

SRI CHINMOY RACES 2019

The Somerset Try-a-Tri & Sprint Tri



Dear Athletes,

We are looking forward to welcoming you all to Portishead on May 26th for what we're sure will be a great event. For most of you, this will be your first experience of a triathlon race, so we wish you all the best and hope you have a memorable experience and achieve your goals.

The next few pages contain essential information to help you complete registration for the race on the day, and get yourself to the start line properly prepared and on time for your "wave". As a majority of entrants are first-timers, we've made this very detailed, so apologies for the length of this document!

Also included are some tips for friends and family on how to support you before, during and after the race and how to get a good view of the action.

HAVE A GREAT RACE ☺

From all of us at the Sri Chinmoy Triathlon Club
& Sri Chinmoy Marathon Team International

SRI CHINMOY TRY-A-TRI and SPRINT TRIATHLON

The Sri Chinmoy Somerset Triathlon first took place in 2012. It is one of many hundreds of events held worldwide every year by the Sri Chinmoy Marathon Team and its sister-organisations the Sri Chinmoy Cycling Team and Sri Chinmoy Triathlon Club. The Marathon Team was founded in 1977 by students of the Indian meditation master, author, poet and philosopher Sri Chinmoy. A champion athlete in the Indian spiritual community where he grew up, Sri Chinmoy felt that sport was a natural aid to wellbeing.

Here in the UK our races include running events from 1 mile up to a 24 hour ultramarathon. We have also organised relay races, cycling time trials, duathlons, aquathlons and of course triathlons. Further afield we host the Marathon Swim in Lake Zurich, 100km/50km road runs in Paris and the unique Triple-Triathlon in Canberra, to name just a few!

Our Try-a-Tri is intended as a first step into the exciting and inspiring world of multi-sport competition. We have opted for an open-air pool to create the feel of an open water event without the need for a wetsuit. The cycle course is challenging, with hills to climb and rewarding views from the top, while the run is held on a short loop so supporters can encourage athletes on each lap. In recent years we have added a longer Sprint Distance option for those who want to test themselves over a 400m swim and a 25km bike ride with extra hills thrown in for good measure. It may be a beginner's event, but as any finisher will tell you, crossing the line in either race is an achievement to be proud of.

Our core team of marshals are members of the Sri Chinmoy Marathon Team who in many cases come from far afield to help put the race on. We are also supported by the excellent first aiders and paramedics of CAVRA, mechanical expertise from Gary Harris Cycles and with essential equipment and years of race-organisation experience from our main sponsor, Run and Become, the world-famous specialist running shop. We are very grateful to Portishead Pool Community Trust for hosting the event again – you may not be aware that the pool and café are staffed mainly by volunteers and the water is heated by renewable energy, so if you like the sound of that please support the pool by visiting for a swim some time!

RACE DAY

Registration opens at 6:30am and we recommend you arrive no later than 7:15 so that you have time to rack your bike and prepare your kit before the mandatory race briefing at 7:45. There is ample parking on the Esplanade and we ask all entrants to NOT park on Lake Road out of consideration for local residents. We also ask everyone to observe QUIET until that 7.45 briefing.

Registration is in the tent on the Lake Grounds on Esplanade Road, just a couple of hundred metres from the pool. The Registration Tent is alongside the finish line and this is also the place to meet up at the end of the race. Presentations will be held here for the Sprint Race once the category winners have finished and these will be followed by the presentations for the Try-a-Tri. It's hard to give an exact time that these will take place but please stick around if you can to applaud the winners in the open, under 20, 50+, 60+ and 70+ categories. Full results will be posted on our website as soon as they are confirmed.

BAG STORAGE, TIMING CHIPS AND START TIMES

It's best to store baggage and valuables in your car and only take what you need for the ride/run into transition, maybe with the addition of an extra layer to wear afterwards if conditions are cool or wet. There is also a bag storage area at poolside and any items left there should be tagged with your race number. Once you have registered for the race on arrival and picked up your number pack, check your position in the transition area and your Wave Start Time (this info is on sheets displayed in the registration tent) and go and set up your bike & kit. After that comes the race briefing, then those of you in Wave 1 need to pick up your timing chips (at poolside) then be in the water ready for the 8am start. Those of you in Wave 2 should collect your timing chips while Wave 1 are doing their swim and be ready to get in the water as soon as Wave 1 have finished.

Those of you in later waves are free to go elsewhere for a warm-up jog or stay warm waiting in your car etc. so long as you arrive at poolside and collect your chip with at least 5 minutes to spare before your scheduled start time. Having said that, most competitors opt to stay at poolside and watch the early swim waves – this is recommended for first-timers so you can see how overtaking and swim-exit are done; although it's a beginner-friendly event there are plenty of seasoned triathletes also taking part, especially in Wave 1 who have all done at least one Tri before, so you can learn a few things from spectating. Please note that it can be cool on Portishead Esplanade and you should wear an extra layer over your race kit so you stay warm before your start. If you have a supporter with you, they can take this extra layer of clothing off your hands just before you start – otherwise you can tag it with your race number and drop it into the bag store when your wave is about to start.

