



2014 Niagara Falls Barrelman Athlete Guide

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Welcome to Niagara Falls Barrelman!

The inaugural race is the culmination of four years of planning and work to realize a dream for MultiSport Canada. Our goal is to give each and every athlete a race experience you will never forget. We have pulled out all of the stops and hope you have a tremendous race day with us. Please say hello on race weekend.

– John Salt, Race Director

Message from Triathlon Ontario

Dear Athletes,

On behalf of Triathlon Ontario, its members, race officials and staff, I would like to extend a very warm welcome to you to the inaugural Niagara Falls Triathlon!

Not only will you have the opportunity to race in one of Ontario's most beautiful regions, but you will also get to race in two of the region's most impressive sites - the Welland Canal and of course, alongside the world famous Niagara Falls.

The race will also serve as Triathlon Ontario's Provincial Championship for Long Distance Triathlon, providing those Ontario athletes with the potential to qualify for Canada's National Age Group Team and race at the 2015 World Championships in Motala, Sweden.

Triathlon Ontario and Multisport Canada have had a long and successful partnership and we have no doubt that the new Niagara race will be a huge success. The Niagara Region has so much to offer to everyone and kudos to Multisport Canada for bringing a great race to such a wonderful place.

Whether you are going to a personal best or attempting your first long distance triathlon, congratulations and best of luck! Be safe and most importantly, have fun.

Sincerely,

Phil Dale
Executive Director



Schedule At A Glance

Saturday 20 Sept.	Event	Location
11:00am – 4:00pm	Bike Check-in / Gear Bags Drop-off	Welland – T1
2:30pm OR 5:00pm	Mandatory – Athlete Briefing	Niagara Falls – T2
12:00pm – 6:00pm	Race Expo	Niagara Falls – T2
Sunday 21 Sept.	Event	Location
5:45am – 7:15am	Race Day Registrations (& kits)	Welland – T1
6:00am – 7:40am	Shuttle Bus Service – Athletes Only	Niagara Falls – Bus Area
6:00am – 8:30am	Transition Area 1 Open	Welland – T1
7:45am	Optional – Athlete Briefing	Welland – T1
8:59am	Race Start Wave – Pros	Welland – Canal
9:00am	Race Start Wave #1	Welland – Canal
9:05am	Race Start Wave #2	Welland – Canal
9:10am	Race Start Wave #3	Welland – Canal
9:15am	Race Start Wave #4	Welland – Canal
9:45am	Bike / Run - Start - TT format	Welland – T1
1:00pm – 5:00pm	Race Expo	Niagara Falls – T2
3:30pm	Awards	Niagara Falls – T2
5:00pm	Race Course Closes	All

Cut-Off Times

10:25	Swim must be completed	Welland – T1
2:00pm	Bike must be finished	Niagara Falls – T2
3:30pm	Must start 2nd Run loop	Niagara Falls – T2
5:00pm	Must be finished – Course Closes	Niagara Falls – T2

Pre-Race Information

In Case Of An Emergency

If friends or family have any concerns and are unable to locate you after the race please let them know they should contact the Medical Tent at the Finish Area in Kingsbridge Park.

Athlete Check-In and Race Kit Pick-up – Two Options

We strongly recommend that all athletes chose Option #1 for Check-In.

If you choose Option #2 please be aware, WE WILL BE VERY STRICT WITH THE RACE DAY CHECK-IN CUT-OFF TIME AND THE MANDATORY PRE-RACE BRIEFING.

Option #1 - Saturday September 20, 2014

For all Individual athletes, Swim/Bike athletes, Bike/Run athletes and Relay Teams

Athlete check-in will be on Saturday September 20 from 11:00AM until 4:00PM. Athlete check-in is located upstairs in the Welland Arena located at 501 King St. W, Welland, adjacent to Transition Area #1. (Look for the “Registration” signs) There will be a secure area to place your bike while you are in the Athlete Check-In.

You will need to present the following to obtain your race kit:

- Photo ID
- Triathlon Ontario membership card. If you are not a Triathlon Ontario (or other Provincial Governing Body) member you will need to purchase a One-Day License for \$10 cash. USAT members must pay the one day fee.
- Professional athletes will need to present proof of Pro status at check-in

Help Desk and Athlete Liaison

Athlete or relay team with questions, concerns or needing to make changes to their registration information should go to the Help Desk located upstairs in the Welland Arena.

Athlete Wristband

Athletes will be given an Athlete Wristband during athlete check-in. Only athletes wearing a wristband will be allowed in either of the Transition Areas or the Post-Race Food Area. Remember you will not be allowed to remove any gear or equipment from a Transition Area without the wristband to identify you as an athlete.

Mandatory Bike Check-In

Bike check-in will be on Saturday September 20 from 11:00AM until 4:00PM. After going through Athlete Check-In you will rack your bike by BIB number at the spot designated on the bike rack. The Transition Area will be secure from Saturday afternoon until race time. T1 will be protected by a 6ft high security fence and will be monitored at all times by contracted security services.

