

SUBARU TRIATHLON SERIES

PRESENTED BY: 



[Weather](#)

[Course Maps](#)

[Beginners Guide](#)



Athlete Gate Fees:

Athletes are paid for by Trisport Events Inc.

Gate Fees for Spectators:

\$5 per adult and \$2 per child. The fees paid go to the Guelph Lake Conservation area. In order to help speed up the entrance to the park please have any spectator fees ready at the gate.

Welcome to the second race of the Subaru Triathlon Series!

An IMPORTANT reminder that Try-a-Tri and Olympic events will take place on SATURDAY June 16th and Sprint events will take place on SUNDAY June 17th.

You are receiving this email because you have registered for the race on June 16th or 17th. We hope this gives you plenty of time to get organized and mentally prepared for the event.

We are looking forward to welcoming all of you to Guelph on June 16/17. We are excited to meet and greet the new and familiar faces of the Subaru Series. Please read below for IMPORTANT details regarding your upcoming race.

Water temperature in Guelph is 68F (20C) as of June 5th.

If you have a friend who still needs to register - we are accepting race registrations online until 10am on THURSDAY June 14th but will also have Saturday and Sunday on-site registration.

If you are a FIRST TIME TRIATHLETE OR DUATHLETE we want you to be excited and prepared. IF you haven't already done so please go to the BEGINNERS GUIDE BUTTON on the left for great tips and tricks. Nothing makes your first race experience better than coming prepared!

****Parking Information****

Due to the construction of a new nature centre at Guelph Lake Conservation Area, our usual parking lot is no longer available for the event. There is still ample parking, but it is a bit further away than previous years. The new lot being used this year is approximately 700m away, so please take this into account in your morning planning. There will be plenty of signs directing you on race day! We apologize for the inconvenience.

NOTE: Try-A-Tri Athletes - please do not arrive at the park between 8:30 a.m. and 11:30 a.m. as you will be stopped at the gate until the Olympic finishes their bike segment. You are welcome to come early and cheer on the Olympic athletes or simply just time your arrival for 11:30 a.m. or later. **PLEASE** don't rack your bikes in the transition area until after the Olympic race is over. There will be a temporary rack for short term convenience.

NOTICE:
Please exercise caution on Watson Rd during the bike portion of your race. Watson Rd is bumpy - just be mindful. This extends for the first 5km of all bike courses. The rest of the bike course is in fantastic shape.

Please be aware that there are speed bumps by the front gate - please be cautious on your bike!

On-Site Wetsuit Rentals



D'Ornellas Bike Shop will be on site for all Subaru Series Races. Wetsuit rental is available for a fee of \$50 (non refundable) per weekend.

Store and Expo Pick up available.

All rentals are on a first come first serve basis.

To reserve your suit call 416-752-3838

Readers Digest Version of the Bike Rules



- 1. Always keep right!**
- 2. When passed you must not accelerate!**

Allow the pass, then return the favour and pass them if you can.

- 3. Communicate!**

When you wish to pass let the person ahead of you know by shouting "on your Left".

- 4. Listen!**

Pay attention to the other cyclists. If some tells you they're "on your left" move right as

