

FUTURE OUTLAW

PROVISIONAL RACE INFORMATION

**NATIONAL WATER SPORTS CENTRE
ADBOLTON LANE
NOTTINGHAM
NG12 2LU**

SATURDAY 23RD JULY 2016

Brought to you by:

1STEP BEYOND

www.onestepbeyond.org.uk

Sports Event Management

WELCOME

This is the provisional version of the race information for the 2nd Future Outlaw event on the 23rd July 2016. This document has been written to help make your event go more smoothly. Please ensure that you read the whole of this document so you know what to expect from the moment you arrive at the venue.

The Future Outlaw event will kick off the racing across the Outlaw weekend with the Big Swim taking place on Saturday afternoon and the Outlaw taking place on Sunday 24th July.

Directions to National Water Sports Centre

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre. The National Water Sports Centre is 5 minutes from Nottingham train station

Sat-Nav users are advised to use the name National Water Sports Centre or Adbolton Lane, rather than the postcode as some Sat-Nav's will direct you to Colwick Race Course as opposed to the Centre.

Car Parking

Over the weekend, we will be using various car parks based around the National Water Sports Centre, please follow the Car Park signs & car parking stewards when you arrive. Please note that we would recommend that no valuables are left in the vehicles at all & that anything valuable is kept in the secure lockers at the National Water Sports Centre. All vehicles are parked at owner's own risk.

Spectators – Where to go

The NWSC offers fantastic viewing of the Future Outlaws event. The best place to watch is from the main Grandstand as you will be able to view the Swim exit, Transition area, including the start of the bike and run sections. You'll also be in the best place to cheer your Future Outlaw down the red carpet to the finish line.

Race Registration - Saturday 07:45 – 08:45

All competitors will need to register before the event on race day. Registration will be held in the large Marquee on the grassed area in front of the NWSC main building. Please ensure that before registering you know your race number. This can be found either from the event start list on our race website or on the board outside the registration area.

At registration you will be issued with your race envelope, which will contain your security wristband, x2 race numbers (bib), x1 wrap around sticker for your bike seat post, x3 helmet stickers (front & both sides), x3 FUN stickers and finally "I'm Supporting" stickers for you to pass onto your friends & family.

You will also receive your timing chip, which you should wear around your left ankle. You will wear your timing chip for the entire event.

BTF Licences

Please note that all athletes will be required to show some form of photographic identification - 2016 TE Race Licence – or other, photocopies are fine.

If you have applied for a TE Day Licence when entering, this will be issued to you at registration. If you did not apply for a TE Day Licence, then you will be required to show your 2016 Triathlon England Race Licence (or overseas licence). If you are unable to do this, for any reason, then you will be required to purchase one for £3 before being allowed to register. There will be NO exceptions to this ruling. If you have a 2016 Triathlon England Race Licence, please bring it with you.

Race Briefing

There will be a Race Briefing 10 mins before the 1st wave is due to start at 09:00. Please attend the race briefing as this will be your opportunity to ask any questions about the course prior to starting.

Changing Facilities

The venue has good changing facilities and hot showers, which are positioned in the main building and are clearly signed.

Race Start 09:00

The race will start with small waves with a 5 min gap between waves. The waves will be determined based on your age and will be re-confirmed to you at Registration. Your start time will also be available on the Start list which will be published on the event webpage in the lead up to the event.

Transition Area

The transition area will be located on the perimeter road in front of the main grandstand. The transition area is a secure area where you will keep your bike, helmet and running kit during the event.

FINAL RACE INFORMATION



Before entering transition prior to the race you will need to be wearing your security wristband, have your seat post wrap sticker attached to your bike, as well as your helmet sticker stuck on your helmet. When you enter transition please have your helmet on and fastened.

Transition is an area for athletes only – **NO** parents will be allowed into transition. There will be experienced marshals on hand to offer any advice or answer any questions.

Once you have set-up your transition area please ensure that your kit doesn't impede any other athletes. Also ensure that you know where your bike is racked in relation to the entry and exit points in transition so that you can find it easily when you come out from the swim. We would also recommend that you familiarize yourself with the swim exit, bike out, bike in and run out locations in transition. These will all be clearly signed.

Electronic Timing

To ensure accurate times and results, every competitor will receive a timing chip when they register. You will need to wear the timing chip for the entire event by fastening it securely around your left ankle.