After checking your bike in Welland you will continue on to Niagara Falls and the Mandatory Pre-Race Briefing.

NB: Athletes will have access to Transition #1 on Sunday morning prior to the race start to put your nutrition on your bike and place any remaining gear i.e. race number, belt or sunglasses etc.

Mandatory Pre-Race Briefing and Expo

The Pre-Race Briefing is **MANDATORY**. You will have a choice of two briefing times on Saturday, 2:30 or 5:00pm. The briefings will be held beside T2 and the Finish Line at Kingsbridge Park. This will be an excellent opportunity to drive the Bike Course, tour the Niagara Falls Run Course and see the Finish area and Expo.

The race expo will also be at Kingsbridge Park in Niagara Falls. It will be from noon until 6:00pm on Saturday and Sunday.

Option #2 – Sunday September 21, 2014

WE WILL BE VERY STRICT WITH CHECK-IN CUT-OFF TIME AND THE MANDATORY PRE-RACE BRIEFING.

There will be an athlete briefing on Sunday morning on site at 7:45am sharp near the swim start area. If you did not attend an earlier Athlete Briefing it will be **MANDATORY**.

Athlete check-in will be on Sunday September 21 from 6:00am until 7:15am. Athlete check-in is located upstairs in the Welland Arena located at 501 King St. W, Welland, adjacent to Transition Area #1. (Look for the “Registration” signs) There will be a secure area to place your bike while you are in the Athlete Check-In.

You will need to present the following to obtain your race kit:

- Photo ID
- Triathlon Ontario membership card. If you are not a Triathlon Ontario member you will need to purchase a One-Day License for \$10
- Professional athletes will need to present proof of Pro status at check-in

Help Desk and Athlete Liaison

Athlete or relay team with questions, concerns or needing to make changes to their registration information should go to the Help Desk located at Athlete Check-In.

Athlete Wristband

Athletes will be given an Athlete Wristband during athlete check-in. Only athletes wearing a wristband will be allowed in either of the Transition Areas or the Post-Race Food Area. Remember you will not be allowed to remove any gear or equipment from a Transition Area without the wristband to identify you as an athlete.

Mandatory Bike Check-In

After going through Athlete Check-In you will rack your bike by BIB number at the spot

designated on the bike rack. After checking your bike in Welland you will proceed to the Mandatory Pre-Race Briefing near the Swim Start area.

Mandatory Pre-Race Briefing

The Pre-Race Briefing is **MANDATORY**. **If you are checking-in on Sunday you will need to have your bike racked and attend the meeting, which will start at 7:45 sharp near the swim start area.**

Swim/Bike/Run Gear Bags and Morning Clothes Bag

You will receive instructions on the use of your gear bags at athlete check-in. You will receive a **Dry Clothes Bag** which is clear, a **Wetsuit bag** which is black and a **Bike/Run bag** which is red.

Bike check-in and gear bags drop-off will be done in Welland in T1.

You will have access to your bike on race morning and will set-up in transition as you normally do.

Dry Clothes Bags (clear) *** -Prior to the start of the race place the clothes you will need after race into this bag. You will drop this bag off in the designated area near Transition #1. This bag will be brought to the Finish by our crew.

Wetsuit Bag (Black) Athletes will place this empty bag by their bike in Transition #1 prior to the start of the race. After the swim place your wetsuit in this bag and leave it by your bike. This bag will be collected and brought to the Finish by our crew. *We cannot be responsible for your wetsuit if it is not placed in the Wetsuit Bag.*

Bike to Run Bag (Red) *** After finishing the bike, athletes will rack their bikes in Niagara Falls by their assigned rack space where they will also find their bike to run bag . They will change into their run gear and then place their bike equipment into the same bag and leave it by their race space.

*****If you are taking the shuttle bus from Niagara Falls on race morning, please leave your Clear Bag and Red Bag with staff at the shuttle**

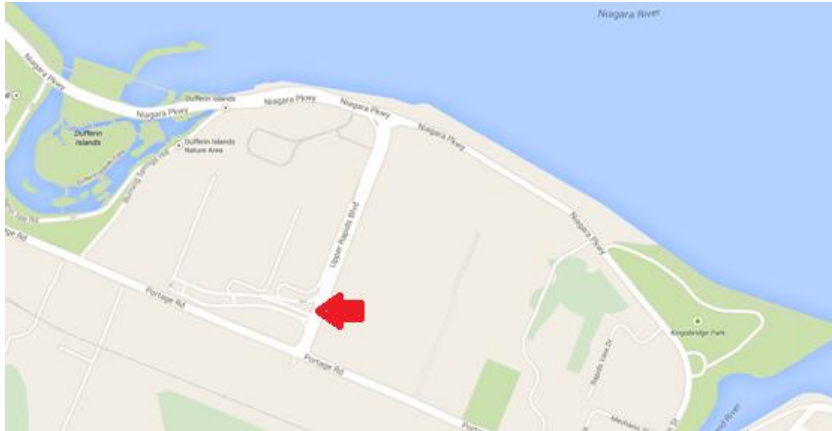
***If you are arriving directly in Welland on race morning, please leave your Clear Bag and Red Bag with staff outside of T1 in the designated area. Your **Bike to Run and Dry Clothes** bags will be transported to Niagara Falls and will be waiting for you after you complete the bike portion of the race.**

Personal Safety

The Niagara Falls Barrelman course is available for training throughout the year but be aware that you train at your own risk.

