

GWN Athlete Guide 2021

30TH



Message From Your Race Director

On behalf of my team welcome to the 30th The Great White North Triathlon in Stony Plain, Alberta. You're about to find out why The Great White North Triathlon is one of the largest, oldest and most successful triathlons in Canada. We understand the commitment and sacrifice it takes to complete a race of this distance and we are committed to ensuring your race day is as enjoyable as it can be.

Get ready to experience our amazing volunteers and the vibe of the community that supports this race. From pro triathletes to first timers the GWN is happy to have you. We are inclusive of all abilities and hope you have an amazing day out there July 4th.

Without the support of our amazing community partners none of this could be possible, The Town of Stony Plain, Parkland County and Allan Beach Resort...thank you. Our amazing volunteers and incredible athletes deserve a big thanks as well. We can't wait to see you at the finish line, have a great race and stay safe.

Tom Bamford
Chief Sweat Officer



Important Address's and Contacts

Stony Plain Heritage Pavilion
5100 41 Avenue, Stony Plain, AB

Tom Bamford your Race Director
tom@platinumracing.ca

Special thanks to our partners...



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RAW ELEMENTS



Rules and Regulations

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep four bike lengths (seven meters) between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; never on the right to avoid an ILLEGAL PASS call. Complete your pass within 20 seconds to avoid a DRAFTING call.

If passed, drop back four bike lengths before attempting to re- pass to avoid an OVERTAKEN or DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

Other common violations include:

HELMET CHINSTRAP

Your chinstrap must be securely fastened whenever you are on your bike on race day.

RACE NUMBER

You must wear your bib number only during the run portion of the race. In addition, your bike number must be properly attached to your bike and must be visible.

TATTOOS

Race number tattoos are to be worn on the left arm and left calf.

LITTERING

Do not throw ANYTHING outside of official aid stations.

UNAUTHORIZED EQUIPMENT

Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones, or Apple iPhones).

OUTSIDE ASSISTANCE

Non-racers may NOT ride or run alongside you. Remember that even though DRAFTING is not the only violation that incurs a time penalty, you must go to a penalty tent for any violation to have your number marked, and all violations count toward your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. We sincerely hope you have a great race and achieve all your goals.

DRAFTING VIOLATION BLUE CARD, STRIKE ONE

- 4-minute penalty at T2 in the penalty tent.

BLOCKING VIOLATION BLUE CARD, STRIKE TWO

- Two (2) minute penalty at T-2

LITTERING VIOLATION BLUE CARD STRIKE THREE

- Two (2) minute penalty at T-2

Any combination of three (3) offences will result in **immediate disqualification.**

Schedule of Events

Saturday July 3rd 2021

- 12:00 pm - Expo and package pick up opens
- 2:00 pm - Race Briefing reviewing rules and course detail
- 4:00 pm - Expo and package pick up closes.

No bike drop is necessary this year. Arrive at the Pavilion on race morning with your gear ready to go.

Race Day Sunday July 4th 2021

- 5:45 am - Transition at Pavilion opens for running shoe drop off
- 7:45 am - Try-A-Tri Bike/Run starts
- 8:00 am - Sprint Bike/Run starts
- 8:20 am - Olympic Bike/Run starts
- 8:30 am - Duathlon Starts
- 8:30 am - Half & AquaBike Bike/Run starts
- 3:30 pm - Race finishes
- 3:30 pm - Award and Trophy presentation

PERSONAL COMMUNICATION PLAN

Prior to departing for Stony Plain be sure to establish a communications plan with family and friends back home. It is essential that you have a plan for contacting or reuniting with your group following the race. Race results are posted in real-time on www.zone4.ca.

ATHLETE CHECK-IN

Athlete Check-In hours are Saturday, July 3rd 10:00 am – 4:00 pm in the Stony Plain Heritage Pavilion. Please note that Athlete Check-In will not be open on race day. If you do not check-in during the designated Athlete Check-In hours you will not be able to race. Only the athlete racing can pick up their race package, family or friends CAN NOT pick up your package for you. Please bring photo identification with you to Athlete Check-In.

