

Tri For Life Triathlon

Sunday 6 Sept '09 from 11.30am

400m Swim, 20km Bike, 5km Run and 800m swim, 30km Bike, 7.5km Run

Welcome to the second year of the Tri For Life Triathlon and thank you for taking part. We have worked hard to build upon the success of last year and very much hope that you enjoy the day. The wonderful layout of the course is such that your friends and family can see all the action as it happens, so make sure you bring them along to cheer. Activities from face painters to bungee running have been organised for the little ones, so bring them along too.

Please don't forget that the event is all about raising money for the various different charities associated with Tri For Life. **We NEED you to collect all your sponsorship money bearing in mind the £350 and £700 targets for individuals and teams.** The entry fees enable us to put on the event; the sponsorship money is how the charities benefit, without it we will not raise the much needed funds. Help us by collecting all outstanding money as soon as you can. All cheques should be made payable to "Tri For Life", and sent to Tri for Life, C/o Sima Halai, 45/46 Berners Street, London W1T 3NE.

RACE INSTRUCTIONS

Please leave plenty of time to get to the venue. You will not be allowed access to the area before the day. Once parked, you will have an 800m walk to the transition area. Arrival and departure are allowed any time.

Registration will take place in a Marquee between **11.00am and 1.30pm**. Upon arrival, show some form of identification which will help speed up registration. Please aim to get to the venue $1\frac{1}{2}$ hours before your wave is due to start - this will give you plenty of time to see what's going on.

You will need to find **your race number** from the lists on display, and then pick up your race number, swim cap, timing chip and event T-shirt from the registration tables. Toilet and changing facilities are available in the boat house. Access to the venue will be available from 11am.

At registration you will be given **one race number** to be worn on your **front**. Please use at least 4 safety pins. The number must be easily visible. You will also be given **two sticky numbers**, one for the front of your helmet and one for the top tube of your bike. Stickers to go on your bike and helmet before you go to transition.

Relay teams- you will be given one race number to be worn by the runner - the timing chip is your baton which must be passed between team members. It must be worn around the ankle at all times to work. See the relay race instructions.

You will be issued with a security wristband at registration, with your race number on it. This wristband will give you access to the transition (bike racking) area. **Only competitors** will be allowed in the transition area. Please show your race numbers and security wristband to gain access. Your race number and your bike number (sticky number) must be the **SAME** for your bike removal. You must

rack your bike in its allotted, numbered space. A correctly fitting cycle helmet must be worn for the cycle section.

Swim: The swim is a 400m one lap rectangular course in the Rowing Lake, with two laps being completed for the 800m distance. You are recommended to wear a wetsuit.

After the swim, it's into the transition area to take your wetsuit off (no nudity in transition!), put your cycling gear on, fasten your helmet and then un-rack your bike.

Bike: Your Helmet is to be fastened before you touch your bike and remain fastened until your bike is racked.

Distance: Either 4 laps (20km) or 6 laps (30km) bike course, which takes you around the lake. You must count your own laps! Cycle on the left at all times, overtake on the right.

After the bike, it's back into the transition area for a second time where you take off your helmet and leave your bike in its allotted position. Don't undo your helmet until the bike is racked.

Run: Finally, it's a 2-lap (5km) or 3-lap (7.5km) run. Water will be available on the course. No mobile phones, iPods, etc can be used in transition or at any time during race. **All participants will receive a medal upon crossing the finishing line**

Wave	Category	Start
	Scotathlon	From 11.30 am
1	All Emily Ash Trust	12:20 pm
2	Female long distance	12:35 pm
3	Relay long distance	12:40 pm
4	Male long distance	1:10 pm
5	Relay short distance	1:45 pm
6	40+ short distance	01:50 pm
7	Female short distance	02:20 pm
8	Male short distance	02:40 pm

Photographers will be positioned at various points around the course and you will be able to download photos after the event - check out www.sportcam.net for more details.



www.triforlife.co.uk

