

Race guide to Paide triathlon 2008

Source: *Q Triathletes MTÜ*

1. Goals

Making Triathlon more popular. Finding out the Estonian Champs in Half-Ironman. To introduce triathlon as a way to unite three most practiced summer sports and to give everyone a chance to participate.

2. Time and place

The race takes place on the 2nd of August 2008 in Paide (Paide artificial lake, Vallimägi and Paide's vicinity).

3. Registration

Registration to the Half Ironman until the 27th of July for Estonian citizen 350.- EEK and from the 28th to 31st July 500.- EEK. For everyone else the registration fee is 50€ which equals 782.- EEK and from the 28th to 31st July 75€. Registration takes place via internet at www.triatlon.ee/paidetriatlon. **In the Half Ironman the number of competitors is limited to 300.**

To participate in the Estonian champs an ETL (Estonian Triathlon Union) license is obligatory. In the absence of a season license one time licenses can be purchased on the spot.

Registration of the children's race also takes place via internet for 50.- EEK or 4€ on the [Home Page of Paide Triathlon](#). Registration is possible on race day as well but then for already 75.- EEK or 5€ and only from 7.30 to 8.30.

4. Distances and start times

4.1. Children start at 9.00 Children and youth.

Distance: 190 m swim + 9 km bike + 2,1 km run

Age Groups:

- Children D year of birth. 1997-1998
- Youth B year of birth. 1993-1994
- Children C year of birth. 1995-1996
- Youth A year of birth. 1991-1992

4.2. Half Ironman start at 11.00. Estonian Champs. In Half Ironman

Distance: 1,9 km swim + 90 km bike + 21 km run

Age Groups:

- 18-24 year olds
- 25-29 year olds
- 30-34 year olds
- 35-39 year olds
- 40-44 year olds
- 45-49 year olds
- 50-54 aastased
- 55-59 year olds
- 60-64 year olds
- 65-69 year olds
- 70 and older
- Teams

According to WTC-rules competitors are assigned to age groups by their age at the 31st December of the running year. A racer has to be at least 18 to participate.

Estonian Championships are only held in age groups which are confirmed by Estonian Triathlon Union

Control time in the swim is 1h10min from the start, on the bike 5h40min from the start and on the run (the maximum time for the last racer to finish) 8h00min also from the start. When a control time passes all nourishment areas will be closed, track markings and security will be removed. A competitor who's time doesn't go into the control time doesn't get a result and is obligated to leave the racecourse if a race marshal orders so.

There is also a possibility for teams to participate, meaning that one person will only do one thing (swim, bike or run). In that case the swim relay will take place in T1 where the second team member can wait in full gear, wearing a helmet and a number on his back. The swimmer will take off his or her calypso in the clothing tent, then takes off the timing chip and gives it to his or her team-mate. The biker then attaches the chip on his ankle, takes his or her bike from the rack and runs to the end of T1 crossing the timing line. The exchange is completed when the timing chip is attached to the biker's ankle and the race number to his back. To make the race easier to follow individual and team athletes have different colour numbers.

Next team relay will take place in T2. First the biker gives the bike to a volunteer waiting at the entrance of T2, then takes off the timing chip and hands it over to the runner who then attaches it to his or her ankle and heads on the run course crossing the timing line at the end of T2. The exchange is completed when the chip is attached to the runner's ankle and race number on his or her chest. All teams get one timing chip so it is essential to pass the chip on to the next team-mate in each transition area. For making the race more easily observable the numbers for teams and for individual athletes are of different colour.

5. Rewards

The reward ceremony for both distances takes place at the historic Vallimägi after the control time has ended at about 19.15. Every finisher gets a Paide Triathlon T-shirt and a special token. The top three of every Age Group get a diploma and a prize. The top 5 men and top 5 women get a cash prize: 1st place 640.-EUR, 2nd place 380.-EUR, 3rd place 250.-EUR, 4th place 190.-EUR and 5th place 125.-EUR..

There are also rewards for best male and female teams and other surprise rewards.

6. Course info

On the Half-Ironman all World Triathlon Corporation (WTC) rules apply.

One day before the race the race information tent is opened from 10.00 to 21.00 On Paide Vallimägi. On the race day the information tent is opened from 7.30 to 10.15 near Paide artificial lake where the swim takes place. There is also a briefing on the 1st August 2008 at 17.00 in information tent on Paide Vallimägi where organizers answer your questions.