Race Day Shuttle Bus Schedule Information

Race day shuttle buses will run every 15 minutes, starting at **6:00AM** until 7:40AM, from the Upper Rapids Boulevard/Niagara Parkway parking area (see map) in Niagara Falls to the swim start in Welland. The drive from Niagara Falls to Welland will take approximately 20 minutes. Please arrive early!



On Sunday morning make your way from your hotel, park in the Upper Rapids parking area (see map above) and board the shuttle bus to take you to the swim start in Welland. Remember, if you choose to park here you will be approximately 800m from the T2 and the Finish. It makes for a very easy trip to your car after the race.

*****If you are taking the shuttle bus from Niagara Falls on race morning, please leave your Clear Bag and Red Bag with staff at the shuttle**

After arriving in Welland you will have access to Transition Area #1 to make a last minute check on your bike, and then head down to the swim.

Relay teams there will be ONE special shuttle bus from Welland to Niagara Falls for the swimmer and/or runner in a relay team. This bus will take the swimmer back to Niagara Falls 90 minutes after the race start. The runner may also wish to watch the start of the race, cheer on the swimmer and biker as they start and then take the shuttle bus back to Niagara Falls in time for the run. Of course, the swimmer and runner can also drive their own vehicle back to the Falls.

If you do not want to use the shuttle bus on race morning we suggest you drive to the race start with someone who can then make their own way back to Niagara Falls. Spectators will not be able to access the shuttle bus service. Spectators can drive from Niagara Falls to Welland in approximately 20 minutes.

PLEASE NOTE: If you choose to park in Welland on race day you will need to arrange for a ride back or pay a \$10 Shuttle Bus Fee. You will not be able to take your bike on the shuttle, will need to take the shuttle to Welland and then drive back to Niagara Falls to pick up your bike. We suggest you either park in Niagara Falls and take the shuttle to Welland OR drive to Welland with a friend and have them drive your car back to the Falls.

Spectator Race Day Parking and Information

Please ask your friends and family to avoid driving on the bike course. We recommend them using the major highways in the area to get to Niagara Falls. If you have friends and family coming to cheer you on they can drive you to Welland, cheer you on the swim and then drive to Niagara Falls to park in Upper Rapids Parking area. It is located right on the run course and less than a kilometer from the Finish. Access to Upper Rapids Parking should be from Portage Road (see map above). The \$10 parking fee can be paid at Athlete Check-In in Welland on Saturday or on the day at the Upper Rapids Parking Area.

Pre-Race Morning Procedure

Transition #1 will open at 6:00am and close at 8:40am. Once you arrive in Welland we suggest the following:

Prior to leaving for the race follow the instructions on your Body Marx tattoo and put your race number.

If you have not already dropped your Dry Clothes and Bike To Run Gear bags at the shuttle in Niagara Falls, bring all of your gear bags and have them ready to be given to the Gear Bag volunteers outside of Transition.

Make sure you have all of your nutrition, fluids on the bike and check tires. Don't forget to put the bike into a gear that will give you a good start to your race. There will be no bike warm-up allowed.

Proceed to the swim start. There will be a swim warm-up area behind the swim start. Please be mindful of others warming up and listen for instructions from the Start Official.

Race Specific Information

Aid Stations Bike Course

Bottle Exchanges will be located at 30KM and 60KM and will have:

- Water in Large Bike Bottles
- Hammer H.E.E.D in Large Bike Bottles
- Assorted Hammer Gels
- Banana Halves, Pretzels and Coke

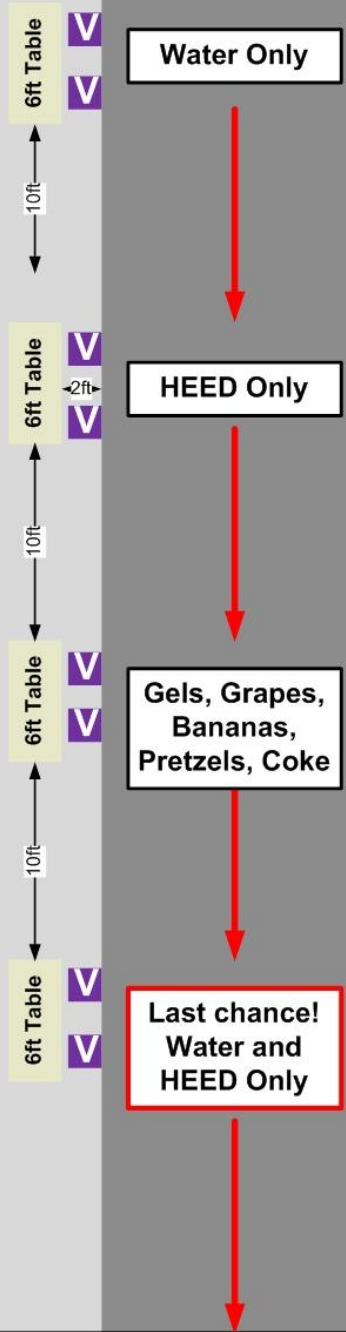
Aid Stations Run Course

There will be aid stations on the run course approximately every 2km with:

