

Erewash 2019 - TriStar Racing.



From the Swimming Pool follow the taped route to transition – approx 40m.

T = Transition. **F** - Finish

Bike – Yellow arrows on the map and will be taped and signed

Run – Red arrows on the map and will be taped and signed. The dotted red line is the route to the finish and not part of each lap.

Race Info

| | TriStarts | TS 1 | TS 2 | TS 3 |
|------|--------------------|------------------|------------------|-------------------|
| Swim | 50m (2 lengths) | 150m (6 lengths) | 200m (8 lengths) | 300m (12 lengths) |
| Bike | 800m (1 short lap) | 2000m (2 laps) | 4000m (4 laps) | 5000m (5 laps) |
| Run | 590m (1 short lap) | 1000m (2 laps) | 1700m (4 laps) | 2190m (5 laps) |

Please be aware that adults may still be racing when you arrive. Car parking is in the event field – shown on the map above with tents in it. The road from the Leisure Centre Island to Willsthorpe Island is closed to traffic until all adult racing is finished. Please plan your journey accordingly.

Registration is in The Rugby Club from 10.00. Please register in good time to rack your bike and be at the pool side. Notified swim start times may be adjusted on race day but will not be earlier than currently advised.

The swim takes place in West Park Leisure Centre. After the swim, leave the pool via the exit door, follow the tape to transition – approx 50m.

Transition 1. TStart athletes may have 1 parent assist them. All others may be assisted by transition crew if required but not parents. Helmets must be fastened in place before your bike is moved. Walk or run with your bike to the mount line before starting to cycle.

The Bike. The Bike Loop is approx 1km long. Tri Start athletes will cut the top of the course as directed by the bike marshal and return to Transition. All others will complete full laps as per above. We will try and assist with lap counting but TS athletes need to count their own laps and this “friendly” event is a good opportunity for more practice! 1 method we have seen work is to use pieces of masking tape with the end folded over to form a non sticky “Handle” and stick the right number to your bars. At the end of each lap remove one sticky strip and stick it to your shirt. When they are all gone you have done your laps.

Transition 2. Dismount at the dismount line and walk or run with your bike to transition. TStart athletes may have 1 parent assist them. All others may be assisted by transition crew if required but not parents. Helmets must be fastened in place until your bike is replaced on the rack.

The Run. After replacing your bike run out of transition and complete the required number of laps as above. The star shape on the map close to the Rugby Club is where you leave the run route and head to the finish. Tri Stars will run to this point and then head straight to the finish so will not do a full lap of the rugby field.

The Finish is the same as the adults race.

Repatriation. 1 parent will be given a numbered band at transition to match their child’s number. Numbers need to be shown to collect your child.

Prize Giving. Prize Giving will take place, in the Rugby Club, around 30 minutes after the last athlete has finished.

General. This is intended to be a local “friendly” event that may well grow next year and beyond. We hope all those who enter have fun and are suitably encouraged by parents, friends and each other.

We will have video and finish line photography but will not use images without parental permission. We note that the athletes clubs have photo policies and expect parents etc. to subscribe to this policy. It is an open venue and therefore other members of the public will be present. Anyone who notices any inappropriate behaviour should report this to a member of the “tri crew” immediately so that relevant actions can be taken.