On the start area near Paide artificial lake parking is available for competitors in the parking lot next to Järve road. Following the instructions of police and traffic controllers is mandatory during parking and during the race itself. Competitors are not allowed to drive all the way down to the lake. In the town centre there is parking lot intended for racers and spectators at the end of Posti street from there a stairway leads directly up to the race centre at Vallimägi. Roads leading directly to Vallimägi are closed and there is no parking in Vallimägi. To get to Posti street you have to use either Parkali or Rüütli street.

There are toilets next to Paide artificial lake and in T2 at Vallimägi. There is also a competitor's toilet on the run course near the turnaround point.

From the information tent each competitor has to take his or her personal registration package. This includes race number, timing chip, and three bags – "T1" – for bike equipment, "T2" – for running equipment and "WARM UP" – bag for warm up equipment. For competitors racing on the Half-Ironman course there is also a swim cap, a race number for the helmet and another one for the bike. **If a competitor hasn't taken his or her package before 10.15, he or she is erased from the starting list.**

In the bag marked "T1" the competitor places his or her bike equipment and gives it to volunteers when entering T1. "T2" bag with running equipment must also be handed to volunteers because otherwise it will not reach T2. "WARM UP" bag is intended for warm up equipment that the

competitor takes off right before start and can put on right after crossing the finish line. "T2" and "WARM UP" bags will be gathered from racers in a marked spot right next to the start area from where race marshals then transport the bags to Vallimägi. Competitors can retrieve their "WARM UP" bags right after finishing and showing their race number.

Paide triathlon will be timed electronically. The timing chip provided by organizers must be properly attached to the competitor's ankle if he or she loses the chip during the race he or she can finish the race and will get an overall time but will not receive a place in the final results because the completion of each lap is only done electronically. To receive an overall time the competitor has to inform a race marshal at the finish line that he or she has lost the timing chip. The timing chip has to be returned after the race by all competitors. If a competitor aborts the race for some reason he or she has to inform a race marshal as soon as possible.

The competitor gets two race numbers and a number sticker for the bike and helmet. The race number has to be on the back during bike and on the front during the run. The number sticker for the bike has to be attached to the bike in a visible spot. The number sticker for the helmet has to be attached on the front side of the helmet. Every competitor is personally responsible for the correct attachment of their race numbers! In the absence of a race number or in case the number is not visible the race marshals can give the competitor a warning or a 2 minute penalty. It is not allowed to swim with the race number provided by organizers. Swim caps are numbered to tell competitors apart during the swim. On the bike course the number has to be on the racer's back and on the run it has to be on the racer's stomach or chest.

Advice to participants.

Be at the start area at least 1,5h before start so that you can properly park your car in the official parking lot. Get to know the start area and especially the transition area check the water temperature. Use your time to communicate with race marshals and organizers to elaborate on any questions you might have.

Any kind of physical help can only be provided by organizers and race marshals e.g. taking your bike in T2.

A race marshal can give a warning to a competitor who has erred against regulations if he or she feels that the error has been made unintentionally or if it didn't help the competitor to gain an advantage.

6.1 Swim

Participants of the children's race can take their bikes to T1 from 8.00. Participants of the Half-Ironman distance can take their bikes to T1 after everyone on the shorter distance have finished swimming ca. 9.15.

In T1 all bike spots are numbered for the halfironman distance racers. Participants of the children's race will find a suitable place for their bikes themselves. The competitor will place his or her bike on the spot matching his or her race number. Race number and helmet will be placed on the bike and bike shoes attached to the bike. In the bag marked "T1" the racer puts a towel, bike clothes, socks, clothes and other things he or she needs on the bike course. If bike shoes are not attached to the bike they have to be in the "T1" bag as well. "T1" bag has to be handed to the organizers standing at the entrance of T1. After the swim the racer will receive his or her "T1" bag from the organizers upon entering T1. Right after this is the clothing tent of T1. Changing clothes is only allowed in the clothing tent. If necessary ask advice from race marshals. All competitors have to give their T1 bag to organizers and also take it back after they have completed the swim because by doing that we are able to check the number of competitors who have come out of the water. Competitors have to put all the swimming gear (cap, goggles calypso) in the "T1" bag, before leaving the clothing tent. The "T1" bag now containing all your swimming equipment will be returned to you after the finish. You

