

2022 ATHLETE GUIDE



PRESENTED BY:



Message From The Race Director

Wow....9 years already...no.... wait oh, yeah....there was COVID.... which means it's actually the 7th time we will host the live event. I do know one thing for sure it is a real relief to be back. Judging by all the activity on the Barrelman Group Facebook page there are also a lot of excited athletes as well.

We are pleased to see that Barrelman continues to attract many athletes from around the world. This year we will see almost 1,000 athletes from Canada, over 100 from the U.S.A and athletes from as far away as Australia, Belgium, England, Italy, and Puerto Rico. Our youngest competitor is a member of a relay team and is 13 years old. Our oldest is competing in the triathlon and is 77. It will be great to see those who are joining us again and we hope those who are experiencing Barrelman for the first time will have a very special weekend with us.

One of the pleasures of this race is being able to thank some of the special people who help MultiSport Canada produce Barrelman Niagara Falls. Thank you:

All of the dedicated volunteers in not one, but two transition zones.

Ron and Lynda Lemon and their crew of volunteers from Welland who have been helping us for over 14 years at our MultiSport Canada Welland event in June and at Barrelman from the very beginning.

The surrounding communities and stakeholders, who have played key roles in helping to ensure the success of our race. Our Ambassador Team who helped spread the word about Barrelman and who you will see on Saturday assisting other athletes at registration.

Sarah Wood and Tracie Wallis of the Niagara Parks Commission and The Mayor of Welland Mayor Frank Campion, on behalf of the city and staff.

We invite you to like/join the Facebook a [Barrelman Niagara Falls Group page](#) with almost 1,700 exceptional members who share tips and support each other. We also have the [Barrelman Niagara Falls official page](#) where important information is shared all year long.

On behalf of Jason Vurma, President MultiSport Canada, Carolynne Simons our Customer Engagement Manager, our business partner Joseph Park and the rest of the MultiSport Canada team, I give you our personal commitment to give you a race experience you will never forget!

Thank you for continuing to make this the largest independent Half Triathlon in North America! I hope you enjoy your weekend with us and have an enjoyable time with the MultiSport Canada team. Everyone on our team will be doing our best to make this your best race experience ever. The entire MultiSport Canada team and I look forward to meeting you on race weekend.

John Salt

Race Director, Barrelman Niagara Falls
Founder, MultiSport Canada

GENERAL INFORMATION

PACKET PICKUP

Saturday, Sept 17th, 2022

Sunday, Sept 18th, 2022

Welland International Flatwater Centre (WIFC) **Welland International Flatwater Centre (WIFC)**

10:30AM - 3:30PM

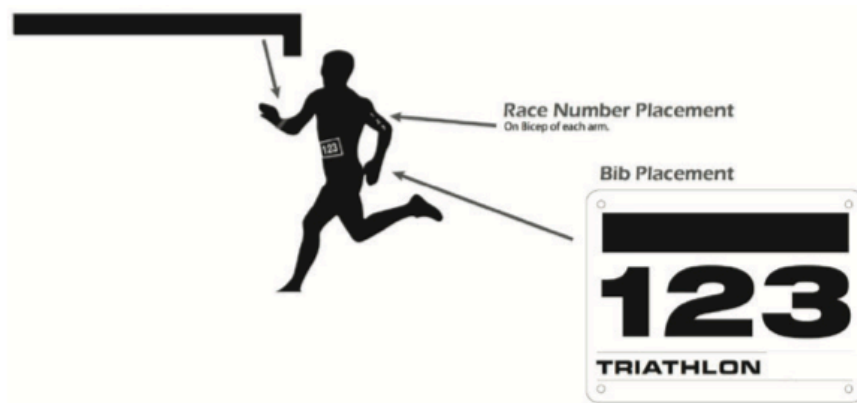
5:45AM – 7:15AM

PLEASE CLICK ALL LINKS FOR FURTHER DETAILS

ADDITIONAL INFORMATION

RACE NUMBERS

- All athletes (or cycling relay members) must drop off their bikes and pick up their race packets.
- Please be sure to have your confirmation number or bib number ready for packet pick up, bike check-in, and gear back drop off.
- Athlete Number Placement:



Please have a bib centered on front of body with race belt or pinned to race shirt.

