



**K1MAN19**

**Swim-Bike-Run**

# **Athlete Race Information Guide**

**2019**

## INTRODUCTION

Dear Athlete,

Welcome to the K1MAN19 triathlon. On behalf of the K1 Triathlon Club Committee I would like to congratulate you for taking on our challenge and participating in this half ironman distance triathlon.

Our goal is to ensure that you have the best possible experience. The information contained in this Athlete Race Information Guide will aim to guide you through your preparation and ensure you arrive on the start line well prepared and raring to go.

Regardless of whether you are competing as an individual or part of a team, a first timer or multiple Ironman finisher; we hope that you find the K1MAN a memorable and fulfilling race, that each stroke, turn of the pedal and step is as rewarding as it is challenging.

Your safety prior to and during the event is of the utmost importance. Please remember to train and race safely.

I look forward to seeing you on the start line.

Regards,

*Chris Fletcher*

OiC K1 Triathlon Club

# Program of Events

Time	Event	Location	Remarks
<b>Friday 04 October 2019</b>			
1000-1700	Equipment moved to event location	K1 MAN Set up	K1 Man Staff
<b>Saturday 05 October 2015</b>			
1000-1700	Event set up	Happy Valley	K1 Man Staff / volunteers
<b>Sunday 06 October 2015</b>			
0545-0630	Registration and bike rack	Lemmings Club, Happy Valley	Photo ID required
0600-0620	Bike check	K1 MAN transition area	Bike and helmet required
0630	Race Brief	K1 MAN transition area	
<b>0645 START K1 Swim course</b>			
0755	Swim cut-off	K1 MAN Swim course	1hr 10
1245	Bike cut-off	K1 MAN Cycle courses	4 hr 50
1545	Run cut-off	K1MAN Run route	3 hrs
1545	Race officially ends	K1 Man Site, Happy Valley	
TBC	Prize Giving	Lemmings Club, Happy Valley	

# Race Day

## **BIKE RACKING**

**Sunday 06 October 2019 (0545 - 0620 hrs)**

- To rack your bike in transition you must be wearing your helmet and fastened, you will be required to show the transition race volunteer that your brakes work.
- Your bike must be racked over your race number on the A frame racking. It must be racked with the saddle on the horizontal bar.
- Please remember to always wear your fastened helmet when riding your bike.

## **RACE BRIEFING**

**Sunday 06 October 2019 (0630 hrs)**

- The K1MAN Race Briefing is mandatory for all competitors; this includes all members of relay teams. Important safety information and any last minute changes to the event will be given out at this briefing. The race briefing will be held in the K1 MAN Transition area.

## **RACE WATER**

**Water is provided free of charge to all race competitors.**

- Water will be in the transitions area, after the swim and in 2 locations on the bike and 2 locations running route.

# Race Rules

## SWIM RULES & GUIDANCE

- Wetsuits are optional unless the water temperature is below 15 degrees C, this is highly unlikely.
- Swimmers must wear the swim cap provided in their goody bag. Goggles or a face mask is recommended, but not mandated.
- No fins, paddles, snorkels or flotation devices of any kind are allowed.
- Swimmers are required to stay on course, swim anti-clockwise and keep course markers to the left. Failure to do so will result in disqualification.
- A swimmer experiencing difficulty and in need of assistance should roll onto their back and raise an arm overhead and call or seek assistance. A swimmer, who has received assistance, whether voluntary or involuntary, must withdraw from the race.
- The swim course will be closed **1 hour 10 minutes** after the start of the race. Athletes still in the water after this time will be withdrawn from the race.

## BIKE RULES

- Athletes are required to ride road/triathlon bikes. Mountain bikes, beach cruisers and bikes with coaster-type brakes are prohibited.
- Bike helmets must be fastened before the athlete removes their bike from the racking. The helmet must remain fastened until the athlete has racked their bike in transition.
- Absolutely no drafting of another bike or any other vehicle is allowed.
- Athletes must ride single file on the left side of the road near the verge except when passing another cyclist. Side-by-side riding is not allowed.
- Cyclists must keep a distance of 10 meters (approximately 5 bike lengths) between bikes except when passing.
- Overtaking cyclists may pass on the right for up to 30 seconds, but must move back to the left side of the road near the verge after passing.
- An overtaken cyclist must fall back 10 meters before attempting to regain the lead.
- Athletes are responsible for repairing any punctures or mechanical failures. No outside assistance is to be accepted from anyone other than a member of the K1MAN event race crew.
- Athletes may walk with their bike, if necessary.
- Cyclists are responsible for following traffic laws and for the consequences of any infractions. No traffic will be stopped during the race.
- The bike course will be closed **6 hours** after the start of the race. Athletes still on the bike course after this time will be withdrawn from the event and will not be permitted to continue.
- The K1MAN bike course takes place on open public highways. All athletes must adhere to the road traffic laws at all times.
- No MP3 or portable media devices are to be carried or used during the K1MAN event.

