

## **Lough Ree Monster Triathlon.**

### **Race briefing.**

First of all, a huge welcome to you all, and a big thank you for supporting our event in Coosan, Athlone on September 24<sup>th</sup>.

We have specifically created this event to cater for the beginners and novices in the sport of triathlon, where you can challenge yourself in a safe, welcoming and friendly environment – over a distance that is “doable” for anyone doing even a little bit of training.

#### **Timetable-**

Our volunteers will be on site from 7am to set up the race venue and equipment.

Athletes should start arriving at approx. 8am to allow time for registration and setting up your equipment in transition.

Parking is available in the council car park at Coosan point itself.

Public toilets (operated by waterways Ireland) will be open from 8am.

Registration open from 8 to 8-50am.

Transition open from 8am to 9-am.

Briefing at 9-10 am.

Sprint start at 9-30am.

Tri-a-tri start at 9-35am.

Postrace refreshments and prizegiving – approx. 12 to 12-30pm.

#### **Registration –**

Registration will take place up in the Lough Ree Inn. We will have a list of the entries, so will sign you off as you arrive.

**You must have your triathlon Ireland race licence or 1-day license with you which you must present at registration (and photo I.D. if your TI licence does not have a picture or if presenting a 1-day licence) – You will not be permitted to race without them so be warned.**

You will be given a race number which you must wear on the front for the run. You will also be given a race number sticker for your bike which you will need to collect your bike after finishing.

## Transition –

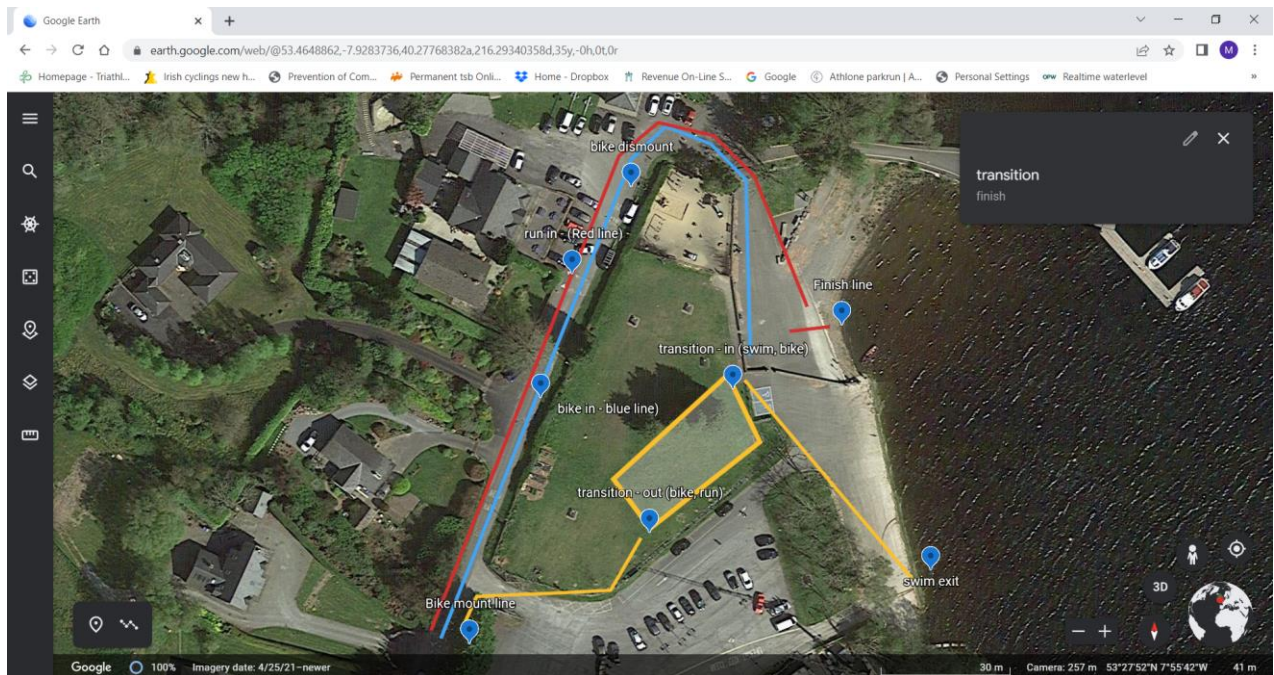
On entering transition after registering, you must have your helmet on and securely fastened, and you must demonstrate to the marshals that your bike is in proper working order and fit for purpose.

Spaces in transition are not allocated – you can rack your bike in any available space. Transition is equalised so there is no advantage in any particular place over any other place.

