



Event Instructions v2

Pre Race Day

Ensure you understand the rules laid out below.

Have the minimum kit required below.

Are fit and healthy enough to undertake the event.

Race Day

Location: Trentham High School, Allerton Road, Stoke-on-Trent, ST4 8PQ.

Registration: Opens at 11.40. Ensure you register at least 30 minutes before your allocated start time.

You will be given a timing chip which you must attach to your running shoe and a number for your front.

Racking: After registering, rack your bike and kit in the transition area (marshals will help).

Race briefing: 10 minutes before start time at the pool side.

Swim: 2 minutes before your allocated start time, you will be called to the pool start.

You will be offered a swimming cap, which you must leave on the side when you exit.

1 minute before your allocated start time you will get into the pool.

On the whistle start swimming.

You can swim any stroke, push off the sides, do tumble turns or even stop for a rest.

You will swim 10 lengths (5 out & 5 back). At the end of your 8th length, the marshal will signal to get out when you next return (2 more lengths).

Leave the pool area via the front door to the transition area.

Transition 1: To collect your bike, you must go through the Transition area.

Here you will prepare yourself for the bike, by getting dressed, putting your helmet on and collecting your bike.

There are 3 important rules in Transition:

1) No full nudity.

2) Do not touch the bike until you have your helmet on.

3) Do not mount your bike until you have left transition.

Breaking the above rules could result in a time penalty (10 seconds).

Tip: Take your time and practice getting it right.

Bike: On the bike you will be riding on the road. This means that you must follow the highway laws.
The race organiser is not responsible for any laws broken by a competitor.
You have no additional rights over other users of the road.
Once you set off on your bike follow the signs and marshal instructions at all times.
If there is no signs, assume straight ahead.
Marshals will be placed at certain points on the course to help you negotiate any danger.
If you feel uncomfortable at any point, please get off your bike and walk through the danger.
Trentham Gardens Roundabout Option: (Yellow – Walking Option)



Once you return to the school, dismount your bike before you reach transition.

Transition 2: Return your bike to the rack **BEFORE** you touch your helmet.

Prepare yourself for the run.

Leave transition via the run exit.

Run: The run is two laps of the fields.

Follow the arrows on the run.

At the end of lap 1, you will meet a junction for lap 2/finish. Follow the arrows to lap 2.

At the end of lap 2, follow the arrows to the finish.

Finish: Well done, you have finished the first Go Tri Stoke.

Remove your timing chip and exchange it for a medal.

Times will be available upon the last finisher crossing the line. They will also be uploaded to www.gold-events.co.uk/gotristoke during the afternoon.

