



**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>   |                                   |                             |                                                        |
| 0545-0620                       | Registration and bike rack        | Lemmings Club, Happy Valley | Photo ID required<br>Helmet and brakes will be checked |
| 0630                            | Race Brief                        | K1 MAN transition area      |                                                        |
| <b>0645</b>                     | <b>START</b>                      | <b>K1 Swim course</b>       |                                                        |
| 0755                            | Swim cut-off                      | K1 MAN Swim course          |                                                        |
| 1215                            | Bike cut-off                      | K1 MAN Cycle courses        | 1215 hrs                                               |
| 1515                            | Run cut-off                       | K1MAN Run route             | 1515 hrs                                               |
| 1515                            | 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.

# Parking / Transition / Registration



# Race set up



# 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 **5hrs 30min** 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 **8 hrs 30 min** 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. (if you registered on or before the 31 Aug 19 you will receive a t-shirt, if you registered after this time you will not receive a 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.

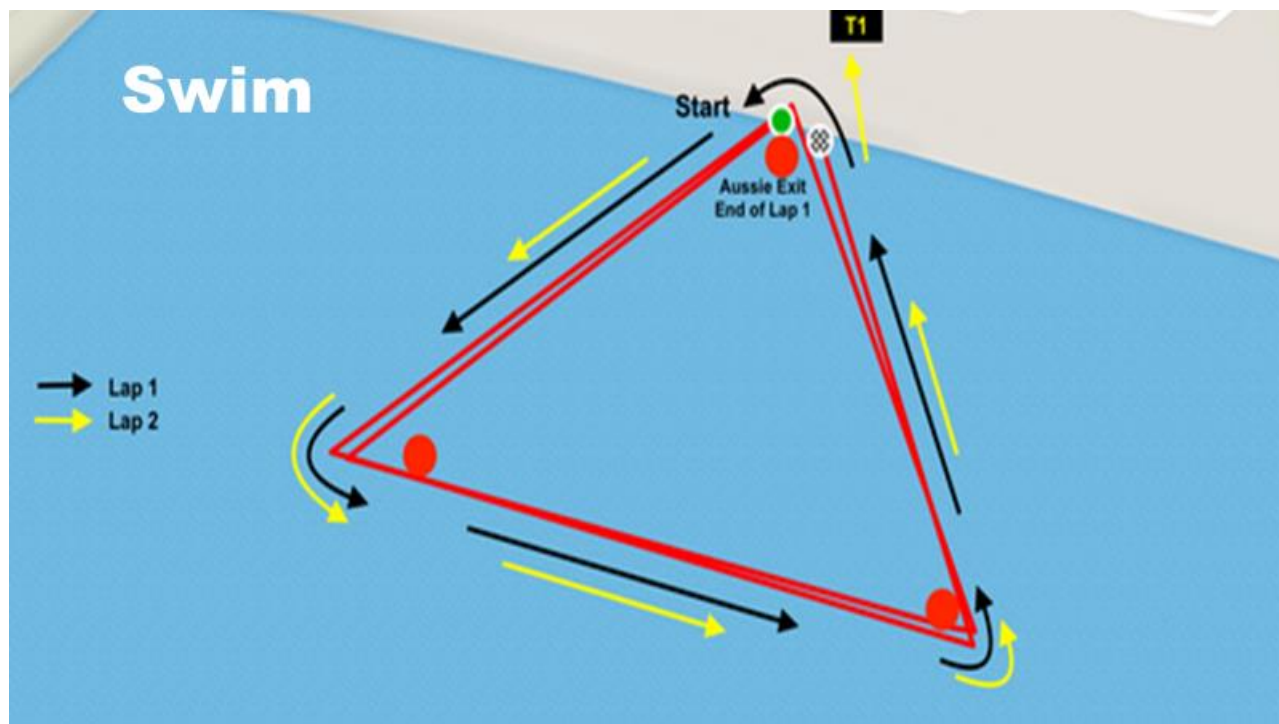
A table will be available just after the timing mat for spectacles and inhalers etc. Bottled water will also be available on this table.

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.

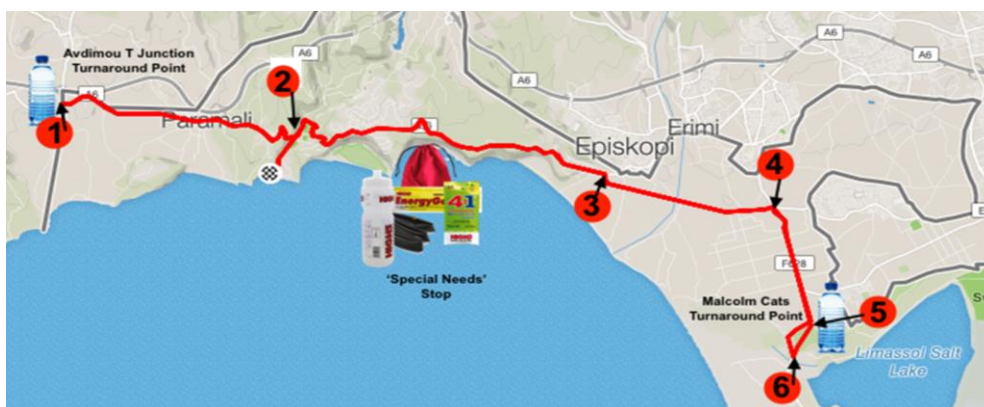
There is a special need stop on the cycle route. Racers are to place all contents into the issued race goodie bag and clearly place their number on the bag. Racers will drop the special needs bag at registration area.