## **RUN RULES**

- No form of locomotion other than running, walking or crawling is allowed.
- The run course will be closed **9 hours** after the start of the race. Athletes still on the run course after this time will be withdrawn from the event and will not be permitted to continue.
- The K1MAN run course takes place on a mixture of off-road tracks and public roads. All athletes are to keep to the right hand edge while running on public highways.
- No MP3 or portable media devices are to be carried or used during the K1MAN event.

## **ATHLETE FINISH ZONE**

When you finish the race you will receive your well-earned K1MAN Finishers Medal, refreshments and race t-shirt.

# The Route

## **SWIM COURSE**

**Total distance 1.9km**

There will be a mass start for the swim, with Australian exit after the first lap.

On completion of the second lap swimmers will head directly to the swim exit banner. Care should be taken when exiting the water as the seabed is uneven with a mixture of sand and rock.

All athletes must cross the timing mat immediately after the swim exit banner; failure to cross the mat will mean that no time is recorded for your swim.

A table will be available just after the timing mat for spectacles and inhalers etc. Bottled water will also be available on this table.

The route to transition (approximately 200m) is along rubber matting and concrete pathways.

## **RELAY SWIMMERS**

On entering transition relay swimmers must move to the 'Holding Area' and 'Tag' their relay cyclist.

**ALL Swimmers- the Swim Cut Off is 1hr 10mins after the start of the race.**

## **BIKE COURSE**

**Total distance 97km**

Athletes must push their bikes out of transition and cross the Mount Line before getting onto their bike.

The entire route takes place on open public highways and will be clearly marked throughout. K1MAN Race Crew will be located at all junctions; all competitors are to follow any instructions that they give.

Water/Feed Stations will be located on the route and will be the locations will be briefed on the day. Athletes requiring nutrition must slow down prior to the stations being observant of other athletes and road users. Extra care must be taken when re-joining the route. Including the initial exit from transition there are two Water/ Feed Station on the cycle route.

Mechanical assistance will be available in the transition area.

Care should be taken throughout the bike course, hazards include:

- Speed bumps.
- Drainage covers.
- Patch repairs to road surface.

On completion of the second lap athletes must get off their bikes before the dismount line and push their bikes, keeping to the left of the path into transition. Bikes must be returned to the allocated slot and racked before helmets are removed.

## **RELAY CYCLISTS**

Relay cyclists must wait in the 'Holding Area' until 'Tagged' by their swimmer. Cyclists may wear all equipment whilst in the holding area with the exception of their helmet which must be on their bike.

On completion of the cycle route cyclists must rack their bike and remove their helmet placing it with their bike prior to moving to the holding area to 'Tag' their runner.

**All Cyclists – the Bike Cut Off is 6 hours after the start of the race.**

## **RUN COURSE**

**Total distance 18.5km/4 laps**

The run course takes place on dirt tracks and tarmac roads and is a 4 lap route which does not loop through transition. There will be extra tables available in the feed station areas for athletes to preposition their own nutrition. The route will be clearly marked throughout. K1MAN Race Crew will be located at all junctions; competitors are to follow any instructions that they give.

There will be 2 Water/Feed Stations on each lap. Energy gels and water will be available at all stations.

Care must be taken with foot placement throughout off-road sections of the run.

On completion of the 4<sup>th</sup> lap athletes will be directed to the Finish Shoot.

## **RELAY RUNNERS**

Relay runners must wait in the 'Holding Area' until they are 'Tagged' by their cyclist.

**All Runners – the Run Cut Off is 9 hours after the start of the race.**

## **MAPS**

**Detailed maps of all routes and Water/Feed Station locations can be seen during registration, and are available on STRAVA, via the K1 Triathlon Club Website.**