- Water & ICE
- Hammer H.E.E.D.
- Flat Cola
- Assorted Hammer Gels
- Assorted Fruit & Pretzels

Supply Breakdown for Barrelman Water Stations Grouping of Four Tables

- 75L
Can
X
- Can
Liners
X
- Milk
Scoops
X
- 3' x 4'
Stacking
Sheets
X
- ###
Water
Cups
#
- ###
HEED
Cups
#
- ###
Dixie
Cups
#



Race Timing and Cut-offs

10:25	Swim must be completed	Welland – T1
2:00pm	Bike must be finished	Niagara Falls – T2
3:30pm	Must start 2nd Run loop	Niagara Falls – T2
5:00pm	Must be finished – Course Closes	Niagara Falls – T2

Bicycle and Gear Check-Out

Athletes will be able to remove their bike and gear bags from Transition #2 starting at 2:00PM. You must be wearing the Athlete Wristband, which matches your bike and BIB number. There will be a designated exit on the north side of Transition. This will allow you to get to the parking area on Upper Rapids without crossing the bike or run courses.

Medical Area

The Medical Tent will be located immediately past the Finish Line. Only athletes are allowed into the medical area. Please ask family and friends to check for updates with Athlete Liaison outside of the medical tent.

Post-Race Food Pavilion

Athletes will have access to the food pavilion starting at 1:00PM. Food in this area is for athletes only. There will be food available for sale in Kingsbridge Park for spectators, friends and family.

There will be a selection of Roast Beef, Ham and Cheese sandwiches and Veggie Wraps, along with oranges, apples, cookies, water, pop and chocolate milk.

Awards Ceremony

The awards ceremony will be held in Kingsbridge Park adjacent to the Finish and will start at approximately 3:30PM. Depending on the number of athletes still on the course and how that will affect awards we may start earlier, announcements will be made in advance should that be the case.

Open Prize Purse

Barrelman will offer a prize purse of \$5,000. The prize money will be awarded to the top 5 male and female finishers, whether Pro or Age Group. The money will be allocated as follows

1st - \$1,000

2nd - \$ 750

3rd - \$ 500

4th - \$ 150

5th - \$ 100

Lost and Found

If you do lose something please check at the Awards Area adjacent to the Finish. Since most lost items are not located until after the race, chances are they will be sent back to our office in Barrie. If you do lose something please contact us at

info@multisportcanada.com and provide a detailed description of the lost item and your contact information. Any items will be shipped to the athlete at their expense.

Athlete Responsibilities

- You must be wearing your Sportstats timing chip at all times while racing. If you lose your timing chip you will be able to obtain a replacement at the swim, bike or run exits. If you lose your timing chip on the run please notify a Sportstats timer immediately after you cross the Finish line. Athletes are responsible for a lost timing chip and will incur a fee of \$25 payable to Sportstats.
- Athletes must familiarize themselves with and know the rules.
- Please be respectful of other athletes and follow some common courtesies when racing.
- Please call out "On your left" when starting to pass on the bike.
- Do not pass when cornering.
- Please do not litter!! There are bottle drop areas on the bike course and we ask you to carry all empty gel packs and drop them at an aid station or at the Finish.

These communities are opening up their parks and roads to Barrelman and in some cases are giving their time to improve the athletes' experience. Please remember the fact that they live here and respect private property.

Rules and Courtesies

Swim Course Rules

Course Length 2 kilometers

Cut off time **10:25 AM**

1. Each swimmer must wear a swim cap provided by Barrelman.
2. No fins, aqua socks, gloves, paddles, or flotation devices of any kind are allowed.
3. Swim goggles may be worn.
4. Wetsuits are allowed for all athletes.
5. Athletes are permitted to use kayaks and boats as aid, as long as no forward progress is made. Special provisions are made for wheelchair athletes. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
6. The swim course will close at 10:25AM. Athletes in the water after this time will be disqualified and will not be permitted to continue in the event. All athletes must cross the timing mats at the entrance to the swim start.
7. Any athlete who decides they cannot continue during or after the swim must notify the race official. There will be lifeguards, canoes, kayaks, swim buoys and motorboats throughout the course to ensure maximum swimmer safety. We will also conduct a full sweep of the course after the last swimmer exits the swim.

