

Hi Everyone – please read the following to help you enjoy your sport.

Common Sense and Courtesy in Triathlon

Toowoomba Triathlon Club events are intended to be fun. They are also intended to mimic as closely as possible the situation you will encounter in an open event. So please take a few minutes to read the following reminders about your sport. Whether you are an elite or first timer, junior or seasoned veteran – WE ALL NEED TO ABIDE BY THE FOLLOWING GUIDELINES / RULES AT ALL TIMES.

1. BEFORE THE RACE

Arrive in Time – It is every **athlete's responsibility** to arrive at the race venue in good time to register, rack your bike and set up in transition in time to attend the race briefing.

- Arriving at the last minute or as registration closes puts pressure on the organisers and often delays the race start thus inconveniences your fellow athletes.
- Plan your morning to arrive in time to enjoy your race.

Race Briefing - Every athlete must attend the race briefing **AND LISTEN** to the announcements, course advice and details.

- The Race Briefing is for everyone's benefit and ensures that everyone knows all details, changes, start times etc, for the race etc.
- If you miss information provided in the briefing it is your problem.

2. IN TRANSITION

- Your helmet must be fastened BEFORE you remove your bike from the rack (as you start your ride) and remained fastened until you replace your bike on the rack (after your ride).
- Do not ride your bike in the transition area
- You must mount and dismount at the marked zones only and as advised by the marshal
- Your bike must be returned to exactly the same position you were racked in at the start.

3. ON THE BIKE

Obey road rules at all times. This includes;

- Stop at all stop signs and give way when signed.
- Never overtake another cyclist on the inside (to their left)
- Never cross double lines
- Always keep to the left unless overtaking

Note that failure to obey road rules in a race will result in disqualification; **failure to obey road rules in our TTC events jeopardises our police permit.** For the sake of the club and its members and for your own safety please **obey road rules at all times**

Drafting – Drafting is when you follow the bike in front too closely and gain an advantage.

- **Drafting is cheating.** You must maintain a 'draft zone' of 7 metres (about the size of a Commodore or roughly four bike lengths) between yourself and any rider in front of you. You have 15 seconds in the drafting zone to accomplish an overtaking move.

4. THE 'BLEEDIN OBVIOUS'

- It is the **athlete's responsibility** to know the course including, all entry and exit points to transition.
- Never throw anything, (goggles, wrappers, water bottles etc) onto the course or to spectators.
- You may not receive outside assistance of any kind (drinks, food, cap, clothing etc) from anyone (family, friend, coach etc) during the race.
- Be courteous at all times to your fellow competitors, marshals and race officials

Finally, by all means take your race seriously but remember the most important thing is to be safe and have fun.