



# The Aon

## Loughrea Triathlon Festival

### Try a Tri

### 2019

### Race Briefing

### SUNDAY 4<sup>th</sup> August 2019

### Race Start Time 11.55am

**Dear Competitors,**

We would like to welcome you to the The Aon Try a Tri at the Loughrea Triathlon Festival 2019, Predator Triathlon Club is very proud to be hosting you.

#### **Triathlon Ireland Sanction**

This event is sanctioned by the governing body for triathlons and related events in Ireland, Triathlon Ireland (TI). The race therefore complies with established rules including safety regulations, race organisation guidelines and provision of third party insurance cover. TI nominated officials attends every sanctioned event to ensure these standards are fully observed. Further details can be found at [www.triathlonireland.com](http://www.triathlonireland.com)

#### **Tri A Tri Event**

	<b>Distances</b>
	<b>300m Swim /11km Cycle /3km Run</b>

**Listed below are the key times for Registration and the Races**

	Time	Day	Location
<b>Registration for Race:</b>			
Registration (All Races)	4pm-6pm	Saturday	Temperance Gym
Registration (Youth & Try a Tri)	8am-9.15am	Sunday	Temperance Gym
<b>Access to Transition:</b>			
Youth & Try a Tri	8.30am-9.45am	Sunday	Loughrea Lake Long Point
<b>Race Briefing:</b>			
Try a Tri	11.30am	Sunday	Transition Loughrea Lake Long Point
<b>Race Start Times:</b>			
Try a Tri Race	12.05pm	Sunday	Loughrea Lake Long Point Award Ceremony after Final Race
Transition Open	1pm (Approx.)	Sunday	Loughrea Lake Long Point
After Race Meal	4pm-6pm	Sunday	Temperance Gym
Award Ceremony	4.45pm onward	Sunday	Temperance Gym

**Safeguarding**

The Aon Try a Tri is part of the Loughrea Triathlon Festival that includes adult races. Also adults will be spectating and may have interaction with youth participants. Therefore, the following Safeguarding (child protection) procedures are in place.

**Designated Person (Completed Vetting and a Safeguard course):**

The following person has been appointed as Safeguard Lead on race day:

Name: Helen McDermott

Phone: 087 2999377

E Mail: predatorchildprotection@gmail.com

**Risk Assessment:** A safeguarding risk assessment has been undertaken and steps taken to mitigate for risks identified. This risk assessment has been approved by the National Childrens Officer in Triathlon Ireland.

**Parent/Guardian Responsibilities:**

- Parent/guardian/adult appointed by parent guardian must accompany minor (U18) on race day and sign in at registration or at race pack collection with their name and contact number for the day in case of emergency.
- Parent/guardian/adult appointed by parent guardian must accompany minor to changing areas or supervise their child's changing.
- Parent/guardian/adult appointed by parent guardian must collect their child from the competitor pen at the finish line with the assigned wrist band and in a timely manner.

**Facilities:**

There will not be separate junior changing areas  
There will not be separate junior toilets.



## Contacts:

Do not hesitate to contact the designated person with any concerns on race day.

TI contact: Niamh O' Gorman, email: [niamh@triathlonireland.com](mailto:niamh@triathlonireland.com), p. [0873627106](tel:0873627106)

## Registration

Registration will take place from 4-6pm on Sat evening 5<sup>th</sup> August at Temperance Gym, Loughrea for all events. Limited registration will take place for all events on Sunday morning at 8.00-9.15am at the Temperance Gym.

Be stress free, allow lots of time to register. Register Saturday evening where possible. **If an athlete shows up without a photo on their Triathlon Ireland membership they must have passport or other photo identification.**

The Temperance Gym will be well signposted and we will have Triathlon registration signage positioned on all incoming roads to Loughrea. See map below for more details.