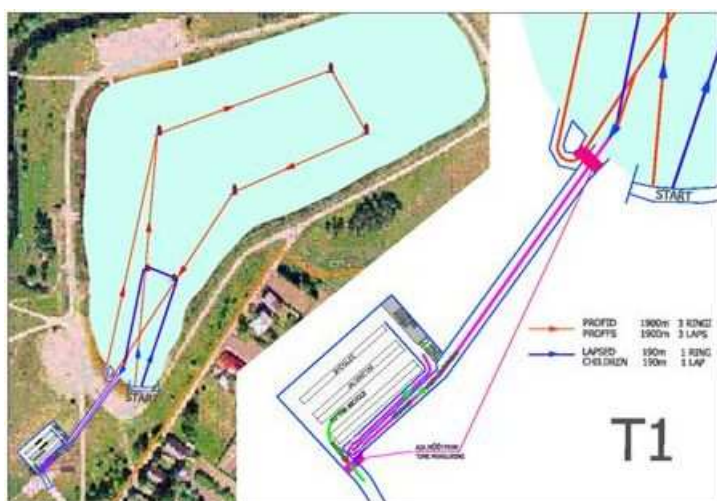
can't leave anything behind at "T1". Information on water temperature is available at the information tent.

The swim takes place in Paide artificial lake on a lap marked by buoys. The swim lap will be put up one day before the race. Children will swim one lap. On the half-Ironman course the swim consists of 3 laps and you have to exit the water and cross the timing line on the completion of each lap. It is allowed to use the bottom of the lake to move forward while exiting the water. Participants of the main event get a numbered swimming cap from organizers. It is mandatory to wear them on the swim. Wearing swimming goggles is advised. Swimming with your race number is not allowed. Swim laps will be passed so that all the buoys will be on your right. **Except for one buoy (Check the swim map mark A) which will be on your left. It will also be of different colour than the other buoys.**

Swimmers have to be in the starting area at least 5 minutes before start where your presence will be checked.

During the swim it is illegal to use blades, flippers, socks, gloves or diving equipment. Maximum allowed calypso thickness is 5mm. Calypso can't only consist of the part that covers your legs. If water temperature is above 23°C the use of calypsos is forbidden. In case the water temperature is below 14°C the swim will not take place. Water temperature will be measured at least one hour before start and after that the decision of the head marshal about allowing calypsos or cancelling the swim will be made public.

In case of Exhaustion competitors have the right to rest while holding on to buoys or boats but it is illegal to use it to gain advantage.



Swim and transition area T1

6.2 Bike

The bike takes place on the partially closed roads of Paide, Väätsa and in the town of Paide. **NB!** T2 and finish are situated on Paide Vallimägi

Children's course: 1 x 9km Paide artificial lake, Müнди roundabout, Järve road, Õlitähe roundabout, Pärnu-Rakvere Highway, Reopalu roundabout, back to Pärnu-Rakvere Highway, Tallinna street, town centre, Tallinna street with a turn from Veski street to Vallimägi. The entire town centre, the part of Tallinna street which is used for the race and Veski street is closed for traffic. The part which is opened to traffic is secured by traffic controllers. Following traffic regulations is mandatory.

Main event course: 3 x 29km Paide artificial lake, Mündi roundabout, Järve road, Õlitähe roundabout, Pärnu-Rakvere Highway, Reopalu roundabout, Reopalu, Väätša, after reaching Väätša Turn right and then left again towards Väätša landfill, then turn back the same way to Õlitähe roundabout, Tallinna street with a turnback in the town centre for another lap. When heading to T2 after the third lap you head from the town centre to Tallinna street with a right turn to Veski street and to Vallimägi. The entire town centre, the part of Tallinna street which is used for the race and Veski street is closed for traffic. It is not possible to get to Vallimägi by car. The part which is opened to traffic is secured by traffic controllers. Following traffic regulations is mandatory. The course is not marked before race day.

NB! Every competitor is him/herself responsible for getting to know the course and understanding everything about the race. In case a competitor has any questions he or she can ask them at the briefing on Saturday or at the information tent in the race morning. On the bike course the traffic is PARTIALLY closed. In places the traffic is not closed all Estonian traffic regulations apply!

The drinking area on the bike course is in Paide on Tallinna street (water, sports drink). After the bike course is closed it can be used by runners as well. Competitors can place their own drinks in the drinking area if it is clearly marked.

