



Kamloops Indoor Triathlon

KEY EVENT INFORMATION

Tournament Capital Centre (TCC)
910 McGill Road, Kamloops, BC

Schedule of Events

Wednesday, January 8, 2025

6:00 pm – 7:00 pm **Pre-Race Brief**

Location: Tournament Capital Centre (TCC) Fieldhouse – Upstairs, rooms C and D

Parking: Located at the main TCC parking lot off from McGill Road

**No requirement to register your vehicle after 5 pm

Topics Covered:

- General plans for race day
- Review of:
 - Swim
 - Open water concept in a pool
 - Bike
 - Bike/Trainer Zones
 - Use of the Suito Elite bike trainers and connecting of software
 - Run

** Bring your questions! 😊

Saturday, January 11

4:00 pm – 7:00 pm **Bike Drop Off**

Location: TCC Fieldhouse – *Northeast corner* (near the back door)

Parking: Parking can be found in the main TCC parking lot off of McGill Road

OR in the 2 lots of Thompson Rivers University (TRU) at 1055 Campus Drive (no cost or requirement to register your vehicle on weekends)



Parking available in yellow shaded areas. Bike drop off location at red star.

Is there anything I need to know about dropping off my bike?

- Yes. Ensure your bike is clean and in working order. (*Cycle Logic* will be available for bike support, for a minimal fee)
- You'll be given your race number/letter to stick on your bike's cross bar or stem prior to placing it in the assigned area of the Bike Zone (Transition). Note: We recognize some of you may be from out of town. Reach out to us for alternate plans if needed.
- Ensure *labeling is clear and legible*.
- You'll be given time to set up your bike on the trainer Sunday morning, prior to your race.
- Only athletes are allowed in the transition area. You'll need to show your number/letter.
- **UPDATE:** For ease of transport and derailleur adjustment, bring your bike into the TCC fieldhouse with both wheels on. Adjust the gears so that the chain is in the smallest cog at the back and the smallest chainring on the front. Remove your rear wheel once in the transition area; then take it home with you.
- For those who have *disc brakes* on their bike, bring your disc brake spacer along with you. Don't worry if you do not have one.

Sunday, January 12 Race Day

07:00 AM TCC opens for Athletes and Spectators
Athlete Check-In opens on pool deck in Hospitality Room

07:35 AM **Volunteer Briefing** Location: Pool Deck

07:45 AM **Athlete Briefing** Location: Pool Deck
*** Athlete briefing will be repeated 15 minutes prior to each heat*

Parking: You can park anywhere at TCC on race day. You don't need to worry about registering your vehicle or about a 2 hour parking limit.

Awards/Prizes

Athletes Awards will be posted on the [Kamloops Triathlon Club website/Kamloops Indoor Triathlon](#) (rather than at the end of the day).

In the morning, the names of every registered athlete will be placed into a prize draw and winners selected. Be sure to check the prize table before you leave the race that day!

Volunteers

Make sure you're registered with [Sign Up Genius for Volunteers](#). Names will also be entered for prize draws! Be sure to check the prize table in the field house before you leave the facility!

Photos

Race day photos will be posted on the website. More information to come!

Refreshments

Refreshments will be waiting for you at the finish, courtesy of *Save On Foods* and *Blackwell Dairy!*

TRIATHLON INDIVIDUAL/TEAM EVENTS					
HEAT NUMBER	TRANSITION OPENS	RACE TIME	HEAT NUMBER	TRANSITION OPENS	RACE TIME
#1	07:00 AM	08:00 AM	#5	11:30 AM	12:00 AM
#2	08:30 AM	09:00 AM	#6	12:30 AM	1:00 PM
#3	09:30 AM	10:00 AM	#7	1:30 PM	2:00 pm
#4	10:30 AM	11:00 AM	#8	2:30 PM	3:00 PM

RACE TIME	AQUATHON (SWIM/RUN) EVENT
Mid day	*Race time will be confirmed on Thursday, January 9 **Prepare to be on the pool deck a minimum of 15 minutes before the race

Sunday, January 12 2025

SWIM -

You'll receive your heat number and time at Athlete Check-In, which will be posted on the pool deck by the Hospitality Room. Plan to be on the pool deck 15 minutes prior to your heat start time. If you are late, we will do our best to accommodate, but will not make any guarantees.

Additional Information:

- It'll be a mass swim start, around the buoys, in a clockwise direction;
- Anticipate between 15 - 30 people per heat;
- You can choose to start your swim from either in the water or on the bulkhead;
- No headphones, pull buoys, paddles or fins allowed;
- Stairs are available at the exit from the water if needed;
- Swim caps are optional.

Let your friends and family know what time your heat begins. They can cheer you on from the bleachers!

BIKE Zone (Transition) -

You must be able to provide your race number & letter to enter the Bike Zone (transition). The letter identifies which trainer you'll be using. You'll have sufficient room to leave one bag.

Bathrooms are not open for transition changes; but are available pre/post-race to use.

Basic rules: All participants must wear shirts or singlet during the bike and run.

