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## Athlete's Information

*Bienvenue/Welcome to the 26<sup>th</sup> CIBC Wood Gundy K-Town Tri. Read the following information carefully and consult the map in your race kit so that you are familiar with the route. Please note Bike Rule # 12 about the causeway bridge. Remember your safety is our primary concern. Follow the directions of our volunteers. Good Luck! Bonne Chance!*

**Race Directors: Joe Putos & Mike Broekhoven**

### ***It is the competitor's responsibility to read all of these rules.***

The Transition Area, located in Confederation Park just in front of Kingston's City Hall, opens at 6 a.m. on Sunday. This is where you leave your bike, clothes and shoes during the race. On Sunday as you enter the area your bicycle will undergo an inspection (repairs are not done for you) and volunteers will mark your race number on your arms and legs. K-Town Tri(Kingston) Inc. reserves the right to refuse participation if we deem the bike not roadworthy. Athletes bear sole and final responsibility for ensuring their bicycle is safe and roadworthy. You will then be directed to an area to obtain your computer chip, which is worn around your ankle for the entire race. The chip is used for timing your results. The bike racks are numbered according to bib numbers. Leave your bike at the number on the rack which corresponds to your bib number.

**Only athletes and race personnel are permitted in the transition area.**

The long course swim will start from the inner harbour. Announcements and instructions are made well ahead of the race start. **Please note the long course will involve two waves this year, men first, women and teams second, about 10 minutes apart.** Long course seeded athletes and strong swimmers will be asked to enter the water first. The first wave of the long course begins at 8:00 a.m. The Island Queen's horn will sound to start the race.

Short course athletes must be ready to enter the water by 8:30 am. Short course seeded athletes and strong swimmers will be asked to enter the water first. You will be asked to enter the water in two waves about 10 minutes apart. The first wave of the short course begins at 9:00 a.m.

The duathlon start is in front of City Hall at 8:45 a.m.

**A speed bump near the bike entrance/exit serves as the point at which you should mount/dismount your bike.**

The turnaround point for the bike portion of the short course tri and duathlon are the same. The second run of the duathlon is identical to the short course tri run.

Portable toilets are located in the transition area as well as the long course turnarounds.

Medical personnel are available in the transition and finish areas. Report any injuries to race personnel.

Copies of race results will be available on site following the race, and on the web at [www.ktowntri.com](http://www.ktowntri.com)

***the authority to disqualify competitors in accordance with the rules of the K-Town Tri.***

- Ontario Association of Triathletes (OAT) rules apply.
- Competitors are asked to show consideration to all members of the public.
- Competitors are expected to follow the instructions and directions of all K-Town Tri officials, volunteers and public authorities.
- K-Town personnel shall have the authority to remove a competitor from the race if, in their judgment, continuance in the race will endanger the safety of the competitor, other competitors or the public.
- Any competitor wishing to lodge a complaint concerning a decision by officials or the conduct of other competitors may do so in writing to the Head Referee..
- Unsportsmanlike conduct, fraud, verbal abuse of volunteers or officials shall constitute grounds for DISQUALIFICATION.
- Competitors shall not consume alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants, or other substances with the intention to improve performance, eliminate fatigue, or for any other purpose. Headphones, headsets, earpieces, walkmans, MP3, etc are not allowed at any time during the race.
- Any competitor who withdraws from the race must inform officials at the race desk at the finish line.

### **10. Only competitors and race personnel are permitted in the transition area.**

- All changes of clothing/equipment must occur within the transition area without any assistance.
- In case of inclement weather the race may be delayed up to one hour. In the event of adverse weather or water conditions, the swim course may be shortened. If, after one hour, the swim course cannot be started because of danger to competitors, race officials may change the event to a duathlon at their discretion.
- Race volunteers on bicycles will accompany the first male and female finishers on the run course in each of the long and short triathlons and the duathlon.
- The following penalties will be imposed for drafting.

