



Athlete Information Guide

21 April 2012

EVENT PROGRAMME

THURSDAY 19th of April 2012

REGISTRATION:

EXPO/SHOP:

BIKE SHOP:

FRIDAY 20th of April 2012

REGISTRATION:

EXPO/SHOP:

BIKE SHOP:

SATURDAY 21st April 2012

BIKE CHECK- IN:

BIKE ASSISTANCE:

RACE BRIEFING (**COMPULSORY**) for all

RACE START FOR [WAVE 1](#) (Teams)

RACE START FOR [WAVE 2](#) (Individual Men)

RACE START FOR [WAVE 3](#) (Individual Women)

RACE COURSE CLOSES

AWARDS FUNCTION

Radisson Blu Hotel, Summerstrand

09:00-18:00 (Marquees opposite the Hotel – on Marine Drive)

09:00-18:00 (Hotel Conference Hall)

09:00-18:00 (Triangle Sports Marquees opposite the Hotel)

Radisson Blu Hotel, Summerstrand

09:00-17:00 (Marquees opposite the Hotel – on Marine Drive)

09:00-17:00 (Hotel Conference Hall)

09:00-17:00 (Triangle Sports Marquees opposite the Hotel)

Hobie Beach, Summerstrand

06:00 – 07:30 (Transition Area)

06:00 – 07:30 (Triangle Sports van outside transition)

07:30 – 07:50 (Transition Area)

08:00 (Hobie Beach)

08:45 (Hobie Beach)

08:55 (Hobie Beach)

11:00 (Hobie Beach)

11:15 (Vodacom Amphitheatre in Boardwalk)

Version 2 – 05 September 2011

www.corporatechallenge.co.za

REGISTRATION

Entries are done online on www.corporatechallenge.co.za. Besides entering online, each team member and each individual athlete must go to the Registration Venue to sign the indemnity form. In case of under 18's a parent/legal guardian must be present for each minor to sign these forms. See the detailed event schedule for details on the registration dates and hours.

Teams and Individuals will receive their race packs, which consists of race numbers, a swim cap, timing chip and timing belt. You will also receive your Vodacom Corporate Triathlon Challenge shirts at registration

CONTACT DETAILS

World Endurance South Africa

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Registration enquiries: Sharon Talbot - sharon.talbot@ironman.com

General enquiries: Chevonne Schroöder - chevonne.schroeder@ironman.com

BIKE CHECK IN & RACE BRIEFING

There is a procedure for checking your bike and helmet into the transition area. Please ensure that you have your cycling helmet, securely fastened on your head when you check your bike into the transition area. Referees will check your bike and see that your helmet is securely fitted. Once inside the transition area, there are volunteers to assist with the racking of your bikes.

Once you have racked your bike, your next engagement is to attend the pre race briefing that will be taking place on the beach. Athletes must congregate on the area between the pier and the demarcated swim exit area. See the event schedule for a detailed event programme.

SWIM COURSE 380M

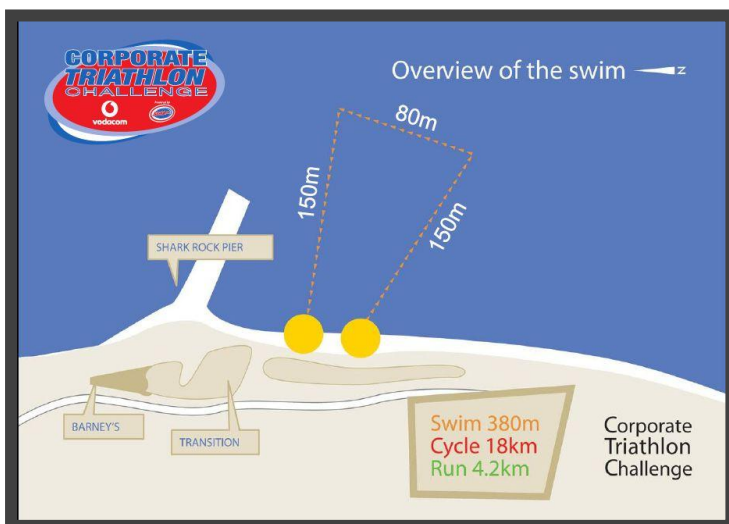
All the different wave starts, start on Hobie Beach (See Race Schedule). The swim follows a rectangular route into the bay in an ANTI-CLOCKWISE direction around the buoys. The first leg is 150m towards the first buoy where you will turn 90° left, passing the buoy on your left. From here it is an 80m leg to the next buoy where you will again turn 90° left, passing the buoy on your left. From here it is the final 150m leg back to the beach.