Each competitor has to follow his or her own progress on the bike computer to know how many laps he or she has left. Race marshals will not provide this information. Race leader will be let know if he is on the last lap. Electronic timing makes it possible for race marshals to check if the bike course was completed correctly and for the competitors to know their lap times.

Bike helmets are mandatory. In the children's race drafting is legal but on the main event drafting is illegal. The drafting zone is 10m long and 3m wide. After entering the drafting zone you have to pass the competitor in front of you in 20 seconds. Overtaking is done from the left. If someone passes you, you have to stay at least 10m behind. The drafting zone for a vehicle is 35m long and 5m wide. The drafting law does not apply at turnaround spots, drinking areas and right after exiting or right before entering the transition area. Race marshals can give up to two 2-minute penalties before disqualifying the racer for drafting violations. For less serious offences race marshals can give a warning instead.

Mobile phones, walky-talkies and other communication devices, MP3 players, headphones are forbidden for competitors during the race. Helpers can not run with or drive with competitors and can't pass them food or drink. Competitors can take their own food and drink on the course, but empty food or drink canisters, can only be discarded in spots clearly marked for that purpose in drinking areas. A competitor or his or her helper can place their own drink in the drinking area if it is clearly marked. Food and drink can only be handed out by organizers assigned to the specific drinking area.

Whatever part of the bike course can be travelled on foot but the competitor always has to carry his or her bike with him or her. Moving without a bike is illegal. If a competitor leaves the racetrack he or she has to return in the same spot that he or she left. Using outside help to repair your bike is illegal.

Helmet must be attached at all times when a competitor has contact with his or her bike. Therefore it is mandatory to attach your helmet before taking your bike from T1 and remove it only after you have handed your bike over to organizers at T2. Riding without a shirt is illegal.



