

Welcome to the 24th Annual Kal RATS Sprint Triathlon! Sunday, June 23, 2019

The **Kal RATS Triathlon Club** is pleased to have you at our event this year.
Have a safe, secure and enjoyable experience at our race.

Schedule	Where?
Saturday June 22, 2019 Early package pick up 3:00 to 5:00 pm	The Starting Block 3100 29th Avenue, Vernon, BC
Sunday June 23 Race Day package pick up 6:30 to 8:00 am	Kin Beach, Vernon, BC Corner of Tronson and Lakeshore Road Obtain Timing Chip, Body Marking
Pre-Race Meeting 8:00 to 8:20 am	Meet at Transition near the Shelter
Swim Warm up 8:20 to 8:29 am	Swim start is on the beach There will be one swim wave Seed yourself appropriately
Race Start at 8:30 am	
Awards at approximately 11:00 am, after the finish of the final participant.	

Pre-Race Details

- Limited Parking is available along Kin Beach, Kin Beach overflow parking and along designated sections of Tronson Road.
- No pre-race bike check is required, but you must ensure that your bike is in proper working condition. You will be provided a numbered sticker for your bike, after the race your bike can only be removed from transition if you are wearing a matching race number. Volunteers will be placed at the exits to ensure the bike lot is secure. Please note that Triathlon BC Officials will be doing random bike checks, and you may be prevented from starting if your bike does not meet safety standards. The most common problem is missing end plugs on your handle bars.

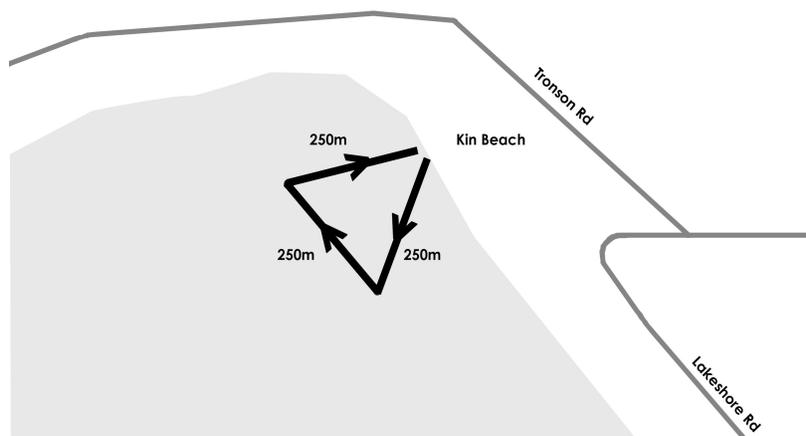
- Bike racks will not be numbered. **Racers will rack their bikes, first come, first choice.**
- Only athletes participating in the race will be allowed in the transition area.
- Please keep transition materials to a minimum. Large bins or bags are not allowed in transition and will be removed.

The Timing chip is to be worn on your ankle. **There will be a \$10.00 charge for lost chips.**

Course Details & Description

Swim Course 750 meters

- Competitive, deep water, triangular course. Mass start. The swim cap provided in your race kit must be worn. Wetsuits are allowed if temperatures meet the allowed Tri BC regulation. You can request a white cap at package pick up if you are a nervous swimmer.



First Transition (T1)

- **Your Helmet strap *must* be done up BEFORE you un-rack your bike.** Failure to comply will lead to disqualification, or worse -- a bad head injury. Please remember to do it up right away.

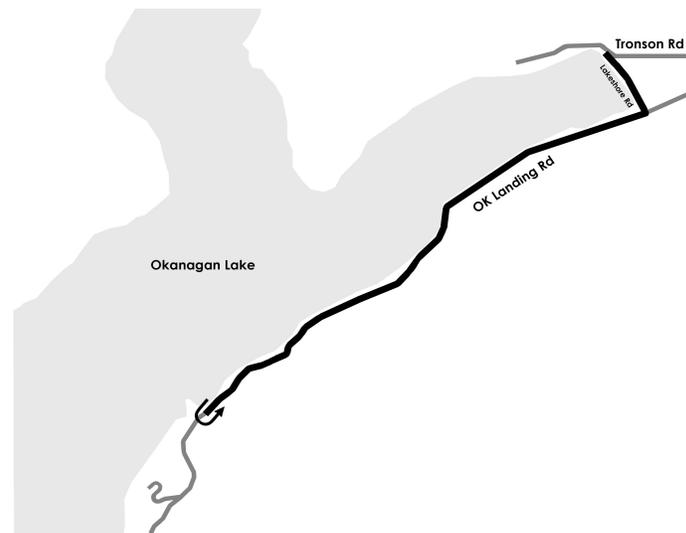
Bike Course 18.5 km

- No bike check is required, but you must ensure your bike is in good working order.
- **A Race number is provided for your bike. This is to be placed on the top tube so the number can be seen from both sides of your bike.**
- Exit the transition area by walking/running your bike through the southeast exit, and continue across the footbridge until you get to the bike mount line on Lakeshore Drive.
- Continue on Lakeshore Drive until you get to the intersection with Okanagan Landing Road. After taking a right at this intersection you will continue riding on this road until you reach the turnaround point at 9.25 km. There will be traffic control at the turnaround but please be cautious of all traffic when you get to the turnaround.