- Make sure you place your number on your bike and wear your bib on the front of you for the run. This helps us identify you as a participant and ensures you receive all your race photos online at msc.zoomphoto.ca
- Temporary body marking tattoos will be provided in your packet.
- Race numbers need to be visible on both forearms.

RACE DAY PARKING

Welland International Flatwater Centre (WIFC)

- Our registration platform to add your parking pass is now closed. Please come to registration to purchase your parking pass for Upper Rapids Parking Area if you have yet to do so.

TRANSITION

T1 is located at the WIFC. As always, these are Athlete Only areas. We do have a dedicated entrance and exit that you are required to use when you rack the bike pre-race. Please rack your bike according to your bib number. To locate these access points, look for Athlete Entrance sign. We have security guards overnight in T1.

What does a bag and clutter free transition area mean? This means you may bring your gear into the TA with a bag but then must remove your bag. After you have the gear you need in transition please remove your bags and whatever you do not need to race with. This ensures we have enough space for others around you. Please plan to give these things to a loved one or place them in your vehicle.

Why does transition close at 8:15am and how come my race doesn't start until later? This means at 8:15am all athletes need to have everything they need to race for the

start of the swim regardless of when your event starts eg. goggles, swim cap, wetsuit etc. The transition will be ready to go.

At registration on Saturday you will receive three bags and stickers with your BIB #. The bags are coloured coded and you will fix the BIB # stickers to each bag as follows:

1. Swim to Bike Gear Bag
2. Bike to Run Gear Bag
3. Post-Race Clothes Bag

Saturday is also the day when you rack your bike in T1 at the Flatware Centre. While T1 is fenced off, well lit and monitored by police all night, please do not leave any other gear in T1.

Please DO NOT leave any gear in T2 in Niagara Falls as there is no additional security in T2 on Saturday.

Shuttle Bus on Race Morning

On race morning you will park or be dropped off by friends/family in the Upper Rapids Parking Lot in Niagara Falls. Please make your way to the shuttle buses at Upper Rapids Parking Lot in Niagara Falls bringing your 3 bags with you. You must keep your Swim to Bike Bag with you! No bikes are allowed on the shuttle bus!

You will have the option to leave behind your T2/Finish bags at Upper Rapids or take them with you on the bus to T1. Wherever you leave them they will be taken by our crew to T2 later that morning. Your T2 bag will be waiting for you at your rack spot in T2 after you finish the bike portion.

T1 On Race Morning

On race morning you can do any last minute checking on your bike. If you have any bike issues [VeloFix](#) will be onsite right outside the Transition Area. This is also when you will drop off your [Bike to Run Gear Bag](#) and [Post-Race Clothes Bag](#) with our crew. They will transport these bags to T2.

Swim to Bike Gear Bag

Before the race you will empty the contents of your Swim to Bike Gear Bag and set up your spot in Transition. You will leave your empty Swim To Bike Gear Bag under your bike. Once you are done your swim, you will put your wetsuit, goggles etc into the empty Swim To Bike Gear Bag and leave it there. The crew will then collect all [Swim to Bike Gear Bags](#) and bring them back to T2/Finish and you are responsible for making sure all your items are in that bag.

T2 on Race Morning

Transition 2 will have all bike racks labeled in sequence by athlete race number. When you arrive at T2 after finishing the ride your Bike To Run Gear Bag will be waiting for you under the rack spot with your number. All you need to do is change into your run gear and leave the bag with your bike

Post-Race Clothing Bag

Your Post-Race Clothing Bag will be waiting in a fenced area adjacent to T2.

Transition Locations

1. Transition 1 (T1) Welland, Ontario @ Welland International Flat Water Centre (WIFC) 16 Townline Tunnel Road, Welland, ON.
2. Transition 2 (T2): Niagara Falls, Ontario @ Upper Rapids Parking Area 7870 Niagara Pkwy, Niagara Falls, ON.

