

Race Information

Pink Womens Triathlon

Sunday 3rd July 2011
BOUNDARY WATER PARK
HOLMES CHAPEL,
CHESHIRE
CW4 8HT

This pack contains important race information including course maps



www.uberfitevents.com

Welcome on board

It's a great pleasure to welcome you as a competitor in the 2011 Pink Women's Triathlon. You are participating in one of the UK's fastest growing and most exciting sports.

Great care has been paid to selection of the swim, cycle and run courses, all located in or close to the Water Park, and it is hoped that you enjoy being the most important part of the event!

Sprint Distances

Swim (open water) - 800m

Bike – 20km (2 laps)

Run - 5km (2 laps)

SuperSprint Distances






Swim - 400m (open water)

Bike – 10km (1 lap)

Run – 2.5km (1 lap)

The Pink Women's Triathlon is based at Boundary Water Park.

Thanks **to our** big, happy family who include...

-  **TriGirl** for providing winners and runners up vouchers
-  **Uswim Openwater** for providing free entry vouchers to their open water swim venue
-  **Priestly College, Lymm & Bridgewater High schools** for providing brilliant marshals
-  **Balance** providing post event massages
-  **Genesis** for supporting all our pink women on the day

Pink
WOMENS
Triathlon

Make 1 in 10 none in 10



The Pink Women's Triathlon is proud to work in association with **Genesis UK**, leading the way for the prevention of Breast Cancer.

By taking part in Pink Women's you are making a huge difference to many women's lives. **Uberfit Events are donating £2 from each entry** fee to support the research projects aiming to prevent breast cancer and its recurrence carried out by Dr Michelle Harvie and her team.

One in 10 women will develop breast cancer in their lives and the sad fact is a third of these will never be cured. Only 2% of cancer research funding is actually spent on prevention. **Genesis UK** works differently – We believe Prevention is better than cure. Other research **Genesis UK** promotes includes ways to improve breast screening and early diagnosis, and new treatments to stop breast cancer in its early stages.

Exercise is a vital part of prevention

Dr Harvie and her team have been researching the connection between diet and exercise and reducing the chance of developing breast cancer at the Genesis Prevention Centre. We've found out that women who are a healthy weight and who exercise regularly are 30-40% less likely to develop breast cancer. Likewise exercise and healthy diet can help women who have been diagnosed with breast cancer and reduce the chance of it coming back by 30-40%.

You can race for Genesis and help raise awareness on the day – please contact Judi Hibbert on judi.hibbert@genesisk.org or call 0161 291 4400.

Women's
Triathlon

A message from our sponsors



Trigirl is the only triathlon brand in the UK specifically for women. Our sublime collection combines a fresh contemporary design with high tech fabrics, to bring you the hottest range of triathlon and running kit on the market.

(www.trigirl.co.uk)



Balance is a company which provides a variety of holistic therapies from Sports Massage, Pregnancy Massage, Swedish Massage, Reflexology, Hopi Ear Candle and Tibetan Acupressure Head Massage, at different places from our therapy room at Lymm Leisure Centre to the sports field and even at your place of work.

(www.revitaliseatbalance.com)



Total Fitness health clubs offer an excellent range of leisure facilities including fully-equipped gyms, a range of swimming pools and saunas. As an Uberfit customer you are entitled to a range of special offers and discounts, just ask a member of our team for more details. (www.totalfitness.co.uk)



Keeping your energy levels high is paramount in our sport. **Shotz** are leaders in the field of sports nutrition, providing high performance solutions to athletes' hydration and refuelling needs that truly deliver. You'll each receive special Shotz in your race goody bags. (www.shotz1.com)



Anatomy is a specialist sports injury rehabilitation clinic. They provide healthcare throughout the journey of your recovery, starting the moment an injury occurs through to the development of a fitness programme designed to enable you to return to sport or to simply carry out your daily activities pain free. (www.anatomymanchester.co.uk)



Civilian Military Fitness offer the very best in outdoor fitness delivering unbeatable circuit training, cross training & total conditioning workouts. We cover every aspect of fitness, and can deliver in-depth advice in sports and exercise nutrition. (www.civilianmilitaryfitness.co.uk)



Uswim run weekly managed open water swim sessions at two locations at Dock9, Salford Quays, next to the new Media City development and at Boundary Water Park, near Knutsford, Cheshire. As an Uberfit customer you all receive FREE tickets to your first open water session. Visit www.uswimopenwater.com for session details