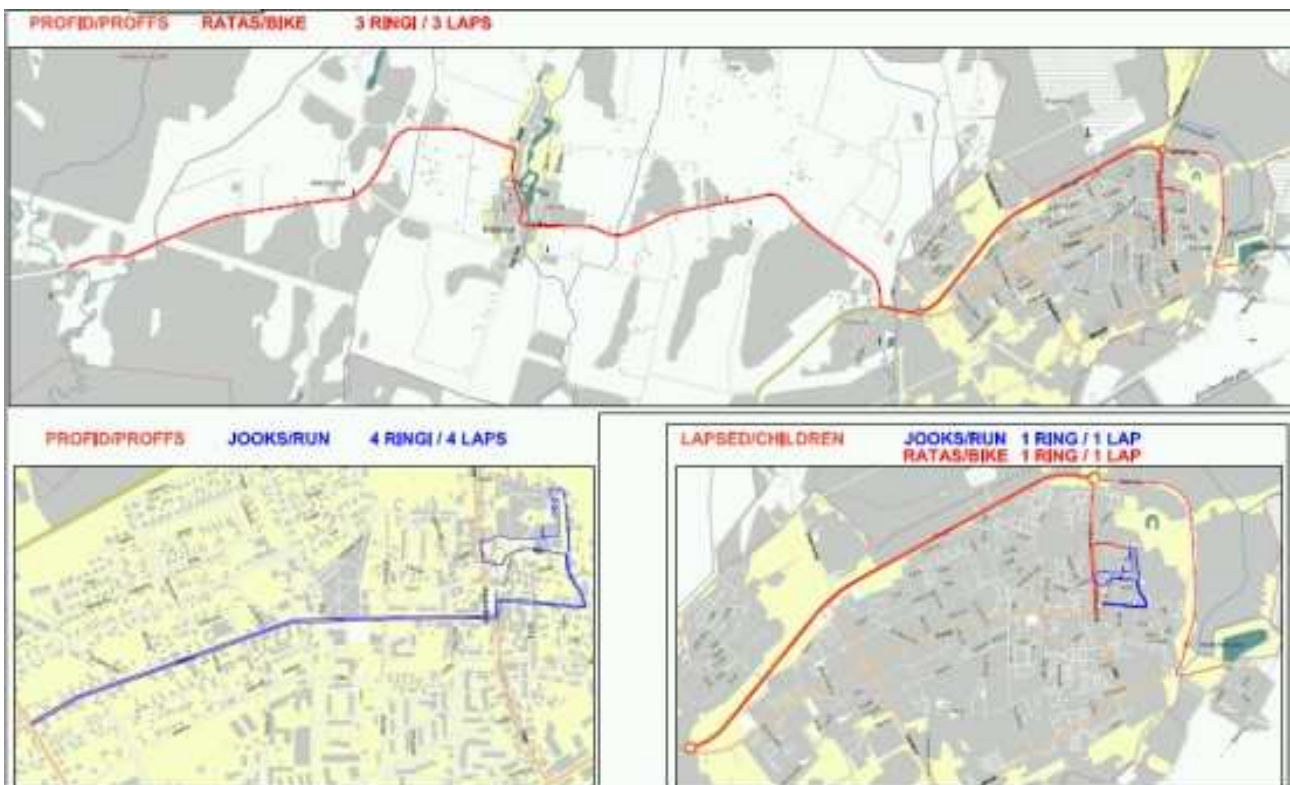
Transition area T2

Demands on the Bicycle.

Not allowed: tandem bicycles, riding in a down position, aerodynamic covers of any kind.

Max bike length is 2m and max width is 0,75m. Minimum height of the Bottom bracket from ground is 24cm, the cap between the front axel and the bottom bracket has to be 54...65cm. The saddle tip can be ahead of the bottom bracket max 5cm or behind the bottom bracket max 15cm.

Both wheels have to have breaks. Tips of handlebars must be blugged. The back wheel can be a disque wheel. In case of extreme winds race marshals can denie the use of disque wheels. If that is the case the decision will be made public at least 1h before start.



Paide Triathlon 2008 course map

6.3 Run

Children's course (1 x 2,1km) takes place on and in the vicinity of Paide Vallimägi.

The run of main event (4 x 5,1km) takes place on and in the vicinity of Paide Vallimägi (more hills) and on the sidewalk of Pärnu street (mostly flat).

In the “T2” bag competitors place their running equipment – towel, running shoes, dry socks, dry shirt, running hat and other things they need for the run. After entering T2 and giving away the bike competitors themselves have to take their “T2” bags which are in numeric succession next to the clothing tent. “T2” and “WARM UP” bags will be gathered from racers in a marked spot right next to the start area from where race marshals then transport the bags to Vallimägi. Upon entering T2 organizers and volunteers will take the competitor’s bikes so there is no need to place them anywhere. Changing clothes is only allowed in the clothing tent.

The drinking area in the run course is situated at the turnaround spot of the run course on the intersection of Pärnu and Raudtee street. At the same spot is the competitor’s toilet. The second drinking area on the run course is in Vallimägi right next to the stage. In both areas there are water, sports drinks, bananas, oranges, bread and salted cucumber. A competitor or his or her helper can place their own drink in the drinking area if it is clearly marked. Food and drink can only be handed out by organizers assigned to the specific drinking area.

On the run laps near the drinking area in Vallimägi volunteers will give out different coloured bands to competitors, which will make counting laps easier for them. Every competitor must know on which lap he or she is but the leader will be told if he is on the last lap. Electronic timing makes it possible for race marshals to check if the run course was completed correctly and for the competitors to know their lap times.

Running barefoot or without a shirt is illegal. If a competitor leaves the course he or she has to return in the same spot that he or she left. Helpers can not run with or drive with competitors. Check the run course on the Paide Triathlon 2007 [course map](#).

7. Penalties

In addition to warnings race marshals can penalise competitors with 2-minute time penalties. Maximum two time penalties are allowed before disqualifying the competitor from the race. Main reasons for time penalties are: The competitor is in contact with her or his bike without an attached helmet, drafting, interfering with another competitor, not passing the course within regulations, not responding to the orders of race marshals.

Race Marshal will mark the race number of the competitor with a diagonal line and reports the number of the competitor to T2. On the bike course the competitor is obligated to stop for the race marshal to mark his or her number.

In T2 there is a penalty tent where the penalised competitor will go after completing the bike course. (Even if the penalty was given in T1 or during the swim or bike)

8. Protests

Protests can be made against the behaviour of other competitors and against the decisions of race marshals. Protests have to be submitted in writing at most 15 minutes after the finish of the last competitor in your distance. The protest fee imposed by the Estonian Triathlon Union (ETL) is 100.- EEK. The protest will then be discussed by a protest commission consisting of 3 members and in case the protest is satisfied the protest fee will be returned.

9. Organizers

Q Triathletes MTÜ, Town of Paide, Estonian Triathlon Union, Qvara, Sportland.

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Head Marshal: Kaarel Lassel +372 56 607 154, kaarel.lassel@meiren.ee