



## **Up The Creek Sprint and Try a Tri 4th June 2017 Race Brief**



**PREPARED BY:**  
**Stephen Chambers, Committee Member**



## ABOUT THE RACE

Up the Creek Triathlon is an exciting, challenging and enjoyable triathlon experience.

We are so excited to host our very first Try-a-Tri for all you aspiring triathletes. Our Try-a-Tri consists of a 400m non tidal swim, 21k cycle and 3k run.

Our sprint triathlon consists of a 750m non tidal swim, 21k cycle and a 5k run, that finishes on a downhill which is great for those sprint finishes.

Up the Creek triathlon is a well organised event, with plenty of marshals to help and support athletes. The course is also very spectator friendly and there is always a big crowd to cheer you on over the finish line.

West Clare Triathlon Club are extremely proud of this event that is now in its fifth year running, our main goals are to create a safe, professionally organised and enjoyable race.

## REGISTRATION

Please ensure you have your 2017 Triathlon Ireland Membership card with you in order to register.

If you are not a member of Triathlon Ireland, you will need to purchase a One Day Membership (ODM) from Triathlon Ireland. Cost of a one day membership is €25.00. **One day membership cannot be purchased on the day.**

If you are part of a relay team, a single ODM covers the entire relay team. If one of your relay team members is a full Triathlon Ireland member, this also covers the entire relay team. If you have associate membership you will require a One Day Membership.

**Registration Opens at 9.30am on the morning of the race and will close at 12.15pm sharp.**

### CAR PARKING



All entrants are requested to work with the organizers on parking. We respectfully ask you to be considerate of other competitors, and especially the local community who are giving us great support. There is public car parking in and around registration, especially along Frances Street. There is also parking at The Creek Lodge but we ask participants to park here only if there are multiple participants sharing a car.



## TRANSITION AND BRIEFING

Bike Racking and Transition Set up will be at the Quay Mills car park beside registration. Please note that only registered entrants may enter the Transition area. You **MUST** have your bike and equipment set up prior to the race briefing. Transition will be enclosed by crowd control barriers. All bikes and helmets will be checked on entry to transition from a safety point of view – any unworthy equipment will be refused entry. Please ensure you check your equipment well in advance of the race – we obviously cannot allow any competitor onto the roads with faulty bikes or without a helmet. All athletes must place their equipment only at their location of their bike in a neat and tidy fashion. Any athlete discarding equipment outside their personal space in transition will be penalised. This is to include wet suits, bike, runners, bike shoes, goggles, hats etc. **Transition will be open from 9.45am.**

### **ALL ENTRANTS MUST ATTEND THE RACE BRIEFING BEFORE RACING:**

The Race Briefing is an important safety measure for our event and is **COMPULSORY** for all race entrants. Any last minute changes to the course will be announced at this time and we will inform you of any safety issues that may affect your race. This brief will be the latest information at hand to the event organizers and race referee – it will not suffice to have read the race brief.

**The Race BRIEFING will commence at 1245 at the marina centre in front of swim start.**

Try a Tri athletes will have a separate briefing after the Sprint Event has begun at approximately 1.10pm however we ask you to be present for the Sprint briefing as many details overlap.

### **RACE STARTING POINT:**

Off the pontoon to the right there is a 100m swim to the start line. A marshal will be there to assist on pinpointing the start line from land.

The Try a Tri athletes will start from a pontoon on the left and again a marshal will be there to assist on pinpointing the start line from land.