Bike Course Rules

Course Length 92 kilometers

Cut off time 2:00pm

1. Please understand that based on permits for the roads on the course and the safety of athletes involved, cutoff times must be respected.
2. No tandems, recumbent, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to determination of legality by the event organizer/or Head Referee.

Position Rules:

3. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
4. Athletes must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
5. Overtaking riders may pass on the left for up to 30 seconds, but must move back to the right side of the road after passing.
6. Riders must keep 10 meters distance between bikes except when passing.
7. An overtaken rider must fall back 10 meters before attempting to regain the lead from a front running bike.
8. Athletes committing rule violations will be penalized with a three (3) minute time penalty that will be added to their overall Finish time.
9. Each athlete must wear the Barreلمان issued race number at all times while on the bike and run course. The bike number must be placed low on your back where it is clearly visible. Folding or cutting race number or intentional alteration of any kind is strictly prohibited.
10. A CPSC- Approved helmet is required during the entire bike portion including in and out of the transition zone. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to hard-shell helmets, which affect its integrity, are not allowed
11. No individual support is allowed. Ample aid and food stations will be provided along the course. Friends, family members, coaches, or supports of any type may not bike, drive, or run alongside an athlete; may not pass food or other items to athletes and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. It is incumbent upon each athlete to immediately reject any attempt to be assisted, followed, or escorted.
12. **NOTE: BIKE AID STATIONS ARE LOCATED AT 30K AND 60K ON THE COURSE. IT IS YOUR RESPONSIBILITY TO SLOW FOR SAFE NUTRIENT PICK-UP. CALL OUT YOUR REQUIREMENTS CLEARLY AND IN ADVANCE. CREWS ARE INSTRUCTED NOT TO STEP ACROSS THE WHITE LINE FOR HANDOFFS. THERE WILL AT THE BIKE AID*

STATIONS. IT IS IMPERATIVE THAT YOU DON'T TOSS BIKE BOTTLES, CUPS, OR NUTRIENT BAGS ON THE ROADSIDE ALONG THE COURSE. BIKE BOTTLES MUST BE TOSSED TOWARD THE BOTTLE DROP AT THE BEGINNING OR END OF EACH AID STATION. A PENALTY WILL BE ASSESSED FOR DISCARDING LITTER OUTSIDE THE DESIGNATED DROP ZONE.

13. Each athlete must be individually responsible for repair and maintenance of their bike. Assistance by anyone other than race personnel will be grounds for immediate disqualification. Each cyclist should be prepared to handle any possible mechanical malfunction.
14. Athletes are expected to heed directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
15. Athletes may walk their bike if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
16. Bike inspection is not mandatory and will not be provided at bike check-in. Athletes are ultimately responsible for their own bikes. However, race officials may at their discretion make final judgment as to the soundness of bikes.
17. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.
18. MEDICAL SUPPORT: If you need minor medical assistance, Sag cars will pick you up and take you to the medical tent. Alternatively, depending upon the medical emergency, ambulances will take you to the nearest hospital to receive treatment

Bike Tech Support

There will be a D'Ornellas Bike Shop Bike Support vehicle patrolling the bike course, which will be equipped to help with minor mechanical issues. There will also be two vehicles that will only be available to transport athletes from the course to T2 and will NOT be equipped to fix any serious bike related mechanical issues. Athletes should carry their own spare tubes and pump or CO2 cartridges.

While there will be a limited number of pumps available in the transition area on race morning, we recommend you can bring your own. **You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your pre-swim bags.**

The Race Course

Transition Area #1

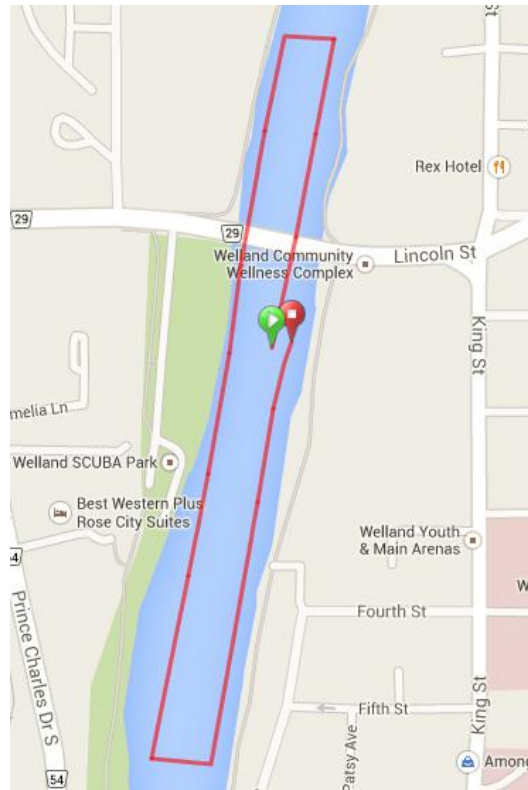
T1 is located in the Parking Lot between the Welland Arena (501 King Street) and the Welland Curling Arena on the East shore of the Welland Recreational Waterway. T1 has new smooth pavement and will have a bank of portable toilets inside for use both before the race as well as after the Swim. Bikes MUST be dropped at T1 on Saturday afternoon. T1 will be protected by a 6ft high security fence and will be monitored at all

times by contracted security services.

