

CYSWOG'N'FUN 2009 TRIATHLON RULES AND INFORMATION

Thank you for entering Cyswog'n'fun 2009, Nelson's 27th annual ¼ Ironman-distance triathlon. We hope you enjoy the event and, if you are from out of town, your visit to Nelson, Queen City of the Kootenays, heart of one of the most beautiful areas in the Province of British Columbia.

Please be familiar with the course BEFORE the race. Note: each event is subject to change due to weather, mishaps, etc.

PLEASE **DO NOT** park on Kokanee St. between Third St -Nelson Ave - Second St, nor on Second St. between Kokanee St. and Lakeside Park nor on the short block of Nelson Avenue in front of Lakeside Physiotherapy. **These streets are part of the race course and as such need to be kept clear of vehicles.**

Starting time is 8:00 a.m. sharp, Sunday August 2, 2009. Check-in time is 6:45 a.m. at event headquarters at Lakeside Park. ALL members (2 or 3) of each team must check in and be numbered **TOGETHER.**

7:00-7:50 a.m. swimmers pre-event massages available, 8:00-12:00 noon pre/post event massages available.

Please note that your participant number must be clearly visible at all times, on your back for the cycle and on your chest for the run. After the cycle, move your number to the front. Your number will be recorded at the end of the swim, and at all turnarounds. It is your responsibility that your number is seen and recorded!

If for any reason you drop out of the event, or the sub-event in which you are participating as a team member, please notify race officials at the finish line at your earliest possible opportunity.

Please report any injuries to race officials in the marshalling area in the Park.

Please note and observe the following **RULES AND CAUTIONS:**

THROUGHOUT THE COURSE

Participants are NOT permitted to take food and/or drink from supporters at any point along the course other than in the transition area or water stations. No pacing or other form of escorting or accompanying a participant on the course is permitted at any time along any part of the course by any person, including a fellow team member. **TRANSITION AREA IS FOR COMPETITORS ONLY.** Your timing chip goes on your LEFT ankle. Firmly close the Velcro as it could stick to your wetsuit when you remove it and be lost. You will be charged \$50 for lost chips. No MP3 players, ipods, or anything else that interferes with your hearing is permitted during any part of the race for safety reasons.

THE SWIM:

1. Water start waist deep, self-seed, one wave (i.e. all competitors start at the same time.)

Note: Sprint course start is near the swim finish. This is the same as last year.

2. Wetsuits or drysuits and goggles or facemasks may be worn, but no use of floats, fins, snorkels, or other such swimming aids is permitted. Aqua socks are permitted.

3. Each swimmer must wear the swim cap that is provided in his/her race package. A swimmer, if he/she so chooses, may wear an additional cap or caps under the one provided.

4. The swim course will be well patrolled by qualified lifeguards with kayaks and boats.

5. Team swimmers must physically tag their team cyclists in the swim-cycle transition.

6. Your swim must be finished in 45 minutes (by 8:45 am.).

THE SWIM-CYCLE TRANSITION

1. The individual (sprint & long) transition area is to the left as the swimmer approaches, & the team transition area (sprint& long) is to the right. To avoid having to cross over in front of one another at the last instant, team swimmers bear right and individuals left as soon as possible after passing through the swim interval timing area. Team cyclists stay orderly; only move out when you see your swimmer. Don't crowd across the whole runway.
2. **Only swimmers, cyclists, and transition officials are permitted in the transition area during the race.**
3. No support is to be provided to participants in the transition area. Swimmers must get out of/remove their wetsuits or drysuits without assistance.
4. Cyclist must walk across the grass **NO RIDING IN TRANSITION AREA.** Mount cycles on pavement outside the exit. (team & individuals) and proceed. Team swimmers please clear transition area as soon as possible to reduce congestion for fellow competitors. (Suggestion: head for the massage area.)

