

Vitruvian Triathlon

Saturday 3rd September 2011

FINAL RACE INFORMATION



Welcome to the Vitruvian Triathlon

Final race information

We would like to wish all of you who have entered this event good luck with your preparation and training for the race. We request that you read fully all the details outlined in this race information but please note that all information attached in this race information is now FINAL AND CONFIRMED

Please note that even though the final race information is published it is still sometimes necessary for last minute changes to be made and it is vital that you attend the race briefing on the day

Race Office Closure

The Pace Setter Events race office will be closed from **Thursday 25th August 2011 at 5pm**. Please do not send emails regarding this even after this deadline, as we will be on site setting up the course and unable to answer them. If you have queries relating to any element of the event you must contact us prior to this time. If you have queries after this deadline we suggest you arrive early at registration where any issues can be raised.

Conditions and Confirmation of entry

Terms and conditions of Entry

Terms and conditions of entry are clearly stated on the website www.pacesetterevents.com. In making the application competitors have agreed to abide by these terms and conditions of Pace Setter Events and abide by the regulations of the governing body and the Highway code..

Minimum age of entry

Entry into the Vitruvian Middle Distance Triathlon is under BTF ruling 30.5 open to Junior C athletes 19 years and above (Age category shall be determined as at 31st December in the current year.) Athletes not meeting this minimum criteria will not be permitted to race under any circumstance

Swapping of Entries

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the promoters to cover the event. If you are unable to race please follow the withdrawal instructions outlined in the terms and conditions outlined on www.pacesetterevents.com website. The consequences of attempted swapping of entries by any competitor is so serious in jeopardizing the continuation of events that any athlete found to have passed their entry to another athlete or any athlete taken up that entry will be banned for life from all future Pacesetter Events.

Confirmation of Entry

Competitors who entered online were automatically forwarded a confirmation of entry by e-mail. Applicants who applied using a postal entry should check on the list of entries posted on the web site to confirm that they were successful in their application. Pace Setter Events can not be held responsible for loss of entries in the post.

Please check that your details are on the start list for the event and contact us in registration immediately if you think there has been an error of any kind in your details.

Rutland Water – Location, Accommodation & Parking

Directions to Rutland Water

The Vitruvian Triathlon is located at the Whitwell site Rutland Water, Rutland nr. Leicestershire and is based on the North Shore of Anglian Water's Rutland Water site. Situated 2 miles east of Oakham, off the A606 and only half an hour's drive from Peterborough and Grantham and under an hour from Leicester. **Sat Nav Detail / postcode: LE15 8BL** Please see location map for further details.

Accommodation

Accommodation can be located by visiting www.discover-rutland.co.uk or contacting them via e-mail tourism@rutland.gov.uk or phone Discover Rutland 01572 722 577 Other options include www.anglianwaterleisure.co.uk where a full listing of camping, B&B's and hotels are listed or e-mailing on tic.rutlandwater@hotmail.com. Alternatively you can call them on 01572 653026. However, please note that local accommodation may be difficult to find if you leave it late to book.

Mobile Home Camping and camping is available on site and can be booked on through Anglian Water's Rutland Water Office on 01780 460154. Limited spaces are available and must be booked in advance. Site access closes after 8pm. Please note that tents erected outside of the permitted area will be removed.

Parking

Once you have found Rutland Water site please enter the park through the main entrance off the A606 through the Whitwell Centre entrance on the north shore, continue down this private road. Bull Brigg Lane. Please follow the marshals and parking signs to the Official Triathlon Car Park which is on the right hand side of Bull Brigg Lane. The parking fee at Rutland Water Whitwell site is normally £3 but this has been included in your entry fee.

Please note that if you wish to leave the parking area prior to the end of the event then you must arrive sufficiently early to park on the right hand side car park as it will not be possible to exit the overflow car park which is used for late arrivals as this forms part of the run course. IF YOU NEED TO LEAVE EARLY...MAKE SURE YOU ARRIVE EARLY.

Please ensure you download the Parking Permit which can be located in this Final Race info and place it in your windscreen or you may receive a parking fine. Please note that all the money collected on behalf of Anglian Water goes to help maintain and improve the amenities at Whitwell and other venues – turf maintenance, litter collecting & equipment, etc. All vehicles are left in all respects at owners' risk

Catering

Please note that the Harbour Bar Café will be open providing hot food for competitors and officials throughout the event.