Start and Swim Course

The swim is in a recreational canal with no boat traffic. The water temperature in September should be in the 70F to 74F range. A single loop swim that passes under two bridges so there are lots of places for spectators to keep track of their favourite athlete. The Start will be in-water across the width of the Welland Recreational Waterway just South of the Lincoln Street Bridge. A Wave Start Format will be used.

Swim (2km)



The course is rectangular with the buoys kept on your LEFT. The start area will be 75m wide and will gradually taper to a 15m swimming lane over the course of the first 400m. The swim starts by heading north with the canal wall on your right and the swim buoys on your left. The corners of the course will be marked by large (5.5ft) Lime Green Tetrahedrons (3-Dimensional Triangles) and there will be smaller orange markers between the turns.

The course directions and distances are as follows:

- From Start heading north to first Lime Green Buoy Left Turn
- 65m stretch that takes you across the canal to next Lime Green Buoy Left Turn
- Approximate 935m stretch that takes you south. Along this stretch of the swim you will be passing the race site on your left hand side and then swimming under the Lincoln St. bridge. The canal wall is on your right and Orange Marker Buoys on

your left until the next Lime Green Buoy left turn.

- 65m stretch that takes you across the canal to next Lime Green Buoy left turn
- The last stretch goes north. The canal wall is on your right and Orange Marker Buoys on your left.
- You will exit the swim PAST the small dock with the Green Finish Buoy on YOUR RIGHT.
- The Swim Exit is adjacent to the Swim Start.

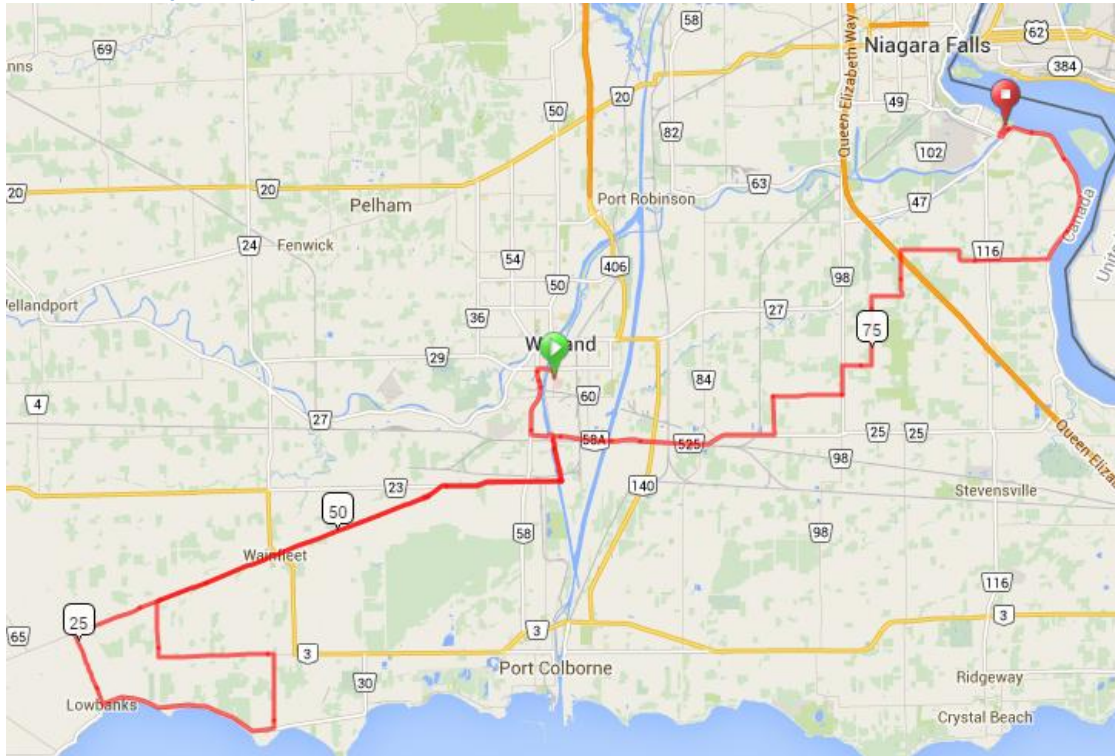
Swim waves

Time	Waves	Swim Cap Colour
8:59 AM	Pros	Green
9:00 AM	M34 & Under W39 & Under Relays	Blue
9:05 AM	M40-49	White
9:10 AM	M35-39 W40-54	Grey
9:15 AM	M50+ W55+	Green

Swim to Bike Transition

Once on land, there is a 325m run-up to the T1 on a combination of Sidewalk, Grass and Pavement.