You may leave one bag or box in your space, provided it is tucked away and not interfering with any other competitor.

Have all the equipment you require for the cycle and run legs in your personal space.

You can remove your bike and equipment on finishing, but only after the last cyclist on the course has left to go out on their run. You must present your race number which matches your bike number to retrieve your bike.



On completing the swim, head from the swim exit towards the transition area (yellow rectangle), where you will enter at top corner (as you look at the sketch map) – “Transition in”.

On reaching your bike, you must put on your helmet before touching the bike, and when ready, exit transition at the bottom corner, “Transition out”.

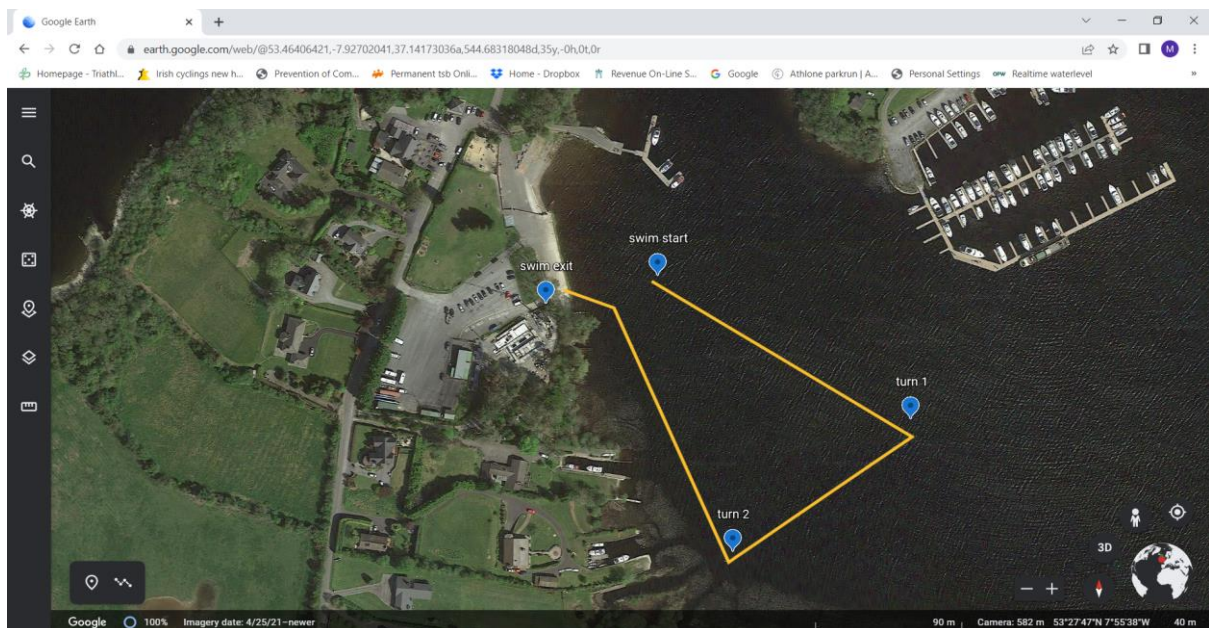
From there you head to the main entrance of the car park and turn left on to the road to the mount line where you will start the cycle leg. (so following the yellow line)

On return from the cycle, you will dismount at the dismount line which will be around 100 mtrs past the point where you mounted. You will then proceed around to your right (around

the playground at the top of the map) and enter transition again at the top corner as you did after the swim. (Follow the blue line). Having racked your bike, you will exit at the bottom corner again, out the carpark gate, and left on to the road in the same direction as you did on the bike.

Transition will have prominent signage, and we will have marshals present also to assist.

## SWIM –



The **Sprint swim** is a 750 mtr triangle in a clockwise direction as shown above. The start will be in the water parallel to a buoy approx. 20 mtrs from the shore. You will keep the swim buoys at turn 1 and 2 on your right, and approaching the end of the swim there will be a further buoy which you will keep on your left just before you turn in to the swim exit area.

