



RACE DAY INSTRUCTIONS

Welcome to Dared to Tri! This guide covers the following topics (in order):

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SAFETY

- Safety is our top priority! Please be aware of other competitors and respect our rules.
- There will be a full road closure in effect 9:45 a.m. to 3:30 p.m. Friday, May 22, 2015.
- Only competitors are allowed in the transition area – no exceptions. Parents must stay outside the transition area. Staff are trained to assist competitors.
- Do not bring backpacks, gym bags, etc. To pool or transition areas. We are not responsible for lost items.

RACE ORDER

Duathlon: 9:45 – 9:55 a.m. (Six waves will start every 3 minutes)

Triathlon: 10:20 a.m. Start. Exact start depends on wave start time.

Order will be: Senior, Junior, Celebrity, Teams, Elementary Individuals and Teams

Wave starts will move up based on speed of each group – be at pool three waves early!

PARKING

- Please leave plenty of time. Enter from Fiddler's Green & 403, Wilson & 403. Wilson from Hamilton. Hwy 52 to Jerseyville will be closed.
- The Ancaster Aquatic Centre Parking Lot will be closed to all traffic for the entire day.
- You have the choice of the following locations to park (each will require a walk to the Athlete Village/Transition Area located behind Ancaster High School near the Pool)

Parking #1

Morgan Firestone Arena/Community Centre

Enter the Community Centre parking lot from Jerseyville Road (Fiddler's Green Rd) across from school (Not from Martin's Side Rd., which is closed and used for the run routes) Turn right and fill space near soccer fields and near the arenas. Don't walk on sidewalks on Meadowbrook Dr. – it is our run route. Use school entrance and grass.

Parking #2
Ancaster High School Parking Lot

Enter from Jerseyville & Fiddler's direction. Enter the parking lot and turn right. There are many spaces here and along the bus entrance road from the pool – either side of the road. Don't park too close to the pool area, which must remain clear for emergencies.

Parking #3
Ancaster High School Parking Lot at back of school leading towards Taylor Road (or on Taylor Rd. itself from Wilson St.)

To enter the school parking area enter from Jerseyville & Fiddler's direction and turn left in the school's entrance turn left again going in front of the school. Follow all the way around to the back of the school. Park along the laneway to the back of the fields to Taylor Road. The walk is just across the fields to the Athlete Village/Transition Area (actually a great parking location close to the action.)

Parking #4
Daniel St / Morwick across from the pool entrance

Meadowbrook from Wilson (at Fire Station). Turn left on Tranquility Ave. Turn right on Daniel St. Park on street where available. Valridge is one street further up off of Morwick, where more street parking is available.

REGISTRATION/TIMING

- Check in outside Ancaster Aquatics Centre Pool under the tents provided.
- Competitor numbers will be put on right arm at sign in.
- Double check your Wave Start Time, which you will have by May 12.
- Be prepared early – we will run ahead of schedule! Swimmers, be three waves early.
- Get your ankle chip timer on pool deck, then remain on pool deck.
- Avoid all red mats on the ground unless racing – this may disqualify you due to timing issues.
- If you miss your wave, there are no open spots.
- After swimming, do not leave the pool deck while wearing your chip timer.
- All duathletes must be ready to race at 9:30 a.m. Six waves are separated by just three minutes. Listen for call out at 9:20 a.m. to meet at the start line. It will take 10 minutes to stage everyone and get each racer his/her chiptimer at the Duathlon Start Line near the beach volleyball court, soccer fields and Ancaster Cycle Flags.

COURSE INFORMATION – DUATHLON

- Start at Ancaster Cycle flags/start line. Run with the pylons on your right the entire 1.5 km course, on the outside of the Ancaster High fields. Stay as close to the pylons as possible for shortest route). The course is an out-and-back loop. You will run back the same way you went out, passing the start line and continuing into the transition area.
- Get bike (helmet must be secured before leaving the transition area) and walk/run bike to the left of the bike in/out flag and out of the transition area to mount line (which is on Meadowbrook Dr). Ride bike on designated route and back to the mount line (7 kms in total) and dismount & walk/run bike back into the transition area to your rack location. All teams must remain in their transition area designated spots – runner 1 must exchange

- chiptimer with cyclist then unrack bike, complete ride and then rack bike before exchanging chiptimer with second runner. All runners must cross over the mats located to the right of the run in/out flag leaving the transition area, otherwise no final split time!
- Runners must run to the right of the run in/out flag.
 - Examine the transition area before your race to understand where to go during the triathlon or duathlon.
 - Remember your aisle number!

COURSE INFORMATION – TRIATHLON

- Start in pool. Complete 12 Lengths. Pool length counters will help. After the swim, exit pool doors.
- Run along mats to the transition area across the parking lot, get bike and put on helmet. Helmet is mandatory before leaving transition area.
- Walk/run with bike out of the Transition Area to Mount Line at Meadowbrook Dr.
- Ride bike on designated 7 km route and back to Mount Line.
- Dismount and walk/run bike to Transition Area and your rack location.
- NOTE FOR TEAMS: All teams must remain in Transition Area at the designated swim/bike exchange location. Swimmer must exchange chiptimer with cyclist at the designated area location. Cyclist will then run to bike, unrack bike and walk/run bike to the left of the bike in/out flag to the mount line, complete ride and then walk/run bike to the right of the bike in/out flag and rack bike before exchanging chiptimer with runner in the designated bike/run exchange location. Runner must cross over mats to the right of the run in/out flag to leave the transition area. Otherwise, no final split time!