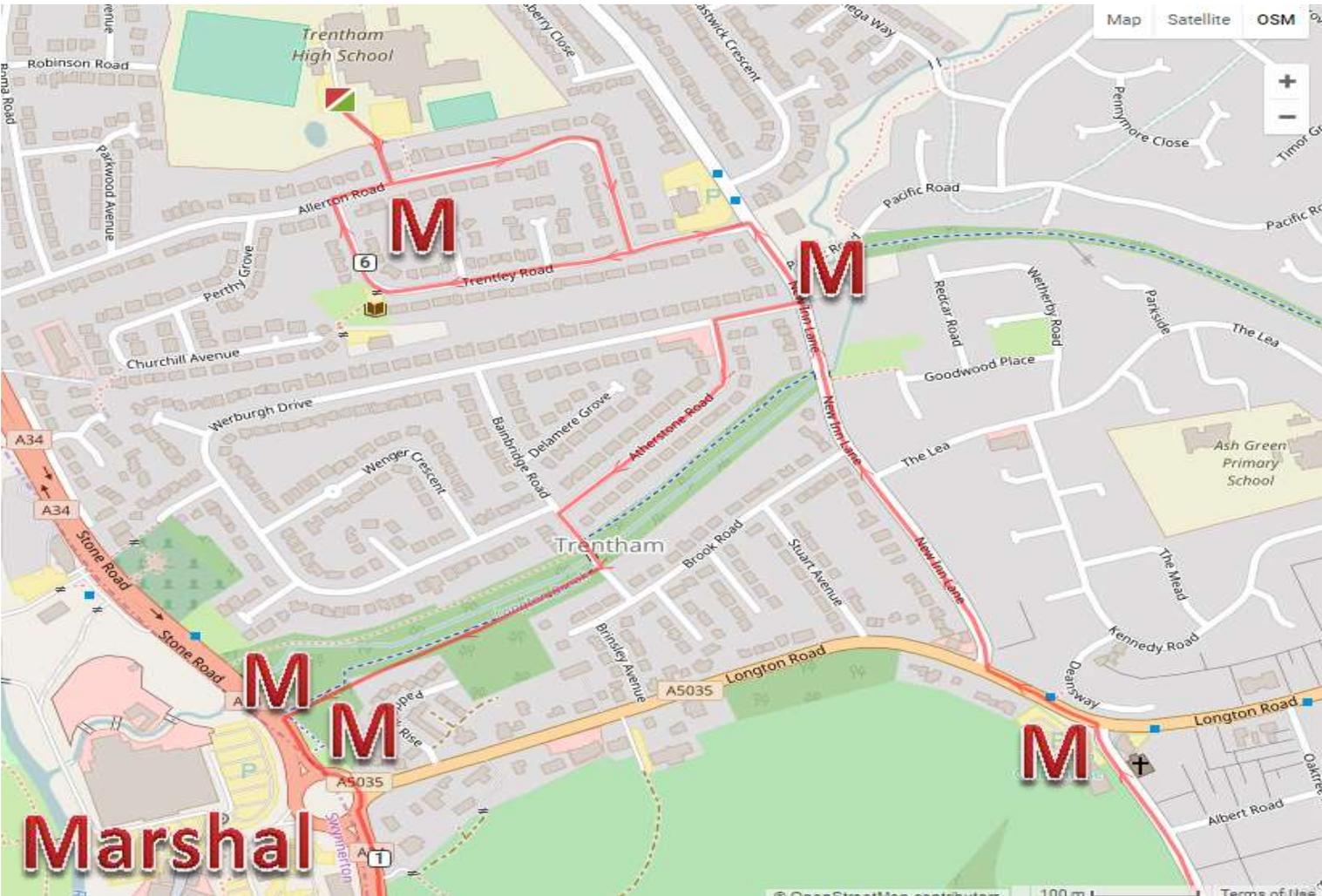
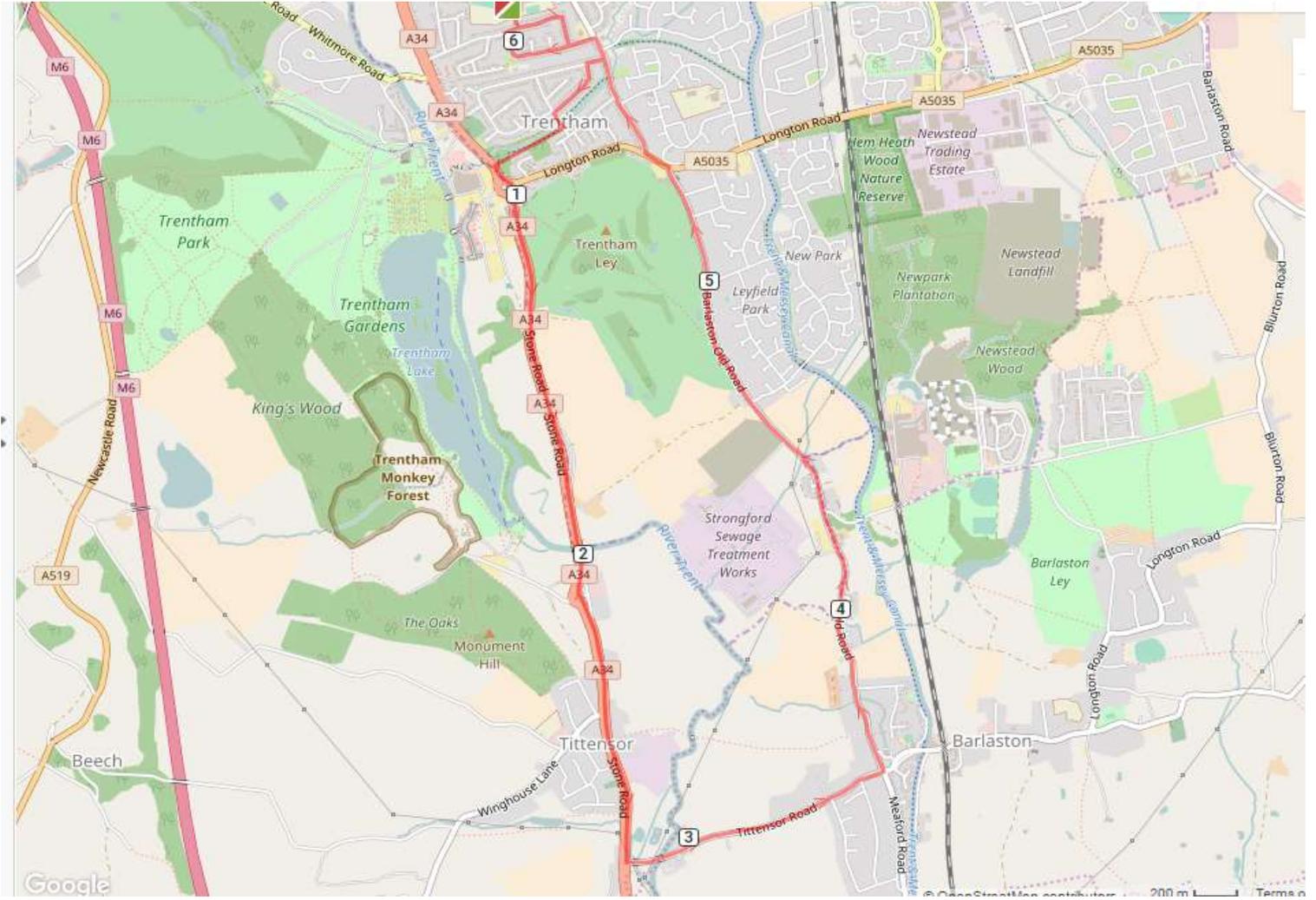
Mandatory Kit: Working Bicycle