At registration **all guardians/parents will have to:**

- Show participants TI Membership Card and sign Triathlon Ireland member form or
- Sign the Non-Triathlon member form with One Day Licence

All participants will receive after completing the registration

- 1 timing chip each to be worn on left ankle
- 1 wave specific coloured swim hat
- Technical Top

## Parking

All events are being held at Long Point, Loughrea.

Parking is **not** available at the transition area and will not be permitted along the road margins leading from the town to the lake area as this will create a hazard for competitors.

Please avail of the parking facilities available in the town (See map below), and cycle or walk to the transition area, a distance of 1.5km approximately. See map below.

Distance from the Temperance Gym to the transition is 1 km, give yourself plenty of time, The Races will all start on time with or without you!

## Road closures

The road from registration will be closed at 10am sharp so people will have to walk down to transition. Please leave plenty of time to get down to transition.

## Access to Transition Area

Participants can access the transition from 8.30am. Helmets and bikes will be checked on entry transition.

## Registration and Parking

Please see map below.



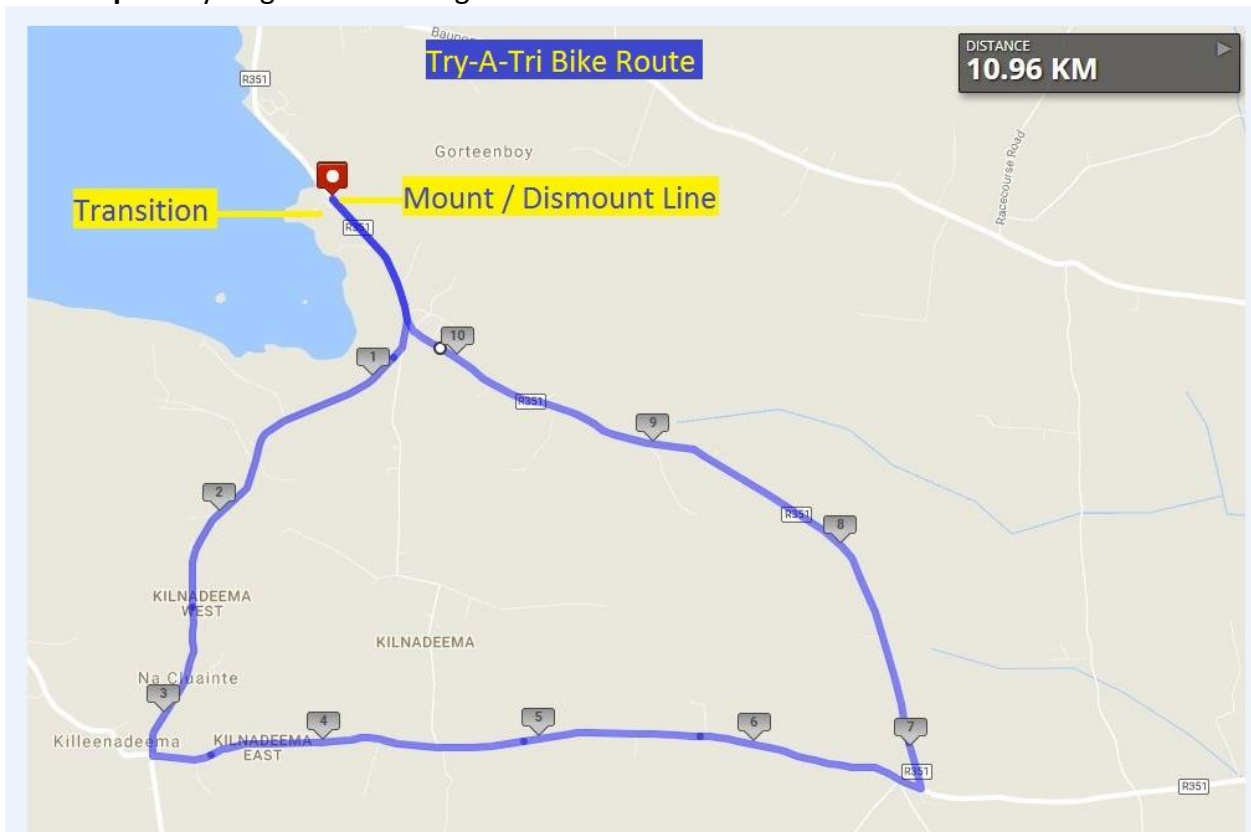
## Race Maps

Please find detailed maps for each leg of the race below.