## SWIM COURSE DETAILS

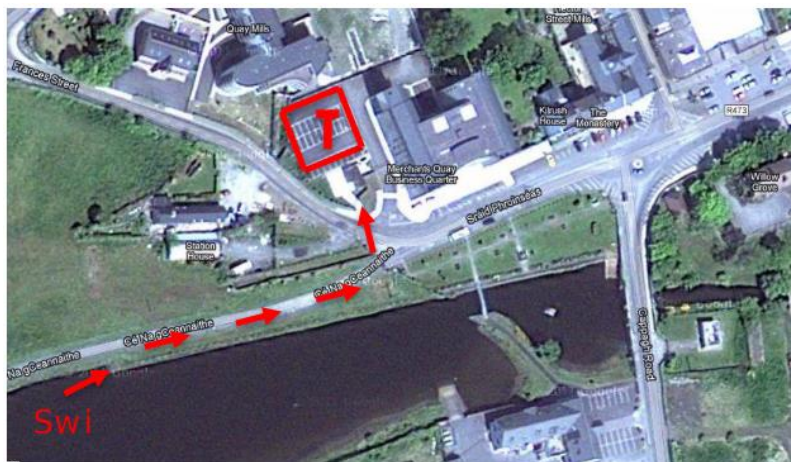
- Race Swim Caps (Silicon) will be provided to all entries. All swimmers must wear the race hat provided. Additional hats may be worn underneath the race provided hat.
- There will be three swim waves – 1<sup>st</sup> & 2<sup>nd</sup> for the Sprint Event will be 6 minutes apart and the 3<sup>rd</sup> for the Try a Tri. Each wave will have a different colour swim hat.
- Wetsuits are mandatory for all swimmers taking part including all relay swimmers (unless otherwise stated at race brief). Anyone not wearing a suitable wetsuit will not be permitted to enter the water/race.
- **All swimmers numbers will be counted as they enter the water. Please make sure you are counted!**
- Canoes and personal motorized craft will flank the swim in an effort to keep swimmers on course.
- Only very strong swimmers should go to the front of the swim start. Leave your ego behind! Weaker swimmers are well advised to start at the sides and stay to the rear of the field. You will gain nothing by placing yourself at the front of the swim and will find yourself being ploughed over by stronger swimmers. This could potentially finish your race through injury or discomfort. Worse still you could get into difficulty or cause somebody else to get into difficulty.
- There will be 3 large buoys to be kept to your right at all times.
- If a swimmer wishes to retire from the swim for any reason, roll over on your back and raise your clenched fist in the air, stay calm, and a rescue boat will come to your assistance.
- There is a 30 minute time limit on the swim for sprint and try a tri athletes: or if a marshal feels you are endangering yourself or others you can be withdrawn from the swim. Anyone removed from the water



will not be permitted to continue the race and must hand in their timing chip and numbers immediately to a race marshal once they arrive back to shore.

- **Our main priority in the water is safety! We know you want to challenge yourself but the water is not the place for aggressive behaviour and we will not accept safety breaches. The water marshals decision is final.**

## TRANSITION 1



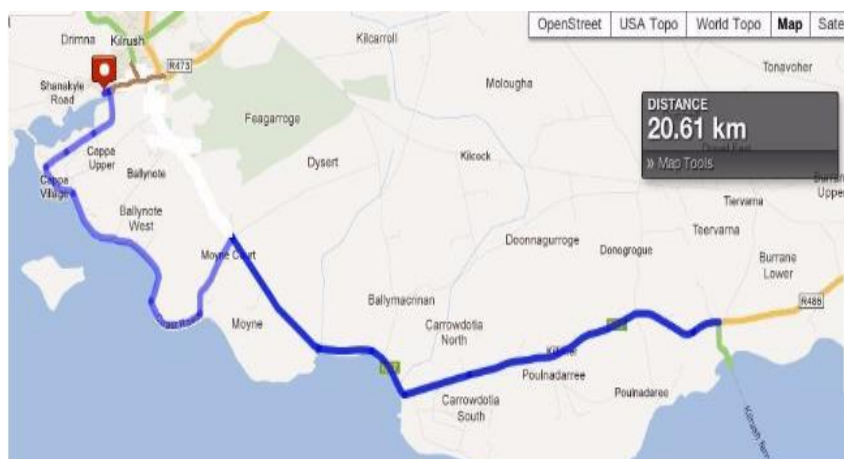
- Exit the water and run on carpet towards the Transition area and enter only at the sanctioned point.
- Race number must be worn on the back during the cycle. Numbers must be clearly visible at all times. Anyone not correcting their number after being advised by marshals to do so, will be penalised 2 minutes for number violations.
- For safety and Insurance reasons - Personal Stereos/IPODs etc are not allowed on the course. Anyone wearing any such device during the course will be immediately disqualified from the race.
- You must put on your helmet and fasten it before removing your bike from the bike rack. Anyone, who has an unfastened helmet while in contact with their bike will be asked to stop and refasten their helmet, failing to do so will result in a 2 minute time penalty.
- Exit through the timing mat to ensure your times are recorded.
- Walk your bike to the path and onto the road before mounting your bike.





- People may leave spare wheels in transition at the allocated spare wheel spot, but must be numbered with your race number and such wheels are not to be used by other competitors. Breach of these rules will result in disqualification of both athletes involved. The race organisers are not responsible for the security of any such equipment.

## BIKE COURSE



The course is an out and back loop of 22k approx. It is a tough but fair course and watch out for the hills and winds.

### THE FOLLOWING ARE THE KEY RULES REGARDING THE BIKE SECTION:

1. Race number must be worn on the back, if you have a problem with your race number please inform the race organisers prior to the race.
2. You must secure your helmet before removing your bike from the rack.
3. You cannot mount your bike until you have exited the transition area and are on the road at designated area.
4. This is strictly a non-drafting race. For more information on drafting please refer to the manual of guidance in the Triathlon Ireland website. Non-Drafting will be enforced using time penalties, disqualifications and stop-go penalties as seen fit by draft marshals. **The draft marshals decision is final.** No warnings will be given and we will have plenty of draft marshals on the course.
5. You must dismount your bike before re- entering transition area.
6. You must replace your bike in your own spot before removing helmet.

