

**Dear Parent & Competitors**

**This is a lengthy email, but please give it your attention.**

**Glasgow Tri Club and our sponsor Boclair Dental Care look forward to welcoming you for the ALLANDER AQUATHLON Spring 2019, at the Allander Leisure Centre, Milngavie, on SUNDAY 17<sup>TH</sup> MARCH 2019.**

Can I start by drawing your attention to some specifics for action or consideration:

1. Review of your Estimated Swim Times if we haven't corresponded recently
2. Car Parking on race day
3. Emergency / Last minute notices.
4. Registration
5. My usual Pre-Race details that many of you will be familiar with.

**1. PLEASE REVIEW YOUR ESTIMATED SWIM TIMES ON ENTRYCENTRAL:**

If I have already been in touch with you in the past week, IGNORE this as I will have either Noted your revised time, or I will have updated it on EntryCentral.

If I have NOT been in touch before, can you please CHECK your estimated times:

Accurate Swim Times help me group competitors so everyone ideally gets an uninterrupted swim. 2 common mistakes:

- i. Age Group goes by the competitors age on 31<sup>st</sup> December each year, so Eg someone aged 10 now (you might think Tristar 1 @ 150m) can be age 11 by December, so actually races in Tristar 2 @250m.
- ii. Mis-reading the Swim Distance (which can differ from certain typical swimming race distances).

AgeGroups & distances as follows:

<b>Age Group</b>	<b>Age (at 31/12/2019)</b>	<b>Swim</b>	<b>Run</b>
Tristar Start	8 years	50m	600m
Tristar 1	9 or 10	150m	1500m
Tristar 2	11 or 12	250m	2000m
Tristar 3	13 or 14	400m	3000m
Youth	15 or 16	400m	3000m
Go-Tri	17 +	400m	3000m

PLEASE CHECK your times posted (it should be on your entry confirmation) by a deadline of TUESDAY 12<sup>th</sup> March 6pm please. If you cannot make the change directly on entrycentral with you're a/c login, then Email updates to me with competitor's name in the title to: [soden15@yahoo.co.uk](mailto:soden15@yahoo.co.uk).

- If you aren't sure, but gave a fair estimate, don't worry, that's fine.
- If you've no firm update to make, don't email me. It won't make a difference if you're 10 secs or less out.
- Go-Tri's – I know most of you are new to this and unsure, so again, don't worry, don't rush out to time yourself, just update me if your estimate is wayward.

## **2. CAR PARKING ON RACE DAY**

With such a bumper entry (>200), it will put a strain on parking at the Leisure Centre. We will have Car Park marshals on entry. I must leave sufficient spaces for general Leisure Centre users so please do not overrule the marshals who will purposely leave free spaces in the main car park throughout the morning. I ask you to be sensitive and proactive with this range of guidance:

- i. If you don't need your car out until our race is over, fill the far car park first.
- ii. If you definitely need out, then use the nearest car park or options below.
- iii. Please Car-Share if you reasonably can.
- iv. We will expect to use ONE-SIDE only (up kerb) of 1 or 2 access roads into the new UNfinished housing development directly off the Leisure Centre driveway. The intention is NOT to use the roads directly in and around the new, lived-in residential areas.
- v. Those that are willing to park in the ex 'Homebase' car park and walk back (via the run route path), please do so. Homebase has closed and the Arnold Clark dealership are using the nearer half of that car park as overflow. It's opposite Waitrose, and it's off the roundabout which is maybe 300m beyond/before the turn-off into the Allander Leisure Ctr driveway). The walk back is not that far, and is shortened by using the path (that forms the race Run route), the entrance to which is right next to Kelvin Timber & directly opposite McDonalds on the main road.
- vi. I'm hesitant about any up-the-kerb parking on the actual Leisure Ctr drive-way so it's a last option! Let's see how we get on or if the Centre intervene.

## **3. EMERGENCY RACE STATUS INFORMATION:**

If there is any serious last minute Emergency effecting the running of the event, I will attempt to raise awareness by 3 means below, otherwise you assume all is well:

1. Email to all participants if I have enough advance notice.
2. Add a note to the event Facebook page:

[https://www.facebook.com/Allander-Aquathlon-by-Glasgow-Triathlon-Club-734791293519698/?modal=admin\\_todo\\_tour](https://www.facebook.com/Allander-Aquathlon-by-Glasgow-Triathlon-Club-734791293519698/?modal=admin_todo_tour)

3. Add a note to the following race-page on the Glasgow Tri Club website:

<http://www.glasgowtriathlonclub.co.uk/2019-allander-aquathlons/>

Navigating this page from the Glasgow Triathlon Club website Home Page, go to tab for "Club Races 2019". Hovering over that tab you will obtain the option for the "2019 Allander Aquathlons". There is a few other pieces of information on the page, like the Run route schematics, but nothing absolutely key critical.

#### **4. REGISTRATION**

It will be outside (if good weather) or in the Indoor Football Hall (poorer weather) adjacent to the main Leisure Centre. It is open from **8:15am** and closes strictly by **8:55am** as Race Briefing with everyone present MUST take place at **9:00am**. We will have more registration lanes to deal with the increased entry.