Race Agenda

8.00am	Registration opens
10.00	SPRINT RACE STARTS
10.30	SUPERSPRINT WAVE STARTS
1.00pm	Last competitors complete the whole course
1.00	Presentation of prizes and trophies

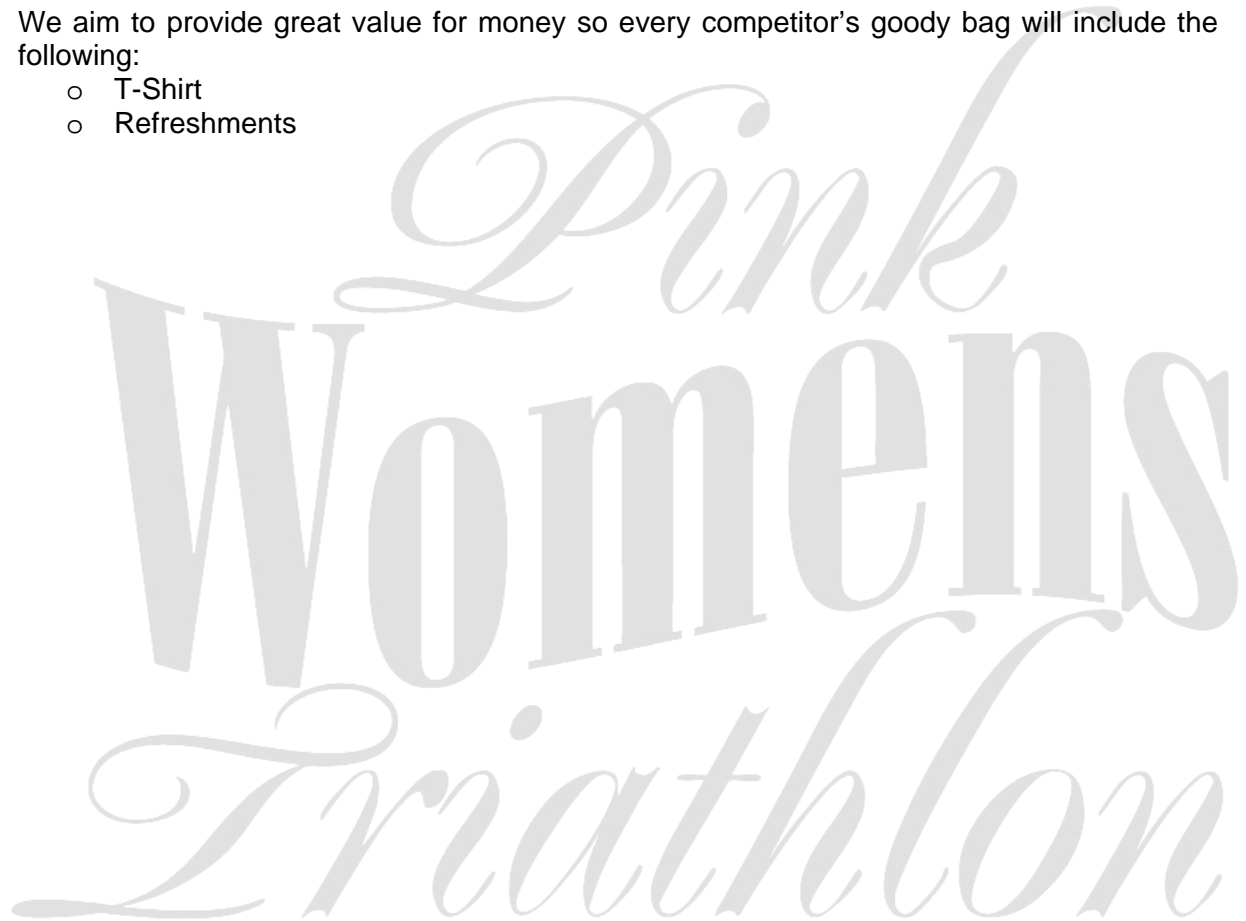
Prizes

1 st 2 nd 3 rd Overall Females In Sprint and Supersprint Races	Gold, Silver, Bronze medals TriGirl Vouchers USwim Open Water Vouchers
1 st Relay Team	Three Gold Medals TriGirl Vouchers USwim Open Water Vouchers

Goody Bags

We aim to provide great value for money so every competitor's goody bag will include the following:

- T-Shirt
- Refreshments



PINK WOMENS TRIATHLON

Sunday 3rd July 2011

BOUNDARY WATER PARK

HOLMES CHAPEL,

CHESHIRE

CW4 8HT

VENUE DIRECTIONS

The easiest route is as follows:

From the M6 (North or South) take junction 18 and take the A54 for 1 mile to Holmes Chapel. At the roundabout in Holmes Chapel take the A50 signposted for Knutsford.