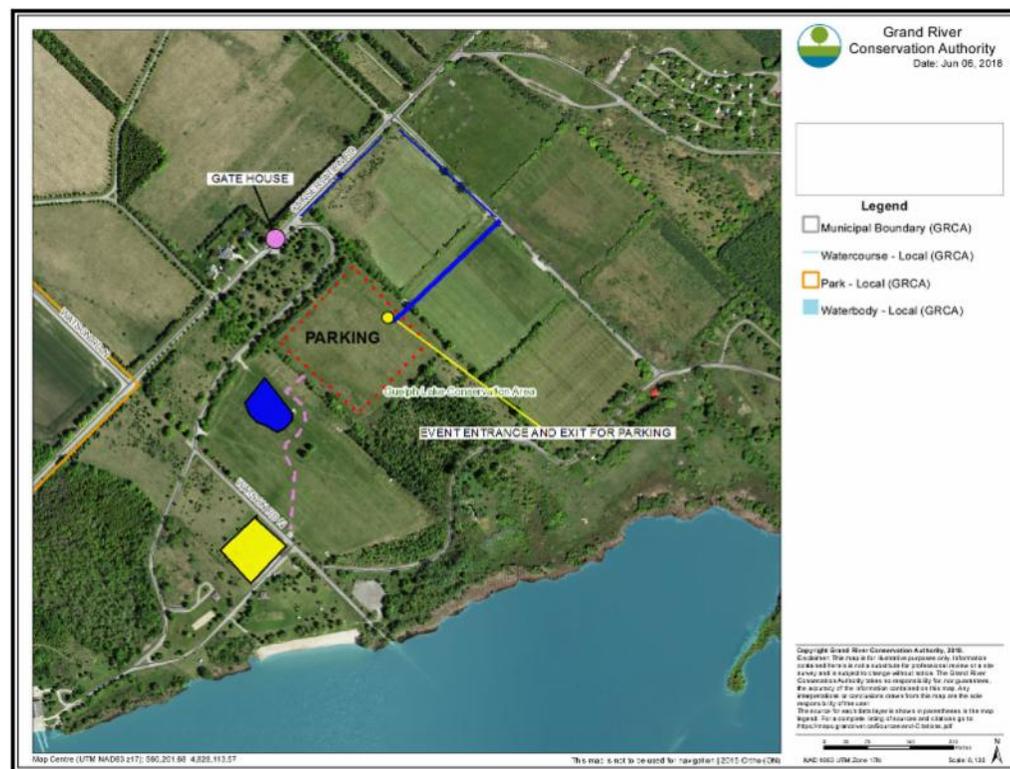
Please see the map below for the location of the new lot and the best way to get to the event site.

Blue - Enter & Exit Road from Gate House

Red Dotted Area - Parking

Pink Dot - Walkable Trail

Yellow - Race Venue



Calling all Multisport Clubs

The 2018 Club Championships will be contested at the Subaru Series Guelph Lake 1 Triathlon/Duathlon - June 16-17.

The events counting towards point totals will be the individual Sprint and Standard distance triathlons, Sprint and Standard duathlons, as well as triathlon and duathlon relays.

In order for a relay result to count, all members of the relay must be members of the same club.

Results from any Try-a-Tri or Swim/Bike competitions (including relays) will not count towards the point totals.



Triathlon
ONTARIO

Qualifying Spots for the 2019 World Duathlon Championships in Spain

quickly as possible and let them pass safely.

5. Blocking is dangerous.

Riding side by side with friends blocks the road for faster cyclists and cars! You could be killed by a car. At the very least you could be penalized.

6. Self Police.

If someone is blocking your path and will not move to allow you to pass, make a mental note of their number and file a protest at the end of the race. A good idea is to speak with others around them and ask them to do the same. It's rare that only one person is held up.

7. Never cross the centre of the road!

Lines are not always painted on the road. This also applies when cornering - cut the corner and you will be an automatic DQ.

8. Always assume the road is open to cars!

You must share the road! At any time a car may enter the course from driveways etc. Always be mindful.

9. Know the Course.

It is your responsibility to know the course. Please look over the maps posted in this newsletter.

For a more in depth discussion of Triathlon Ontario rules please visit their [website](#).

DUATHLON • START

On June 16th, Guelph Lake 1's Olympic distance duathlon will serve as an additional Ontario based 2019 ITU Multisport World Championship qualification race. The event will offer one automatic qualification spot per gender, per five year age group.

[CLICK HERE](#) for more details

Attention 2017 Series Winners!