Please ensure that you do not cross the mats, which register your times except in the case of when you are competing. To avoid this problem do not climb over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing, however please do not apply too much otherwise the strap will become unusable.

Electronically capturing each finisher's time allows us to continuously post provisional results on the plasma screen in the bar area next to the main foyer/cafe. Full provisional results will be available on the Monday following the event.

The Swim – 200m

The swim will start down in front of the blue boat houses. You will enter the water off the end of the 1st pontoon, please lower yourself into the water. The start line will be in line with the end of the pontoon.

You will swim in a straight line towards the Tower. As soon as you pass the tower you will exit the water on your right hand side. Please exit the water using the black matting. Please see the course map at <http://dload.osb.s3.amazonaws.com/maps/futureoutlaw16map.pdf>.

As you exit the water you will head directly into transition where you will remove your wetsuit, swim hat and goggles to then change into your cycling kit.

The Bike – 5km

PLEASE CYCLE ON THE LEFT AT ALL TIMES AS RUNNERS WILL BE USING THE SAME PERIMETER ROAD

The bike route is very simple, as you leave Transition Area 1 you will complete 1 lap of the lake on the perimeter road, keeping the lake on your left hand side all the way round. You will follow the YELLOW ARROWS when you are on the bike.

Please take care at all of the corners as they are very tight, especially around the boat house area. Please note that as a Water Sports Park, ducks & swans are likely to be on the course & might not move when approached.

Whilst the bike course is closed to all vehicles, please note this is a popular centre, and attracts many visitors so please take care. There will be course marshals on all entrances to warn the general public, but please be aware that it is a public park and keep your head up at all times. For the complete route please see the course map at the link above.

Please ride on the left and overtake briefly on the right before returning to ride on the left. This race is a non-drafting race (i.e. no cycling too close to another cyclist or in a pack)

The surface has been greatly improved this year, however there are still some areas of rough surface, we have done our best to mark these for you with temporary spray.

Finally a new small yellow metal frame (approx. 5 metres) has been installed on the inside of the bike course along the back straight, please take extra care when passing this area.

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. Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition prior to racing.

FINAL RACE INFORMATION



The Run – 1.5km

The run course is an 'out and back' route, upon leaving Transition Area 2 you will follow the ORANGE ARROWS, running in the same direction as you cycled. Please stick to the right hand side of the road as there may be bikes cycling in the same direction as you. You will come to the u-turn point – which will be clearly marked and marshaled. You'll then run back towards the transition area, though this time you will stick to the left and head down the finish chute on the red carpet to finish under the Outlaw Finish Gantry to collect your exclusive Future Outlaws finisher's medal.

The Finish

The finish at the Future Outlaw is going to be an amazing experience as you run down the red finish carpet – the same one that will be used for the Outlaw the following day! All this is in full view of the main grandstand!

Race Rules

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all athletes must wear an approved helmet, clothing and that all cycles must be in a road worthy condition and that all athletes are insured by third party civil liability insurance. TE Members are insured for all training and racing throughout the year as part of their membership package, all other athletes will be required to purchase a TE Day Licence. If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Age Restrictions

This event is designed for athletes aged between 11 and 15yrs old on or before the 31st December 2016.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Immediate Care Medical, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of specialist medical practitioners and support vehicles. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. Also if you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number, please write your medical condition fully on the back of your number. This will only be used in the event of you being involved in an accident.

Race Numbers

Race Numbers must be worn on the back during the bike & the front during the run at all times. Numbers must either be pinned at all four corners or secured with a number band. Please ensure that your number is visible throughout the cycle & run sections. NB. Please do not forget to bring safety pins.

Results

Times will be displayed on the plasma screen in the main foyer area. Provisional results will be available to download on our website the Monday following the event.

Event Office Closure

The Event Office will be closed from Wednesday 20th July at 17:00.

Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages. Please instead ask your questions at the event registration area or during the race briefing.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event crew shirt, food & drink. If you would like further information about becoming a race marshal please email info@onestepbeyond.org.uk

Thanks

It takes a great amount of work to organise an event weekend such as this. Special thanks go to our Team of Officials that help to organise all of our events, Nottinghamshire County Council, Nottingham City Council, Rushcliffe Borough Council, Sport Nottinghamshire all of our sponsors and finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing info@onestepbeyond.org.uk