FRIDAY 2nd Sept – serving until 10pm

The Harbor Bar Café offers a full menu of hot food including pasta, baked potatoes. Curry, chilli and BBQ, as well as hot and cold drinks

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SATURDAY 3rd Sept Open from 0500 hrs

The Harbor Bar Café will be open from 0500 and will be offering bacon rolls, sausage rolls and hot and cold drinks for the first part of the morning and will be providing a full menu of hot and cold food including BBQ throughout the day

Rules Governing this Event

The event will be held under the rules of the British Triathlon Federation and competitors are advised to familiarize themselves with the rules and regulations. that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defense! If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Competitor Conduct

Competitors are reminded that they share both the park facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect.

Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

Rules Governing Riding on the Highway

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ. It is also illegal and may result in a prosecution by the police.

Please recognize that Race Marshal's are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshall's are there to give direction only and not instruction. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

Right of Way

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections. Check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

Littering

Littering anywhere on the course will not be tolerated. Please comply as we depend on the goodwill of our landowner hosts and the people of Rutland. It is a beautiful area so please help to keep it that way. Whilst we have set in place system to ensure the tidying up of cups used at the run feed stations this is the only area where dropping of litter is permitted.

If you're spotted littering on the bike or other areas of the run this is an instant time penalty offence - you've been warned!

Non Drafting

This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race

We have 10 Moto referees out on course at all times so please don't ruin yours or anyone else's day by drafting

The draft zone is a rectangle measuring seven metres long by three metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (metre edge of the rectangle). A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back. Time penalties and DQ's will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

In addition **Leicestershire Police** will be providing four motor cyclists and have made it known that should competitors be seen to be riding

dangerously or breaking the rules of the Highway Code they will be **stopped and will be prosecuted**. In addition it would permit them should they so wish to **stop the race in its entirety**. Please do not jeopardize either your safety or the future of this event by riding recklessly or without due care to other road users

Helmets

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

Bikes

Please note **Only Road Bikes and TT Bikes are permitted in this race**. Athletes arriving at the event with Off Road Bikes, Mountain Bikes or equivalent will not be permitted to race.

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by the British Triathlon Federation.

Race Numbers

You will be issued with TWO body numbers, which must be clearly visible on your back for the bike and your front for the run. - Please bring your own 8 pins. Do not cut or fold these race numbers as penalties will be issued for number mutilation. Elastic belts for race numbers are permitted. **Relay Teams** are required to use race belts so that numbers can be passed from one team member to the other in transition and they must also pass on their timing chip.

BTF Licenses

DO NOT FORGET YOUR BTF LICENCE

For insurance purposes you are required to be in possession of either a current valid BTF License or for non BTF members a Day License purchased specifically for this event.

All athletes who are members of the BTF must produce their BTF race licenses at registration. If you forget your license, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day license at registration even if you claim to be a BTF member. Your license is THE ONLY ACCEPTABLE proof of your insurance.

If you do not produce a race license you must still provide some form of photographic identity card, for example a driving license or passport. This is required for insurance purposes and without it you will not be permitted to race

Registration Procedure and Timings

NO BTF license and NO Photo ID on the day = **NO RACE**

Registration Open - Friday 5.00pm - 8.00pm

Registration Open - Saturday 4.45am - 6.00am

Registration will take place in the Event Marquee opposite to the Harbour Bar Cafe. Please follow signs from the Car Park. (see orientation map)

Do not leave it until five minutes before registration closes to attend. If there is a queue you may find yourself unable to complete registration in time to race. It is vital that registration closes on time in order to meet with agreements made with the police and highways. So **get to registration early**

Registration Procedure

1 Phase one - Number Identification

On arrival at registration, find your race number from the alphabetical lists displayed at the entrance. Relay teams are listed alphabetically in respect to the team leader's name

2 Phase two - License check

If you have applied for a BTF Day License when entering, this will be issued to you at this point. If you did not apply for a BTF Day License, then you will be required to show your 2011 British Triathlon Federation Race License. If you are unable to do this, for any reason, then you will be required to purchase one for £5 before being allowed to register. There will be NO exceptions to this ruling

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3 Phase three – Race documentation

Collect your race envelope, this will contain 2 x race numbers and 1 x frame sticker Please keep these safe, as they are required to allow entry into the transition area. 1 Helmet sticker.

