Melmerby Triathlon

Important Change To Bike Course – Please note that due to a capacity field this year and in consultation with the RCMP and the Department of Transportation & Infrastructure Renewal we have changed the Olympic Bike route to an out and back course instead of a double loop. Please See Map Below

Race Kit Pick Up– You can pick up your race kit beginning Tuesday July 16th 2019 at Pictou County Cycle, 2619 Westville Road in New Glasgow between 9:00 am and 5:00 pm and Saturday until 4:00 pm. If you have any questions or need to make changes see race official (Carol) Saturday afternoon between 1:00 pm and 4:00 pm at the Bike Shop. Race Kits will also be available at Melmerby Provincial Park (Race Site) on Sunday Morning July 21, 2019 between 6:30 am and 7:30 am. Chip Assignment & Body Marking will take place on Sunday Morning 6:30 am - 7:30 am as well. If you picked up your race kit early you MUST check in and get your timing chip & body marking on Sunday Morning.

Race Kits: All kits include a T-Shirt, Event Swim Cap, Bib Number, Bike & Helmet Sticker, Timing Chip, Finishing Medal, Free Race Photos and Post Race Lunch. Complimentary Massages will also be available from our friends at ActiveLife Physiotherapy & Massage Clinic. ***Any changes to your race kit (change in distance, shirt size…) will only be done Saturday 1-4pm at the Bike Shop or 6:30-7:30am Sunday at the Beach. Shirt exchanges are on a first come first serve basis and only while quantities last.***

Unfortunately our Tri-Tatt order will not arrive on time so we are back to good old fashion Body Marking.

Race Start Times- Transition will be open by 6:00am and ***closes at 7:45am***. The Pre-Race Briefing is at approximately 8:00 AM in the transition area.

Olympic	8:30 AM
Sprint	9:00 AM
Super Sprint / Try-A-Tri	9:20 AM

Transition Area- Because of the number of participants and the number of bikes, there will be no chairs, kit bags or buckets allowed in the transition area. Foot baths will be available at the entrance to transition for cleaning sand off your feet.

Racking Your Bike- Each participant will rack their bike by the seat and will be required to set up under their back wheel or beside the front wheel. Each participant will only have the width of the handlebars to set up cycling & running gear.

Bikes will be racked on a first come basis and you can rack your bike anywhere you like on either side of the rack.

Please Note – For everyone's safety, the transition area will be closed during the race and will reopen at approximately 10:30 am for bike and gear retrieval or once all bikes are back on the racks.

Transition Support- No spectators or family members will be permitted in the transition area to help athletes. We will have volunteers in the transition area and they will be able to assist anyone if required.

Pictou County Cycle (Bike Support) - PCC will be available to do last minute repairs all day Saturday at their shop and will be available at the Beach on Sunday Morning prior to the race. They will have a support vehicle on the course to help with breakdowns but each participant should have supplies and be able to change flat tires .

Course Officials

We will have three motorcycles on course serving as Race official. They will mainly be looking for Drafting, Blocking, Illegal Passing and Unsportsmanlike Conduct.

The Course

Swim- Participants will swim counter clockwise. It's a loop course and measures 750m - One loop for the Sprint, Two for the Olympic and the Try-A-Tri and Super Sprint will do a lateral swim to the right of the start buoys. (see map below)

You will start your swim by walking to the start gate (the two buoys closest to the beach) and will start swimming when the air horn sounds. You keep all the buoys to your LEFT during the swim. You exit the swim course through the Enter / Exit Gate and proceed up the beach to the boardwalk.

Bike – The route for all events is an "Out & Back" course. Please note that the roads are **Not Closed** for this event so you need to watch for traffic and follow the rules of the road. There will be RCMP Officers, First Responders and Volunteers on the course but please be aware of the traffic. There are 3 areas (dangerous turns) to be concerned with;

1) ***Beach Entrance***- As you approach the beach there is an extremely sharp left turn at the bottom of the hill and you must slow down to navigate safely around it. There will be a fire truck with flashing lights, signs, pylons and volunteers here warning participants of the upcoming turn.

2) ***Pictou Landing***- The Olympic will make a sharp right turn heading back from the 20km turn-around point in Pictou Landing and again there will be a fire truck with flashing lights, signs, pylons and volunteers here warning participants.

3) ***Hairpin Turns***– All participants will be required to make hairpin turns in order to head back to the beach at the turnaround points. You will have the width of the road to make your turn so please slow down when you negotiate these turns and watch for oncoming bikes and cars.

Safety First and Safety For All– Lets take care of each other out there. We will have volunteers around to help and they will be in radio contact with the Race Director, RCMP and First Responders. If you see someone in trouble, please stop and help or notify the next volunteer.

Be Safe and be aware of your surroundings, your skill level, your bike speed, traffic and other participants. We want everyone to enjoy their experience and you will if you race safe and watch out for each other.

Run - The run is "Pancake Flat" and is mostly on the beach road and the shaded grass trails at the end of the beach. It is an out & back course (turn around points are dependent on the distance. Sprint distance is repeated twice for the Olympic). There will be a water stop just before you enter the trail and at the turnaround for the second loop of the Olympic.

Teams Instructions

Team Swimmers will enter the water with the corresponding race (Olympic team swimmers go with Olympic swim participants, sprint swimmers with the sprint etc...). The cyclists and the runner will wait in the transition area where the team bike is racked until

the swimmer comes out. When the swimmer enters transition, they will hand off the timing chip to the cyclists. When the cyclists comes back they will hand off the timing chip to the runner. All team members can meet at the far end of the parking lot before the finish line and run in together once the runner has completed their portion. All three participants will receive a finishing medal. Participants must be body marked to enter transition.

Aqua Bike Participants

Once you complete your swim and bike you will run out of transition and do a quick "U" turn and run under the finish arch to get your official time and medal.

Post-Race- Everyone will receive a medal, post-race lunch and refreshments compliments of Subway, Sobeys and Tim Hortons. The Avco Summer Cruiser will be on hand doing a FREE hot dog BBQ for anyone and everyone. Active Life Physio and Massage Clinic will also be on site to do complimentary massages.

Awards - Awards will be presented at the finish line as soon as the recipients have been identified. We will award 1st, 2nd and 3rd male and female for the Olympic and Sprint and 1st Male and Female in the super-sprint as well as the top Olympic Team. Please note we do not do awards for Age Groups, Sprint Teams or Super Sprint Teams.

Traffic – The road is not busy and the majority of the traffic on race day will come from participants, family members & spectators. For everyone's safety, we encourage everyone to come early and ***stay until all the bikes are off the main road which will be approximately 11:00 am***. Please share this with your friends and family. This applies to the Kids Event on Saturday as well.

Race Rules – To speed things up on race morning, please note the following rules

1) We will be wetsuit legal
2) No I-Pods
3) Participants will be required to wear the official event swim cap provided
6) No Drafting- keep 3 bike lengths between you and the rider in front of you
7) Helmets to be worn & buckled at all times while in possession of your bike
8) Ride on the Right Side of the road, pass on the left, no riding side by side
9) Mount and Dismount at mount / dismount line as directed by volunteers
10) Numbers must be worn on the **front**on the run, not required on the bike
11) Do Not Litter
12) Be Kind to our Volunteers and say Thank You if you get a chance

Most of these points will also be covered in the pre-race briefing and if you have any questions please see a volunteer in transition.

Thank you and have a great race!