



**SIoux LOOKOUT  
TRIATHLON / DUATHLON**



## RACE RULES (Compulsory Reading)

These rules have been set for the improved safety and enjoyment of all participants in this event. Please adhere to all rules. Participants who breach race rules could be subject to penalties or disqualification.

### INSURANCE

All racers are required to have an Ontario Association of Triathlons (OAT) insurance on RACE DAY:

- OAT members are automatically insured. OAT members who pre-register and show their membership cards at pre-race check-in will be refunded the insurance fee. OAT members who register on RACE DAY and show their membership cards will not be required to pay the insurance fee (Reimburse Fee).
- Event day insurance fee is included in the race registration cost for all pre-registrants and for all RACE DAY registrants who do not have an OAT membership card.
- Teams count as one races and require only one insurance. If one team member is not a OAT member the fee will apply.

### GENERAL

1. All competitors must register and fasten a timing clip on their right ankles prior to start.
2. All competitors for all events must attend the race briefing to be held at transition prior to start.
3. Responsibility to understand the course and all rules rests with the competitor.
4. Race number bibs have to be fasten at the front of the torso (w/safety pins – supplied) and be clearly visible at all times and may not be cut or folded or altered in any way.
5. Upper torso must be covered (i.e. singlet, shirt.) during the bike and run portion.

### SWIM

- 1 Obey all directions from marshals.
- 2 Do not drag the turning buoys.
- 3 Pass the turning buoys on the outside.
- 4 The swimming caps provided are compulsory and must be visible during the swim.
- 5 Competitors may stop, wade or stand (but must not walk or run to propel themselves beyond entry to and exit from the water).
- 6 Competitors in difficulty should raise one arm and call for assistance.
- 7 No artificial propulsion devices eg. fins, gloves, paddles etc. will be permitted.
- 8 The use of wetsuits is allowed if the water temperature is below 22C (71.6F). The race organizer will inform the competitors before the race if wetsuits will be allowed or not.
- 9 There is a 30min time limit for the 750m distance.

### BIKE

- 1 Helmets must be worn as they were purchased and be securely fastened on the head before the bike is removed from the rack, and must remain fastened at all times on the course until the bike is replaced on the rack at the completion of the bike course. **Penalty: Disqualification**
- 2 Personal musical devices (iPod etc.) of any sort cannot be used while racing.

## **RACE RULES (Compulsory Reading) .....continued**

- 3 Competitors must mount and dismount in the designated mount/dismount zones.
- 4 Competitors must keep as far to the right of the lane as practicable unless passing another competitor.
- 5 Competitors must obey all public road rules.
- 6 Competitors must obey all directions that may be given by Police and/or Marshalls.
- 7 Competitors must have their torsos covered at all times.
- 8 (Applies only to competitors 16+) **DRAFTING IS CHEATING** and will not be tolerated.  
(DRAFTING = Travelling behind a forward competitor to gain a slipstream advantage).

### **RUN**

- 1 **Personal musical devices (iPod etc.) of any sort cannot be used while racing.**
- 2 Where possible competitors must run on the footpath.
- 3 Always keep right and be courteous to fellow competitors.
- 4 Listen to the marshals; they are there to assist you.
- 5 Competitors may not run with a bare torso or without shoes.
- 6 Competitors must obey all directions that may be given by Police and/or Marshalls.

### **PENALTIES/APPEALS**

- 1 Any rule or instruction breach by competitors will be reported to the Race Director, who will investigate. If a breach is proven, the Race Director will penalize or disqualify that competitor.  
Penalties include variable time penalty
- 2 The competitor in question has 30 mins to lodge an appeal.
- 3 The race executive committee review each case and dismiss or uphold the appeal.
- 4 All penalties shall be finalized on the day of the race and all parties will be informed.

### **TEAMS**

Each relay team will receive one (1) timing chip. The chip is exchanged between team members only when the participant changes. The swimmer-biker and biker-runner exchanges must be made inside the transition area with the bike racked.

### **HOUSEKEEPING**

- The nominated Race Director for today's event is – Andreas Kottschoth
- Toilets are located in the Forest Inn.
- Do NOT litter on the course - bins have been positioned around transition for your convenience.
- When out on the course, be respectful of the community and its members; remember we are visitors to their area.
- Listen to the marshals; they are there to help you. They will reiterate elements of the race brief applicable to the area being marshaled.
- Obey PUBLIC Road Rules and OAT Race Rules; breaches will not be tolerated and penalties will be imposed.
- Be patient on the roads and respectful of fellow competitors, and most of all enjoy your day.



