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Newbie information and important notes

**NO IPODS**

***Transition -***

You must keep race bib with you as this allow you entrance to transition. Bathrooms are not open for transition changes. Basic rules: All participants must wear shirts or singlet during the bike and run. Helmets are mandatory and must be done up before taking bike off the rack. Helmets must be kept done up until bike is back in rack. Wait until you cross the MOUNT LINE before getting on your bike and get off before the DISMOUNT LINE

***Swim -***

Your heat time is posted on the wall outside of the pool close to transition. The heat time is also posted on a wall on the pool deck. You will need to be on the pool deck 10 minutes prior to your heat time. If you are late, we will

do our best to accommodate you, but will not make any guarantees. There is limited seating available on the pool deck, so please make sure your spectators know your swim heat time.

***Bike – Keep right except to pass.***

All bike routes are an out and back course on Westsyde Road. When leaving Bebek and exiting onto Westsyde road, there will be traffic control but still watch for any traffic when turning left across lanes. When approaching your designated turnaround point, use extreme caution when making your turn to be aware of any possible traffic coming up from behind any oncoming from in front of you.

**DO NOT** cross the centre line at any time. **DO NOT** cut corners **AT ANY TIME**.  The route is open to traffic.

Safety 1st AND Auxiliary police will be on hand for traffic control BUT the route is **OPEN TO TRAFFIC.  USE CAUTION AT ALL TIMES**

Do not cross centre line on corners, hazards (i.e. bumps, crossings). Drafting on the bike is not permitted. There will be aid stations on the bike course.

***Run* –**Exit run in the same direction as bike but on pathway. Stay on sidewalk.  Aid station is just outside of transition.  Porta potties are just outside of transition.  1 loops is equal to 2.5km. You will need to know how many laps you need to do for the run leg of the race depending on the distance of your event. There will be signage in Westsyde Field to direct racers to additional laps, into transition and to the finish.

THANK ALL THE VOLUNTEERS AS YOU GO BY. YOU COULDN’T BE DOING THIS WITHOUT THEM.