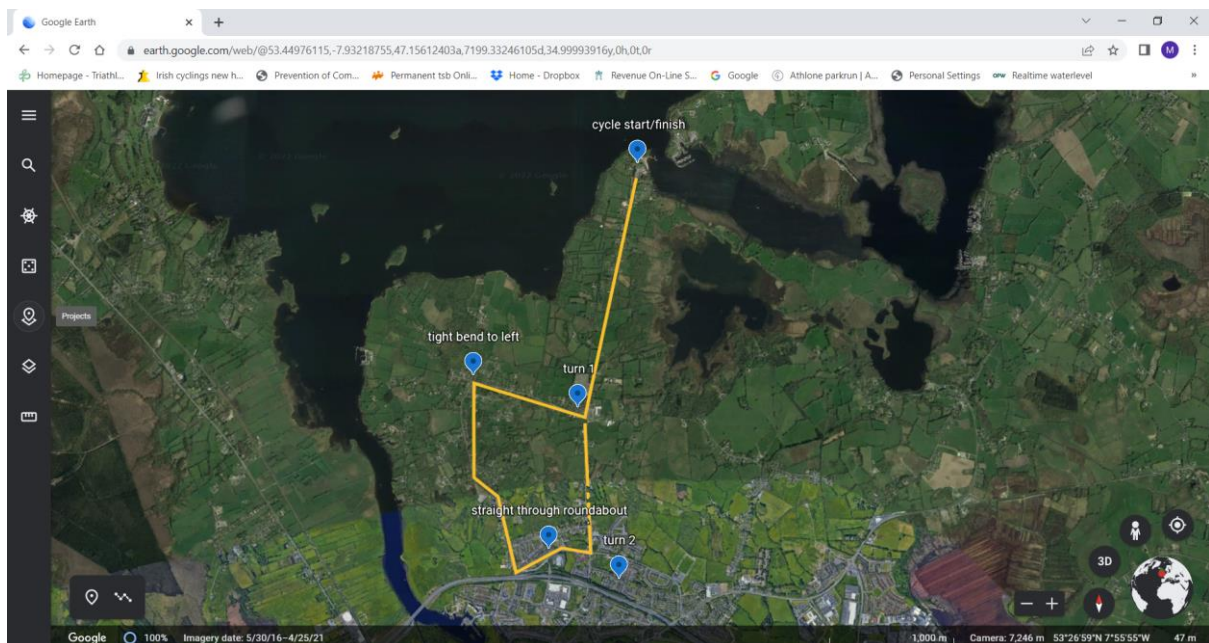
The **Try-a-tri swim** of approx. 250 mtrs will be marked out on the morning of the event, and will take place in the shallower waters in and around the swim start / exit area, and the little jetty just above the swim start pin as shown on the sketch. This will keep swimmers closer to the shore in calmer sheltered waters, so it's a little less intimidating for our beginners and novice athletes.

On completing the swim, you will turn right then head straight to transition (as above).

Bring your own swim hat – we will have some spares in case anyone needs one. Wetsuits are mandatory.

We will have several kayaks and a boat in the water for your safety, so if for whatever reason you need assistance, lie on your back or otherwise raise your arm in the air to attract their attention.

## CYCLE.



The cycle is approx. 14k on an out and back course with two loops, on undulating roads with good surfaces.

Having exited transition, out the carpark gate to the road and turning left, you will come to the mount line. You must cross the mount line before getting on to your bike.

The route takes you approx. 2.4km to the first main junction (turn 1) where you turn right just adjacent to Coosan school.

**Extreme caution must be exercised at this junction as you are turning right from a major road on to a minor road, and there may be oncoming traffic.**

**We will have this junction heavily marshalled to assist cyclists to navigate safely. You must slow down approaching this junction – and you will only cross when indicated that it is safe to do so by the marshals. Be prepared to stop and wait if there is oncoming traffic and/or directed to do so by the marshals. Oncoming traffic does have the right of way**

**here, and we cannot assume that it will stop even if being directed to do so by the marshals, so be alert and be safe.**

You are now on the anticlockwise approx. 5k loop (which you will do twice)

Approx 1k after turn 1, there is a sneaky tight bend to the left, which initially doesn't appear very challenging, but tightens up as you go around it and if you are going too fast here you could find yourself drifting out wide which could be potentially dangerous with traffic coming from the opposite direction. We will have a marshal here to warn cyclists to slow down.

The course continues on in a leftwards direction, and approx. 2 km after the bad bend, you come to a small roundabout where you will go straight through. This is a very open roundabout with good visibility and you won't have to veer off course to go straight through. Again, marshals will be here as traffic coming from the right have right of way, so be alert and obey the directions of the marshal.

Approx 200 mtrs past the roundabout (turn 2) you will take a left back on to coosan road. This is a sharp turn, so you need to slow down substantially. Again, marshals will be present.

After 1 loop, you will turn left again at turn 1, and complete a second loop. After the second loop you will proceed straight through turn 1 and back to transition to complete the cycle leg. Slow down when approaching the dismount line – it is slightly downhill here. You must dismount the bike before the line, then proceed on foot back into the transition area itself.