If you were a series winner in 2017 and were unable to attend our banquet to collect your award please contact our office to have your award brought to Guelph for pick up! 905-562-6670 or by email info@trisportcanada.com



2018 On-Site Race Kit Pick Up Procedures

Every Athlete Must Check In

Once you get to the race site you will need to complete these steps in order

- STEP 1** Look for your name on the alphabetical race list and find your race#.
- STEP 2** Sign and date and put your race # on your waiver (even if you filled out on-line)
- STEP 3** Hand in completed waiver at the next station where you will pick up your race credential envelope . The envelope has a contents list and instructions on it.
- STEP 4** After you get your envelope, check the contents and then proceed to pick up your t-shirt. There are 3 things in your envelope 1- race bib, 2-bike stickers 3-post race food wristband.
- STEP 5** T-shirt pick up (look at your envelope label to see what you selected)
- STEP 6** Timing chip pick up located at the end of registration

Relay Teams



Arena is the official swim course sponsor of Guelph Lake 1



Performance and innovation is at the heart of every Bollé sunglass. Every Bollé feature is intricately tested by people who are passionate about sports and the outdoors to ensure that the end goal which is to improve your performance, is met. Visit the Bollé tent at the next event

Please have all team members with you when picking up your kit. Each team member must complete and hand in a signed waiver prior to receiving race credentials or t-shirts.

If this is not possible then print off the waiver and have your partner(s) sign it so you can successfully complete registration. Please click here for specific relay race instructions.

[CLICK HERE TO PRINT WAIVER](#)

Race Weekend Schedule

Saturday June 16th

6:30-7:45am	Race Kit Pick Up & Registration - located behind snack bar, down the hill from transition
8:00am	Olympic Triathlon Start
8:20am	Olympic Duathlon Start
11:30am-1:45pm	Race Kit Pick Up & Registration - TRY-A-TRI
2:00pm	Try-a-Tri Start

NOTE: Try-A-Tri Athletes - please do not arrive at the park between 8:30am and 11:30 am as you will be stopped at the gate until the Olympic finishes. You are welcome to come early and cheer on the Olympic athletes or simply just time your arrival for 11:30am or later. PLEASE don't rack your bikes in the transition area until after the Olympic race is over. There will be a temporary rack.

Sunday June 17th

7:15am-8:45am	Race Kit Pick Up & Registration - located behind snack bar, down the hill from transition
9:00am	Sprint Triathlon START
9:10am	Sprint Duathlon START

Wave Charts

If you are looking to switch into another wave this will need to be done on race weekend by visiting our self-serve wave change table during race-kit pick up.

Olympic Triathlon Wave Chart

Category	wave	SWIMCAP	start
Elite Men & Women Juniors (19 and Under) Men 20-29 Women 20-29	1	Purple	8:00
Men 30-39	2	Red	8:03

and try on the new Aeromax, from Bollé's competitor line or check out bolle.com for more information.



Triathlon ONTARIO
Sanctioned and Insured by Triathlon Ontario

All races that are sanctioned in Ontario use Triathlon Ontario (a separate governing body) to officiate. In order to race at the event this weekend you are either a yearly member of Triathlon Ontario or you have already paid the \$7 one day fee to TO making you a one day member of their group. Please make yourself aware of their rules in order to make sure you keep yourself and others safe. If you encounter a PENALTY or DQ (disqualification) during an event and want to learn more about it please

email: info@triathlonontario.com for better understanding, or view the document below

[Click here](#) to see the "short list" of penalties and DQ's below to ensure a safe and fun day for everyone involved.

Other Great Events



July 8th 2018



The Iron Girl Triathlon is **100% Sold Out!**
You can still register for the 5km race!



SUBARU

Confidence in Motion

ALL SWIM BIKES			
Men 40-44 Women 30-39	3	Yellow	8:06
Men 45-49 Women 40-49	4	Light Blue	8:09
Men 50+ Women 50+ ALL RELAYS	5	Green	8:12

Olympic Duathlon Wave Chart

DUATHLON • START

Category	wave	start
ALL ATHLETES	1	8:20

Try-a-Tri Wave Chart

Category	wave	SWIMCAP	start
All Juniors (19 and under) Men 20-24 Women 20-29	1	White	2:00
Men 25-34 Women 30-34	2	Green	2:03
Men 35-44 Women 35-44	3	Pink	2:06
Men 45+ Women 45+	4	Light Blue	2:09