Please listen to the race briefing for all the information.

The swim takes place in the Blue flag Loughrea Lake with crystal clear waters

**Bike Map:** All cycling routes turn right out of transition:



**Run Map:** The run routes for all waves turn left out of transition



Water and fruit will be available at the finishing line.

## IMPORTANT KEY POINTS:

- Wetsuits are **COMPULSORY**. Water temperature is 16-18 degrees.
- This is a **NON** drafting event so no drafting will be allowed on the bike.
- A bike in good working order with repair kit is required and a Helmet is mandatory. Bikes will be checked before racking your bike in Transition.
- No Helmet – you cannot compete
- Transition boxes will not be allowed in transition so keep your equipment to a minimum
- Participants who fail to complete the swim can carry on in the event but their timing chip will be taken from them.

## Tips:

### Things to Bring

#### **Swim**

Tri shorts, swimsuit, or tri suit

2 sets of goggles (i.e., one tinted and one normal)

Bright-coloured towel

Wetsuit

#### **Bike**

Bike

Helmet

Cycling shoes and socks (if wearing)

Sunglasses

Water bottle(s)

Nutrition

Tool Kit: tube, CO2, levers, multi-tool

Floor pump (pump up your tires before you leave home but leave the pump in your car just in case)

#### **Run**

Running shoes

Race belt

Hat/visor

#### **Other**

Training device (Garmin, Timex, etc.) & heart rate strap

Body Glide

Sunscreen

Vaseline, powder, band-aids

Post-race, warm change of clothes

Credit – Training Peaks - [www.trainingpeaks.com/blog/triathlon-race-day-checklist-1](http://www.trainingpeaks.com/blog/triathlon-race-day-checklist-1)

Or checkout triathlon Ireland website - <https://www.triathlonireland.com/Resources/Triathlon-Tips>

## Results

The results will be available from Red Tag Timing. To check their website, go to [www.redtagtiming.com](http://www.redtagtiming.com) the day after the event.

## Accommodation

Here is a list of accommodation providers in and around Loughrea.

- **Hotels** [Loughrea hotel and spa](#)

## B&Bs

- Rosedale Lodge B&B Tel:091-841120 [rosedalelodge@eircom.net](mailto:rosedalelodge@eircom.net)
- Fairhill House B&B [Tel:091-841218](tel:091-841218).
- An Choill B&B Tel: 091-870895.

## Event Sponsors

We want to acknowledge our sponsors, without whom this event would not be possible. We kindly ask you to support them all year round.

We also want to acknowledge the support from the Gardai, the Civil defence forces, the County Council and all the Volunteers from various local clubs.

## Conclusion

If you have a question before the event, please check [Loughrea Festival Triathlon](#) website or follow up the updates on [Predator Triathlon](#) facebook page.

You can also contact [predatorjuniorsecretary@gmail.com](mailto:predatorjuniorsecretary@gmail.com) if you can't find what you are looking for on the website or in this information pack.

Our main concern is to ensure that all participants have a safe race and enjoy themselves. Please note the race is organised by a team of local volunteers from Predator Triathlon Club. Please make sure to obey all orders you may be given by the marshals involved in the event and show respect at all times for the marshals, referees, safety crews, and all the volunteers who give their time for your enjoyment.

Kind regards.

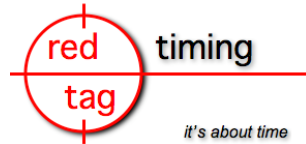
Predator Triathlon Club



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