## **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 5hr 30min 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.

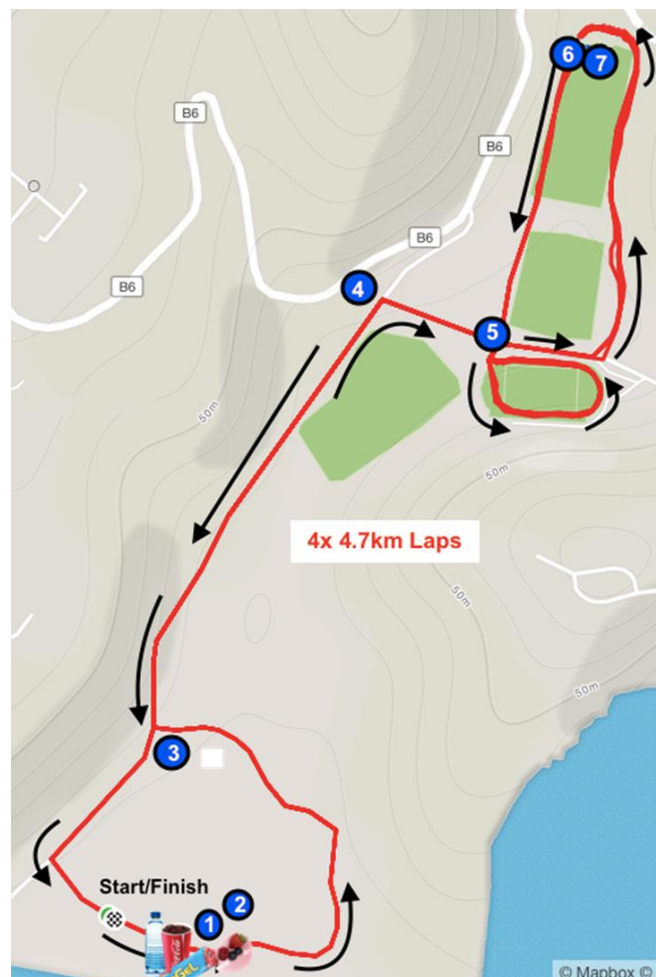
Care must be taken with foot placement throughout off-road sections of the run.

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 8hrs 30min after the start of the race.**



# Nutrition – The 4<sup>th</sup> Discipline

## Introduction

The K1MAN19 is going to be an adventure that will see your body and mind tested to the limit. Training and positive mental attitude will get you to the start line but reaching the finish line will need fuel. It is pointless training the body so that you resemble the biological equivalent of a Ferrari without the petrol to keep your engine running for the 4-8 hours that it will take to go the full distance.

On race day there are two main factors that could turn a good day into a disastrous one, hydration and energy.

## Pre-race

Preparation needs to start before you turn up on race day. In the days before your race eat well, avoid foods high in saturated fat, instead opt for natural produce rich in complex carbohydrates. Make sure you get your five a day in. Fresh fruit and vegetables are packed with fuels that your body needs for both health and exercise. Ensuring that you are well hydrated is equally important so stick to water rather than alcohol in the lead up to the big day.

Checking your hydration levels is easier than you may think. Keep an eye on the colour of your urine, clear is good, coloured is bad. The darker it gets the less hydrated you are.

On race day eat a balanced carbohydrate biased breakfast, at least one hour before you start. Go for porridge oats, cereals, banana, whole-wheat toast or energy bars, all great sources of energy.

Be careful not to over hydrate on race day.

## During the race

Movement needs energy, energy production produces heat, heat = sweat! Once again race day is about energy replacement and remaining hydrated.

It is important that you know how much you sweat. This should be monitored and recorded during training and from this and listening to your body you should know how much fluids you need to stay hydrated. Be careful not to over hydrate.

Remember that you lose body salts when you sweat, and you will be sweating! Replacing electrolytes is essential to allow your digestive system to continue producing energy.

Through out the race your muscles will be burning energy. Typically, your body will only store sufficient energy (carbohydrates) for up to two hours of moderate exercise. To keep moving you need to keep topping up the tank.

Everything mentioned are things that you should already be doing in training. Remember don't change things on race day, race how you have trained.

## Medical

If it does go wrong and you feel lighted, dizzy or faint, STOP and seek assistance from a member of the K1MAN19 race crew. Listen to your body, even the top athletes in the sport get it wrong at times.

## **Post-race recovery**

When you stop your body will go into shut down mode. Your recovery begins with nutrition and it needs a hit to your system sharpish. Within 60 minutes of the finish you need to rehydrate and take on some carbohydrates, salts and protein to start repairing those aching muscles.

**Last point and one that is reiterated, listen to your body and seek help if needed.**