Timing chips are worn on the left ankle and once you have got your chip on, DO NOT cross any timing mats (such as the one between the pool and transition) as this will mess up the race results.

In case you're wondering, Portishead Pool is well heated and the water is always at a suitable temperature for fitness swimming, typically 28 degrees centigrade. For this reason wetsuits are not permitted in the Try-a-Tri / Sprint Tri.

The rest of this guide is devoted to the rather lengthy but important information we need to give you in advance of the event - safety info, wave/lane allocation and confirmation of your race number etc. There is also a guide for supporters/spectators so they know where to watch the race from and how to help you, the athlete, on race day.

If you have any questions about what follows, just get in touch!

Somerset Try-a-Tri



*"The perfect
beginner's triathlon!"*

SAFETY BRIEFING 2019—all entrants please read this —if you have any questions the Race Director will be available poolside before the start to answer them, or you can text/email in advance of the race to get things clarified.

ARRIVAL AND SETUP—Please observe our rule that there should be NO PARKING ON LAKE ROAD – we want to minimise inconvenience and disruption to local residents AND keep the course as clear as possible. There is ample parking on Esplanade Road. If you are running late, please contact the race director on 07702410797 no later than 7.30 so we know you are on your way. We won't be able to delay your official wave start time but we may be able to allocate a space in a later wave for you so you can still take part.

Pick up your number pack no later than 7.30 and get “marked up” with your number on your arm/leg. Attach labels to bike/helmet and get your bike & kit set up in Transition so you can be at the poolside for **compulsory Race Briefing at 7.45 (see below)**.

TIMING CHIPS—these are given out to each “wave” of starters at the pool shortly before you start your swim—**once the chip is on** (attached to your left ankle) **do not cross any timing mats until you have started the race**. Chips are handed in at the finish in exchange for your race tee shirt.

BRIEFING 7.45—this is mandatory for all Try-a-Tri and Sprint Tri entrants so please be there on time—make sure you wear something warm enough over your race kit, especially if you are in a later wave. A baggage storage room by the pool is available (see staff/marshals at poolside) if you need somewhere to store your warmup kit. Any items left in storage must be marked with your race number.

WAVE START—the first wave of starters will be numbers 1-25. As soon as they have all completed the swim, numbers 26-50 will be called to enter the pool, and so on until all 8 waves of 25 athletes have started. **Make sure you are ready for your start—we won't be able to wait for you if you miss it. Check at Registration to confirm your Wave Start Time and return to the poolside at least 5 mins before your start.**

The first Sprint Tri wave starts at 8am. We suggest new Triathletes (that's most of you) watch at least one wave before their start, to get an idea of the start routine, overtaking in the pool and also the swim exit. **You must wear the coloured swim hat from your number pack for the swim.** When you are called to start, please find your lane and get in to the water as quickly as possible so as not to delay the start. Lanes are alternately clockwise/anticlockwise so check with the marshal at the end of your lane to see which side of the lane you need to swim on. Do not jump/dive into the pool as this breaches the rules of triathlon and leads to disqualification. You must avoid impeding other swimmers while swimming, when overtaking and while exiting from the swim so please keep your eyes open and try to hold a straight line on the correct side of the lane.

The Start is a countdown—“5,4,3,2,1,GO!”.

Don't go off too early—False Starts incur a time penalty.

Overtaking in the swim section of the race can be mid-lane or at the end when turning. When overtaking mid-lane, check the lane ahead is clear before pulling out to swim round another athlete, just as you would if overtaking when driving. If a swimmer is approaching in the middle of the lane, wait until the space is clear before you overtake.

End-of-lane overtaking is when a slower swimmer stops briefly at the end of the pool, allowing the swimmer who has caught up with them to turn first. It is not mandatory to do this if the swimmer behind you catches up with you, but it does benefit both swimmers as the slower swimmer can then "draft" behind the quicker one and save energy.

POOL EXIT—when you have 1 lap to go (that's 2 lengths) your marshal will signal with a swim float to let you know. When you complete your final lap, exit the pool at the shallow end (you are not permitted to use the steps unless by prior arrangement with the Race Director because of restricted mobility etc.) and turn left—**walk until you get to the corner of the pool** as space is limited and there are marshals right by the water—once you turn left and are heading down the side of the pool you can run. Enter Transition via the door behind the diving boards.