- Return to transition the same way you went out, taking a left turn at the intersection of Okanagan Landing Rd and Lakeshore Rd. You will be instructed to cross the left lane of Lakeshore Rd to return to transition and then dismount BEFORE the bike dismount line. Run/walk your bike into transition. **Do not undo your helmet strap until you rack your bike.**

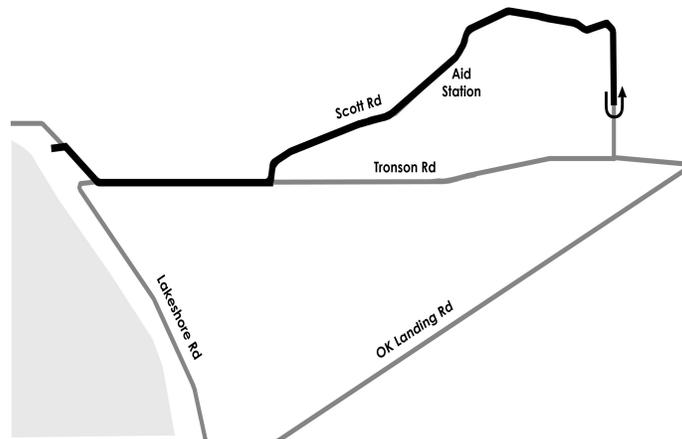
Please Note:

- There is no drafting within a 10x3 meter zone behind the rider in front of you.** Race staff will be positioned in hidden areas of the course watching for athletes infringing on the draft zone. Athletes caught drafting will be assigned warnings and time penalties. Athletes will be disqualified for multiple infringements.
- This course is NOT closed to traffic although efforts will be made to control traffic where possible. Major intersections and turnaround points will be marshalled by volunteers, but participants have a responsibility to be aware of traffic conditions at all times.
- Be aware of marked and unmarked hazards. There are a few pot holes on the course this year most of which will be marked with spray chalk. Watch for the pedestrian traffic islands on Okanagan Landing Road, which narrow the effective road space, also be aware of pedestrians and vehicles at these points.



Second Transition (T2) and Run Course 5 km

- Run numbers must be displayed on your front during the run, pins are provided, or a race belt is suggested.**
- Change to your run gear, exit transition through the northeast exit and cross the road as instructed by volunteers.
- Take a left turn off Tronson Rd onto Tronson Rd (*road goes left but the name stays the same!*)
- Running on the left side of the road, stay on the inside of the traffic cones (both on the way out and back). Take the first left hand turn off Tronson Rd onto Scott Road.
- Continue on Scott Rd until the run turnaround point. This is the half way point.
- There is one aid station *offering water only*. You will pass it twice, at 1.25 km and 3.75 km.



- As you near the end of the run, you will be directed to cross Tronson Rd and run to the finish line which is north-west of the transition area.

Please find an opportunity to say thank you to the many volunteers who are out on course helping make your day safe

Special Instructions for our Relay Participants – Please Read!!!

- Each member of the relay team will wear the timing chip for their leg of the race, and pass it to their team member.
- The Swimmer will exit the water and pass off the timing chip to the Biker **after** crossing the timing mat into the designated exchange zone.
- The Biker will position him/herself in the designated exchange zone. After receiving the timing chip and placing it on his/her ankle, the Biker will continue into T1, remove their bike from the rack and proceed onto the bike course. Upon returning to T2 the Biker must rack his/her bike, remove the timing chip then proceed to the designated exchange zone at the run exit.
- The Runner will position him/herself in the designated exchange zone at the run exit to receive the timing chip and place it on his/her ankle. Please make sure to stay out of the way of other athletes moving through transition. The Runner must also be wearing the run number, displayed on the front of their body.

Finish Zone

- After finishing your race, grab some food and fluids, share your favourite race moments with your friends and family, take lots of pictures to remember the day. Please stick around for our draw prizes and age group awards. Awards will begin when the last participant has finished, approximately 11:00 am.

Any Questions?

Contact the Race Director Warren Yablonski: yablonskifamily@gmail.com