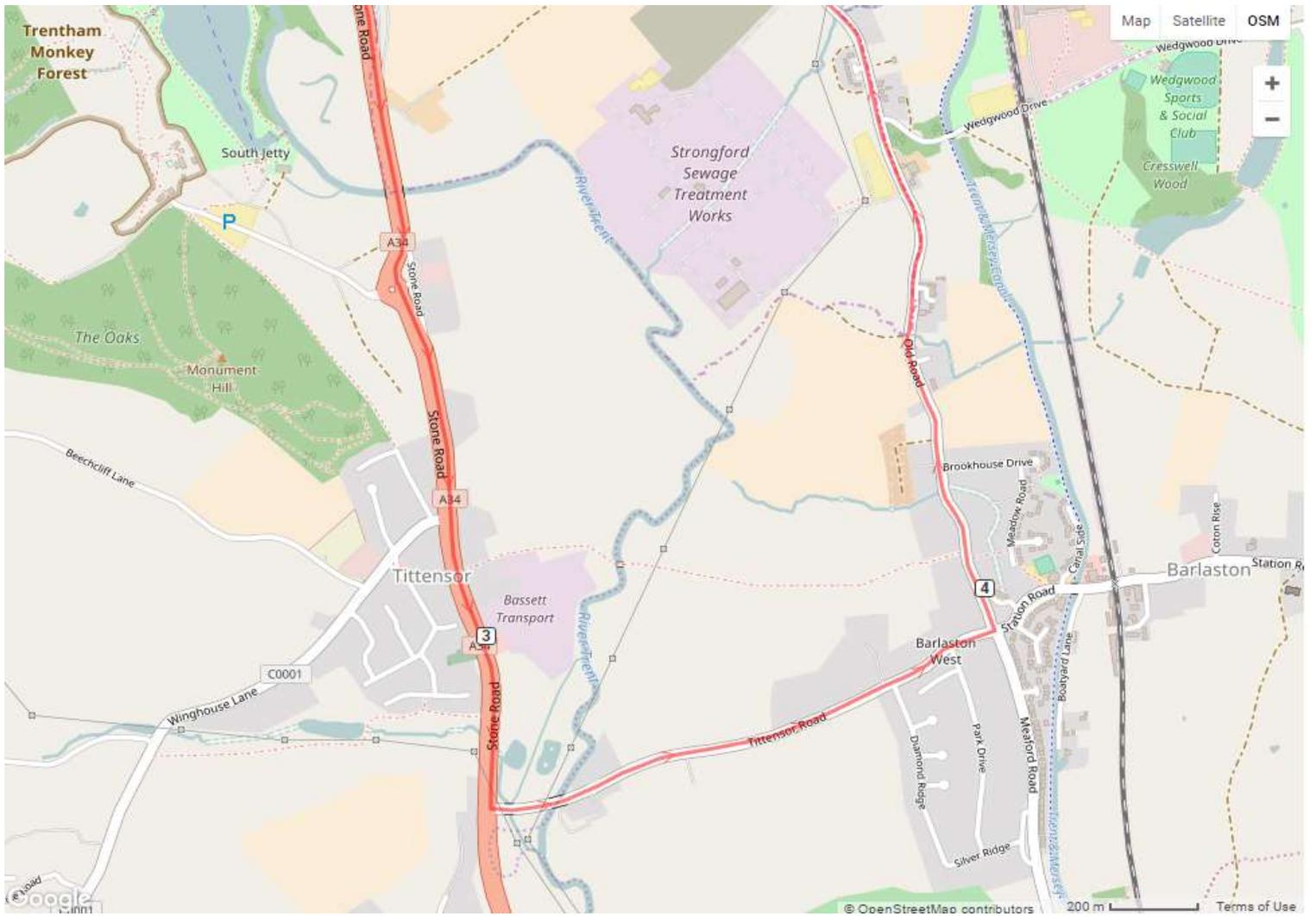
Helmet

Swimming costume/Tri Suit

Optional Kit: Cycle & Run Clothing

Bike Leg (1 lap)





Run Leg (2 laps)

