



# DRAYTON VALLEY TRIATHLON

## 2019 Race Package

### **RACE INFORMATION:**

Please print or download a copy of this information. The waiver must be signed and brought to package pickup.

Follow us on Facebook for updates and training sessions!

### ***Information***

- Race packages will be available on Friday, May 10<sup>th</sup> from 4:00 to 8:00pm at the Scouts Hall at 5030-48<sup>th</sup> Street.
- Please ensure you are familiar with the course prior to race day, we strongly encourage parents to visit the course with their children to ensure they know the route.
- Park Valley Pool will be open on Race day until 2:00pm for those wanting to access the shower and locker facilities post-race.
- Please ensure all Kids of Steel participants wear their wristbands for the entire race. The colour will help them identify their turnaround points on the course.
- Music and earphones are NOT permitted on the course for your safety.

### ***Location:***

- Please note Drayton Valley roads within the area of Rotary park and Park Valley Pool will be closed from 7:00am to 3:00pm. Parking is available at the Town lot behind the **Eleanor Pickup Arts Centre, or Eldorado School.**
- Body marking will take place in Scouts Hall starting at 7am(We print numbers on you!)

### ***Swim:***

- The Sprint and Team Challenge will start together at the pool, with the longest estimated swim times going first. Both men and women will be swimming together in the pool. You will be expected to self-seed according to estimated swim time.
- There will be up to four swimmers per lane. You will be swimming counter clockwise rotation or "loop" pattern. (Stay to the right!)
- Feet first entry only - NO DIVING!
- Touch the left side of the end wall so you push off straight. (Rest on the right side)
- Flip turns are permitted when safe to do so.
- Lap counters are there as a courtesy - you are responsible for counting your laps. You will be notified when you have 1 lap remaining (2 pool lengths) by the Lap counter placing a flutter board into the water.
- Goggles are encouraged for safety.
- Swim caps will be provided.
- No nudity and torsos must be covered before getting on the bike.

**Transition:**

- After you have completed your swim, there will be no change rooms to change out of swimsuits. Please have your dry items ready at your transition area to put over swimsuits. Many racers have one towel to stand on and one to dry off with.
- Ensure you have appropriate dress for the weather and a bottle of water. There is no water station in transition.
- Helmets and bikes must comply with Triathlon Canada rules. <http://www.triathlon.ab.ca/kos>
- Place bikes alternating on racks and set up your gear to the RIGHT of your front tire. Your bike should be facing out. Stay close to your bike and be mindful of the other racers around you. Only participants are allowed in the transition area.
- Transition marshals will perform a safety check – brakes functioning, helmet fit, bar end plugs in place, and race numbers. Wear your helmet and be ready to demonstrate your brakes to expedite this check!
- Minimize your space-
  - Hang your bike by the seat – not by the handle bars. Put your back wheel under the rail first and then lift the seat over the rail.
  - Bikes should alternate directions and participants should place their gear next to the front wheel of their bike.
  - Place your gear on your bike's left side (right of bike as you are looking at it).
  - Stack your gear in the order you will put it on – shorts/shirt on top, sunglasses, helmet, socks, shoes, etc.
- Put your race numbers where they belong.
  - Bike number sticker folds around seat post.
  - Small sticker (if provided) goes on the front of your helmet.
  - Bib is required for the run and must be worn in the front. A bib belt speeds up your bike/run transition.
- Downshift your bike to a low gear.
- The transition area closes a few minutes before the race starts. All participants must clear the transition area and attend the pre-race meeting for important announcements and instructions. The Race Director or Transition Marshal will announce when the area is closing.
- Before you leave your bike make sure you have your swim goggles!
- As you leave the transition area notice where the bike exit and run exits are. That's where you will need to be soon.
- Know how to find your bike. Stand by the swim entrance of the transition area and locate your bike. The transition area will look different after your swim with fewer bicycles (unless you are first out of the water).
- The Race Director or Transition Marshalls will announce when the transition area is open for you to collect your bike and gear, after the last racer has finished the bicycle course. Be mindful of those still racing!
- Transition Marshals will check your bib and bike numbers to make sure you have the right bike

**Bike:**

- Your bike needs to be equipped with working brakes. Clipless pedals are allowed but no cages as per TA rules. There is no mechanical bike check at the race. We strongly recommend having your bike properly inspected by a certified mechanic prior to the race.
- You must have a certified helmet (CSA, ANSI, or SNELL approved) and it must NOT BE LOOSE! Your helmet must be fastened properly before touching your bike.
- Bare torsos are NOT ALLOWED!
- Drafting behind another bike is not permitted. Please check out [www.triathlon.ab.ca](http://www.triathlon.ab.ca) for more information. Marshals will monitor the course for drafting infractions.
- You must pass the mount-line before mounting your bike.
- Stay to the far right hand side of the road while riding. You must not cross the center line.
- Upon completing the bike race you must put your bike on the rack before you remove your helmet.
- Handlebar ends must be closed/plugged.
- Bikes must not be ridden within the transition area.

