

Tokio Millennium Re

2017 Try-A-Tri – Official Race Briefing



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Briefing Agenda

Try-A-Tri



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- Pre-Race Preparation
- Start Times – All Events
- Schedule & Start Procedures
- The course – maps & notes
 - Transition
 - Swim
 - Bike
 - Run
- Post-Race Procedures

Pre-Race Preparation

Try-A-Tri



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- **Equipment:**
 - A swim cap must be worn for safety during the swim (**NOT SUPPLIED**)
 - Wetsuits **not** permitted
 - Participants must have a bike in good working order and an ANSI or Snell approved bike helmet that fits and clips up
- **Race Numbers:** It is important to place your race numbers correctly:
 - Race chip: on left ankle
 - Number Tattoos: on upper left arm and calf of left leg
 - Bike number: in a visible position, either at the front of the top tube or behind the seat post
 - Helmet number: front of the helmet
 - **Note: bike and helmet numbers must be fixed to equipment prior to entering transition to set up**
 - Bib number (for run): front of shirt or on a race number belt positioned on front

Start Times – All Events



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8:00 a.m. Junior Duathlon

8:45 a.m. School Challenge (Middle and Senior)

9:00 a.m. Try-a-Tri

10:00 a.m. Senior Individuals and Teams

Schedule & Start Procedure

Try-A-Tri



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- Athletes are responsible for taking note of announcements as the event is taking place
- No race briefing on the day
- From 7:15 a.m. collect race timing chip (grass area near Transition at Albuoy's Point)
- 7:40 a.m. Transition closed (bikes must be racked, equipment set up and bags removed from transition)
- 8:40 a.m. Move to race start
- 9:00 a.m. race start (deep water)
- Awards to follow the event

The Course – Transition Area



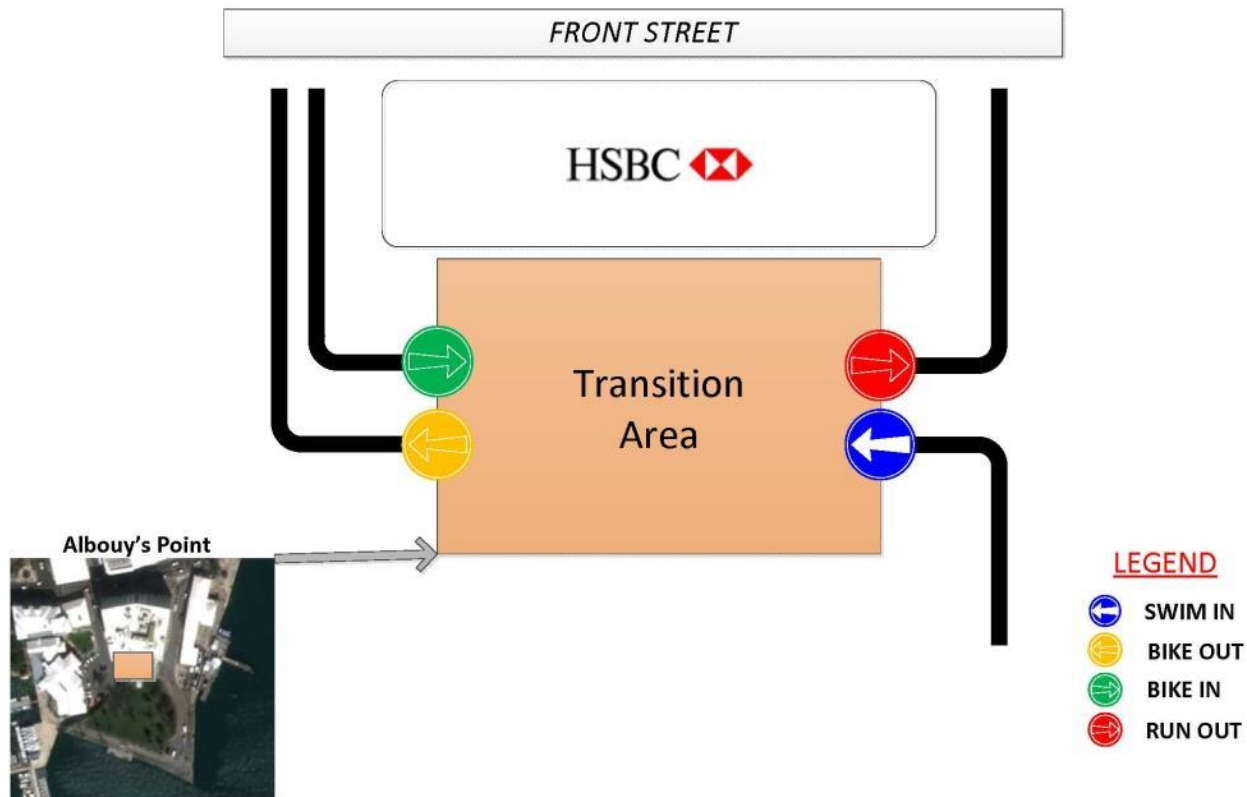
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- Bike and helmet must be numbered before entering transition
- Alterations to helmets are not permitted (must be ANSI or Snell approved)
- Pre-race, helmets must be left **unfastened** in transition
- In race, cyclists should not handle their bike until their helmet is **securely fastened**
- Helmets must not be removed during race until bike is safely racked back in transition
- Ensure all equipment is contained within your space throughout the race
- Bike mount & dismount lines will be clearly marked outside transition with a SOLID line
 - You must not mount your bike until after the line when leaving transition for cycle leg
 - You must dismount before the line when returning to transition for run leg
- All bags must be removed from transition once transition is closed