Remember to bring your Tri Scotland/ British Triathlon Membership Card. If you entered quoting your membership number (receiving £1 discount) but cannot evidence it with presentation of your Membership Card on the day, you will need to pay the additional £1.

If you did not provide your Club name on entry but are a member of a Club, let us know on Registration so Tri Scotland obtain that info on my final Results sheet.

Please arrive in good time. Body-marking your race no. forms part of the process.

**PHOTOGRAPHY REGISTRATION** – Anyone wishing to take their own photographs on the day must register at Registration and obtain a "Photo" Sticker. I will make further mention on this topic during the pre-race briefing.

#### **5. FURTHER EVENT DETAILS**

The **PRE-RACE BRIEFING** – This will be held at 9:00am sharp. Even if it's raining, I expect the briefing will still have to take place outside in front of the leisure centre, where any questions will be answered.

**FIRST HEAT** (Tristar Starts) commences at **09:30am** promptly. We need Tristar Starts poolside and ready at 9:15am latest.

The **RUN ROUTE** will be within the grounds of the Leisure Centre, with laps of an adjacent path. The route will again be described at the Race Briefing, and Marshals will be on hand during your race to guide competitors. Feel free to familiarize yourself with the course in the morning.

You should lay your Run gear out in Transition before 9am ideally. If it is a poor, wet day, I will likely allow those intending to wear T-Shirts during the Run to leave them poolside just before their heat starts, but shoes will remain outdoors. We will discuss this on the day.

**DISTANCES Reminder** - Competitors will swim and run the distances presented above in this email:

At **REGISTRATION**, you will be issued with:-

- A Race Number (attaches to your top or your number-belt).
- Safety Pins if you require.
- Heat Number, Estimated start time and Swim Lane details.
- Then proceed to Bodymarking for marking of your number.

- Reminder – Photo Registration if spectators/you require.

**SWIM:** The Swim Marshal will meet you poolside to Check-in, give you your Swim cap, and explain procedure. There should be no need to bring your own swimming caps. All competitors will start in the water, in an allocated lane, with an allocated cap colour. You will be notified on the day whether your heat is a “mass-start”, or by specified “cap order”. Dive starts are not permitted. Please keep a count of your lengths done, however Lane Marshals will keep a record and give you a tap when you have 2 lengths to go. WALK to the pool exit and put your swim cap in the box provided at the door.

**TRANSITION:** Competitors should put their running shoes, number belt (if you have one), and any clothes they intend to wear on the Run inside the Transition Zone. Most competitors will wear a trisuit and number belt. Otherwise this would normally be a pair of trainers and a short sleeve t-shirt. Many also bring a small towel (if desired). Space will be tight so please bunch-up and be neat.

Bring appropriate **CLOTHING** for the weather conditions as both competitors or spectators please. In March we can still get snow or significant wind-chill. Come prepared with a minimum of One extra upper-body layer as the Race Director may need to mandate layer(s) of clothing instructions in very poor conditions. Parents are expected to ensure their competitor arrives equipped, and parents will play a role in the responsibility for their competitor.

Competitors should be appropriately clothed with your race number showing, before leaving Transition. Competitors should NOT be 20 yards up the Run course still trying to put on a wet wrinkled t-shirt! Competitors are not permitted to run bare-chested nor carry Go-Pro or equivalent cameras.

**Transition tips for beginners** - Competitors new to the sport can often lose valuable time putting shoes and t-shirts on with wet hands / arms / body / feet, so a short sleeve t-shirt is recommended if you don't have a tri-suit. Shoes may sometimes be pre-tied too tightly and especially hard to squeeze on with wet feet. It is all the more difficult when you are rushing and catching your breath from your swim efforts. You should have a practice before race day.

**RUN:** Follow the Marshals instructions as you complete the run course, remembering to count the number of laps you complete. We will issue you an elastic band (or a body mark) to record each lap you have completed. When you cross the finish line, please help the marshals who seek to arrange you in the order you finished in. This is to ensure we have recorded your race number and time as accurately as we can. We count your elastic bands to ensure you have done all the laps.

### **AFTER THE RACE**

Shower and changing facilities are in the swimming pool area of the Leisure Centre. With increased entry, this area will be very busy. Please use, and vacate the area as soon as you can to make space for the next Heats.

Prizes will be presented shortly after the last heat has finished.

I will publish Results for the GO-TRI heat, but as GO-TRI is Participative rather than Competitive, I will not have a Podium 1/2/3 for GO-TRIs.

I should have the Provisional Results available on the GTC website by later the same day, with confirmed Final Results published approx midweek thereafter.

**I'm both proud and thrilled by your enthusiasm for the ALLANDER AQUATHLON that sees us have such a big and strong entry in 2019.**

**Please join me in embracing the addition of the new Go-Tri competitors. Let's give each other the support we deserve. *Just Do It!***

**PETER SODEN**  
*Race Director*