Sprint Triathlon Wave Chart

Category	wave	SWIMCAP	start
All Elites All Juniors (19 and under) Men 20-29 Women 20-24	1	Dark Blue	9:00
Women 25-29 Men 30-39	2	Yellow	9:03
Women 30-44 ALL SWIM BIKES	3	Red	9:06
Men 40-49 Men 60+ Women 55+	4	Purple	9:09
Men 50-59 Women 45-54 ALL RELAYS	5	White	9:12

Sprint Duathlon Wave Chart



Arena is the official swim course sponsor of Guelph Lake 1

DUATHLON • START

Category	wave	start
ALL MEN	1	9:10
ALL WOMEN	2	9:13

IMPORTANT - Race Particulars

Points of Interest

- **Please exercise caution on Watson Rd during the bike portion of your race. Watson Rd is bumpy - just be mindful. This extends for the first 5km of all bike courses. The rest of the bike course is in fantastic shape.**
- The quickest way to get DQ'd is to Cross the Center Line on the Bike Course. This is a mandatory Triathlon Ontario rule that they do not take lightly. This is for everyone's safety.
- Please be aware that the park road leading in and out of the transition area has large speed bumps! Please slow as you approach them. Also, people sometimes forget when they are returning to the transition. Keep Alert.
- Please remember that roads are not closed to vehicular traffic. Police are available throughout the courses to help with traffic flow.
- Please stay right to allow others to pass you. Don't cut corners on the bike or run courses.
- Each km of the run will be marked with a sign on the road
- Each 5 km will be marked on the bike course

Always be courteous of fellow athletes and encouraging to those new to the sport

Please listen and respect the TO officials on the course. They are there for your safety and enjoyment of the race.

Pay Attention: No personal listening devices of any kind are not allowed while racing and are subject to disqualification.

Smile as you cross the finish line. As always, Finisher Pix Photographers will be there to take your picture. Pictures can be viewed after the event on-line.

Aid stations for the Olympic events

These will have water and Gatorade. The 10 km run has 3 aid stations which you will pass at total of 7 times also with water and Gatorade. That's approximately 1 every 1.5 km.

Aid stations for Sprint Triathlon and Duathlon

5 km run has 2 aid stations in which you will pass 2 times each to get Gatorade and water.

All: Please remember that if the day looks like it is going to be really hot and humid to plan accordingly. Come well hydrated and rested. Pack extra drinks for you and your family. Each athlete will receive a bottle of water at the finish line. Please only take one! We need to enforce this to ensure that those finishing later on in the day also get one.

Please keep litter to a minimum by dropping your cup close to the station.

Racking Your Bike In Transition Area



Olympic & Sprint Tri Age Group Athletes: Rack your bike according to your AGE GROUP and SEX. ie- Men 30-34.

Olympic & Sprint Duathlon Age Group Athletes: Rack your bike according to your wave

Elites: have their own rack.

Relays: also have their own rack.

Try-A-Tri will rack by their AGE-GROUP and SEX ie. Women 20-24

Please look at the sign on the end of the rack for your correct designation.

Your Swim Start Check List



An open water swim in triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here is a check list to help you prepare.

1-PREPARE FOR RACE CONDITIONS:

Race day should not be your first open water swim. Although some people do it is always wise to practice before hand.

2-LEARN COURSE DETAILS:

Make sure you know your swim start time with in the correct event. Please refer to the wave charts below and the course map from the links at the top of the page.

3-WARM UP ON RACE DAY:

Arrive early enough on race day to properly warm up to swim start. Water warm ups are not officially supervised . If you are unable to get in the water , spend about 5-10 min getting loose. Perhaps do some cardio activity such as a light jog to increase circulation and prep your muscles.

4- START EASY- RELAX and BREATHE:

Don't race at maximum effort from the start. Relax and focus on breathing and keeping your head up for the first while until you can find your pace and feel more comfortable. If it is your first time please consider asking the girls at registration to switch you to the last wave of your race. This will allow you to spread out more and take your time. We like to say that it is best to EXPERIENCE your first event and not to RACE it! :-)

5-BE ALERT AND ASK FOR HELP:

In a race always stop at the first sign of medical problem.If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat. You are allowed to stop at any time and hang on to rest. Safety comes first!