The Course – Transition Area

TRANSITION AREA

Senior Individual/Team/Try-a-Tri/School Triathlon Challenge



The Course – Swim



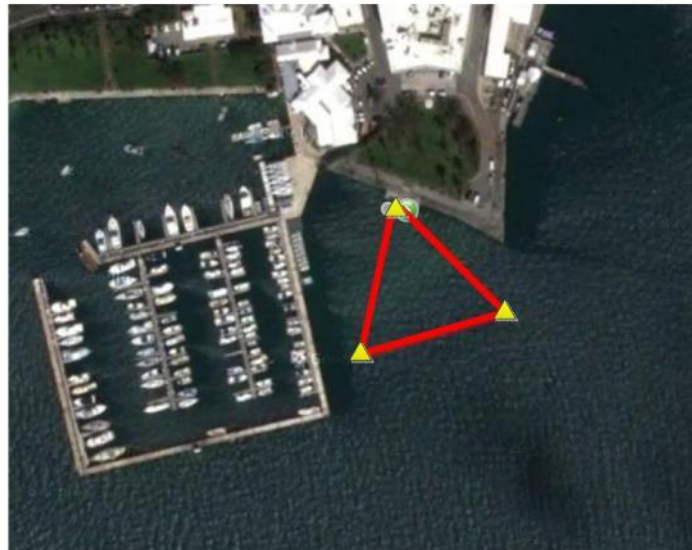
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- Swimmers must wear a swim cap (**not** provided)
- Wetsuits are **not** permitted
- 1 lap - keep buoys to your LEFT

SWIM

Try a Tri/School Challenge



Distance: 200m

Keep buoys to your LEFT

The Course – Bike



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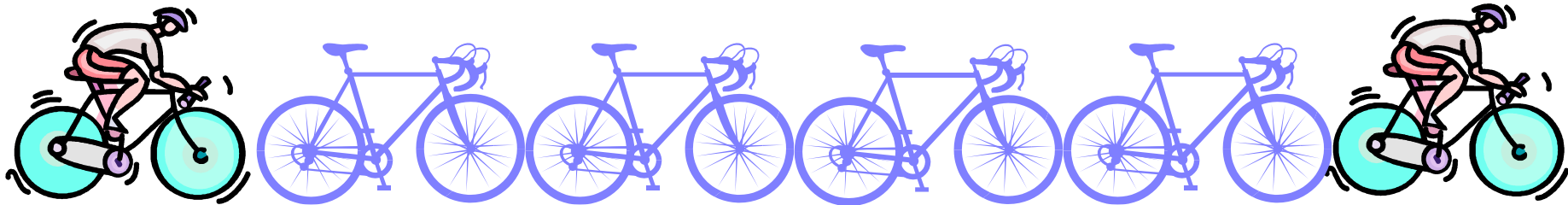
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- Stay **LEFT** and follow the course in a **CLOCKWISE** direction
- 2 laps (8 km) - athletes must count their own laps
- Drafting is **not** permitted (see rules on www.bermudatriathlon.com for full details)
- **Course Description:**
 - Out of transition, mount bike **AFTER** the mount line, then turn left on Pitts Bay Rd
 - Turn right on Woodbourne Ave, right on Gorham Rd, right on Bermudiana Rd
 - Turn left onto Front Street continuing down to East Broadway turning right just before the roundabout, and return along East Broadway and Front Street to the start (count lap **after** this entire loop has been completed)
 - When final lap is completed keep to the left to enter the finish chute

Drafting

- Drafting means riding in the slip stream created by a bike or vehicle in front of you, creating an unfair advantage
- Drafting is **not** permitted (see rules on www.bermudatriathlon.com for full details)
- The **penalty** for drafting is **1 minute** (will be added to final race time); repeated offences result in disqualification
- Be aware of your fellow competitors! Keep to your left, and pass on the right when you are able to move quickly around others. If you cannot, you must drop back and leave a gap at least as big as the legal draft zone (12m between your front wheel and their front wheel)



The Course – Run



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- 2 laps (2 km) - athletes must count their own laps
- Stay **LEFT** and follow the course in a **CLOCKWISE** direction
- **Course Description:**
 - Out of transition turn right onto Front Street
 - Continue until the green turn-around cone outside the Cabinet Gardens (just after Parliament Street)
 - Return along Front Street and turn right at the green turn-around cone (count lap *after this entire loop has been completed*)
 - When final lap is completed keep to the left to enter the finish chute

Post Race Procedures



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- Food and drinks will be available to athletes immediately following the event
- Medical assistance will be available as required (St. John's Ambulance will be on site)
- Massage and health information will be available during and after the event in the Expo area at Albuoy's Point
- Athletes will not be permitted to re-enter transition until officials deem it to be safe and an official announcement is made; please remove equipment quickly once announced
- Assistance from participants to dismantle bike racks, stack barricades and collect cones will be hugely appreciated
- Awards will be presented as quickly as possible following the event
- Results will be posted on www.bermudatiming.bm after the race

Good luck to all participants, and enjoy the event!