After driving 2 miles from the roundabout you will be at the Boundary Water Park.

PARKING (see maps)

For competitors and event staff car parking is WITHIN the Water Park.

Please don't park on the road outside the Water Park as this is part of the bike and run course.

COURSE MAPS

The maps below show the courses for all three disciplines in the Triathlon

Toilets and changing are located at the Water Park

REGISTRATION

All competitors must register at the Water Park. **Registration will be open from 8:00-9:45am. You must have your bike racked by 9.45am at the very latest.**

At registration you will be issued with your race number, body marking, a swim cap, bike and helmet numbers.

RACE BRIEFING

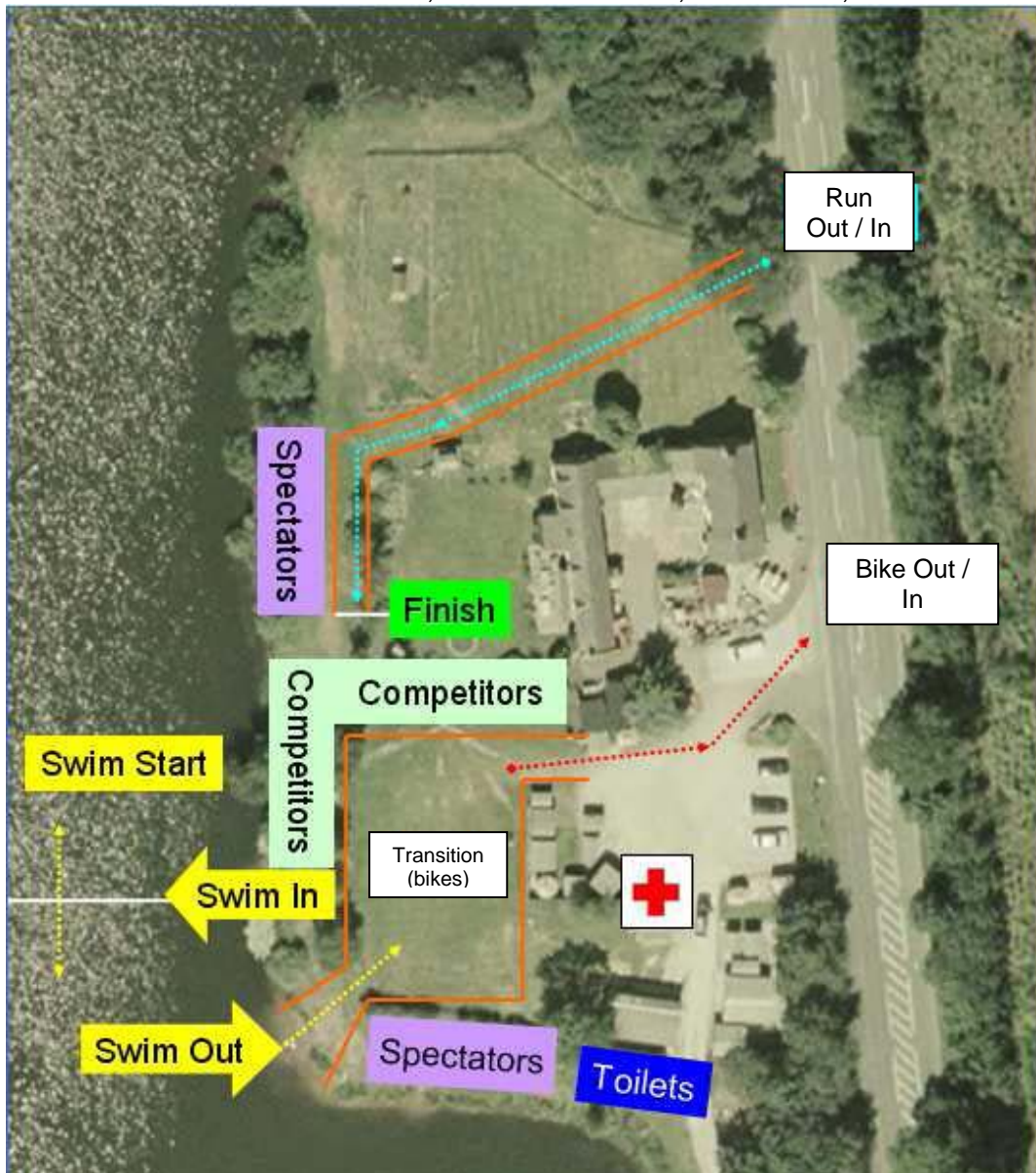
All competitors must attend the pre-race safety briefing that will take place next to Lake at 9.45am