THE SWIM IS 12 LENGTHS FOR "SPRINT" and 8 LENGTHS FOR "TRY-A-TRI"

TRANSITION 1— there is a strict no-nudity / no-exposure rule in Transition. Remember you must have your helmet on and clipped up before moving your bike. Make sure you have a large race number visible on your back before exiting Transition. You must push your bike (not ride it) until you have passed the "Cyclists Mount Here" sign. At the road crossing, obey instructions from the marshals —**the road is open to traffic and you may have to wait. The road crossing marshals will indicate with a STOP/GO sign whether it is safe to cross or not.** The sign is aimed at you, not the traffic – if it says STOP, you must wait for traffic to pass and then cross when it changes to GO.

BIKE SECTION—take care over the speed humps on Lake Road/Esplanade and **obey all marshal instructions throughout the course.** This is a non-drafting race so do not ride alongside or close behind (within 10 metres of) another rider. All roads are open to traffic, you must obey the Highway Code and ride safely. If you need assistance (first aid or mechanical help) or if you see someone else in need of assistance please inform a marshal.

YELLOW FLAGS mean RIDE WITH CAUTION AND SLOW DOWN TO A SAFE SPEED

At three points on the loop section of the course you'll see a marshal with a yellow flag. We consider it unsafe to overtake on Walton Lane (**Yellow Flag #1**) from the point where you pass the "Narrow Lanes for 800m" sign until you have turned left on to the B-road at the bottom of the hill (**Yellow Flag #2** – you are joining a potentially busy B-road here). Unsafe riding here (or anywhere on the course) will result in disqualification. Please take extra care on this section as there have been complaints of unsafe riding from residents.

After the 2nd yellow flag you ride a flat section of B-road where a lot of riders pick up speed – do remain alert, as there is a section of narrow road in the village of Weston where you may have to give way to oncoming traffic e.g. if there is a wide vehicle approaching. In past races some riders have taken the left turn off the B road on to Valley Road a bit too quickly (**Yellow Flag #3**) —TAKE CARE AT THIS JUNCTION.

At the top of the Valley Road climb, Sprint Triathletes turn left and ride the loop section a second time before returning to the Esplanade. Try-a-Tri entrants only do 1 loop so they turn right at that point and head back to the Esplanade. **This is clearly signed.** After descending Nore Road hill, take care turning left on to Battery Road.

THE BIKE COURSE INCLUDES 2 LAPS OF THE LOOP FOR "SPRINT" and JUST THE ONE LAP FOR "TRY-A-TRI"

When you get to the end of Battery Road, don't go straight on (back the way you came) this is a common mistake! The route is signed LEFT along Beach Road so that you return to the pool via the Seafront. A marshal with a red arrow/hand sign will be there to direct you but it is your responsibility to follow the correct course. TAKE CARE ON THE ESPLANADE as spectators may step into the road. Watch for the SPEED HUMPS on the Esplanade too and get ready to slow down for the dismount.

TRANSITION 2— dismount BEFORE passing the "Cyclists Dismount Here" sign— marshals will direct to push your bike up the ramp onto the pavement then down the side of the Transition area before entering Transition at the back entrance, by the steps to Battery Point. Re-rack your bike in your allotted spot on the rack before unclipping and removing your helmet.

RUN SECTION—You must display a race number on your front for the entire run course—headphones/music players/phone use are not permitted. You will pass a water station on each lap—please dispose of water bottles right by the water station or in one of the bins on the course.

THE RUN COURSE IS 1 PARTIAL LAP + 4 FULL LAPS FOR "SPRINT" and 1 PARTIAL LAP + 3 FULL LAPS FOR "TRY-A-TRI"
You have to count your own laps.

SPRINT TRIATHLETES – the first time you approach the finish tent you have only run 200m – so from that point complete 4 full laps and then finish as you approach the finish line for the 5th time. **Easy to remember – for the 5k run, finish the 5th time you get to the Finish Tent.**

TRY-A-TRI TRIATHLETES - the first time you approach the finish tent you have only run 200m – so from that point complete 3 full laps and then finish as you approach the finish line for the 4th time. **Easy to remember – for the 4k run, finish the 4th time you get to the finish tent.**

When you are running your laps you run past the finish tent on the pavement, but as you approach it for the final time you keep left on the grass so that you run directly into the Finish Tent which forms an arch over the finish line. After finishing carry on to the Registration Tent where we will take your Finisher Photo (friends/family are

welcome to join you) and present your medal & tee shirt in exchange for your timing chip.

Bike safety is the responsibility of all athletes, so if you need your bike checked over or fixed before the race, try contacting Gary Harris on 07575 482228 for a quote. Gary always attends our race to offer mechanical support, but his "day job" is as a bike mechanic repairing and servicing at [Gary Harris Cycles](#).

Before race day, all athletes are required to read the [British Triathlon Competition Rules](#). If you have any questions please contact the Race Director in advance of the event. Infringements will lead to warnings, time penalties or even disqualification so make sure you know the rules before the big day!