You will also find a **SECURITY TAG in your RACE ENVELOPE**. You should put this tag on your wrist straight away. Without this tag on your wrist you will be denied access from transition **DO NOT LOSE THE SECURITY TAG**

4 Phase four – Timing Chip

Continue forward, collect your Timing Chip. Do not lose your Timing Chip as you will need it to race.

5 Phase five – Race Goody Bag

Next collect your Vitruvian Goody bag. Please note that Registration will operate a "one way" service, please enter in one end of the Marquee, collect your race numbers, etc and exit through the other door.

Race information and Timings

Race Briefing 6am

There will be a short compulsory race briefing at the Harbour Bar Cafe at 6.00am for all athletes. Please attend this race briefing as any last minute changes, as well as any questions will be answered here.

Transition Area Timings

Open Friday 5.00pm - 8.00pm
Open Saturday 5.00am - 6.00am

After 6.00am on the morning of the race competitors will not be allowed to bring bikes into or remove bikes or remove bikes from the transition area. Whilst competitors are permitted to remain or return to the transition area after this time they will not be permitted to remove or bring bikes into the area under any circumstances. This policy is undertaken to ensure the non impedence of athletes who have already started racing.

Please note - transition areas for MALE 19-39 & TEAM differs to that of FEMALE & MALE 40+ [SEE MAP]

MALE 19-39 & TEAMS – TRANSITION A MALE 40+ AND FEMALE – TRANSITION B

Competitors are able to rack their bikes on either Friday or Saturday. There will be additional security in place from 8pm Friday until 5am Saturday.

Bike Security

Please ensure that you affix the bike number sticker provided in your Race Envelope for security reasons. As the transition area will only be open for a limited please rack your bike promptly. Competitors only will be allowed into the transition area.

Additional Bags

As the transition area is limited space, only take what you require for the race into the transition area. Small boxes are allowed but must not be larger than 50cm length. This size should fit within your own space. Additional bags or large boxes will not be allowed into the transition area.

To gain access to the transition area you will be asked to show your race number and will be required to have your security band attached to your wrist. Your approved cycle helmet must be attached to your bike when you rack it. Remember when racking your bike to place your bike number on the right hand side close to your handlebars. Please rack only in your designated place, any bikes found incorrectly racked will be removed.

Transition for ALL competitors will close at 6.00am promptly. At this time you are required to attend the Race Briefing. During the race, (6.00am) only racing competitors will be allowed through the transition area. The Transition Area will open again immediately after completion of the cycle section for athletes to collect their bikes.

Removal of your bike from the transition area will not be possible without your race number & security wristband, which corresponds with your stick-on bike frame number on your bike. If challenged please be prepared to show race numbers at all times.

Course Reconnaissance

You are not permitted to swim in Rutland Water at any time other than during the race. The bike and run course will be set up from Friday afternoon.

Provisional Start Times

Please check your start time at registration in case of any last minute changes. Age group waves will be signified by different coloured hats. The first wave will start at sunrise, approx. 0620 hrs after which additional waves will be set off at 10 minute intervals which will be age based and subject to wave sizes.

TIME	CATEGORY	SWIM HAT	No's	COMP'S
0620	Male 18-29/TEAM	Red	1-86	86
0630	Male 30-34	White	87-233	147
0640	Male 35-39	Blue	234- 396	163
0650	Male 40-44	Red	397- 620	224
0700	Male 45-70+	Yellow	621- 818	198
0710	Female ALL	Blue	819-1000	182

Please check that you have been allocated to the correct age category as failure to do so will result in problems with the results. **Please note that any athlete starting in the wrong wave will be automatically disqualified.**

Cut Off Times

To ensure that the safety of all athletes we are required to place cut off times for all three disciplines which are based on a running clock from the **start of the last wave**. The cut off times are as specified below.

Athletes falling outside of the running clock times at the conclusion of each discipline may be requested to withdraw from the race. For logistical and safety reasons.