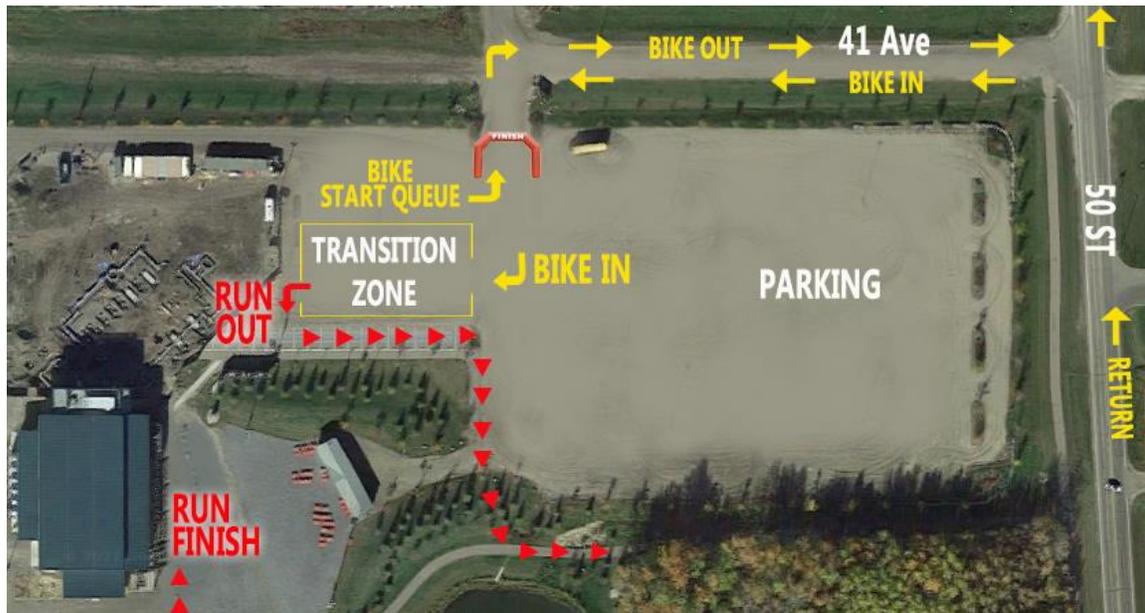
RACE MORNING

Parking

Parking is available in the east lot across from the Transition Zone. Arrive well before 7:00am.

Transition Set Up:

Located at Heritage Pavilion 5100 41 Avenue. You will be able to set up your run gear at the designated bike rack marked by race number range (i.e. section #1-#24, section #25-49, etc.). Do not leave your bike in transition as you will need it for the bike/run start beside the transition zone.



Duathlon

Duathlon athletes must wear their race number for the entire race. The Duathlon will start at 8:30 am SHARP at the run Finish Line (you run out from the finish).

AID STATIONS

Aid stations are approximately every 15-20 kilometers on the bike and a 1.5 km apart on the run. The general offerings are as follows:

BIKE

F2C [Glyco-Durance](#)

Water

[Reboost](#) Gels

[Grynd](#) Endurance Butter

RUN

F2C [Glyco-Durance](#)

Water

Coke

[Reboost](#) Gels

[Grynd](#) Endurance Butter

RACE TIMING and CUT-OFFS

The Half Distance race will officially end 7 hours after the start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

Duathlon run #1 10km Cut off

You will have one hour and twenty-five minutes to finish the first run, if you are not on the bike course by 10:00 am you will not be permitted to continue.

Bike Cut-Off

The official bike cut off is 4.5 hours after the start; this will be 1:00 pm on race day. Athletes must be out of transition by 1:10 pm to be allowed to continue the race. Olympic has the same cut off time.

Run Cut-Off

The race will officially end at 3:30 pm, that being said we believe every athlete should have the honor of finishing the race and we will keep the finish line chute up as long as possible. Olympic has the same cut off time.

AquaBike Finish

You will cross the bike start/finish line for your official time. **You must dismount just before the finish so slow down your approach.**

BICYCLE & GEAR RECOVERY

Mandatory bike and gear recovery is from 1 pm to 4 pm. All bags will be placed together for you to pick up. You are required to reclaim your bicycle and gear after the race. You must have your athlete number with you to claim your bike and gear. If you are unable to personally claim your bike and gear, a family member or friend may use your number or extra sticker that will be provided in your race packet. As a precaution, give this ticket to a family member or friend prior to the race, even if you plan to reclaim your bike and gear yourself.

