

City of Cambridge Triathlon – Frequency asked Questions

This document lists and answers everything you need to know in relation to the City of Cambridge Triathlon. If you think we have missed anything please email us at info@onestepbeyond.org.uk, we will do our best to answer you and will add your question this document.

What are the distances?

1500m Swim - 38km Bike - 10km Run

What is the date of the event?

Sunday 28th September 2014

What is the Entry Fee?

£70.00 Individual (Price increases to £80.00 on the 1st June)

£90.00 Relay Team

(+ BTF Day Licence & Booking Fee)

Do I need to pay for a BTF Day Licence?

If you are a member of British Triathlon you do not need to purchase a day licence.

If you are not you MUST purchase a day licence.

What are the benefits of becoming a member - <http://www.britishtriathlon.org/join>

What if I need some help or advice before race day?

Give us a call on 01427 718888 or email us at info@onestepbeyond.org.uk

Should I join a club?

Joining a club is a great way to learn about what to expect on race day and how to train for the event. Cambridge has a great club – <http://www.cambridgetriathlonclub.com>

What if I need to withdraw from the race?

Follow the guidelines in our Terms & Conditions -
<http://dload.osb.s3.amazonaws.com/terms/cambridge-triathlon-terms-conditions-2014.pdf>

Are there any rules I should know about before race day?

Yes you need to make sure you know what you can and cannot do when racing –
http://www.britishtriathlon.org/britain/documents/about/british_triathlon_rulebook_2013.pdf

What equipment do I need?

Essential: Wetsuit – a roadworthy Bike – Cycle Helmet – Running Kit

Worth Considering: Goggles – Trisuit - Cycle Specific Kit incl. Shoes – Elastic Laces

Are there any Age Restrictions?

In line with the rules set out by the National Governing Body competitors must be a minimum of 17yrs old by the 31st December 2014. There is no upper age limit.

Can I race for Charity?

We would love it if you decided to race for our official Charity – Cancer Research UK, they do amazing work around the UK and are constantly developing ways for us to Beat Cancer sooner!

Will I receive a Race Packs in the post?

No you will be able to download the Final Race Information, approximately 4 weeks pre event, you will not receive any information from us in the post.

How does the Registration & Bike Racking work?

All competitors will be required to register in person on Saturday 27th September in the registration area on Jesus Green, there will be no registration on the day of the race. When registering you will be issued with your race numbers, timing chip and anything else you need from us.

You have the option to rack your bike in the transition area on Saturday 27th September or on the morning of the race, we recommend you do this a minimum of 1 hour before your start time.

How should I travel to the Event?

If you are local please walk or cycle to the event, it will help loosen off your legs!

There is No parking available at the event race site, so those competitors who need to drive can take advantage of our car parking offer when registering, this guarantees you a City Centre car parking space available for the entire Race Day for £8.00.

Park & Ride services are available however they will not allow you travel with your bike.

Where do the Routes go?

The routes are very exciting and consist of an out and back river swim, a single lap bike course and a 2 lap City Centre run.

You can check out the maps at:

Swim – <http://dload.osb.s3.amazonaws.com/maps/cambridgetri14swimmap.pdf>

Bike – <http://dload.osb.s3.amazonaws.com/maps/cambridgetri14bikemap.pdf>

Run – <http://dload.osb.s3.amazonaws.com/maps/cambridgetri14runmap.pdf>

Will there be a Race Briefing?

Due to the size of the event / number of competitors there will not be one single race briefing, there will however be multiple mini race briefings before the start of each wave. Competitors will be invited into the Start Pen and briefed by a member of our team at that point.

What Drinks & Nutrition will be available to me on Race Day?

There will be water stations and High 5 products available between disciplines and also between laps on the Run Course.

How will the swim work?

There will be waves of approximately 125 people starting every 15 minutes between 07:00 – 13:00.

Is it safe to swim in the river?

Yes but only on race day as we have set permission in place with the Cam Conservators.

We have carried out tests, as outlined out by the International Triathlon Union, and will continue to do so until race day. This includes carrying out Bacterial and viral tests for:

- PH levels
- Entero-cocci
- Escherichiacoli E. Coli

What can I expect from the Bike Course?

It is a fast course that undulates throughout, it has one fairly decent climb in the first 5K but after that you can really push yourself. Wherever possible we are attempting to give cyclists priority over other road users and will be switching off a number of traffic signals.

The final race information document will offer you a detailed view of the course, including the set up at all the major junctions.

You are more than welcome to ride the course in advance of the race, however please be careful as certain measures i.e. priority turns will obviously not be in place until race day.

What can I expect from the Run Course?

A closed road 2 lap City Centre run – it's going to be amazing!!!

It will take you past some beautiful parts of the City, including The Backs, the Mathematical Bridge, King's College and Parade, St John's College, The Round Church and Jesus Green – if you are not working too hard make sure you get your head up to take in the sights.

Do you need Volunteers?

Yes and lots of them! If you have friends or family interested in getting involved, please ask them to register with us at <http://www.onestepbeyond.org.uk/volunteers.php>.

Will there be Prizes?

Yes the exact categories are yet to be confirmed, but they are likely to be Top 3 Male and Female as well as prizes in each of the age categories set out by the National Governing Body i.e. 20-24 yrs old.

Where should Spectators go to watch?

The course has been designed to offer great spectator viewing opportunities especially during the swim and run sections. Closer to the event we will produce and publish online a full spectator guide of all the hotspots!