Bike Course (92km)



The bike course is flat and FAST!! The bike course is on OPEN, but quiet roads. There will be vehicular traffic so please exercise caution and be alert. Ensure that you ride to the right-most side of the road and that you DO NOT cross the centre of the road at any time. Please make sure that you are NOT in your aero-bars going around the corners or through any intersections. Please ensure that your hands are ready and covering your brake levers for safety when cornering.

The course is divided into four main sections: **The Out, The Loop, The Back** and **The Ride to Niagara Falls** – a breakdown of the sections is as follows:

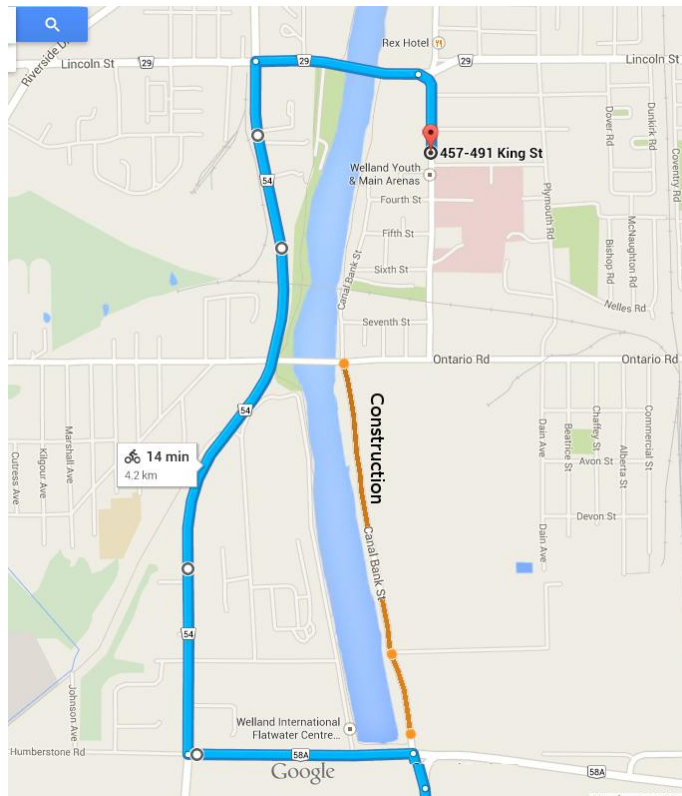
Please note: Due to last minute construction on Canal Bank Road we have had to create a detour for the first section out of Welland. The good thing is that in 2015 this will be a very enjoyable ride out of town. In 2014 it will mean that the bike course will be 92km.

The Out – 0 to 4.2km

(Leaving Welland)

Athletes will exit T1 and run to King St and the mount line. The first section is 300m north along the left side (facing traffic) in a coned lane to Lincoln St. At Lincoln you turn left, staying in the left lane and facing traffic, cross the Lincoln St. bridge for

approximately 600m. At Prince Charles Drive S you will turn left and move over to the right line on the right most side of the road for 2.5km where you will turn left onto Humberstone (58A) proceeding for 800m and a right turn onto Canal Banks.



4.3km to 25km

The course then heads South on Canal Bank Rd. to the first major turn at 4km onto Forks Rd. From there, the course heads West towards Feeder Rd. You can usually expect a bit of a headwind in this section. Near the 10km mark, the course turns Southwest onto Feeder Rd.

A good portion of Feeder road is tree lined on both sides, which should offer nice protection from excessive sun or wind. This section also has some freshly paved shoulders which athletes are encouraged to ride on. “The Out” section finishes when Feeder Rd. reaches Hutchinson Rd. and begins “The Loop”.

The Loop – 25km to 43km

This section begins once the course reaches Hutchinson Rd. and turns Left down to the shores of Lake Erie. At Lakeshore Rd, the course turns Left again and follows along the shores of Lake Erie. The 1st Bottle Exchange is on Lakeshore Rd. just east of Long Beach Conservation Area.

The course then leaves the shores of Lake Erie and makes its way back to Feeder Rd. using quiet secondary roads. At 41km, the course turns Right back onto the Feeder Rd. to complete "The Loop".

The Back – 43km to 60km

This part of the bike is the same 20km section as the start of the bike, except you are now heading "Back" towards Welland. The course retraces the same route "Back" towards Welland on Feeder Rd. and crosses-over the Welland Recreational Waterway on Forks Rd at 58km. After turning left on Canal Bank Rd. you will travel north to the 2nd Bottle Exchange. The course continues North to Townline Tunnel/Humberstone Rd and then Turns Right (East) and begins the Ride to Niagara Falls.

The Ride to Niagara Falls – 60km to 92km

The course now takes you under the Welland Canal via Townline Tunnel Rd. This section is CLOSED TO VEHICULAR TRAFFIC. While you are riding through the tunnel, under the canal, you will be required to stay in the right lane at all times.

Please note: Should you have a mechanical problem while in the tunnel you must stay to the right and WALK YOUR BIKE out of the tunnel. Once clear of the tunnel you may work on your bike.