Schedule

Saturday, Sept 17	Event	Location
10:30am – 3:30pm	Registration / Bike Check-in / Gear Bags Drop-off	Welland – T1
12:00pm OR 2:30pm	Mandatory – Athlete Briefing	Welland – T1
12:45pm	Q&A with Pro Athletes	Welland – T1
4:00pm	Transition Area 1 Closes	Welland – T1
10:00am - 4:00pm	Pre-Race Expo	Welland - T1

Note: THE RACE DAY CHECK-IN CUT-OFF TIME AND THE MANDATORY PRE-RACE BRIEFING TIMES ARE FIRM. You will also be responsible for making your own way back to Welland after the race. THERE WILL BE NO SHUTTLE BACK FROM NIAGARA FALLS.

Race Day Schedule

Sunday Sept, 18	Event	Location
5:45am – 7:15am	Race Day Kit Pick Up	Welland – T1
6:00am – 7:40am	Shuttle Bus Service – Athletes Only	Niagara Falls – Bus Area
6:00am – 8:15am	Transition Area 1 Open	Welland – T1
7:15am	Optional – Athlete Briefing	Welland – T1
8:15am	Transition Area 1 Closes	Welland – T1
8:29am	Race Start – Pros	Welland – T1
8:30am – 9:00am	Age Group Waves	Welland – T1
9:10am	Bike / Run Start – TT format	Welland – T1
1:00pm – 5:30pm	Race Day Expo	Niagara Falls – T2
1:30pm	Swim / Bike Awards	Niagara Falls – T2
3:15pm	Bike / Run Awards	Niagara Falls – T2
3:30pm	Triathlon Awards	Niagara Falls – T2
5:20pm	Race Course Closes	All

Cut-Off Times

10:35am	Swim must be completed	Welland – T1
2:20pm	Bike must be finished	Niagara Falls – T2
3:50pm	Must start 2nd Run loop	Niagara Falls – T2
5:20pm	Must be finished – Course Closes	Niagara Falls – T2

Wave Start Time Times



Time	Wave	Cap Colour	Categories
8:29am	Elite	Silver	Pro and Elite Age-Group
8:30am	1	Red	Men 30-44
8:36am	2	White	Men 29 & Under Women 39 & Under
8:42am	3	Blue	Men 45-49 Women 40-44 and Relays
8:48am	4	Yellow	Men 50-54 All Swim/Bike
8:54am	5	Pink	Men 55-59 Women 45-54
9:00am	6	White	Men 60+ Women 55+ and Paratriathletes
9:10am	Bike/Run	n/a	Individual Start from Bike Rack

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.

Relay Teams

Relay teams will pass the timing chip in transition at the bike rack with their number, once the chip has been passed, the athlete who is no longer racing is to exit the transition area until it has been declared open to athletes.

Clubs and Team Tents

All Team tents can be erected in Kingsbridge Park (Transition 2). We would ask that you email Carolynne Simone at carolynne@multisportcanada.com to let us know your team name and the number of tents you will be bringing prior to race day. Tents MUST be setup by 11am on race day.

Personal Safety

The 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!

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. 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. THERE WILL BE NO SHUTTLE SERVICE BACK TO WELLAND FROM NIAGARA 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. Access to Upper Rapids Parking should be from Portage Road (see map above).

Here are our recommended [directions for getting to the Rapidsview Parking Lot](#)

Pre-Race Morning Procedure

Transition #1 will open at 6:00am and close at 8:15am. Once you arrive in Welland we suggest the following:

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. Please be mindful of others warming up and listen for instructions from the Start Official.

Bike and Gear Check-Out

Athletes will be able to remove their bike and gear bags from Transition #2 once the final runner is out on the course OR by 2:30PM. 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

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 Tent

Athletes will have access to the food tents starting at 12:30PM. Food in this area is for athletes only.

Awards Ceremony

Open Prize Purse

We offer a prize purse of \$5,000 USD to any Pro or Top Age Group Finisher as follows:

1st - \$1,000

2nd - \$ 750

3rd - \$ 500

4th - \$ 150

5th - \$ 100

1. For the Triathlon, medals will be awarded to the top 3 male and female athletes in each age group in 5 year increments. The Top 5 Overall Men and Women will also be recognized for photography.
2. For Relay Teams, the top 3 teams will receive awards.
3. In the Swim/Bike and Bike/Run awards are for 39 and Under, 40 – 59 and 60+ for both male and female athletes. The Top 5 Overall Men and Women will also be recognized for photography.