		Running Clock
Swim	1 hour 10 mins	1 hour 10 mins
Bike	3 hours 50 mins	5 hours 00 mins
Run	3 hours 00 mins	8 hours 00 mins

Timing and Results

Timing

To ensure accurate times and results every competitor will be timed at entry into T1 and Entry into T2 as well as at the finish. Please ensure your number is clearly visible

Results

Provisional results will be updated constantly on the plasma screen in the race village. A set of provisional results will be available to download later the same day from www.pacesetterevents.com.

Any queries relating to provisional results posted on the web must be e-mailed to Vitruvian@pacesetterevents.com by 5pm Wednesday 7th September 2011. Queries submitted after this time can not be investigated. once all queries have been checked and the results have been verified all results will be deemed as final and complete. A set of CONFIRMED AND FINAL results will be published at 1pm on the following Friday or earlier subject to all queries being resolved.

Time Penalties & Appeals

The issue of time penalties will be posted on the results board by the results tent by the race referees. (No other officials have the right to award a penalty and all penalties must be directed through the race referee).

If you have a query over any results please inform us immediately on the day. All appeals must be issued in writing to the BTF appointed referee within 1 hour of the penalty being posted

Prizes and Presentations

Prize Giving

This will take place at the transition/finish area, approx 3pm or 15 minutes after the last competitor has finished subject to timings on the day – which ever is earlier. Please listen out for Public announcements

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Trophies

Trophies will be awarded to the following categories

Male and female first second and third overall and the following age group categories Male & Female age categories, first second and third in age categories 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ in addition to Male winner overall and Female winner overall and Relay Team first, second & third.

Athletes are required to attend the presentation to receive their awards.* Age category shall be determined as at 31st December in the current year.

Course Details



SPEEDO - Swim 1900M (950m x two laps)

The swim starts immediately in front of the Harbour Bar Café at Whitwell Harbour. The swim course is a two lap swim which commences in the water immediately adjacent to the Harbour Bar Café to the right of the jetty. The route will be triangular shape swimming in an anti clockwise direction.

After the first lap, competitors will exit the water on the left of the jetty run along the beach section for 25m before entering the water on the right of the jetty for the second time to complete the second lap. All swimmers will start their second lap on the left hand side of the main start.

All competitors please note: United Kingdom inland waters are not completely safe for swimming. Although risks of disease are low and risks of serious infection are small, a swimmer may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming.

Be careful entering any open water swim if you are unwell. The lake may be cold and in line with BTF and ITU rules triathlon wetsuits will be compulsory if the temperature is below 15°C and forbidden above 23°C. Between these two temperatures wetsuits are at the discretion of the competitor. You are advised not to drink the lake water.

Canoes will be on hand to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank or one of the safety boats. If you appear to be struggling in the swim, or if you have been in the water for a long time, you may be pulled out.

If you do withdraw at any time during the swim, then please ensure that you inform an official immediately.

Bike course 84km / 52.0 miles (42km x two laps)

Kilometers	Mileage	Designation	Action
	0.0	Transition area	Turn right to Exit car park
0.15	0.1	Junction	Straight on (riders do not have right of way) Caution (speed ramp riders should take due care at this ramp)
0.80	0.5	T junction	Turn left - A606 Direction Oakham
2.25	1.4	Cross road	Straight on
2.90	1.8	Descend hill	Caution Speed
6.10	3.8	Roundabout	1 st exit left A6003 direction Caution Busy Junction you do not have right of way
8.85	5.5	Enter Gunthorpe	Straight on
10.6	6.6	Major Crossroads	Straight on. Caution (whilst riders have right of way this is a busy junction) prepare for a long drag / climb in front of you. Rutland Ripple.
12.55	7.8	Enter Preston	Straight on Caution
15.00	9.3	Roundabout	Take 1 st exit (left) - A47 Direction Peterborough / Morcott. Cycling lane on a large part of this road. Please keep to the left.
17.90	11.1	Enter Glaston	Straight on
20.30	12.6	Enter Morcott	Straight on past Texaco garage on left.
21.25	13.2	Major Junction	Turn left - A6121 Direction Stamford (Caution at junction slip road, Riders do not have right or way at give way sign)