**a) Yellow Penalty:** The competitor will have his/her number called and will be shown a yellow card/disk.

- Pull off the course immediately.***
- Stop, dismount and raise both wheels off the ground simultaneously.***
- Proceed when safe after the marshal says "go".***

**b) Red Penalty:** To be assessed by the referee after the race.

- Competitor is disqualified***

**c) Bicycle Draft Zone** ITU Rules (V.2.d I & II)  
 The draft zone is within 5 metres behind and within 2 metres to the side of another competitor. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone...  
***(V.2I) Once overtaken, a competitor must immediately move out of the draft Zone before attempting to overtake. You are considered passed, when another competitor's front wheel is ahead of yours.***

***The rule giving 15 seconds for Age Group and 15 seconds for Elite, to complete a pass are merely the maximum time allowable to comply with the above quoted rules. Now that we have a "seen to be progressing" rule a competitor may be penalized immediately a marshal sees him/her in a draft zone and he/she is not progressing***

***Note also the not-very-well-known rule, which says that if an athlete is overtaken he/she must immediately move out of the draft zone before attempting to***

## Schedule of Events

### Saturday Aug. 1, 2009

**2:00 PM to 6:00 PM.** Registration, pre-race bike check and race kit pick up at Gears and Grinds, 42 Queen Street, Kingston.

### Sunday Aug. 2, 2009

- 6:00 am** Race kit pickup near Transition. Transition area opens for bike checks, body marking and bike placement. Bib numbers correspond to bike rack numbers.
- 7:00 am** Race kit pickup/registration closes.
- 7:40 am** Swim briefing occurs for long course.
- 7:45 am** Long course swimmers may enter water.
- 7:58 am** 2 minute warning.
- 8:00 am** **Start of Long Course Tri 1<sup>st</sup> wave**  
 Women and relay swimmers can enter water.
- 8:10 am** **Start of Long Course Tri 2<sup>nd</sup> wave**
- 8:30 am** Short course swimmers start to proceed to wharf for short course start.
- 8:40 am** Swim briefing for short course athletes.
- 8:45 am** First call to start area for duathlon. Men may enter water for short course tri.
- 8:55 am** Second call to duathlon.
- 9:00 am** **Start of Short Course Tri (Men)**  
**Start of Duathlon (at finish line)**  
 Women may enter water for short course.
- 9:10 am** **Start of Short Course Tri (Women)**
- 9:45 am** Close of swim course.
- 11:00 am** Post-race meal opens in transition area.
- 12:30 pm** Close of bike course.  
**Short Course/Duathlon Awards Ceremony in Confederation Park.**
- 1:30 pm** Long Course Awards.
- 2:00 pm** Close of run course.

## K-Town Tri Rules

***The organizers of the K-Town Tri maintain that the triathlon/duathlon is a genuine individual endurance event with the emphasis on safety. It is for this reason and to ensure that no athlete secures an unfair advantage over another that the following set of rules are used and enforced. K-Town Tri officials shall have***

*overtake. OAT officials will impose a yellow penalty if not complied with immediately.*

*APPEALS A "Yellow" penalty from a marshal is final. There is no appeal procedure. A "Red" penalty is subject to the referee. The ITU rules do not allow an appeal of a "judgment" call i.e. a Yellow or Red Penalty.*

*Athletes should therefore accept the marshal's judgment in a spirit of good sportsmanship, but may convey any opinion to the Referee after the race.*

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## Swim Rules

1. The use of swim aids, floatation devices, snorkels or breathing assists by competitors shall result in DISQUALIFICATION.
2. Wet suits may be worn by competitors in accordance with the Ontario Association of Triathletes rules governing water temperature and course distances.
3. Only race personnel shall mark race numbers on the arms and legs of competitors.
4. Any competitor who receives assistance from race personnel during the swim will be DISQUALIFIED.
5. A competitor deemed unable to continue by a race marshal, or those competitors in the water when the swim course closes, shall be DISQUALIFIED.
6. In an emergency a competitor should raise an arm overhead and call for assistance or if you find yourself having trouble swimming, roll onto your back and wave your swim cap in the air.
7. Competitors may rest by holding on to a buoy or stationary boat.
8. Always stay to the left of the bright orange/yellow buoys, which are placed along the long course swim approximately every 125 metres.
9. Competitors must wear swim caps provided by race officials.
10. The swim course closes at 9:45 am (as per OAT rules)