Awards Presentation

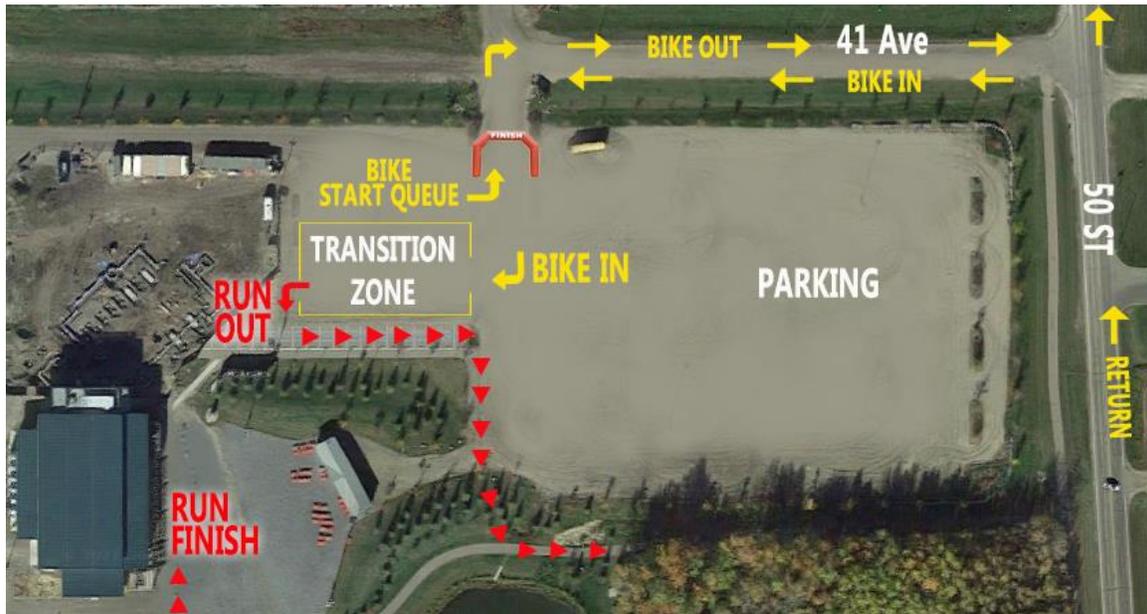
All athletes will receive a post-race meal and refreshments with their wristband. A quick awards ceremony will take place at 3:30pm

You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim and leave it on until after you finish the run. You may apply Vaseline around your ankle; it will not affect the timing chip. If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip.

NO CHIP = NO TIME

Bike Course Summary

Try-A-Tri, Sprint, Olympic, AquaBike and Half Ironman athletes all start from the transition zone in a time-trial format. Self-seed yourself within your start group from fastest to slowest to avoid course congestion.



For detailed bike maps, refer to website.

The Try-A-Tri (10km) and Sprint (20km) are an out and back to their respective turn points.

Olympic (40km) and Duathlon (40km) are 1 lap

The Half/AquaBike are 2 laps (80km)

Note - at bike turn around points, cyclists must yield to traffic. Marshals are placed on course to notify athletes to stop/proceed.

1. Position Rules.

- Absolutely **NO DRAFTING** of another bike or any other vehicle is allowed.
- Athletes must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 20 seconds but must move

back to the right side of the road, after passing. Failure to complete a pass within 20 seconds will result in a drafting violation. Athletes may not back out of the 7-meter draft zone once it is entered (drafting violation).

- Overtaken athletes must immediately fall back 7 meters (~4 bike lengths) before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back 7 meters will result in an overtaken violation.
- Overtaken athletes who remain within 7 meters (~4 bike lengths) for more than 20 seconds will be given a drafting violation.
- Athletes must ride single file on the far-right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified “on the spot” by an official.
- Do not attempt to discuss the penalty with the official.
- The official will: i. Call out your race number and/or notify you that you have received either a RED CARD for drafting or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
ii. Instruct you to report to the next penalty box in T-2 where you serve a four (4) minute or two (2) minute penalty
- The athlete will: i. Report to the Penalty Box and report the offense, if you were shown a RED CARD or a YELLOW CARD. If you fail to report to the Penalty Box, you will be disqualified.
ii. Have race numbers marked by the PB Official with a “D” for drafting or a “P” for all other penalties.
iii. Register, via the sign-in sheet.
iv. Remain in the Penalty Box for the time indicated in the table below, for each drafting violation (RED CARD):
1st Offense 4 Mins in Penalty Tent 2nd Offense DQ
v. Be disqualified if you receive any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
vi. Be disqualified for not reporting to the Penalty Box.

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete’s side of the bike rack.

3. No tandems, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

- 4.** The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
- 5.** Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
- 6.** No athlete shall endanger himself or another participant. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
- 7.** Shoes may be attached to pedals
- 8.** Athletes must wear a bike helmet number on the front of their helmet.
- 9.** Athletes must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
- 10.** CSA-approved helmet is required during the entire bike portion including in and out of transition area. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmet, which affect its integrity, are not allowed.
- 11.** No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
- 12.** Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item will result in a penalty.
- 13.** Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction including flat tires (with your spare tube). Assistance from official race personnel is permitted.

15. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

16. Bike inspection is not mandatory and will not be provided. Athletes are ultimately responsible for their own bikes.

17. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

18. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

20. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the next aid station. At every bike and run aid station, there will be rest areas. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists still on the course after 1:00 p.m. will be disqualified and will not be permitted to continue in the event.

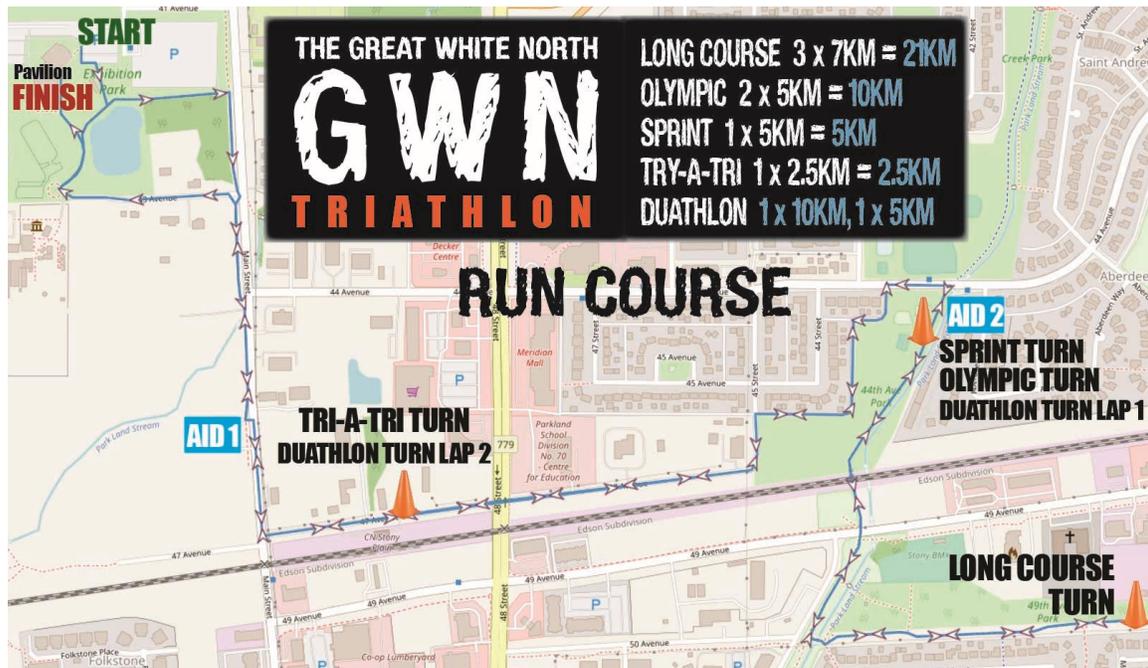
*Note: Bike aid stations are located approximately every 15-20 km's. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course.

A penalty will be assessed for discarding litter outside the designated drop zone.

Note:

Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day but are limited in number. Please be self-sufficient.

Run Course Summary



The Try-A-Tri (5km) and Sprint (10km) are an out and back to their respective turn points.

Olympic runners turn at Aid Station 2 and complete two laps of 5km totaling 10km.

Duathlon run #1 is out-and-back twice to the 5km turn at Aid Station 2
Duathlon run #2 (after bike) is out-and-back once to the first turn cone just after Aid Station 1 at 2.5km

The Half run course is three laps of 7km totaling 21km.

Run Course Rules and Instructions

1. No form of locomotion other than running, walking or crawling is allowed.
2. Athletes must wear their GWN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.
3. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is **STRICTLY PROHIBITED** and may result in disqualification.

4. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED.

This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification.

Friends, family, members, coaches or supporters of any type may not drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

5. Athletes are expected to follow the directions and instructions of all race officials and public authorities. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. A shirt or racing top must be worn at all times.

6. The run course will officially close at 3:30 p.m.

Race Rules

FINISH LINE POLICY

Friends and/or family members are permitted to cross the finish line and enter the finish chute with participating athletes. Please be courteous of other racers finishing as not to take up the whole finish chute.

***NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, AND GWN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.**

RULES APPLYING TO ALL SEGMENTS OF RACE

It is the athlete's responsibility to know all aspects of the bike and run.

1. Participants are expected to follow directions and instructions of all course marshals and public authorities.
2. Race officials shall have authority to disqualify any contestant.
3. Medical personnel shall have **ULTIMATE** and **FINAL** authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any contestant will result in disqualification.
4. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in contestant being suspended from competing in any GWN event in the future.