COURSE INFORMATION – DUATHLON RUN 2, TRIATHLON RUN

(same 3.7 km route)

- To leave the Transition Area, you must run to the right of the run in/out flag through the Exit gate. Follow sidewalk on Meadowbrook and Jerseyville; cyclists are on road. Cross over to Jerseyville Rd (staying on sidewalk). Turn right on Martin's Side Rd. Follow the road and pylons (stay to the right of the pylons) down the hill. Run past the Road Closed Sign, over two small hills. Turn around when you see a large pink X on ground. Follow same route back to Ancaster High School. Cross over Jerseyville to the sidewalk on the other side of the road. Turn right on Meadowbrook (stay on sidewalk until you reach the road marshals/pylons at pool entrance. Enter the chute to the finish line. Official timer will take the chip timer immediately after you finish your race. You will get water at finish.

BIKE SAFETY

- Security provided at ALL times for bikes in the Transition Area
- In the Transition Area, hang bike by seat on bike racks facing alternate directions. Eight bikes per stand
- Do not bring extra gear. Limit your gear and space to the width of your handlebar.
- Do not move anyone's bike or gear – find a planning team member to help you.
- Helmets must be worn (straps secured) on bike.
- No iPods on bike.
- Make a wide/slow turn on the bike leg.
- Competitors must wear shirts on bike and run courses at all times.



- Bike leg turnaround: Just before the roundabout at Hwy 52, a sign and pylon will be where you make your turn. Watch for other riders. No abrupt turns.
- Bike leg passing: If you are passing another rider, let them know. Respect their safety.
- Never put yourself or others in a dangerous situation. Give cars and pedestrians the right of way, watch for slippery road conditions, and stay on designated route.
- Be safe!

PRE-RACE BIKE CHECK TIPS, FROM ANCASTER CYCLE:

- Ensure tires are properly inflated three nights before race day. Check for cracks/cuts. Re-check the next morning and, if deflated, replace immediately.
- Ensure brakes work and brake pads are not rubbing on rims.
- Shift through all gears to ensure sure you have a full range.
- Lube chain and look for any links that appear to be not moving freely.
- Check bolts to ensure handlebar and saddle are tightened.
- Ancaster Cycle and Giant Bikes will attend the race for last minute technical problems. But they are NOT there for tune ups!

POOL RULES

- No shoes, towels, or gear of any kind allowed on the pool deck.
- Do not leave belongings in change rooms; take your race gear to the bike in transition zone, or leave large items with your supporters.
- You are responsible for all of your gear in the transition areas – don't take excess gear!
- No running in the pool area.

MEDAL CEREMONIES

- We hope everyone will stay to enjoy the post-race festivities and medal presentations.
- Unofficial results will be posted continuously throughout the day.
- Medals will be presented when Chiptimer has confirmed final results. We will have a podium for our Bronze, Silver and Gold finalists in each category.
- We will announce the winners and call them to the stage under the NCCH (National Cycling Centre Hamilton) Tent.
- If you cannot stay for the medal presentations, please check the website at www.chiptimeresults.com for Ancaster Triathlon/Duathlon.
- If you missed the medal presentation and are in the top three in your category, contact Ancaster High School to claim your medal at (905) 648-4468.



MEDAL CEREMONY TIMES

10:45 a.m.	All duathlon awards at same time as the categories are two minutes apart.
12:30 p.m.	Senior Male and Female Triathlon Awards
12:40 p.m.	Junior Male and Female Triathlon Awards
1:00 p.m.	Celebrity Triathlon Awards
1:00 p.m.	Team Triathlon Awards
1:00 p.m.	Draw Prizes for Ancaster Cycle Mountain Bikes, Running Shoes donated by Alchemy CrossFit
1:00 p.m.	Specialty Awards: <ul style="list-style-type: none">▪ iPad Mini – Top Amount Raised in Pledges, donated by PLF4C1 Class▪ SportChek Shopping Sprees – 2nd & 3rd in Pledges, donated by BAA & GAA▪ Note: Random door prizes will happen at registration and specific callouts during the day! Listen for your bib number!
3:00 p.m.	All Elementary Triathlon Awards

FOOD

- Enjoy the race day BBQ, food, refreshments and socializing after your race
- We have planned the food quantity carefully so all competitors will have the same amount of food. Do not take seconds or extras; think of others.
- Questions? See a member of the “Dared to Tri” Planning Team in the royal blue T-shirts.
- Ensure you are hydrated prior to race day. Eat a healthy breakfast on race day. Do not experiment with new foods on race day.
- Food will be for sale to supporters/spectators. Please be patient with the crowds. We will have hotdogs, hamburgers, Freezies and TCBY frozen yoghurt.

MEDICAL EMERGENCIES

- Event Medical Staff, Hamilton Police and Ancaster Aquatics Centre lifeguards will handle be on hand to deal with race day medical issues.
- We will defer to their safety plans for all First Aid situations.

AND THE MOST IMPORTANT TIP OF ALL ... HAVE FUN!