### SOME REALLY CRUCIAL NOTES ON THE BIKE:

Dangerous overtaking, crossing the white line, breaking the rules of the road or any other form of inappropriate conduct will result in immediate disqualification - the bike marshals have been instructed to be strict for



everybody's safety. The most important note for the day is please be careful - we don't want to disqualify athletes and more importantly we don't want accidents.

[There are a number of potential hazards on the road to note:](#)

After 2k approx. in Cappagh village. Speed bumps. At 19k approx.. also.

Marshalled right –hand turn at approx. 4k (this is a left turn at 18k approx.)

At 6k approx. fast descent into left hand gently bend

At 9k approx.. fast descent into sharper left hand bend

At 15k approx.. fast descent into hard right hand turn. Please pay attention here.

At 19k approx.. descent into hard right hand on dead road. Expect a few bumps.

## TRANSITION 2

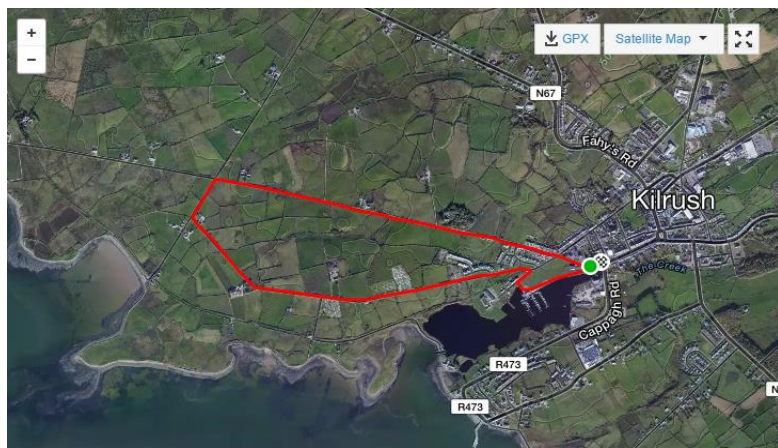
Be careful on your return into T2. The area will be well marshalled – please listen to the marshals they are there to ensure your safety.

**THE FOLLOWING RULES APPLY IN T2.**

1. Dismount before entering the Transition area. You **must** place your bike on the rack before unfastening your helmet.
2. You must place bike on rack corresponding to your number.
3. Race number must be worn on the front during the run.



## RUN ROUTE (Sprint)



- Exit through exit area only. Do not try to exit via bike entry. Run exit is also swim entry and there is a timing mat here.
- ALL ATHLETES MUST RUN ON THE RIGHT HAND SIDE OF THE ROAD ONLY.
- The Sprint run goes up Pella Road, via Leadmore and has two left hand turns. It continues on past Shanakyle Graveyard and you are on the downhill home straight.
- The Water station will be placed at 2.4k approx. Do NOT request water from the Try a Tri aid station as you will be refused.
- Please cross the finish line in a controlled and safe manner, sprinting across the line, while dramatic, can be dangerous and can risk injury to marshals.
- Please remove your timing chip before leaving the finish area. We will have marshals in position to assist with this.
- Refreshments and fruit will be available to all athletes at the finish line.
- Don't forget to avail of the post-race recovery facilities. Please note however, that post-race facilities will not open until the first individual athlete has crossed the finish line.





## RUN ROUTE (Try a Tri)



- Exit through exit area only. Do not try to exit via bike entry. Run exit is also swim entry and there is a timing mat here.
- ALL ATHLETES MUST RUN ON THE RIGHT HAND SIDE OF THE ROAD ONLY.
- Try a Tri athletes have a looped course of 1.5k out and 1.5k back. You will follow the sprint athletes out but turn and come back the way you started.
- There is a Try a Tri water station at the turnaround cone after 1.5k.
- Please cross the finish line in a controlled and safe manner, sprinting across the line, while dramatic, can be dangerous and can risk injury to marshals.
- Please remove your timing chip before leaving the finish area. We will have marshals in position to assist with this.
- Refreshments and fruit will be available to all athletes at the finish line.
- Don't forget to avail of the post-race recovery facilities. Please note however, that post-race facilities will not open until the first individual athlete has crossed the finish line.



## POST RACE

BBQ will be held afterwards on the green adjacent to the finish line. A Food voucher will be given out at registration. Please come and enjoy the company.

The Prize Giving ceremony is scheduled to take place between 3.45pm and 4.00pm on the green adjacent to the finish line.

Enjoy!