you a warning if you are riding too close to the person in front of you. This is for safety reasons, so please keep this in mind while on the bike section of your race.

## Run

Once you've completed the bike you will head back to transition and rack your bike. Again, remember you need to rack your bike before you unfasten your helmet. Change into your running gear and head out. **You will be required to wear a race number (bib) on the front of your running shirt. It must be fastened by pins or the best option is a race belt.**

The run is an out and back with a part that you do two loops. (Please note, we'll have markings on the road and lots of volunteers to guide you). You will run out on the path behind transition (along the beach) to the main parking lot, along a short distance in the parking lot and then back on the path to take you to the road. You will cross over Hwy 56 and turn left and run on the road until you get to the Pasqua Lake gate. Turn right towards Pasqua Lake. Take your first left, then your first right towards the Hole in the Wall. You will run to the end of the parking lot and turn

around (this is where the water station will be). You will run back through the parking lot veering right and following that road. Turn right as if you were heading back, but before you turn back, at the next intersection, you will turn right and head toward Group 1 camping for 500m. There will be someone there at the point where you turn around. Once you start heading back, you will turn left towards Hole in the Wall and repeat the run through the parking lot to the water station, turn around and run through the parking lot again, veering right and around. From here you will head back to Echo lake the way you came. You will turn left on the highway and run on the same side of the road you came out on. You will cross the highway at the same point and head back on the path to the Finish Line where all of your fans will be cheering loudly. The Finish Line is just past the transition area beside the beach. **For the Try-a-Tri, you will not head towards Group 1 camping. Once you turn around at the water station, you will head back the way you came.** Also, please note, if you have done this race before, you will NOT be running down the grassy path at the end of the parking lot by the water station.

Course map below

### **Post Race – Finish, Lunch and Awards**

After you cross the finish line, there will be some light snacks, water and Gatorade and of course.....**your HILLBERG & BERK finisher prize!**

The lunch and awards will start at around 10:45 am or as soon after the last finisher. We will open up transition when the last runner heads out so you can start packing up your gear. The sooner we can clean up the better.

If you're able to stick around after the race to help tear down and clean-up, we'd really appreciate it. If everyone pitches in a bit it goes by fast.

Thanks for taking part in the race. If you have any questions or concerns, please let me know. [Theresa.gibson22@gmail.com](mailto:Theresa.gibson22@gmail.com) or 306-530-5560. Please keep this number for any issues leading up to the race or race day emergencies. The other number you can call is Mark at 306-540-8110

Please see below for current Sask Triathlon rules.



## Saskatchewan Triathlon Association Corporation (STAC)

### 2018 Triathlon Rules Summary for Spoke n' Hot Women's Triathlon

On behalf of STAC officials, here is a **summary of key triathlon race rules** to make sure your participation in the triathlon is safe and fun. The full set of International Triathlon Union (ITU) rules is at: [www.triathlon.org/about/downloads/category/rules](http://www.triathlon.org/about/downloads/category/rules).

#### Transition set-up

- Prior to race day, please remove all bike 'accessories' that will create safety concerns; such as mirrors, climbing bars on mountain bikes, and loose equipment. Pedal toe clips are allowed, but the straps must be removed.
- Make sure handlebar ends are plugged, not open
- Hang your bike on the bike rack bar by its seat
- Bring a proper cycling helmet (not one from any other sport) that is free of cracks; the chin strap needs to be tightened so only two fingers can be inserted together horizontally
- Your helmet must be on at all times when you are in contact with or riding your bike – even during warm-up
- Refrain from biking in the transition area
- Athletes only in the transition area. Keep equipment to a minimum to ensure the transition area is not cluttered; only have what's needed for your race, and keep backpacks out of transition

#### Swim

- Wear the supplied swim cap
- Forward progress is only by swimming – refrain from walking on the swim bottom
- There is no changing out of swim suits after the swim
- The swim start will be from shore
- A final decision on allowing wet suits will be announced an hour before race start based on water and air temperature readings
- If you are a weaker swimmer, let the stronger swimmers go in front
- You can rest by holding onto a kayak or boat. If you are wanting to continue, do not climb on
- Swim around all turning buoys. Buoys in the water between the turning buoys are for help in sighting and can be passed on either side

#### T1: Transition to Bike

- Put your helmet on before touching your bike
- Walk or run your bike past the mount line
- When mounting your bike, watch for other athletes already on the course

#### Bike

- If your bike has disk brakes, it will be allowed to enter this event
- Keep your distance from other cyclists – a bit more than 10 meters from the cyclist in front of you

- If you are ready to pass, call out “passing on your left” and pass within about 20 seconds
- If you are being passed, don’t speed up; wait for the other athlete to come alongside then pull back within about 5 seconds until you are the 10 meters back from the cyclist that passed you
- Watch for obstacles on course (like pedestrians). At intersections that are not controlled by volunteers on a closed course, you must obey the traffic signs and signals

## T2: Transition from Bike

- Get off your bike before the dismount line
- Walk or run your bike back to the same spot on the bike rack
- Rack your bike, then remove your helmet

## Run

- Go fast!

## Other reminders...

- Refrain from leaving anything on the course (garbage or gear)
- Entertainment electronics, iPhones or headphones are strictly prohibited and cannot be used during the race
- Your entire torso must be covered on the bike and run
- If you decide to not finish the race, notify an official and hand over your timing chip
- Thank the volunteers!
- Have a great race!



Pasqua Lake

Turnaround Two lap run

Eike course in red

Swim

B-Say-Tah

Fort San

Broadway St

Railway St

Fort Ord, CA

Google earth

Imagery Date: 7/19/2012 50°57'28.01"N, 103°50'20.93"W elev: 478 m eye alt: 11.14 km

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