THE CYCLE:

1. Ensure that your bike is safe and properly set up. We recommend that you have it checked at Gerick's prior to race day.
2. All bicycles must be placed in the swim-cycle transition area prior to the 8:00 a.m. starting time. The bicycle must have the frame number card attached. Alternate bikes when racking to allow more space between competitors. (Maximum 8 bikes per side=16/rack.)
3. Bare torsos are not permitted.
4. Approved cycling helmets (Snell or Ansi) are mandatory for all cyclists. Alterations to helmets are forbidden. The helmet must be securely fastened at all times when the competitor is in possession of the bicycle. Any competitor whose helmet is undone or not on correctly will be **disqualified.** Headsets, headphones and glass containers are forbidden.
5. No drafting or side-by-side cycling is permitted. A cyclist must keep a minimum of two full bike lengths between himself/herself and the nearest other cyclist. The cycle course will be patrolled to ensure compliance with this rule, and any violation will result in disqualification.
6. No back-up bicycles, spare wheels, or support persons are permitted. Each cyclist must carry spare tubes, pump, and any other parts or repair equipment that he/she chooses.
7. Heed all traffic and safety laws. Intersections & turnarounds will be controlled in an attempt to enable cyclists to proceed without stopping or yielding to other traffic. 99% of the course is open to vehicular traffic - **BE ALERT!**
8. The sprint course does only one loop of the North Shore and the long course does two loops! Be attentive at the intersection by the Park entrance. If you are carrying through to do a second loop, bear to right side of road, others bear left to re-enter park at your cycle exit/entrance.
9. As you ride alongside the park there is a **NO PEDAL ZONE ON 2nd ST. 2/3 OF THE WAY FROM KOKANEE ST TO THE RE-ENTRY AT THE PARK'S SIDE GATE.** THIS WILL BE MARKED WITH A SIGN AND CONES AND WILL BE ENFORCED. Note: cycle finish is through the same park side gate that you exited from.
10. All cyclists **MUST DISMOUNT** at entrance before grass area & proceed on foot. Helmets to stay on until your bike is racked. Individuals rack your own bike in your own spot, team riders go to the left and tag your runner.
11. Team cyclists must physically tag team runners in the cycle-run transition area. Team cyclists please clear transition area as soon as possible - head for the massage area.
12. The cycle portion of the race must be completed by 11:00 am.

THE RUN:

1. Runners start where the swim timing mat is placed, continue along the park walkway adjacent to the playing fields, keep running toward the mall, turn left on the mall access road and left again at the lights, continue up past the 7-Eleven and Safeway before turning left again in front of the Shell Station and proceeding down Nelson Avenue. Please watch for cyclists approaching as you near Kokanee Street (across from the Dairy Queen). Stay on the left side of the road on the sidewalk while crossing the Big

Orange Bridge. All runners (sprint & long courses) must cross bridge.

2. Several water stations are set up along the course. Partake & smile.

3. Sprint course runners go left immediately after crossing the bridge and do a turnaround at the cone on Valhalla Rd. Long course runners go left onto Johnstone Road to the turnaround at the very end.

4. Both long and sprint course runners finish by going right onto Kokanee St., the first street after the bridge and right onto 2nd Street and left into the main park gate and through the finish. **CONGRATULATIONS!**

5. A runner may run, jog, or walk to complete the course, but he/she cannot crawl - a triathlete may only crawl during the swim!!

6. You must be finished the entire race by 12:15 pm.

POST-EVENT MATTERS:

- Massages and cold epsom salt footbaths available.
- Food and refreshments will be available for competitors in the marshalling area on the grass in Lakeside Park.
- All bicycles must be removed from the swim-cycle transition area by 1/2 hour after completion of the event.
- The post-race luncheon (prepaid tickets required) begins at 11:30 a.m.
- The awards ceremony and prize draws will start at approximately 12:45 p.m. Copies of computerized results may be available for viewing. Results and photographs will be available on our website www.trinelson.com within the week. **Please do not ask race officials for your times beforehand.**

POST RACE TIPS FOR COMPETITORS:

Have a hot epsom salt bath tonight - whether you are young or old, a bather or a showerer - soak yourself in 5 lbs of epsom salt for at least 20 minutes. Christine of Sutherland Massage Productions personally recommends the one-hour special. Rinse with cold water and enjoy a good night's sleep.

GOOD LUCK TO ALL OF YOU. Thanks again for participating. We hope to see you and some of your friends again next year for the 28th annual CYSWOG'N'FUN 2010. Any suggestions for a more enjoyable, fun event, please let us know.