			Continue on this road for a further 4.2 miles
21.9	13.6	Roundabout	Straight on Caution poor visibility at this Junction means cars may not see you as you approach the roundabout
28.00	17.4	Enter Ketton	Straight on
28.50	17.7	Major Junction	Straight on Tirwell (Caution Riders should take due care when riding through Ketton Village)
29.95	18.6	Junction	Turn left - Steadfold Lane (whilst this will be well signposted and Marshaled on the day of the race it is not an obvious turning and is a blind junction. This turning is immediately after a row of Small Terraced cottages on the left hand side)
32.70	20.3	T junction	Turn Left -A606 Direction Oakham / Eppingham Caution Busy Junction you do not have right of way
37.50	23.3	Enter Empingham	Straight on
40.20	25.0	Enter Whitwell	Straight on. Caution, steep descent
41.00	25.4	Junction	Turn Left - Direction Rutland Water Whitwell site
41.20	25.6		Caution Speed Ramps
41.35	25.7	Junction	Turn left through gates and follow road round to right
41.70	25.9	Junction	Caution High5 feed station ALL ATHLETES MUST PASS THROUGH THE FEED STATION AREA BEFORE STARTING THEIR SECOND LAP
41.85	26.0	START LAP 2	Caution right turn rejoin original course at original point 0.0 for one further lap
83.70	52.0	Junction	After completing a second lap continue past feed station turning to the left- enter T2 at dismount line Caution runners on opposite side of the road
83.85	52.1	Enter T2	Enter T2 at dismount line Caution Road narrows

The bike course is two laps of a 42km course, which will **return into the Rutland Water Whitwell site to the feed station after the first lap** and will then proceed over the same course for a second lap.

Rutland Water has many roads, running within and along its surrounding edges. The bike course will be using a number of main roads around its periphery and a number of smaller roads through some of the adjacent villages. All major junctions will be both signposted and marshaled but cyclists should familiarize themselves with the route prior to competing.

Please find attached both a visual map route and a detailed descriptive route outline. You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, as traffic will be crossing you. Check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds. Please ride on the left and overtake briefly on the right before returning to ride on the left.

High5 Bike Feed Station

One feed station is available on the bike at the end of the first lap at 42km which will have bottles available with both water and / or High five Energy Source. In addition bananas will also be available at this feed station.

All competitors are required to go through the feed zone after their first lap as this remains part of the course irrespective of whether you wish to take on the nutrition required or not. Please take due care through the feed station as reckless riding will be penalized.

PLEASE READ DETAILED BREAKDOWN OF HIGH5 ON COURSE PRODUCTS AT THE END OF RACE INFO.

Mechanical Bike Support.

We have at least one static bike marshal located on every major junction throughout the bike course. (These are designated PACE 1 - PACE 8 on the attached bike route) whilst these marshals can not assist you mechanically each marshal has a limited supply of inner tubes and a limited supply of tools which could help in the case of minor mechanical failures. In addition each marshal position had direct phone contact with the sweeper bus so in the case of mechanical failure or injury please report to the nearest static bike marshal position for assistance.

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Run 21km (10.5km x two laps)

The run course is 2 laps of a 10.5 km route consisting of a run out along the edge of the lake to Normanton Church, before returning back to the transition area, prior to commencing the second lap over the same course

The run course uses both tarmac paths and a small grass section. From the transition area, you will run along the edge of the lake keeping the lake to your right hand side and follow the path and the pinned area until you reach the dam where you will find the first drinks/ feed station.

From here you will run across the dam and at the far end of the dam you will come to a second drinks/feed station, you will continue through two sets of gates which will be permanently opened and continue along the edge of the lake until you reach a turnaround point immediately in front of Normanton Church which is the furthest turnaround point and the third drinks/feed station. At this point **YOU MUST COLLECT YOUR FIRST WRIST BAND.**

You will then run back to the starting point of the run following the same route as used on the way out enabling you to use the same drinks stations as on the way out. This route will enable you to use all the drinks/feed stations as used on the outward journey. Nutrition on the Bike and run course will consist of Bananas, Jaffa Cakes and water as well as Nutrition PROVIDED BY HIGH5.. PLEASE READ DETAILED BREAKDOWN OF HIGH5 ON COURSE PRODUCTS AT THE END OF RACE INFO. Upon reaching the transition area you will turn at the transition area turning point which also acts as the fourth drinks/feed station and will then head back out along the same route as taken for the first lap.

Upon reaching the turnaround point at Normanton Church for the second time you must pick up your **SECOND WRIST BAND.** Once you have picked up the second band you will run back to the finish area for a second time using the same route as taken on the way out but at this time you will be able to cross the finish line immediately in front of the Harbour Bar Café.