**Run:**

- Your number must be clearly visible.
- The 5km run route will have a water station near the pond at the 1.5km and 3.5km points.
- Lap counting around the pond (3 laps for sprint distance) is your responsibility.
- Finish line is in Rotary Park. You must cross the timing mat to complete the run.

**Post-Race:**

- Healthy post-race snacks and water will be available in Rotary Park.  
Awards will be held in Rotary Park as soon as possible after the end of each race

**General:**

- No electronic devices of any kind allowed on course.
- No mirrors.
- Littering and unsportsmanlike conduct are unacceptable.



**Top 10 Rule Infractions**

1. Illegal Equipment
  - o Mobile phones
  - o Headphones/Headsets/electronic listening communication device
  - o Mirrors
  - o Cameras and Video Cameras need Race Referee approval
  - o Toe Cage enclosed
  - o Open tube ends on handlebars
2. Too much equipment in Transition at the bike
3. Mount/Dismount lines crossed
4. Littering
5. Unsportsmanlike Conduct
6. Bare Torso
7. Public Nudity
8. Helmet Straps too loose
9. Riding in Transition
10. Drafting

**CHECK OUT THE FOLLOWING LINKS FOR MORE INFORMATION,  
HOTEL DISCOUNTS AND COURSE MAPS.**



<http://www.draytonvalley.ca/triathlon/>

*Experience the Valley!*



<http://www.dvhta.ca/>



**Find us on Facebook  
DRAYTON VALLEY TRIATHLON**

## WAIVER, RELEASE AND INDEMNITY

I understand and agree that my participation in events, programs, races, or activities organized, operated, conducted, and/or sanctioned by the Alberta Triathlon Association (ATA) and/or various ATA clubs and members registered with ATA is conditional upon my execution of this document.

I hereby:

1. Acknowledge and accept my obligation as a participant in sanctioned events, to be aware and abide by the Triathlon Canada Competition Rules as updated and outlined on the Triathlon Canada and Alberta Triathlon Association (ATA) websites.
2. Acknowledge and accept to abide by all disciplinary and appeal procedures of the ATA. I understand that my failure to not abide, may result in disciplinary action by the ATA as provided for by the Disciplinary and Appeals Procedures.
3. Acknowledge and accept that race conditions and courses in competition events may vary in safety, and may have unmarked and unforeseen obstacles.
4. Agree to conduct myself in a sportsperson like manner, at all times while competing in all ATA sanctioned events as noted in the Triathlon Canada Competition Rules.
5. Acknowledge that event entry fees and/or my participation fees may be non-refundable.
6. Acknowledge that I have sole responsibility for my personal possessions and athletic equipment at all times during my participation in events.
7. Attest that I am physically fit, healthy and I have sufficiently trained and prepared for the physical and mental challenge of my participation in competition and events.
8. Acknowledge and accept that as a competitor and participant in a triathlon and/or multisport event, that it involves the possibility of risk to my safety, health, wellbeing, and may possibly result in injury or death.
9. Acknowledge and accept the risks, and all others arising from these events and programs, even if arising from the negligence, gross negligence, or negligent rescue by those associated in any way with the ATA and/or various ATA Clubs events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives.
10. Consent to receive medical treatment which may be deemed advisable in the event of injury, accident, or illness, including immediately prior to and immediately following, an ATA event(s).
11. Agree to remove myself from participation in competition and event(s) if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.

12. Agree my executors, administrators, heirs, next of kin, successors and assigns, waive and release any and all claims that I may have against Alberta Triathlon Association, its officials, directors, members, volunteers and agents, and their executors, administrators, heirs, and assigns, for all injuries or death suffered by me while in transit to/from or participating in, including immediately prior to and immediately following the particular ATA event.
13. Have read and understand this waiver, release and indemnity, I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

In accordance with Canada's Anti-Spam Legislation, I accept to receive emails from the Alberta Triathlon Association regarding membership and event information:

YES

NO

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Name Printed

\_\_\_\_\_  
Participant Guardian Signature(minor athletes)

\_\_\_\_\_  
Participant Guardian Name Printed

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Witness Name Printed

### **MEDIA RELEASE CONSENT**

Photographs and video coverage retrieved at Alberta Triathlon Association (ATA) sanctioned events may be digitally edited, published, or broadcasted. Photographs and video coverage may also be posted on websites associated with the ATA including, but not limited to [www.triathlon.ab.ca](http://www.triathlon.ab.ca), Facebook, Twitter, and YouTube.

Photographs and video coverage are carefully considered by ATA staff before being approved for use.

The ATA must obtain athlete and parental consent (for athletes under the age of 18) before using photographs and/or video coverage in media channels and/or promotional materials.

### **CONSENT FOR RELEASE – PARENT/LEGAL GUARDIAN OR INDEPENDENT ATHLETE (18+)**

Athlete's Name: \_\_\_\_\_ Athlete's Signature: \_\_\_\_\_

Parent/Guardian(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I, \_\_\_\_\_, am the parent/legal guardian of the athlete named above or independent athlete (18+). I have read and understand the information provided on this form. I give the Alberta Triathlon Association (ATA) permission to include my child or me in photographs and/or video coverage as described above.