

RULES AND REGULATIONS:

Element Racing will be adhering to the rules and regulations as set out by Triathlon Canada and approved by the Ontario Association of Triathletes (OAT).

To read the full document of all race rules and regulations as they pertain to Triathlon please read Triathlon Canada Competition Rules, OAT's top 10 triathlon rules and OAT off-road multisport specific additional rules.

INFORMATION SPECIFIC TO ELEMENT RACING OFF-ROAD TRIATHLON RACES:

THE SWIM:

IMPORTANT, PLEASE READ. Racers safety is first on our minds. All racers must head down to the swim start via the swim/run transition gate. Timing chips must be worn on the ankle while crossing the timing mats in order to get a personalized headcount for the swim portion of this race. We use this and compare it to your T1 time in conjunction with a "sweep" of the swim course to help ensure racers safety. Thank-you for your cooperation!

- It is mandatory that you know how to swim and can swim your race entry distance to participate in this race.
- OAT approves the use of wetsuits for any race swim in water temperatures below 78°F. For 'Mine' Over Matter, the Kelso Quarry is spring fed. Depending on the weather leading up to the August 28th race, we are expecting water temperatures below 78°F. Therefore **wetsuits are expected to be approved and recommended for this race.** Updates to this status will be provided via our home page and the e-newsletter.
- Only **swim caps** provided by Element Racing can be worn for this race and they **must be worn for 100% of the swim.** Failure to do so will result in your removal from the race. Swim cap will be handed out at race kit pick-up on the day of this race. If you have concerns over swim cap material please contact us to discuss options (contact [at] elementracing [dot] ca).
- Do not wear your race numbers into the water or under your wetsuits. They may not last the duration of the race.
- Sorry, no swimming aids, fins, or hand paddles allowed for this race.

TRANSITION 1 – SWIM TO BIKE

- Racers must have their helmets on and chinstraps done up before leaving the transition areas.
- Racers may not mount their bike until outside of the transition area.

THE BIKE

Helmets:

- Cycling helmets are compulsory and must be approved by an officially testing authority, such as:
- CSA (Canadian Standards Association)
- American National Standard Institute (ANSI Z-90.4)
- Snell Memorial Foundation
- The National Swedish Board of Consumer Policy
- Others to be announced.

The Bike Course: this course takes place 100% on the trails of the Kelso Conservation Area and is intended only for Mountain Bikes.

- The bike course maps are posted on this site. It is the racers responsibility to know the bike course.
- The course will be marked with arrows, yellow caution tape, and written signage. Please pay attention to the course.
- There are **NO** water station on the bike course (there are water station in transition and along the run course) so come prepared with enough water for your ride. **Water bottles and water bladders are approved for this race.**
- For the full distance triathlon and duathlon, racers are responsible for counting their own laps (two loops of the bike course). This does not pertain to the mini off-road triathlon as it is a single loop race.

Your Bike:

- Only mountain bikes are legal for competition.
- Cyclo-cross bikes are **not allowed**.
- **No** drop handlebars are allowed.
- **No** aero bars are allowed.
- All bikes must have 26" or 29" wheels.
- Bar extensions or grips off the handlebars may not exceed 11cm.
- Bike numbers must be mounted on the handlebars facing forward. This is to be done during your transition zone set-up prior to the start of the race.

Passing: this course has been designed with ample passing opportunities!

- Lapped riders must yield to overtaking riders.
- Riders should voice the command "Track" or "On your left," when overtaking another. It is the responsibility of faster rider to overtake safely.
- Slower riders must yield to the passing rider on the first command.
- In the event two riders are racing for position, the leading rider does not have to yield his position to the challenging rider.
- A rider may not bodily interfere with or impede another rider's progress.

Drafting:

- Drafting is allowed by Elite, Junior or Age Group competitors.

TRANSITION 2 – BIKE TO RUN

- Racers must fully dismount their bikes before entering into transition. Failure to do so will result in a time penalty.

THE RUN

- Race numbers must be worn on your front.
- The run course maps are posted on this site. It is the racers responsibility to know the run course.
- The course will be marked with arrows, yellow caution tape, and written signage. Please pay attention to the course.
- This is a trail run which includes a quick up hill “scramble” close to the start of the run. Please pay attention to your footing and course markings.
- When passing another runner on a tight or single track, the runner should voice the command "Track" or “On your left," when overtaking another. It is the responsibility of faster runner to overtake safely.
- Slower runners must yield to the passing runner on the first command.

INFORMATION SPECIFIC TO ELEMENT RACING OFF-ROAD DUATHLON RACES:

THE START – FIRST RUN

- Race numbers must be worn on your front.
- The run course maps are posted on this site. It is the racers responsibility to know the run course.
- The course will be marked with arrows, yellow caution tape, and written signage. Please pay attention to the course.
- This is a trail run which includes a quick up hill “scramble” close to the start of the run. Please pay attention to your footing and course markings.
- When passing another runner on a tight or single track, the runner should voice the command "Track" or “On your left," when overtaking another. It is the responsibility of faster runner to overtake safely.
- Slower runners must yield to the passing runner on the first command.