MAPS
Car Parking



Venue Layout

BOUNDARY WATER PARK, HOLMES CHAPEL, CHESHIRE, CW4 8HT



TRIATHLON TRANSITION

The place where you 'rack' your bike (the transition) will be located at the lake.

The entrances (from the swim and from the bike) and exits (to bike and to run) will be clearly marked. Please make sure you know where your space is in transition and which way you will be going through transition. You must re-rack your bike in its allotted place before starting the run. Security staff will restrict access to competitors with race numbers and to bikes with the race number on. You will not be allowed to take your bike out of transition unless you show your race number, matching with the bike number.

You must have racked your bike and vacated the transition area by 9.45am

THE SWIM – WETSUIT OPTIONAL

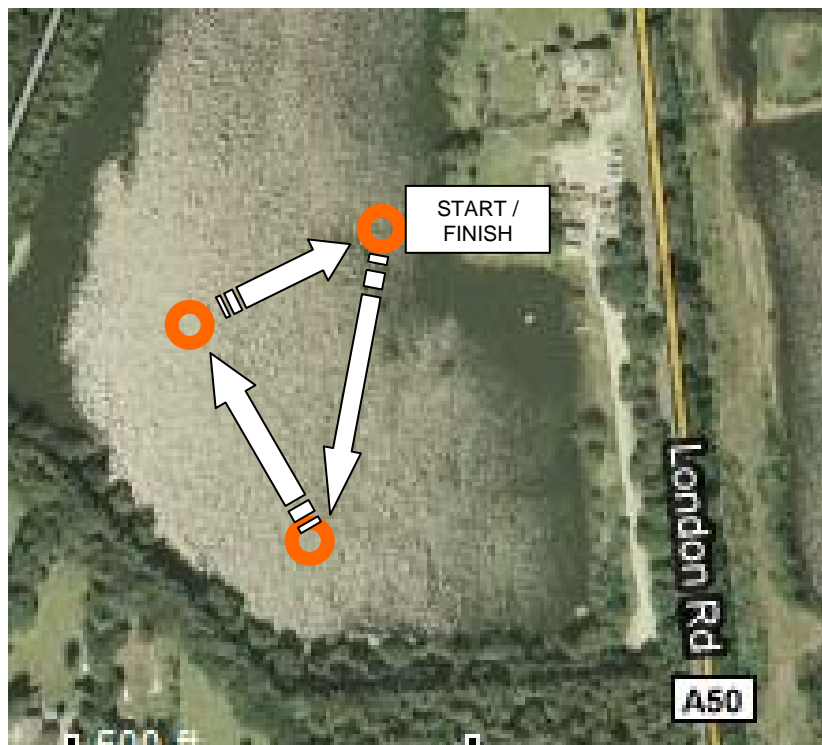
Competitors will start the race in one 'wave'

- 10.00am – Sprint Swim starts
- 10.30am - Supersprint Swim starts

The swim course takes you in a clockwise direction and all turns are marked by buoys. Safety cover will be provided by a rescue boat and canoeists. **If you are in difficulty raise a hand to attract the attention of nearest boat.**

The water temperature is currently a warm 20degreesC. Although the swim is WETSUIT OPTIONAL with wetsuits available for hire if required on the day.

THE SWIM (Sprint – 2 laps / Supersprint – 1 lap)



THE BIKE <http://www.gmap-pedometer.com/?r=4591069>

The sprint bike course comprises of two anticlockwise laps of a 10km course and the supersprint course is one lap of the same course. Although signed and marshalled on the day of the event please study the map carefully.