Lost and Found

If you 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 Rules and Regulations

- 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 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.
- 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.

Swim Course Rules - SEE MAP

Course Length 2 km

Cut off time 10:35 AM

1. Each swimmer must wear the swim cap provided.
 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 10:35AM. 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
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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 water.

Bottle Exchanges will be at approximately 30km and 59km and will have:

- Water in Large Bike Bottles
- F2C Glyco-Durance in Bike Bottles
- Endurance Tap Gels
- Banana Halves

[Bike Course Rules - SEE MAP](#)

Course Length 87km

Cut off time 2:20pm

1. Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off 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.
 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 5 meters distance between bikes except when passing.
 7. An overtaken rider must fall back 5 meters before attempting to regain the lead from a front running bike.
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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 should wear the issued race number at all times while on the bike course. The bike number may 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 BE 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.
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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.

Every athlete will rack their own bike in T2, please ensure you familiarize yourself with your bike's location in T2 to facilitate your bike to run transition.

[Run Course Rules - SEE MAP](#)

Course Length 21.1 km

Cut off time 3:50pm first lap / 5:20pm course closes.

1. Bare foot running is allowed. If you run bare foot please be careful and take all precautions to protect your feet.
 2. Runners must wear their race number in front of them clearly visible at all times on the course. Race numbers issued identify the official athletes in the race.
 3. 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
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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.

4. Runners are expected to follow directions and instructions of all race officials and public authorities.
5. The run course will officially close at 5:20 PM. Runners still on the course after that time will be given the opportunity to unofficially finish the race but must adhere to regular traffic rules at crossings.

T2 is located in the parking lot of Kingsbridge Park on the shores the Niagara River at Chippewa Creek. T2 is on smooth pavement and will have a bank of portable toilets just outside for use both leaving T2 as well as finishing the 1st Loop of the Run Course. T2 will be protected by a 6ft high security fence and will be monitored at all times by contracted security services. You will be able to remove your bike from T2 once the Bike Course is officially closed at 2:20PM or once the last cyclist is done, whichever comes first.

The Run Course is comprised of two loops through the City of Niagara Falls and two out-and-back sections which start and finish in Kingsbridge Park.

Aid stations on the run course approximately every 2km with: Water & ICE, F2C Flat Coca-Cola, Assorted Endurance Tap Gels, etc.

LAP VS FINISH

When exiting T2 you will run past the finish chute, staying to the right side of the road. After completing 2 FULL LAPS of the run course, you will run to the Finisher's chute towards the finish line!

Finishers Gear

The Finish Line is located in the heart of Kingsbridge Park adjacent to the splash pad and the large covered pavilion. There is plenty of space for friends and family in the park to cheer!

All finishers will receive a Finishers Medal and Finishers Hat.

We hope this give you an overview of what to expect on race weekend. Please stay tuned for our final event notice with your bib number and any last minute details sent to you this week.

See you on race day!

MultiSport Canada 



Dear Athletes,

On behalf of all triathletes, officials, coaches and clubs in Ontario, I would like to extend a warm and hearty welcome to the 2022 Niagara Falls Barrelman. The Barrelman is one of the premier events in Ontario and being the only point-to-point race in the Province makes it one of the most unique.

Athletes will start the day at the Welland International Flatwater Centre, a legacy facility of the 2015 Toronto Pan Am Games and perineal host of our own Elite Provincial Championships. Construction of the Welland Canal started nearly 200 years ago and was a major contributor to the growth and prosperity of southern Ontario. It has become an ideal location for warm, pristine open water swimming. You will then bike and run your way to the world famous Niagara Falls, one of the natural wonders of the world.

From the vineyards to the numerous family-friendly attractions, the Niagara Region has something to offer everyone so we hope you take some time to enjoy the sights while in the area.

This year's race is once again hosting the Triathlon Ontario Long Course Aquabike Provincial Championship and World Qualifier, it also the final stop on the Triathlon Ontario Long Course Tri Series. Good luck to all of those racing for points, a title, a PB or just for pure enjoyment of the experience!

Once again, congratulations to all of you for participating and the team at MultiSport Canada for staging such a fantastic event.

Sincerely,



Phil Dale

Executive Director, Triathlon Ontario