Once on the beach, runners will go up the stairs, under the temporary pedestrian bridge, take a sharp right around the side of transition, to the entry point at the transition area (behind the Hobie Yacht Club House). TEAMS: Once the swimmer is inside the relay holding pen, he/she must hand over the timing chip to the cyclists who must attach it to their left ankle. INDIVIDUALS will just proceed over the timing mats into the transition area.

The water temperature should be between 18 and 24 degrees Celsius. The surf is usually very small so getting beyond the breakers is relatively easy. Currents vary, but are typically very weak. There are lifesavers and a full water safety plan in place.

A swimmer experiencing difficulty and who is in need of assistance **MUST** raise an arm overhead, pump it up and down, and call or seek assistance.

- The Swimmer must have the timing chip secured to his/her left ankle.
- The Swimmer must wear the red Vodacom Swim Cap provided
- Wetsuits are optional, unless the water is below 14, then wetsuits are compulsory.



TRANSITION 1 (SWIM TO BIKE)

Transition 1 (or T1 for short) refers to the change over from swimming to cycling. Once the TEAM swimmer gets to the transition, they will run across the timing mat into the holding pen where they will hand the timing chip & belt over to the cyclist. It is very important that the cyclist puts the timing chip/strap on immediately. Wear the chip on your left ankle, the opposite side to the bikes chain ring.

The team cyclist or individual must proceed to his/her bike. It is very important that you first put your helmet on your head and clip the strap in, prior to handling your bike. The cyclist will push the bike out of transition to the mount/dismount line. Only once the mount/dismount line has been crossed may the cyclist get onto his/her bike.

- Fit and secure your helmet strap before you handle your bike.
- No cycling inside the transition area or before you reach the mount line



BIKE COURSE 18KM

Once you have gone through the T1 formalities (see paragraph above) leave the Shark Rock parking lot area and turn left into Marine Drive cycling on the **LEFT-HAND SIDE** of the road. Keep going down Marine Drive in the direction of Schoenmakerskop. After 9km you will reach the **TURN-AROUND POINT**. Turn around the beacon clock wise and head back towards Hobie Beach, keeping to the left.

The route is mostly flat with a few gentle rolling hills. There is the possibility of a wind blowing. Temperatures can vary between 22 and 30 degrees Celsius on the day. This is a draft-legal race. Triathlon bikes are permitted, provided that you are on your tri-bars **ONLY** if you are leading a bunch.

Dismount **BEFORE** the mount/dismount Line and push your bike into Transition. (See paragraph below on T2)

- The cycling leg is draft legal, so pack riding is allowed. (only use your tri-bar when you are leading a pack)
- Cycle in a consistent and predictable way.
- Don't litter on the course – will result in a **DISQUALIFICATION**.
- Race number on your back during the cycle!

TRANSITION 2 (BIKE TO RUN)

The cyclist must dismount **BEFORE** the mount/dismount Line and push his/her bike into Transition. You must rack at the same spot that you have collected it from. Only once your bike has been securely racked may you unclip and remove your helmet. From here the cyclist must back track to the same spot he/she received the timing chip from the swimmer.

The cyclist must hand over the timing chip in the holding pen to the runner, who must secure the timing chip and belt to an ankle and head out over the timing mat onto the run course.



RUN COURSE 4.2KM

Once through the T2 formalities (See section above), runners turn left out of their holding pen heading along Katie's Walk in the direction of King's Beach. Runners must keep to the left of the course. (there is two way running traffic on the majority of the run course)

Going out, runners will go past McArthur Baths keeping left and remaining on the pedestrian pathway, parallel to the sidewalk and Marine Drive. At the end of this pathway they will turn right into the main entrance into the King's Beach parking lot. Runners will hug the periphery of the parking lot as marked out by the orange cones, past the water table. From the parking lot, they will take the pedestrian walkway past the back of the King's Beach Lifesaving Club House. From here runners will take the pedestrian walkway to McArthur Baths, where they turn left onto the promenade, to back track all the way towards transition. Again, please remember to stay on the left. Once you get to the transition you will proceed past the sea side of the transition and onto the finish chute where you will finish under the Vodacom Corporate Triathlon Challenge finish arch.

- Race number on your front.
- Don't litter on the course – Littering will lead to **DISQUALIFICATION**.

POST RACE

Once you have crossed the finish line the individual athletes will each receive a medal and the team runner will receive a medal for each team member. From the finish line area, individuals/team runners can go to the final aid station where they can meet fellow athletes/team members. It is imperative that the team runner hands the timing chip and timing belt back to the team cyclist, as the team cyclist needs the timing chip and timing belt to release his bike out of the transition area. The commentator will make the announcement on when the transition will open for bike check out.