AT THIS POINT YOU CAN CALL YOURSELF A VITRUVIAN.

All finishers will receive a Vitruvian Finishers T shirt when they cross the line. Please ensure that you return your timing chip one you cross the line... Please also check your results and the penalties board as soon as possible after you finish.

Should you find that the t shirt size you ordered doesn't fit you then you are welcome to swap for a different size **after the event.** This will of course be subject to what is available after all of the athletes have registered. We undertake this policy in order to be fair to athletes who have ordered the correct size.

Other Relevant Information

On Course Nutrition by HIGH5

High5 are providing the on-course drinks at this year's Vitruvian Triathlon. High5 have a range of new high performance drinks that are leading the world.



High5 Products on course for the Vitruvian are as follows

Carbohydrate Drink on Course for the Vitruvian

A high carbohydrate drink mix for maximum energy.

EnergySource is rapidly absorbed and highly stable in the stomach even during intense race effort. It's real fruit flavours are mouth watering, light

and not too sweet. EnergySource has been race proven in every major International competition over the last 5 years and has won Best Product Award every year since it was introduced.

Gels on course for the Vitruvian

EnergyGel is a high carbohydrate, ultra concentrated 4th generation gel with delicious, light, natural fruit flavours. Each 38gram sachet contains 23 grams of carbohydrate to provide you with instant energy. Easy to open, easy to swallow and easy to digest: EnergyGel is Race proven in the World's toughest competitions providing fast fuel to endurance athletes everywhere. EnergyGel was awarded Best Gel 2002, Gel Of The Year 2003 and Best Gel 2004

EnergyGel Plus is a high carbohydrate, ultra concentrated 4th generation gel enhanced with Caffeine. Each 38gram sachet contains 23 grams of carbohydrate to provide you with instant energy. Caffeine is added to increase endurance and explosive effort. Easy to open, easy to swallow and easy to digest: EnergyGel is Race proven in the World's toughest competitions providing fast fuel Caffeine kick.

For more info on racing faster with high5 products please go to Follow the link at www.highfive.co.uk and download the **Triathlon Race Faster Guide** from High5.

Other nutrition will also be available on the course including bananas and jaffa cakes etc.

Medical Advice

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application. Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number. This is not just an administrative request. It could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day - don't race!

Photography

Revolution Images will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on the internet from the following day. For further information go to www.revolutionimages.co.uk or simply follow the link on the pace setter events website.

Vitruvian Triathlon Volunteers - Can You Help

The Vitruvian Triathlon can not run smoothly without the help of many volunteers. All volunteers will receive an exclusive event shirt, food & drink. If you have friends or family that will be supporting you at the race, why not ask them if they would be willing to give up a few hours to get involved & help. Volunteers are required in and around transition, on the bike and run course as well as on the feed stations. You do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day. If you would like further information about becoming a volunteer please contact us from the website or by e-mail on Vitruviantri@pacesetterevents.com.

And Finally

On behalf of Pace Setter Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event. Whatever your reason for racing we hope you Race Hard and Race Well as well as Race Safe and Race Fair.

Yours in sport

MARK SHAW - Race Director

NB. These details are true and correct at date of publication but are subject to change without notice

