



MEGA MINI TRIATHLON RACE INFORMATION

Many thanks for your entry to the Mega Mini Triathlon.

This document will give you the required information so you know what to expect on the day.

Event information:

This event is designed as an easy introduction to triathlon. The event can be completed using any type of bicycle as long as it is working and roadworthy. Please, as a minimum, check that the tyres are properly inflated and that the brakes work.

We look forward to seeing you on race day!

MEGA MINI TRIATHLON - Race Timetable:

8:45 - 9:45	Event Registration – Bellahouston Leisure Centre Sports Hall
8:45 – 10:10:	Transition set up – Cycle Activity track within Bellahouston Park
9:45:	Event Race Briefing - Leisure Centre Sports Hall
10:15	Mega Mini Triathlon 1 st competitor starts
11:45	Mega Mini Triathlon finishes

The cycle section will take place on roads within Bellahouston Park grounds and they will be fully closed to vehicle traffic. The run section will also be conducted completely within the park.

Before you leave home:

Remember to bring with you: -

- Swimwear and goggles, You may wear a swim cap if you wish.
- Your bike and a helmet (NO helmet NO race)
- Running/Cycling kit and shoes,
- Safety pins to attach your race number to your top for the run and bike sections. NB. Your race number should be attached to the front of your racing top so that it can be clearly seen by marshals.
- Something warm to wear whilst waiting for the event to start
- Towel etc. for after the race.
- Please consider what kit to wear for different weather conditions. It may be advisable to pack a waterproof jacket in case of extreme wet weather. The current forecast is for sunshine and warm temperatures so suncream may be advisable.

08:45 - 10.10 am Registration and Transition set up:

Registration closes at 9:45

Registration for the event will take place in Bellahouston Leisure Centre's Sports Hall. Try to register on time and in particular please don't wait until the last minute to go to registration.

At registration you will be given a race pack containing:

Your race number- this should be firmly attached to the front of your cycling/running top so that it will be clearly visible to the race marshals and timers.

Timing chips- these are attached to your left ankle and will allow the organizers to time your event.

Details of race number and swim start times will be provided at registration

After you have registered you should proceed to the race transition area to set up your bike and other kit. This will be situated on the cycle activity track behind the leisure centre. All athletes will have a numbered space on a transition rack. You should rack your bike in the allocated space either by carefully inserting the bikes back wheel into the stand that holds the wheel. Lay out your running and cycle kit beside your bike taking care not to take up too much space. Practice walking into the transition area and over to your bike so that you will remember where to go to find your kit when the race starts. Also, try to memorise your race number. You might be asked to shout this out at various times during the race.

Please note that during the race supporters are not allowed to enter the transition area or provide assistance. Transition marshalls will be available to provide assistance if required.

9:50am Race Briefing:

This will take place back in the Sports Hall. Please make a point to attend. You will be reminded of the rules to be observed during the event and advised of any last minute changes. The cycle and run routes will be pointed out to you and you can ask any questions.

You should also try to have a short warm up before the event starts. A good place to do this will be within the park. Some gentle jogging and then some stretches will help to loosen up your muscles for the event.

10:15am Race Start:

The first swimmer starts at 10:15am and every athlete has their own start time. You will need to be on poolside AT LEAST 10 MINUTES before this start time. Poolside marshalls will instruct you on where to go to wait as you will need to queue to start in the correct order and time. A pool marshal will signal each swimmer to the start allowing you time to get in the water and will then give you a countdown to starting. You have 6 lengths to swim in total – 1 in each lane of the pool. Start by swimming down the first length in lane 1, at the far end of the length duck under the lane rope into lane 2 and swim back the length, repeat till you reach the far side of the pool (6 lengths), where you climb out of the pool and head straight out of the fire exit door.

It is the competitor's responsibility to be at the pool in time for his/her heat so listen out for any announcements and aim to be at the poolside a minimum of 10 minutes before your start time.

Transition 1 (Swim to Bike):

At the end of the swim climb out of the pool at the end of your lane, exit the poolside by the door at the left hand side of the pool. The floor and your feet will be wet so take care not to fall over as you go. Follow the grass marked path away from the pool towards the cycle track. Turn left into the transition area before the cycle track. Keep your eyes open for other competitors. Pay attention to the marshal's instructions. They are there to help you and to help keep you safe.

Once in transition run or walk to where your bike is racked. A towel on the ground at transition gives you a chance to wipe your wet feet before putting shoes on. Women are allowed to wear just a swimsuit for the entire event, but most may prefer to put a t-shirt/cycle jersey/running top over their swimsuit and a pair of shorts. Men cannot just wear trunks throughout; a t-shirt/cycle jersey/running top must be worn unless a Trisuit is being used. You must put on your helmet, before you touch your bike. With your shoes on, push your bike through the transition area..

Bike:

Do not mount your bike until you exit the transition area and cross the mount line on the cycle path. The bike section consists of 3 laps of a circuit marked out on fully closed roads within Bellahouston Park. Please keep to the left hand side of the paths and overtake on the right. Marshals and signage will keep you on the right path. Please be aware of pedestrians throughout the park, although the safety marshals will try to keep the course clear, you must also be vigilant too. It is your responsibility to count your laps.

Transition 2 (Bike to Run):

At the end of your bike laps return to the transition area at the end of the lap round the cycle track. Dismount your bike before the dismount line on the track. Return your bike to your numbered space and place your bike back on the rack. Only once the bike is safely stored, should your helmet come off. At this stage, if you require to change shoes, then do so, otherwise make your way to the exit again to begin your run.

Run:

The run course consists of 2 laps around a course within the park and signage / marshals will direct you in the right direction. Half the course is on grass and half on tarmac.

Finish:

The finish will be funneled so that the timing system can record your results. The finish line will be underneath the large inflated "fusion" arch. You will need to have your timing chip removed from your ankle before leaving the finish area. Don't forget to smile at the finish!!!

RACE RESULTS:

These will be available on the day at the venue around 1 hour after the last competitor finishes and will be posted on the club website www.fusiontriathlonclub.co.uk

COURSE MAPS:

