

Tri for Marlene: Makin it Happen... *Safely!*

On behalf of STAC officials, here is a summary of **key triathlon race rules** to make sure your participation in the Tri for Marlene is safe and fun.

Transition set-up

- Prior to race day, please remove all ‘accessories’ such as mirrors; toe clips with straps must be removed
- Make sure handlebar ends are plugged, not open
- Hang your bike on the rack bar by its seat
- *NEW: The bike racks will be marked for short distance and long distance participants. Please rack your bike according to your event distance.*
- Bring a proper cycling helmet (not one from any other sport) that is free of cracks; the chin strap needs to be tightened so only two fingers can be inserted together horizontally
- At all times when you are in contact with or riding your bike, your helmet must be on – even during warm-up
- Refrain from biking in the transition area
- Athletes-only in the transition area
- Keep equipment to a minimum to ensure the transition area is not cluttered; keep backpacks out of transition

Swim

- The swim start will be in the water
- Flip turns are not allowed
- Forward progress is only by swimming – refrain from walking on the pool bottom
- There is no changing out of swim suits after the swim
- If you need to pass, tap the foot of the swimmer in front of you and pass at the wall; if your foot is tapped, stop at the wall and let the individual pass

T1: Transition to Bike

- Put your helmet on before touching your bike
- Walk or run your bike past the mount line
- When mounting your bike, watch for other athletes already on the course

Bike

- Keep your distance from other cyclists – roughly 8 meters from the cyclist in front of you
- If you are ready to pass, call out “passing on your left” and pass within 20 seconds
- If you are being passed, don’t speed up; wait for the other athlete to come alongside then pull back
- There may be pedestrians on the trail – be cautious

T2: Transition from Bike

- Get off your bike before the dismount line
- Walk or run your bike back to the same spot on the bike rack
- Rack your bike, then remove your helmet

Run

- Refrain from leaving anything on the run course (garbage or gear)
- Go fast!

Other reminders...

- Entertainment electronics, iPhones or headphones are strictly prohibited and cannot be used during the race
- Your entire torso must be covered on the bike and run
- Thank the volunteers!
- Have a great race!