# GUIDELINES FOR COMPETITORS AND MARSHALS

## ROLE OF RACE MARSHALS

Sioux Lookout Triathlon takes all possible precautions to provide a safe course on race days. This includes the provision of race marshals along the course. However, safety also depends to a large degree on the actions of individual competitors.

In order to ensure all competitors understand the situation with respect to race marshals, as well as their own responsibilities, outlined below is an explanation of the role of race marshals during our race. It is essential that all competitors understand their own responsibilities as well as the role of the race marshals, which is outlined below.

Sioux Lookout Triathlon race marshals are responsible for:

- maintaining the flow of the race,
- providing guidance to competitors,
- monitoring compliance with Race Rules,
- emergency response

Although we supply marshals on all three legs, our principal risk for safety exists where competitors travel along public roads, particularly the cycle course. As the cycle course is not a “sterile” or traffic free course, **all normal Public Road Rules apply to competitors on public roads and must be adhered to**. It is very important for competitors to realize this and act accordingly. During the cycle leg marshals will be stationed at locations that have been assessed as areas of potential risk and turning points (marked by colour coded signs). The main roles of the marshals are to alert competitors of potential danger and reiterate race briefing pertinent to the area being marshaled.

Marshals play a major role in our emergency response procedure and carry mobile phones to ensure that the race duty committee member is informed of any emergency and to call an ambulance if required.

We encourage competitors to carry a mobile phone in their bike bag. This will allow a quick response to any accident that occurs between marshal locations and extend our incident response capability to the whole course.

Bike Co-ordinator    Jamie Maki    Cell # 738-0764

Run Co-ordinator    Lorraine Bolen    Cell # 737-9332

## KOS RACE BRIEFING 14-15

### SWIM 500m

- Swim Start is a beach start
- All competitors must wear the supplied race swim cap.
- Course direction is counterclockwise.
- Swim course as per pre-race instruction and available maps.
- If the course requires laps, the competitors have to round a marker on the beach and re-enter the water from the beach.
- Once you pass the start mark you may walk/run the remaining distance to the shore.
- If you need help during the swim, raise your hand and a board paddler will come to you assistance.
- Step on the first timing mat as you enter the transition area.





### CYCLE 10 kms

- **The responsibility is on you, the competitor, to comply with all PUBLIC Road Rules.**
- Upper torso must be covered (i.e. singlet, shirt.) and you must have a Race number bib attached in the front.
- Helmets must be on and clipped up before removing bike from rack.
- Bikes must be pushed to the mounting zone and mounted on the paved parking lot.
- The course for kids is clearly marked with **Yellow Arrows**
- Ride from mounting zone towards the HWY 72 and turn left toward the town.
- Make a 90 degree **right turn** at the Sturgeon River Road and continue straight along the road. **(marshals will be positioned here - MS).**
- Make a 90 degree **right turn** at the Sturgeon Meadows Rd and continue along road. **(MS).**
- Make a 90 degree **right turn** at the Drayton Road continuing along the road. **(MS).**
- Turn around (180 degrees) at the HWY 72 /Drayton Road intersection. Return along the same route back to the Sturgeon Meadows Road intersection. **(MS).**
- Make a 90 degree **right turn** at the Drayton Road continuing following the road. **(MS).**
- Continue to the 6.9km turnaround on Drayton Road **(marshals will be positioned here).**
- Turn around (180 degrees) and return along Drayton Road.
- Continue to the intersection Sturgeon Meadows Road / Drayton Road **(MS).**
- Now return along the same route back to the transition area.
- Slow down for the dismount in the dismount zone.
- Push your bike back into transition area.
- Rack the bike before your helmet is removed.
- **Remember, the responsibility is on you, the competitor, to comply with all PUBLIC Road Rules.**

### RUN 4 kms

- Exit the transition area through the run exit on the northern end of transition area. **(MS).**
- Continue along the Fitness Path. The course is clearly marked with **Yellow Arrows**
- Continue until you reached the HWY crossing **(MS).**
- Check if there is no vehicle traffic and cross over the MNR Entrance, if safe to do so.
- Continue on the Fitness Path to the right.
- Continue to the 2.0km Turnaround **(MS).**
- Return along the same route back to the finish/timing line.

# Sioux Lookout Blueberry Triathlon Run and Bike

-  Kids bike Open road
-  Bike 20km open road
-  Run 5km Fitness Path (no vehicle traffic)
-  Marshall Station

Bike 3/5.4/10km open road

- Kids 14-15  
Sturgeon River Rd  
Sturgeon Meadows  
Drayton Road
- Kids 12-13  
Sturgeon River Rd  
Sturgeon Meadows