Corrected Sept 20th - **Once clear of the tunnel, you will continue east on Townline Tunnel Rd. until the 67km point at Morris Rd. You will turn left onto Morris Rd. followed by a quick right onto Ridge Rd. Just after the 70k mark you will make a left onto Montrose Rd and then again a quick right onto Keabel Rd followed by another quick left onto Willodel Rd working your way to a right turn onto Schisler Rd. You then turn left (North) on Beck Rd. at the 76km point.**

Beck Rd. takes you over the QEW before turning Right (East) on Marshall Rd. The course follows Marshall Rd through a few bends to its end at the Niagara Parkway at 83km. The course then turns Left (North) on the Parkway and, for the final 7km, travels alongside the Niagara River. The course reaches the south end of the Niagara Falls where it bends left in Chippewa. The course then turns Right (North) and, using a dedicated coned lane, crosses over a bridge before turning Right onto the Niagara Parkway for the final stretch to the Bike Finish in Kingsbridge Park and T2.

Bottle Exchanges will be at approximately 30km and 60km and will have:

- Water in Large Bike Bottles
- Hammer H.E.E.D in Large Bike Bottles
- Assorted Hammer Gels
- Banana Halves

Other Notes: There will be a D'Ornellas Bike Shop Bike Support vehicle patrolling the bike course, which will be equipped to help with minor mechanical issues. There will also be two vehicles that will only be available to transport athletes from the course to

Out Section – 0 - 3km

You will exit T2 and run parallel to the Niagara Parkway through the parking lot heading north before making a quick left followed by an immediate right onto the Niagara Parkway itself. Running north, at approx 1.7km you will turn left onto Burning Springs Hill Rd. Once on Burning Spring Hill Rd, you will then veer right as the road splits onto Dufferin Isle Rd and run alongside the scenic Dufferin Islands. At 2.5kms you will hit the turnaround and run back towards Burning Hills Spring Rd where you will make a sharp right and tackle a short climb covered by a tree canopy before reaching Portage Rd.

Spectator Hot Spot #1 Note: The Dufferin Island section is a great spot for friends to cheer you on. They can access Dufferin Islands by a stairway at the north end of the Upper Rapids Parking Area.

Loop Section – 3km to 8.8km

The course then turns right on Portage Rd. and follows a coned lane north. The road bends right and continues north until the 5km mark where athletes will make a left turn at Mount Carmel cutting across to Stanley Avenue. The course continues north on Stanley Ave. and turns right on Murray St. When you make the right onto Murray St. you will have a spectacular view of the American Niagara Falls!

The course then descends “Murray Hill” towards the Niagara Parkway. At the bottom of the hill, the course then turns right onto the Niagara Parkway heading south back towards Kingsbridge park.

We will have a closed lane on the Parkway dedicated to the runners. You will pass scenic Table Rock and be able to hear the roar of Niagara Falls as you pass the American and Canadian Falls. The course continues in this coned lane passing the old Toronto Power Plant eventually passing Burning Springs Hill Rd. You will continue running on the Niagara Parkway towards Kingsbridge Park.

Back Section – 8.8km – 10.5km

The next 1.5km takes the runners along the Niagara Parkway where it joins the fitness path and heads back into Kingsbridge Park through gate #53 then making a sharp right turn back into the Lap/Finish area.

Spectator Hot Spot #2 Note: This is really where all the action will be. Spectators will have an opportunity to see athletes leave T2 onto the run course, then see them again as they complete the first loop of the run and finally the FINISH!

2nd Lap – 10.6 – 21.0

At this point you will have the option of entering the finishers chute or heading out for lap 2 of the run course. You will repeat the above sections exactly as described above again.

FINISH – 21.0 – 21.1km

After completing your 2nd lap of the run course and running along the Niagara Parkway you will head back into Kingsbridge Park and the FINISH!

Course Length- 21.1 kilometers

Cut off time - 5:00 PM (The race officially ends at this time.)

Run Course Rules and Instructions

1. Runners must wear their race number in front of them clearly visible at all times on the course. Race numbers issued by Barrelman identify the official athletes in the race.
2. NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPANT ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-participant escort runners will result in disqualification. A non-participant escort runner includes participants who have withdrawn from the race, have been disqualified or have finished the race. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete; may not pass them food or any other items and are warned to stay completely clear of all participants to avoid disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It IS permissible for an athlete who is still competing to run with other athletes who are also still competing.
3. Runners are expected to follow directions and instructions of all race officials and public authorities.
4. The Barrelman run course will officially close at 5:00 PM. Runners still on the course after that time will be given the opportunity to unofficially finish the race.

*RUN STATIONS ARE LOCATED APPROXIMATELY EVERY MILE AND THE MILEAGE IS MARKED. AT EACH AID STATION THERE WILL BE WATER, HAMMER H.E.E.D., ASSORTED HAMMER GELS AND BANANA HALVES.

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