TRAINER Zone -

The trainer or "smart bike" will be provided and assigned to you. Based on the letter you've been given at Check In, you'll select the corresponding trainer to ride. We'll provide one stand for each bike, where you can place your electronics. Our awesome volunteers will remove your bike/electronics/gear and return it to your bike station. *So . . . it's very important that your items are labeled legibly.*

Additional Information:

- We are using Suitto Elite trainers (direct drive) and Fulgaz software;
- You are responsible to mount your bike on the trainer prior to your race; as well as labeling and setting up your gear on the bike and/or stand (provided).

RUN -

You'll run 2 km counterclockwise on the indoor track (10 laps). You're responsible to keep track of the number of laps you've completed. We'll provide a board to help count the laps, which can be used if you like. It can be dry in the field house, so a table will be available where your water bottle can be placed while you run. Just make sure to *label your items*.

TEAMS -

Team members must tag the next member in the "Exchange Zone", without blocking or interfering with other racers. There will be an exchange of the timing chip in the "Exchange Zone", which will be marked on the ground with tape.

AQUATHON (35 m Swim/300 m Run) -

The Transition Zone for the Aquathon will be located in the NW pool area, between the slides & door; where your transition gear (shoes/shirt/water bottle) will be waiting.

You'll start with a 35 m swim across the pool; head to the Transition Zone to grab your gear, then run towards the fieldhouse. You'll head out on the track counterclockwise to run a total of 300 meters towards the Finish Line!

FAQ

General

1. Where can I enter TCC if we're in the first heat?

The front main doors of TCC will be open.

2. When do I need to be there if I'm in a later heat?

Give yourself plenty of time to prepare and find your teammates, if applicable. The Bike Zone (Transition) will open for each heat approximately 30 minutes before your race. This should give you sufficient time to take your bike from transition and set everything up on the trainer.

3. Do I really need to be on time; races always start late?

There are 8 heats racing today who will need to be checked in prior to their race. We will be starting ON TIME. Please allow time for parking.

4. Are there changing rooms?

Yes. Facility washrooms can be used before and after the race but it is not for transition use to change.

5. What do I do with my bib number?

There is no bib number to worry about.

Teams

6. I'm on a team. Where do we exchange timing chips?

There are 2 "Exchange Zones"; one just before entering the Trainer Zone and the second one is just after exiting the area. The "Exchange Zones" will be marked.

7. What happens if I miss the "Exchange Zone" or block other athletes?

When the change from one team member to another occurs outside of the "Exchange Zone" or if another competitor is blocked, a penalty will result.

Swim

- 8. Can I change my estimated swim time?**
Estimated swim time can be changed up to *Wednesday, January 8 at 11:59 pm*. Registration will also close at the same time.
- 9. Can I do the swim portion for a relay team; as well as compete as an individual?**
No. We will look at this for the coming years; but for this year, we are keeping the timing as simple as possible.
- 10. How will I know where to stand; in order that I enter the correct swim heat?**
A volunteer will arrange everyone on the pool deck; prior to your swim heat.
- 11. Can I wear a wetsuit?**
Yup . . . wetsuits, swim skins are allowed ☺.
- 12. Am I able to dive from the bulkhead at the swim start?**
Yes. You're able to safely dive from the bulkhead.

Bike

- 13. Is there any way I can learn more about putting my bike on a trainer?**
We'll be reviewing how to take a bike on and off of the Suitto direct drive bike trainer, along with the software (Fulgaz) we'll be using at the Pre-Race Briefing;
Here is a link to a demonstration on [how to take your bike on/off a trainer](#).
- 14. Can I use my mountain bike?**
Yes.
- 15. How will the race be fair?**
E-racing on bikes & indoor trainers has grown in popularity significantly since 2019. Athletes weights will be (confidentially) recorded at time of bike drop off on Saturday.
This weight must be used as their racing weight on race day.
- 16. Will there be bike support on race day?**
Cycle Logic will be available race day for a minimal fee to troubleshoot any bike issues. However, this support is not available during the race.

You are responsible to attach your bike to the trainer and set up your electronics. Cycle Logic will be available for bike support, for a minimal fee*. Volunteers will remove your bike from the trainer and return it to the Bike Zone, along with your gear. *Please ensure all your electronics are well marked and legible.*

One of the skills crucial for success in triathlon is to know your course profile. Unlike an outdoor event, the terrain and wayfinding is not an issue; however, understanding how to set up your bike, use the app and sync your device is key.

During your race, you are solely responsible for your bike. Outside support will not be available during the race. You must be able to turn on the app, log in, sync your device with the trainer & start your race.

Run

17. *Is there an aid station on the run?*

A table will be set up in the field house where you can place your water bottle. There are water stations in the fieldhouse where you can refill your bottle.

Any other questions which need to be addressed? Please forward them to kamloopstriathlonclub@gmail.com.

THANK ALL THE VOLUNTEERS and of course all our **SPONSORS AND COMMUNITY PARTNERS!** WE COULDN'T BE DOING THIS WITHOUT ALL OF YOU! 😊