Well, that's a lot of safety/rules/setup info for you all to digest, and I guess that's driven by the fact that we race on public roads and "risk assessment" governs every aspect of life these days, especially racing! So, I hope you can assimilate all the detail above so that nothing phases you or catches you out on race day, especially if it's your first Triathlon.

For lovers of Triathlon, the feeling of completing a multisport event is incredibly satisfying and whatever your finish time, just stepping across the line having done all three sports plus the transitions marks you down as a special kind of person: one who is fit enough to take on this endurance challenge, adaptable enough to diversify into different sports and (for most of us) humble enough to have a go at one of those three disciplines that we might not be particularly good at! Whatever has motivated you to enter this event I hope you have a great time training up for it and an even greater time on race day.

If you have any questions about the race, call, text or email me in advance, as I am very busy on race day and may not be available to answer everybody's questions at the last minute!

Garga Chamberlain, Race Director
(07702 410797 – garga.sctc@zoho.com)

***There is only one way
To arrive at the destination:
Begin.*** *Sri Chinmoy*

Sri Chinmoy Somerset Try-a-Tri & Sprint Triathlon

Notes for Supporters & Spectators

Supporters get free entry to the pool area from 7.00 to 10.00, so you can watch the swim from the tiered seating there. Please note the seating is not covered. Here are some good ways to support your athlete:

Help them get their bike and kit to registration and then to the transition entrance. You can't come right into the transition area though; they have to rack the bike and lay out their kit themselves.

Come with them to the briefing at 7:45am by the pool, make sure they wear something warm if it is a cool morning, then take that extra layer of clothing off their hands when they are called to the start – they may not have time to go and stash it themselves.

Cheer everyone as they swim, especially when they come out of the pool – the swim is a tough event for many athletes, so please give them enthusiastic support! Please leave the space immediately around the pool clear – there is plenty of space for spectators overlooking the pool on the tiered area. Keep the run-way from pool to exit-door totally clear and **please make sure young spectators in your care do the same.**

The finish line is approx. 200m away from the pool, on the Lake Grounds, on the landward side of Esplanade Road. You get a good view of the run finish from the Esplanade and you can also watch your athlete finish from the cordoned-off area just before the finish line. PLEASE DON'T STAND IN THE ROAD as this makes life difficult & dangerous for the athletes finishing the bike section.

As soon as athletes finish, they are presented with their race medal and tee shirt. We will take every finisher's photo at Registration, just a few metres from the finish line – supporters can be in the photo too if they want. After finishing and having their presentation & photo, athletes need to collect their bike and kit from transition. They may have to wait a while until most athletes have finished before they are allowed in, so it would be good to have a jacket or other extra layer ready for them when they finish. And a drink or snack for them too.

The Registration/Finish Tent on the Lake Grounds is also the **meeting point**, so anyone separated from other members of their party should meet here. Our designated Lost Children officer / DSP will be located here throughout the event, and First Aiders will be on hand here too.

Please drive really carefully when leaving – ideally don't leave until all athletes have finished and are off the road.

Hope you enjoy supporting your athlete in their Triathlon and have a great day!

CYCLE ROUTE



The Try-a-Tri course is only 17km but includes some hills, notably on Nore Road on the outbound route and also going up Valley Road on the way back – save some energy for that part! The loop section of the course will be ridden in an anticlockwise direction which means you get some great views to the south west over the Bristol Channel. Athletes in the Sprint Triathlon follow the same course but complete 2 laps of the loop section through Walton & Weston making a total route of 25k.

As you'll see from the course map, there are a few right turns and crossroads to deal with. At all of these, there will be marshals. If there is traffic approaching, you'll have to be prepared to stop and let it pass before carrying on.

RUN ROUTE



The run route is a flat loop around the Lake Grounds. The loop is approx. 1.3km long so for the Try-a-Tri you complete a 200m partial lap then 3 full laps making 4.1 km in total. Sprint Triathletes have to complete that same 200m from transition to finish line then a further 4 full laps which actually makes the run 5.4 km. Water is available on each lap. Toilets are located at the end of the Esplanade furthest from the pool so you pass the toilets on each lap. Please obey all marshals and keep close to the side of the road on the sections where there is no pavement. Headphones are not permitted.

HOW TO FIND PORTISHEAD OPEN AIR POOL (RACE VENUE)

Directions: Leave M5 at Junction 19 and follow signs to Portishead and then the brown signs for Portishead Lake Grounds. The pool is located at the north end of the Esplanade. Postcode is BS20 7HD.



Race director's contact details for any enquiries:
07702 410797
garga.sctc@zoho.com

Start List / Swim Waves – SPRINT TRIATHLON

To be confirmed

Start List / Swim Waves – TRY-A-TRI

To be confirmed