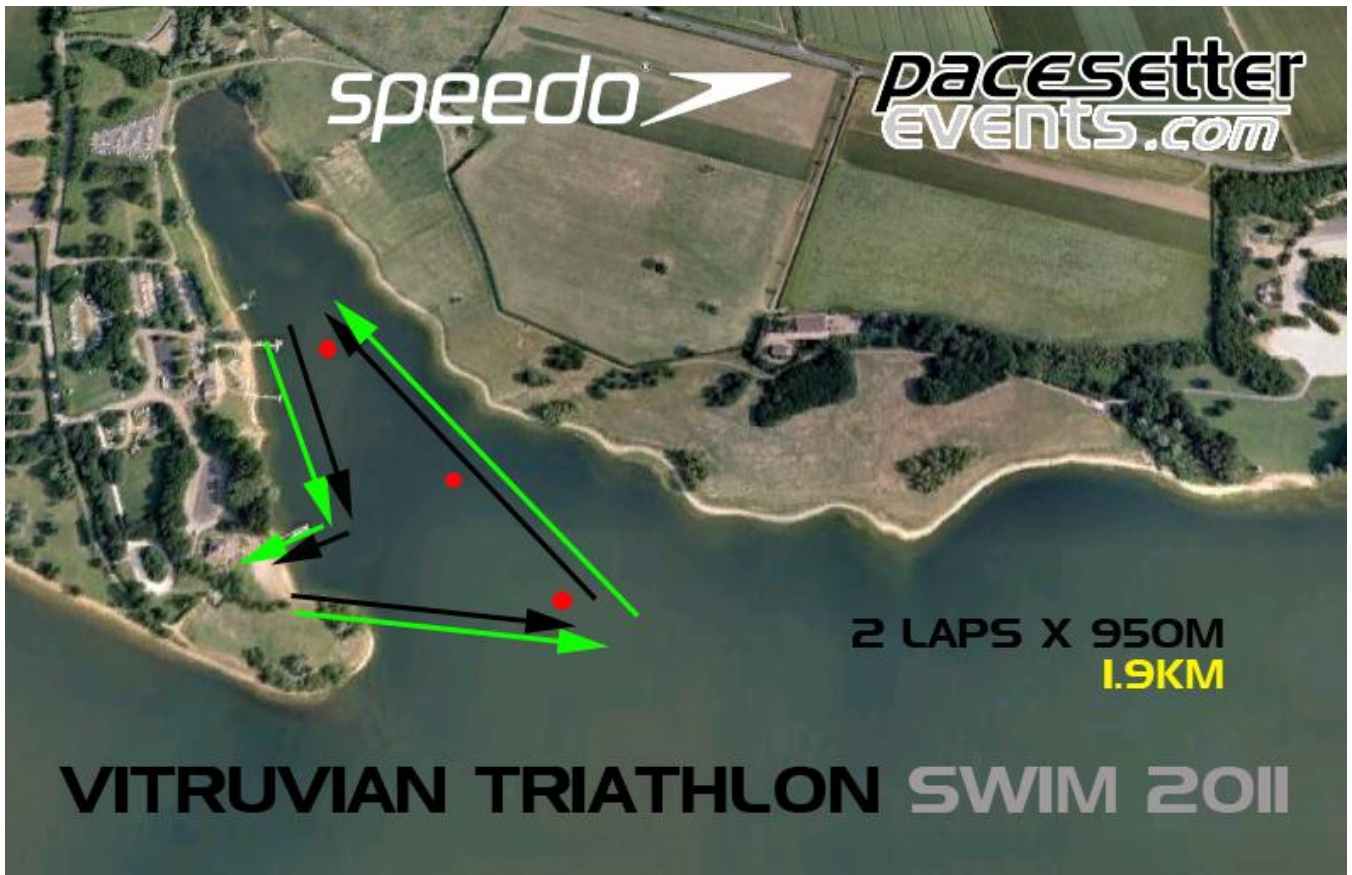
LOCATION MAP



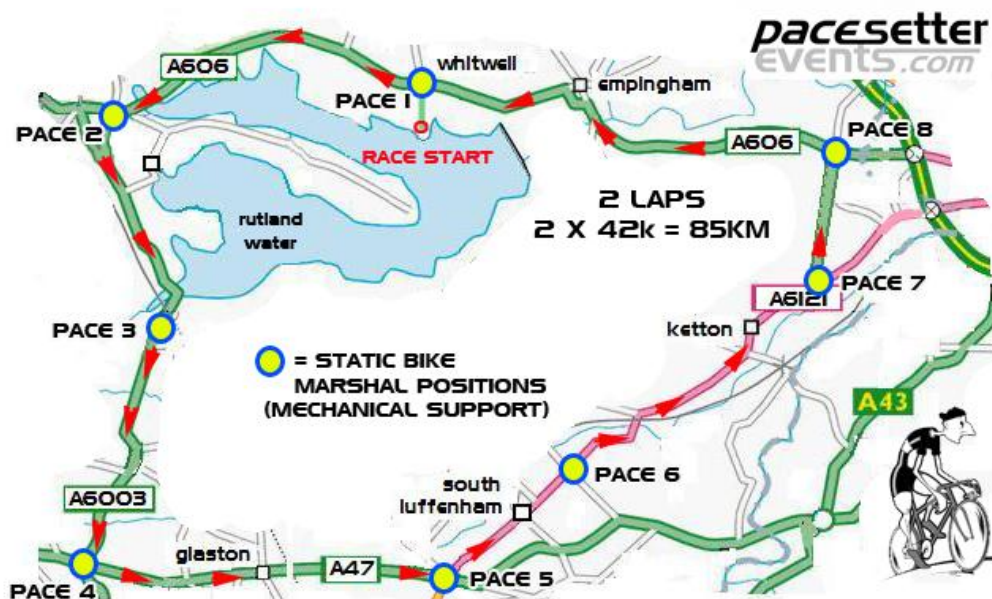
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SWIM ROUTE 2011 1900M (2 LAPS X 950m)