## Bike Rules

1. Competitors must wear their race number so it is visible at all times. The folding, cutting or intentional alteration of the race number may affect the accurate recording of your results.
2. A number tag shall be placed on the bicycle stem. This matches the athlete to the bike when leaving the transition area after the race.
3. No tandems, fairings, recumbents or solid front disks shall be permitted.
4. Each competitor must wear a hard shell or approved CSA, Snell, ANSI or National Swedish Board of Consumer Policy cycling helmet during the entire bike phase of the race with the chinstrap securely done up. All competitors must have their helmet securely fastened from the time they remove their bicycle from the rack at the start of the cycle, until after they have placed their bicycle on the rack at the end of the cycle. Any competitor seen cycling without an approved helmet or with the chin strap unsecured shall be DISQUALIFIED.
5. Competitors must be self-reliant for the repair and maintenance of their bicycles. DISQUALIFICATION occurs if a third party performs repairs.
6. Teamwork among competitors, which furnishes an advantage over individual competition is prohibited. Failure to comply with this rule shall result in DISQUALIFICATION.
7. Competitors are responsible for adhering to traffic laws and the consequences of any infraction thereof. Should he/she break any of these laws, the competitor will be DISQUALIFIED.
8. The competitor must not cross the centre line of the road. Infraction will result in DISQUALIFICATION.

9. If mechanical malfunction or injury occurs, a competitor may "walk/run" the bike on the course. To remain in the race a competitor must progress on the bike course accompanied by his/her bicycle.

*The bike course is routed on city streets, which are NOT closed to vehicular traffic. You will be sharing the road with other vehicles. Ride to the right. Race personnel and police will assist with traffic flow patterns to ensure the safety of everyone sharing the road.*

At the point where the long course merges with the short course, **DO SO WITH EXTREME CAUTION.** Pay strict attention to race personnel. Carelessness or disregard for other competitors may result in penalty or disqualification.

**12. If the bridge at the causeway goes up, race to the point at which volunteers are recording race numbers. They will record the time at which you stop. Make sure the volunteer can see your race number. When the bridge goes back down, volunteers will record your start time. The race timing will be adjusted accordingly. Unfortunately we have no control over the lift bridge raising.**

**13. Do NOT ride in the transition area. Dismount completely. A speed bump near the bike entrance/exit area serves as the point at which you should mount or dismount the bicycle.**

14. There is a water stations at the long course turn around. **There is also a self-serve water station at the short course turn around. Athletes wishing to use this station may stop, move off the course, and help themselves to water.** We are piloting this to alleviate congestion in this area.

15. The bike course shall close at 12:30 PM. Competitors still on the course at this time will be DISQUALIFIED.

**16. The race does not offer a water bottle exchange and volunteers are not permitted to pass an athlete a bottle that has been previously left by the athlete**

17. Only one bike per competitor is allowed in transition. Athletes should bring a minimum amount of gear into transition.

## Run Rules

1. Competitors must wear the race bib on the front where it is visible as they cross the finish line.
2. No individual course support vehicles or non-competing escort runners shall be permitted to accompany competitors. Competitors must not accept food, drink or other items from non-race personnel.
3. Competitors are responsible for adhering to traffic laws and consequences of any infraction thereof and face DISQUALIFICATION.
4. Runners share the roadway with vehicular traffic. Part of the run route is marked with cones to separate vehicular traffic from athletes. Stay within the coned areas.
5. **There are 7 water stations on the run route.**
6. The run course shall be closed at 2:00 PM. Competitors still on the course at this time shall be DISQUALIFIED.

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## Team Rules

1. Teams get one timing ankle strap. The swimmer must start the race wearing the ankle strap for the swim portion. The teams must transfer this ankle strap between members in the transition area, and each member must wear it on the ankle for timing. The biker and runner are each supplied a race bib that they can wear through the event.

## 2009 Race Committee

Tricia Anderson	Swim Director
Mike Broekhoven	Race Director
Luigia Cimellaro	Food Director
Pat Coderre	Run Director
Don Cowin	Transition Director
Cindy Cowin	Transition Director
Frank Crossley	Bike Director
Ray Duggan	Race Consultant
Meg Einarson	Swim Director
Suzanne Gervais	Bike Director
Kurt Kampa	Run Director
Marc Leblanc	Finance Director
Bill McFadyen	Finish Line Director
Janis Michael	Race Consultant
Joe Putos	Race Director
Rob Renaud	Awards Director