**NB - The cycle takes place on open public roads, with normal traffic expectations. Rules of the road fully apply. There will be marshals present at all the major junctions to assist you. You must obey the marshals' instructions at all times.**

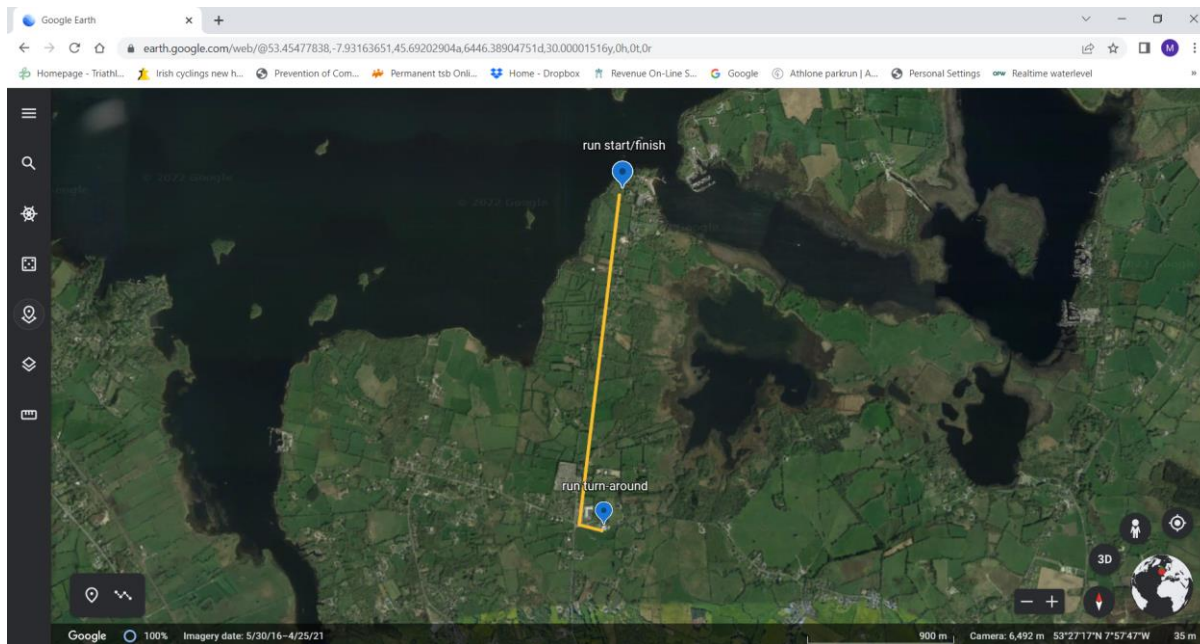
**You may be instructed to come to a stop and yield to other traffic, and if this is the case you must comply, as your safety and the safety of other road users is paramount.**

**Ultimately, it is up to each participant to be responsible for their own safety and to be sensible and alert.**

**This is a fun participation event, and no advantage will be gained by taking risks for the sake of a few seconds possibly saved, so be sensible and safe so we can all have an enjoyable day.**

In addition, this is an individual test, so no drafting (sitting directly behind and in the slipstream) off other competitors is allowed. You must keep a distance of 10 metres from the bike ahead of you. If overtaking another cyclist, do so with care, and make the pass without undue delay. If passed by another rider, you must drop back to the 10mtr distance also.

## RUN –



Exit transition as you did on the cycle, TURNING LEFT out on to coosan road. Proceed straight out to coosan school, this time turning left where you will come to the turnaround approx. 200 mtrs later.

As you approach the school, you will be directed on to the footpath inside the barrier. After the turnaround, you will return again on the footpath in the opposite direction.

Again, this is on an open road, with no footpaths until you come to the school. Visibility is limited in places with the bends and trees, and as it's an out and back run there will be lots of others using it, so be alert and careful to traffic, other pedestrians and runners.

### **Finish.**

As you cross the finish line, make sure your race number is visible on your front so it can be recorded with your time for results to be compiled.

There will be some light refreshments at the finish line, but the main refreshments will be available up in the loughree inn where the prize giving will be held also once everyone is finished and results are verified.

If anyone pulls out of the event at any stage having started, or has registered and decided to not start, please bring to the attention of the race director or one of the stewards on duty so you can be accounted for.

We hope everyone has a safe and enjoyable experience at the “Loughree Monster Triathlon”, and we look forward to seeing you all soon.

Till then – Michael (race director)