

## **2013 Beaton Classic Race Instructions**

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### **Swim 1km:**

The swim will start on Moonlight Beach @ 9am, immediately to the left (as you are facing the lake) of the supervised swim area. It will be a roughly triangular course, swum in a clockwise direction. Participants will swim out roughly 300m (past Camp Sudaca to a buoy near the point, then turn right (90 degrees) to swim 300m across the bay to a second buoy (located in front of the large beige stone house, lots of windows) and then 400m back to the start line (sighting on the large yellow play structure on the beach will bring you straight in). They will then run 50m up the beach (towards the parking lot) to the transition zone. Wetsuits are **not** permitted. There will be spotter boats in the water on the course. If you encounter difficulties please remove your swim cap and wave it in the air.

Swimmers must swim around the buoys (buoy will be to the right of you as you swim around them).

Swimmers must wear the caps provided with the race numbers on them. Swimmers will also be body marked with the team number to allow timers to record split times.

### **Bike 24km:**

The bike course will be 3 laps of an 8km out and back loop. Riders will leave the transition zone on foot via the boat launch gate to the upper parking lot where they will mount their bikes (volunteer will be at the bike mounting line). Riders will follow the gravel road out to Moonlight Beach road, staying on the right side of the parking lot. Turn right onto Moonlight Beach road. Continue for about 1km up to the four way stop at Bancroft Drive. (Note- There is a railway track crossing on this section and the first 100m of the road is gravel) Riders turn right onto Bancroft and continue on this road for 3km to Caruso St. where there is a 180 degree turn around. Riders will then return by the same route back to the intersection of Moonlight Beach Road and the beach parking lot road. Riders will turn round 180 degrees at this intersection and head out for lap 2. Lap 3 is the same as lap, except that riders will enter the gravel beach road the same way they exited it on lap 1, and ride back to the head of the boat launch. Riders must dismount their bikes before reaching the dismount line. Riders will

then travel on foot approximately 50m back into the transition area. (Caution the launch is downhill on grass and may be slippery in cycling shoes if it is damp).

With the exception of the first and last 100m, the entire bike course is paved. In true Sudbury style though, the pavement is very rough with frequent potholes and cracks (that run both perpendicular and horizontal to the direction of travel) so riders must stay extremely focused. Race wheels are not recommended.

Cyclists will be body marked with the team number to allow timers to record split times.

**\*The course will still be open to vehicle traffic and riders are required to be aware of and to follow the rules of the road.**

Course marshals will be on hand at the turnarounds and at the Bancroft and Moonlight intersection to assist with traffic control but there will be cars on the course. Riders must be aware of cars passing from behind. There are also a number of driveways along this road which riders should be aware of. Do not ride side by side with another rider unless passing. Stay as far to the right side of the road as conditions allow.

Drafting is not permitted. Helmets are mandatory. Riders seen cycling in an unsafe manner will be immediately removed from the course. Riders are responsible for counting their own laps.

## **Canoe 4km (note course change from 2010):**

The canoes will be lined up immediately to the right of the supervised swim area (as you are looking out onto the lake). The paddle will head straight out from the beach to the right side of the 1<sup>st</sup> large island. Paddlers will continue on to the second island, paddling on the right side, and paddle counter clock wise around the second island. They will then paddle the most direct route back to the beach, parking their canoes in the area to the right of the supervised swim area (opposite side of beach to the start of the canoe). Sighting off the large yellow play structure is recommended. It is clearly visible from the farthest point on the course. Paddlers are required to have a suitable life preserver (pfd), a tow rope and bailing can on board and are subject to provincial boating regulations. A whistle or alternate noise making device is recommended in case you need to attract the

attention of one of the spotter boats. Canoes must be lined up on the beach by 8:45am at the latest. We will not allow boats to be moved around on the site while racers are on the course.

Paddlers will be body marked with the team number to allow timers to record split times.

Race canoes are **not** permitted. Kayaks are also **not** permitted. The canoe must be done solo. Canoes must be pulled into and out of the water only by the paddler. Support crews are not allowed to move canoes.

Canoes must be removed from the beach by 11:30 am, prior to the start of the youth triathlon at 12:00.

We have access to a limited number of canoes that can be rented (\$15, \$20 if a paddle/pfd/safety kit is required). If you need to rent a canoe, please make sure that you contact race organizers by Wednesday August 7<sup>th</sup> at [Beatonclassic@hotmail.ca](mailto:Beatonclassic@hotmail.ca) .

## Run 7.5km:

The runners will exit the transition area via the boat launch gate past the life guard shack (same location as was used for the bike). They will then turn right and run up the Moonlight trail, past Camp Sudaca to the gate at the Laurentian Ski Chalet (the base of Cardiac hill). The trail will be marked with signs and flagging tape. There will be a water station and marshal at the 180 degree turnaround at the ski chalet. Runners must run the side trail around the beaver pond section. The last 500m before the turn around is on a fairly narrow twisting trail so runners will need to watch out for oncoming runners. Otherwise the course is on a fairly well groomed, rolling gravel path complete with board walks and scenic lookouts for those who might need inspiration along the way.

The finish line will be set up in the upper parking lot at Moonlight Beach.

Runner must wear the assigned race number on the front of their body. They will also be body marked.

## **Other Info:**

Parking will only be available in the lower parking lot. Please make sure when you are parking that you leave room for the city buses to turn around in the designated area.

Package pick-up will be from 7:00am until 8:30am at the site on race day. All athletes must be signed in and marked with race numbers before 8:30am.

Adult race day registration is **strongly discouraged**. Cost for race day registration will be double original costs.

Race day registration **will be allowed** for the youth triathlon at a cost of \$5 extra. Cut-off time for youth registration will be 11:00 am.

Recording splits in a busy transition zone can be challenging at times. If you want to make sure that your individual split times are recorded please make sure that the timers can clearly see your number as you pass them. Call it out or go back after your leg is done to let them know what it is.

Washrooms will be open in the concession building.

Portions of the event may be altered based on race day weather conditions.

Runners must wear race numbers on the front of their bodies in addition to the body marking that the Swimmers, cyclists and paddlers will have on their arms and legs. The tabs on the bottom portion of the bib will be used to determine the final results. Runners must ensure that this tab can be easily accessed by the timer tearing them off.

Please contact Neil at [beatonclassic@hotmail.ca](mailto:beatonclassic@hotmail.ca) if you have any other questions. Check out the Facebook site for race updates or if you are looking to join a team or need another relay member.

<http://www.facebook.com/?ref=home#!/group.php?gid=2394958502&ref=ts>

Thank you to our generous sponsors. They are integral to the success of this event. Feel free to drop by one of their locations and thank them in person if you get a chance😊

***The Outside Store***

***Dairy Queen (Kingsway location)***

***The Running Room***

***Ramakko's Source for Adventure***

And also a special thanks to the local clubs without whose equipment, expertise and volunteers this event would also not be possible:

Sudbury Rocks! Running Club

Sudbury Masters Running Club

Sudbury Canoe Club