BIKE ROUTE 2011 84KM (2 LAPS X 42KM)



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EVENTS.COM

Vitruvian Triathlon

Saturday 3rd September 2011

RUN ROUTE 2011 21KM (2 LAPS X 10.5KM)



Vitruvian Triathlon

Saturday 3rd September 2011

NEXT SEASON'S EVENTS

DAY	DATE	EVENTS 2012	LOCATION	DISTANCES
SATURDAY	10-Mar-2012	DAMBUSTER DUATHLON	RUTLAND WATER, LEICS	10km Run 42km bike 5km run
SATURDAY	16-Jun-2012	DAMBUSTER TRIATHLON	RUTLAND WATER, LEICS	1500m swim 42km bike 10km run
SATURDAY	8-Sep-2012	THE VITRUVIAN	RUTLAND WATER, LEICS	1900m swim 85km bike 21km run

We will make announcements through Twitter and our PACEletter newsletter sometime in September / October.
Please ensure you are subscribed to get the dates as soon as the entries go live.

VITRUVIAN TRIATHLON

FREE PARKING PERMIT

COMPETITOR / OFFICIAL / MARSHALL

VITRUVIAN TRIATHLON
3rd September 2011
Rutland Water.

PLEASE COMPLETE THE FORM BELOW
AND DISPLAY CLEARLY IN YOUR WINDSCREEN

NAME	
MOBILE NUMBER	

Main Car Park WHITWELL SITE

Parking

Once you have found Rutland Water site please enter the park through the main entrance off the A606 through the Whitwell Centre entrance on the north shore, continue down this private road. Bull Brigg Lane.

Please follow the marshals and parking signs to the

RIGHT HAND SIDE CAR PARK

This is the Official Triathlon Car Park.

DO NOT TRY TO PARK ON THE LEFT HAND SIDE CAR PARK
DO NOT PARK ON THE BIKE COURSE
SPECTATORS ARE NOT PERMITTED TO FOLLOW ATHLETES IN THEIR CARS

The parking fee at Rutland Water Whitwell site is normally £3 but this has been included in your entry fee.

Please ensure you download the Parking Permit place it in your windscreen or you may receive a parking fine. Please note that all the money collected on behalf of Anglian Water goes to help maintain and improve the amenities at Whitwell and other venues – turf maintenance, litter collecting & equipment, etc. All vehicles are left in all respects at owners' risk

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TRIATHLON HOLIDAYS 2011

WWW.LES-STABLES.COM



LES-STABLES
TRIATHLON HOLIDAYS
WWW.LES-STABLES.COM



25 METRE POOL
INDIVIDUALISED COACHING
SWIM - BIKE - RUN
OUTSTANDING CYCLING
VIDEO ANALYSIS
EXCELLENT ACCOMODATION
INDIVIDUALS & GROUPS

If you haven't yet booked your warm weather training camp for 2012 then why not contact us at Les Stables and see what we have to offer for only £260 pp/pw.

.....Les Stables which is based in South West France is open from the beginning of April until September and offers accommodation for up to **20 people** as well as all the facilities you need on site including its own **25 metre swimming pool**.

With **coaching as part of the package** Les Stables is available to both **individuals and groups**, and caters for all standards from **elite to novice**, so if you're a club, a team, a group of friends or just an individual who wishes to improve their performance in their chosen sport, we will endeavour to exceed your expectations.



GUIDED RIDES ON VIRTUALLY
TRAFFIC FREE ROADS



For further info contact us on.
E- Mail: Info@les-stables.com Web: www.les-stables.com

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