You **must** wear a cycling helmet approved by BSI, ANSI, Snell or an equivalent. Your helmet **must** be fastened before you take your bike from the rack and **must** remain fastened until you have re-racked your bike. You **must not** cycle in the transition areas (there will be clearly marked "mount/dismount" lines where you start and stop cycling). During the cycle section you **must not** take shelter behind another rider (drafting). This means that you must not remain alongside or within 7 metres behind another rider for more that 15 seconds.

Particular care **MUST** be taken when turning left out of Townfield Lane onto London Road A50; you **DO NOT** have right-of-way and **MUST** give way to oncoming traffic.

When you return to transition you must keep left and dismount at the indicated dismount line.

THE RUN

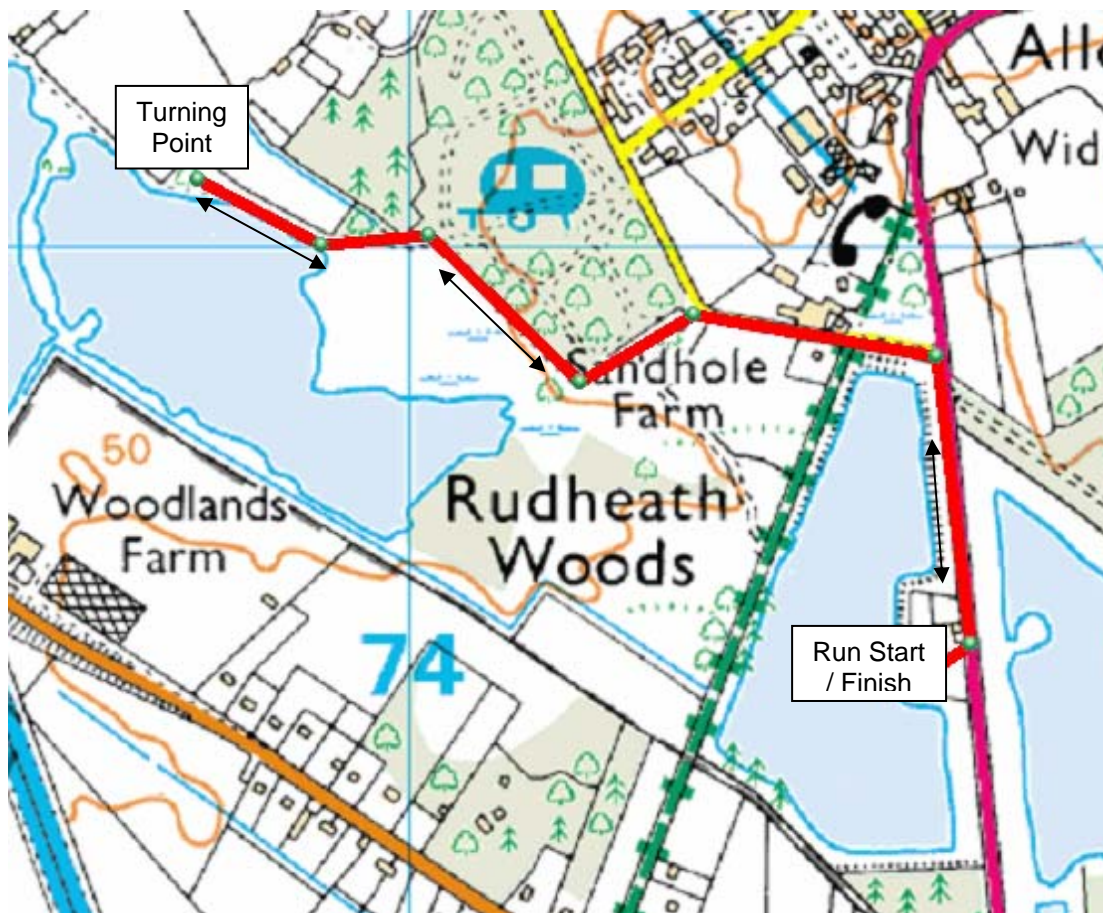
The SPRINT course is TWO LAPS (5km) of an 'out-and-back' route.

The SUPERSPRINT is ONE LAP (2.5km) of the same course

As you exit the Water Park please keep on the pavement. When you turn left into Wash Lane please keep to the left as there is no pavement. The run consists of an out and back course indicated by signs supported by marshals.

There will be a drink station on the turning point and at the finish.

