



NOVICE GUIDANCE NOTES - THE SUSSEX TRIATHLON

Introduction

Entering your first triathlon can be a daunting experience but do not fear it is one of the most welcoming sports you will find. Triathlon is certainly a sport for all, whatever your level of physical ability.

At Urbanrace we always try to welcome newcomers to our sport and hopefully this document will answer some of those initial burning questions that may be on your mind. If you do not find the answer to your question on our website or in this document then please do not hesitate to contact a member of the Urbanrace Team who will be pleased to help you.

What are the Basics?

Triathlon is an exciting multi discipline sport involving a continuous race over three disciplines of swimming, cycling and running. A standard triathlon is made up of a swim, followed by a cycle ride and finished by a run.

What do I Wear?

While there is plenty of expensive sport specific kit available for triathlon you don't have to break the bank to take part in your first event. All you need is a swimming costume, swimming goggles, a roadworthy bike, bike helmet and your running kit. Most novices just slip on shorts and a t-shirt over a swimming costume in T1 (first transition).

Can I use a Mountain Bike?

Yes. Many novice athletes use mountain bikes at their first triathlon. The only thing to bear in mind is that cycling on a road will be tougher work when compared to a road bike due to the fatter tyres. Regardless, a mountain bike in good condition should get you round the course ok.

Do I Need to Wear a Bike Helmet?

Yes. If you do not have a suitable bike helmet you will not be allowed to compete in our race. You must use an approved ANSI Z90, SNELL B90, EN 1078 or an equivalent national standard. Please note a CE mark is NOT an approved mark. It is your responsibility to make sure all your equipment is suitable serviced and in good condition.

I Haven't Exercised for Years. What do I do?

The first thing you should do in this instance is see your doctor and inform him that you intend to participate in a triathlon and he will give you proper medical guidance in respect of your own past medical history. Please also see our website guide on medical issues <http://www.urbanrace.co.uk/medical.htm>

What Happens at Registration?

At registration before the race you will have to confirm your identity at race registration. You will then be given a race day license if you are not a member of British Triathlon. You will also be given your goody bag which will contain your race numbers and security wristband which you must wear at all times during the race.

What Happens at the Swim Course?

At the swim start you will be called forward in number order and be directed to a swim lane. You will be given a coloured swim cap which will help a lane marshal assist you with counting your lengths. The official starter will tell you when you can start. It is not possible to warm up in the swimming pool. When you have completed your lengths you will exit the water, leaving the swim cap with the marshal, and follow the course directions to the transition area. You will be graded according to your estimated swim time so please make sure it is as accurate as possible.

How Does Transition Work?

The transition is a secure area where you change from swimming to cycling and from cycling to running. You will be given a security wristband at registration that will give you access to the transition area and your race number will be designated on the bike racking which identifies your spot.

How do I Navigate the Bike Course?

The course will be marshaled and signposted from transition and all the way round the course back to transition again. However we highly recommend you familiarize yourself with the bike route before the race. The race takes place on open roads so the normal Highway Code applies and you need to be aware of all other traffic and potential hazards.

What is Drafting?

Triathlons are non drafting. This means you are not allowed to gain an advantage from cycling directly behind another competitor. BTA Race Referees and motorbike marshals will be in attendance to enforce this rule. You must also obey the rules of the Highway Code.

What are Age Groups?

You will see on results sheets an individual letter next to your name. This identifies your age group. All competitors compete in a five year age group as well as the overall race. So for example a 36 year old male will be competing in male age group G (35 to 39yrs). This means the individual could be 50 out of 100 in the whole race but he could still be the first athlete in his 5 year age group. For the novice distance at Ardingly prizes are only given to the first male and female athlete.

We Highly Recommend Getting Your Bike Serviced!

A top tip is to get your bike serviced. There is nothing worse than your bike breaking half way through the event. It will ruin your race day if it happens. **Remember** it is your responsibility to have the correct and properly maintained equipment.

What Happens on the Running Section?

The Novice running distance is 2.5 kilometres. This comprises two laps on grass around the Ardingly College facilities. The course will be signposted but make sure you know the route before you start the whole race and how many laps as you will be disqualified if you go wrong. The course follows a 'reverse P shaped' route from transition and you will need to collect an elastic wristband at the end of your first lap.

Where do I get a Copy of the Rules?

A copy is available on the British Triathlon website. <http://www.britishtriathlon.org/events/rules/> Alternatively you can call them for more information on 01509 226261.

How do I Enter?

Urbanrace offer our own encrypted server technology for secure online entry. This is the best way to enter as you will receive an email confirming your purchase and race entry. In addition we also offer hard copy entry forms which allow individuals to enter via post and payment can be made on a cheque or by providing debit/credit card details.

What will Happen After I Have Entered?

Race instructions will be emailed to all competitors around 7 to 10 days prior to the event and will include details of your start time. For safety reasons start times cannot be changed under any circumstances after the publication of the race instructions.

What Experience Do Urbanrace Have?

Urbanrace has operated successfully since 2003. The urbanrace team includes qualified referees, experienced athletes and skilled managers. The race directors have competed and/or worked on some of the world's biggest triathlons. We have participated, or experienced events in Thailand, Mexico, USA, Canary Islands, Czech Republic, Germany, Athens and Japan. Our team has also volunteered or worked on some of the UK's largest triathlons and are actively involved in the sports administration in the south east.

How is Safety Handled?

An integral part of our own company policy is that we always use a specialist independent safety company to carry out risk assessments and provide safety officer cover on race days. We have worked with Trafeco Signsafe since 2004 for this purpose.

What Medical Cover is Provided?

The minimum medical cover we provide is a private ambulance which is staffed and equipped to NHS qualified paramedic standards.

I Have a Medical Condition. What do I do?

Having a medical condition may not necessarily exclude you but in the first instance you should always consult your own doctor who will be able to guide you properly in respect of your own medical history. If you have a condition or are taking ANY medication you should complete the details on the reverse of your race numbers which would be important information for any medical staff at the race if required. Please read through the medical page on our website and consult your doctor.

What Facilities are Available at the College?

The college has toilets and showering facilities at the swimming pool. A free post race pasta meal provided by the excellent catering facilities at Ardingly College. This will only be available from 11am. A free massage service is also provided to help you recover from the aching muscles.

I Need More Information?

Information for potential athletes is available on the urbanrace website at www.urbanrace.co.uk. Further information and some training guidance can be found on the newcomers guide which is part of the British Triathlon website at <http://www.britishtriathlon.org/about/participation/> Alternatively you can email info@urbanrace.co.uk

See You There

The Urbanrace Team hopes to welcome you at the next Sussex Triathlon, See You There!!!