AWARDS CEREMONY

The awards ceremony will start at **11:15** in the Vodacom Amphitheatre inside the Boardwalk Casino and Entertainment complex. (Please look at the website section on prizes). Go and celebrate with your team members, fans and colleagues. It will be a blast!

RULES & REGULATIONS

SWIM RULES & REGULATIONS

1. Each swimmer must wear the swim cap provided by the race organisers.
2. Wearing swim goggles or a face mask is recommended, but remains optional.
3. Wetsuits are permitted, and compulsory if the water temperature drops below 14°C.

4. Please be sure your timing chip is properly fixed on your left ankle. You may use a safety pin to make double sure that it doesn't come off. Individuals, take care with your timing chip when removing your wetsuit in the transition area (T1).
5. No individual paddlers or escorts will be allowed. The Swim Course will be adequately patrolled by life guards.
6. Swimmers are required to stay on course.
7. A swimmer experiencing difficulty and who is in need of assistance MUST raise an arm overhead, pump it up and down, and call or seek assistance.

BIKE RULES & REGULATIONS

1. Conventional bikes: road bikes, mountain bikes, triathlon time trial bikes and hybrids are allowed.
2. No tandems, recumbent and fairings or any add-on devices designed exclusively to reduce resistance are allowed.
3. Solid disc wheels are allowed. Any new, "unusual" or prototype equipment will be subject to a determination of legality by the Race Director and/or the Chief Race Referee.
4. All bikes and helmets will be checked prior to the race. Race officials reserve the right to **reject any bike / helmet** not meeting safety standards. If the bike does not meet safety standards, the Athlete will be required to correct the problem before participating in the race. There will be a Triangle Sports van at the entrance to Transition where bikes can be adjusted or tweaked and helmets purchased.
5. Your torso must be covered at all times on the bike portion of the race (and run portion)
6. Each Athlete must wear the Vodacom Corporate Triathlon Challenge issued race number at all times while on the course. Race number must be placed low on **BACK** of rider's jersey or on the race belt where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is **STRICTLY PROHIBITED**.
7. No MP3 players or cell phones are permitted during the cycle leg. There are numerous reasons for this ruling.
8. Athletes are expected to heed directions and instructions of all race officials and public authorities.
9. Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
10. All Athletes must mount and dismount in the marked zones at the transition area.
11. Under no circumstances may a participant ride his/her bike inside the Transition area.
12. After the event, your bike will be checked out of transition using your **TIMING CHIP** and Chip Belt.
13. The bike check-out procedure will only commence once the **LAST** cyclist has exited the transition area.

PLEASE NOTE: NO bike will leave transition without the exchange of your timing chip & chip belt!

RUN RULES & REGULATIONS

1. Your upper body must be covered at all times on the run portion of the race. Shoes are compulsory.
2. No form of locomotion other than running, walking or crawling is allowed.
3. You must wear your race number at all times on the course. Folding or cutting race numbers or intentional alteration of any kind is prohibited. Run number must be placed on the **FRONT** of the runner and be securely attached. We advise individual athletes to acquire a race number belt.
4. Follow the directions and instructions of all race officials and public authorities.
5. No MP3 players or cell phones are permitted during the run leg. There are numerous reasons for this ruling.
6. Please do not litter on the race course.

TEAM SPECIFIC RULES AND REGULATIONS

1. Teams will compete in their own division and each team member receives a finisher's medal.
2. The minimum age for any team member (or individual) is 14. Thirteen year olds who turn 14 in 2012 falls into this bracket and may participate.
3. Teams need to have at least 2 members, but these can be substituted up until Friday 13 April 2012.
4. All three (or two) members of the team have to sign an indemnity form at registration. Race packs **WILL NOT** be handed out unless each of the three indemnities is signed by the respective member of each team. If an athlete is under 18 years, a parent/guardian must sign for them.
5. The timing chip & chip belt are needed to check bikes out of transition - the cyclist must get this from the team runner.
6. The Timing Chip and Timing Belt serves as the relay baton.
7. The swimmer need to hand over his/her timing chip to the cyclist who runs to his/her bike and then wheels it to the mount/dismount line at the exit to transition. On re-entry the cyclist must run and hand over his/her timing chip to the runner.
8. The cut-off time for the race is 11:00. Those teams not making these times will be disqualified and will not be official finishers.

ALL other RULES applying to the individual athlete will apply to teams.