After completing the correct number of laps, the run takes you back to the lake and the finish. Please keep to the left or pavement at all times or during the run and make sure your race number is clearly visible from the front during the run, and particularly as you finish.



FREE POST RACE MESSAGES

We are delighted to offer free of charge post race massages at the venue. 10 minute massages will be available to competitors after the race.

PRIZE GIVING & PRESENTATIONS

The prize presentation will take place at the Lake as soon as possible after the finish. We will aim to be able to start the presentation at 1.00pm, but please bear with us if there are delays and listen for announcements over the PA.

TRIATHLON RACE PRIZES

- First three women overall (Sprint and Supersprint races).
- Relay Team

TRIATHLON Frequently Asked Questions

What bike can I use?

Any road bike, mountain bike / cyclo-cross or hybrid is acceptable.

I want to take part but have no experience of swimming outdoors

It may be beneficial to attend the supervised open water training sessions run by USWIMOPENWATER.COM that provides swimmers with the skills, technique and confidence. These are held Boundary Water Park, South Manchester (CW4 8HT) on Thursdays, 6-8.30pm. Come on down!

Can I hire a wetsuit?

If you don't have already have one, top quality wetsuits in a variety of sizes can be hired for the event from USWIMOPENWATER.COM who are in attendance at the event on the day

Can I swim the race breaststroke instead of front-crawl?

No problems at all although in most cases the swim will take longer. It is highly recommended that you experience open water swimming in the sessions above if possible

How can I check race results?

We aim to publish race results within 24 hours of the end of the race on our website. On the day results will be printed off and displayed for competitors to read.

What training do I need to do prior to the event?

Although our events are suitable from novice level, it should be remembered that multi-sport events can be strenuous events, and you will need to prepare your body (and mind) for this. For more advice and guidance you might try joining a local triathlon club, working with a coach, and/or books and internet resources on the topic. A good place to start is British Triathlon: www.britishtriathlon.org

How do I attach my race numbers?

Your race number must be clearly visible on your back during the cycle, and on your front during the run stage. If you are wearing the same top for both, and you will not be swimming in this top, then you can pin your race numbers onto both the front and back of this prior to your event starting; and leave it ready in transition. Another alternative is to use a race belt – an elasticated belt worn around your torso. If you are using one of these, you must remember to twist it around after the cycle stage, so that your number is showing on your back during the cycle stage, and on your front during the run stage.

Are entries transferable?

No, sorry – it is not possible for you to transfer your entry to someone else, as it causes us great difficulties with administration of e.g. insurance, medical information, race results, etc.

Can anyone else accompany me into transition?

No, sorry – for security reasons only competitors showing their race numbers are allowed into transition - no friends, family, colleagues or spectators. This ruling and security measure helps to keep your equipment safe and secure in the transition area.

OTHER USEFUL INFORMATION

Race Day Check List

Use this list as a guide for the things you need to bring with you to a race. By planning in advance, you can make race day less stressful and more enjoyable.

Essential

- Road / Mountain bike, serviced and working
- Helmet (no helmet, no race!)
- Cycling and / or running shoes
- Wetsuit (optional as current water temperature over 20degrees Centigrade)
- Suitable race clothing for all weather conditions
- Towel to change on in transition
- Race number(s) attached to clothing (provided)
- Swim Cap (provided) /
- Goggles

Recommended

- Plastic box with lid to keep your gear dry in transition
- Warm pre / post race clothing
- Socks if preferred
- Glasses if required on bike
- Race belt to attach number
- Spare inner tube, pump and tyre levers

Common Race Day Mistakes

Triathlon can appear a logistically daunting sport to many people, but with the right preparation, race day should go smoothly. This is a list of mistakes most people will make at least once, but can easily be avoided.

Gears not changing properly and/or tyres deflated; Always ensure the bike is maintained and tyres are inflated to correct pressure.

Not researching the race course and transition layout; Know the route, how to find your bike after the swim, the way in and out of transition, and where the mount/dismount lines are.

Choosing the wrong gear; If you mount your bike in top gear, you will go nowhere and fall off!

Choosing the wrong clothing; Cycling in the wind and rain wearing only a tri suit is something you will only do once.

Inadequate hydration; Becoming slightly dehydrated leads to a significant drop in performance. Use an isotonic drink throughout the race.

Setting off too fast; You will have your best races when you set off conservatively and maintain a consistent pace to the finish. Don't get carried away at the start.