

FAQ: 2017 Runners Sole 4x Mixed Relay Indoor Triathlon

1. Where do I go when I arrive at TCC?

Park and meet us on the NORTH END of the INDOOR TRACK. The big roller doors to the track may be closed. You can access the track from upstairs, through the hallway by the spin studio, or from outside by the back entrance to the pool. Ask a TCC cashier and they will happily direct you.

2. When do I need to be there by?

You should plan to arrive at noon. This will give you time to find your teammates, smack talk the competition, set-up transition and get through athlete check-in before the 12:45 pre-race briefing.

Tentative Schedule of Events

12:00-12:45pm Athlete check-in; transition open – North Court

12:45pm Athlete pre-race briefing – North Court

12:50pm Spandex Superheroes Costume Award Judging

12:55pm Athlete access to the pool, swim warm-up – Pool

1:00pm Race start – Pool

3:45pm Race course closes – Pool/Track

4:00pm Awards, course take-down – North Court

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

The amazing folks at TCC and Aquatics have generously donated the facility space to KTC for this event, but there are many other sports teams who need access too. We will be starting ON TIME. Allow time for the busy parking lot at TCC and your team to gather, get situated and strategize your race plan ☺

4. What happens if my team isn't finished by 3:45pm?

Don't worry! We will make sure you can finish the race! We will make some alterations to the run course to allow all participants to finish. The full track will close at 3:45pm and a modified track will be used along the North Court/North End for the remainder of the race.

5. Is the Runners Sole 4xMixed Relay geared toward beginners, families, age groupers, or elites?

This race started as a crazy/cool idea that people laughed at except where it mattered (shout out to Heidi Ogilvie, Linda Stride and Runners Sole for believing in the vision!).

The race is meant to promote gender equality in sport, and equally represents equality between all athletes' levels of interest and ability in sport. If you are crazy/cool, you belong here. Period. We also have categories to make the competition between equal level competitors less intimidating and more exciting!

Categories include:

- Youth (all 4 participants between the ages of 12-19 years old)
- Age-Groupers (total age greater than 76 but less than 200)
- Family (a team of youth + adult competitors, modifications for our youngest competitors)
- Masters (total age of competitors over 200)
- Solo (a team of one who likes suffering!)

6. How does timing work?

We are working on chip timing, but in the event that is not ready by race day, we will time as we have in previous years. One timer will be dedicated to your team. The timer will follow each active participant through the swim, bike, run and tagging of the next teammate. The timer will ensure that the proper number of laps are completed, that you are safe and following the rules, and recording your time and splits. We are most concerned with the TEAM TOTAL TIME, however some splits MAY be available after the race. We encourage athletes who want to know their splits to use their own personal watches. Remember, it's a fun event, so we can't guarantee how much information we will have on each individual participant.

7. Do I need to wear a costume?

Costumes are AWESOME and there is an award category called SPANDEX HERO for the best dressed team, so you may want to put some effort into your race outfit. But costumes are not required. Being fully clothed IS required. Nudity will get you some laughs, but it will also get you disqualified from the race, so avoid baring your bottom. There are no change rooms. Either swim in whatever you are wearing for the duration of the race, or have a shirt in transition to cover your torso (this applies to males and females).

NEW for 2017 is the Spandex Superhero costume lap. Teams wanting to take home bragging rights and cool prize packages will do a lap of the track BEFORE the race starts. Judges will announce winners at the awards ceremony.

8. When is transition open? Does it close similar to a regular triathlon?

Transition will be open at 12pm. We will temporarily close transition during the pre-race briefing, but other than that, transition will remain open for the duration of the race. Athletes racing and their team mates supporting them can move in and out of transition as needed, but please be courteous of your fellow competitors.

9. What happens if one of my team mates gets sick or doesn't show up?

You can find a last minute fill in, or nominate one of your teammates to do the event twice. If the same gender substitution is made, then teams will still be eligible for awards.

10. Do we need to have 4 people on our team, 2 men and 2 women? We have an odd number.

The Junior, Age Group, Masters and Family categories must (with the one exception noted above) have 4 members on your team two of whom are female and two male, to be eligible for awards. This is to promote teamwork and gender equality in sport.

If you don't have a full team, email kamloopstriathlonclub@gmail.com and we will match you up with some other solo participants. Wouldn't it be awesome if you made a new friend through the race?! Even if you don't become BFFs, you're making a new connection in the triathlon community and that makes it stronger which is a win-win for us all.

11. One of my team members has an injury that prevents them from running. Can another team mate run for them?

The simple answer is no. I know a couple of injured athletes (myself included) who are nursing an injury, and in no way do I want them to push themselves and aggravate it for this race. Yes I know you're uber

competitive. Yes, I know you want to win, but this rule is in the interest of fairness to all teams. As a general rule, if you can walk, you can walk the 1.6kms of the race; no need for a sub runner. We'll cheer extra loud for your resilience!

12. Are all the members of my team racing at the same time, or do we each race individually?

It's a relay, so teammate #1 swims, bikes and runs then tags teammate #2 who swims, bikes and runs then tags teammate #3 who swims, bikes and runs then tags teammate #4 who swims, bikes and runs, then crosses the finish line. You are racing in sequence (you choose the order). The team time is the total time from the mass start @1pm until the last team member crosses the finish line.

13. Can I follow my teammate or do I have to stay at a certain place?

While your teammate is racing, the rest of the team CAN and SHOULD follow him/her around the race course, cheering them on, giving them water, counting laps, etc. The race is meant to be a display of TEAM PRIDE, TEAM WORK and FUN! Get in there, shout as loud as you can and help your team mates along! THAT BEING SAID, if your team mate is on lap 7 of 8 of their run and you're the next person to go, you really should be on the TAG line by TRANSITION (see map), with your goggles on and ready to race!

14. There's a mass start?!

You may want to nominate your strongest swimmer to be the first person in your relay team as the race will start with a deep water (read: treading water or hanging onto the edge of the pool) mass start. The first racer in each relay team will be in the pool when the gun (read: air horn) goes off. The first buoy is approximately 20m from the start line. All swimmers must swim on the OUTSIDE of the buoys.

15. Ok, what if I'm not the first swimmer, how do I enter the pool?

On the course map, you will see that the swim is a lapped course around four buoys. Swimmers enter on the East side of the pool (Lane 8) and exit on the West side of the pool (Lane 1). When you get tagged from your teammate at the TAG LINE on the North End of the Indoor Track, you will run/walk a short distance outside to the north entrance of the pool and make your way around the pool deck to the East side of the pool where you can dive in, slide yourself in or lower yourself on the ladder, into the pool WHEN SAFE. Entering the pool on top of another swimmer would result in immediate disqualification, so have a look before you jump into the pool!

16. I'm a nervous swimmer, can I use a kickboard/flippers/water wings?

We were all nervous swimmers at some point! Anything that helps you survive but doesn't give you an unfair advantage is allowed. Kickboard, PFD, water wings, wetsuit, etc are all allowed. Also, remember that you can grab the side of the pool at all times during the swim as it is a looped swim course (see map). Flippers, hand paddles, pull buoys, any other swim aids that would provide a significant and unfair advantage are not allowed.

17. How many laps is the swim?

The swim is just shy of 4 laps around the pool. Let's call it 3.8 laps, which equals approximately 300m. You will pass the exit area 3 times before you exit the pool to continue onto the bike.

18. What happens if I miss a lap?

We won't disqualify you for this, but your team might tease you about it! We encourage you and your teammates to communicate thought-out the race. Yell at your swimmer last lap! Yell at your swimmer, one more lap to go!

If you exit the pool and the missed lap is caught afterward, find a reasonable way to complete that missed lap. YOU MUST complete the lap when you are the ONLY ACTIVE member of your team. For example, if you missed the swim lap and you're already on the bike, finish your bike and run, then run back to the pool to complete your last lap before running back to the TAG LINE on the track to tag your next team member. Phew, sounds exhausting, doesn't it?! Try not to miss a lap!

19. I heard the awards are awesome. How do I get one?

Medals, awards and sugary foods are the best parts of racing! NEW in 2017, every finisher gets a medal! And just like in previous years, there are rad awards AND cookies at the race; I told you it was going to be fun! Awards will be given for:

- 1st Place Junior Team (teams of 4 participants between the ages of 12-19)
- 1st Place Family Team (at least one child and one adult of opposite genders)
- 1st Place Age Group Team (total team age between 76-199)
- 1st Place Masters Team (total age equal or over 200)
- 1st Place Solo
- Spandex Superheroes: Team with the Best Costume
- It Smells Like Team Spirit: Best Teamwork
- Straight From the Heart: Team showing the Most Resilience

20. Tell me about his NEW Family Category, how does it work?

We've added a Family category to allow parents to race with their kids, coaches to race with their athletes and adult friends/mentors to race with the cool kids in their lives. No blood relation required, just at least one adult (over 18) and one youth (under 16) of opposite genders on the team. Teams still need to have 4 members (2 women, 2 men) to qualify for awards. Kids under 12 will not bike and distances have been modified to follow Triathlon Canada guidelines and equitable racing time for our youth participants.

Age	Distance
Parents/Coaches/Big Buddies	300m swim, 6.6km bike, 1.6km run
Youth 12+	300m swim, 6.6km bike, 1.6km run
Kids 10-11	300m swim, 1.6km run (no bike)
Kids 8-9	200m swim, 1.6km run (no bike)
Kids 6-7	100m swim, 1.6km run (no bike)
Kids 5 years old	100m swim, 0.8km run (no bike)

21. I know I just read through 4 pages of FAQ, but I still have questions, what should I do?!

That's ok. I wrote this late at night, so I probably missed a thing or two. You can ask questions during the pre-race briefing on race day, email the Kamloops Triathlon Club at kamloopstriathlonclub@gmail.com, post a message on Facebook at www.facebook.com/kamloopstriclub or email me directly at swimbikeboom@gmail.com.

See you race day!

Kara Wright

Race Director, Runners Sole 4xMixed Relay Indoor Triathlon
 Head Coach, TNT | Thompson Nicola Triathlon
 @swimbikeBOOM | #swimbikeBOOM | swimbikeboom@gmail.com