TRANSITION 1 – RUN TO BIKE

- Racers must have their helmets on and chinstraps done up before leaving the transition areas.
- Racers may not mount their bike until outside of the transition area.

THE BIKE

Helmets:

- Cycling helmets are compulsory and must be approved by an officially testing authority, such as:
- CSA (Canadian Standards Association)
- American National Standard Institute (ANSI Z-90.4)
- Snell Memorial Foundation
- The National Swedish Board of Consumer Policy
- Others to be announced.

The Bike Course: this course takes place 100% on the trails of the Kelso Conservation Area and is intended only for Mountain Bikes.

- The bike course maps are posted on this site. It is the racers responsibility to know the bike course.
- The course will be marked with arrows, yellow caution tape, and written signage. Please pay attention to the course.
- There are **NO** water station on the bike course (there are water station in transition and along the run course) so come prepared with enough water for your ride. **Water bottles and water bladders are approved for this race.**
- For the full distance triathlon and duathlon, racers are responsible for counting their own laps (two loops of the bike course). This does not pertain to the mini off-road triathlon as it is a single loop race.

Your Bike:

- Only mountain bikes are legal for competition.
- Cyclo-cross bikes are **not allowed**.
- **No** drop handlebars are allowed.
- **No** aero bars are allowed.
- All bikes must have 26" or 29" wheels.
- Bar extensions or grips off the handlebars may not exceed 11cm.
- Bike numbers must be mounted on the handlebars facing forward. This is to be done during your transition zone set-up prior to the start of the race.

Passing: this course has been designed with ample passing opportunities!

- Lapped riders must yield to overtaking riders.
- Riders should voice the command "Track" or "On your left," when overtaking another. It is the responsibility of faster rider to overtake safely.
- Slower riders must yield to the passing rider on the first command.
- In the event two riders are racing for position, the leading rider does not

- have to yield his position to the challenging rider.
- A rider may not bodily interfere with or impede another rider's progress.

Drafting:

- Drafting is allowed by Elite, Junior or Age Group competitors.

TRANSITION 2 – BIKE TO RUN

- Racers must fully dismount their bikes before entering into transition. Failure to do so will result in a time penalty.

THE SECOND RUN

- Race numbers must be worn on your front.
- The run course maps are posted on this site. It is the racers responsibility to know the run course.
- The course will be marked with arrows, yellow caution tape, and written signage. Please pay attention to the course.
- This is a trail run which includes a quick up hill “scramble” close to the start of the run. Please pay attention to your footing and course markings.
- When passing another runner on a tight or single track, the runner should voice the command "Track" or "On your left," when overtaking another. It is the responsibility of faster runner to overtake safely.
- Slower runners must yield to the passing runner on the first command.

RACE NUMBERS AND BODY MARKING

- Body Marking – this will take place at race kit pick-up. Body marking pertains to writing your race number on your shoulder and race category on your calf using a black marker and will be done by Element Racing volunteers. Please do not apply any sunscreen until after being body marked.
- Swim - Do not wear your race numbers for the swim. This included under your wetsuit
- Bike – Race plates are to be mounted on your front handle bar prior to the race start. Additionally, race numbers to be worn on the torso
- Run – Race numbers are to be worn on your front)
- **Any alterations to sponsors logos or race numbers can be considered for racer disqualification.**

AID STATIONS:

- There will be two aid stations located on the run course and one aid station located in transition.
- There are no aid stations on the bike course. Racers are responsible to be self sufficient for the duration of the bike.

RELAY TEAMS:

- All three members of the relay team must all get body marked in order to race.
- All relay exchanges are to occur in transition at your teams transition station. The exchange occurs by the transferring of the teams timing chip (provided at race kit pick-up).
- Relay team members are to either stay at their teams transition station, or leave transition via the side entrance. Please do not wonder or explore the transition area during the race as we do not want any unintentional interference with other racers.

TIMING: Chip timing is provided by Chip Time Results. You will be able to view your results via their website: www.chiptimeresults.com

- This is a chip-timed event. You will receive your timing chip at race kit pick-up on the morning of the event.
- You must be wearing your timing chip for the duration of the race in order to receive your race time and splits.
- **Timing chips are to be worn on the ankle.**
- Timing chips are waterproof and are to be worn for the swim.

GARBAGE:

We would like to give a special thanks to the Kelso Conservation Area and the Albion Hills Conservation Area for allowing us to put on these race. In keeping with good relations we request that all racers do their best to take accountability for their garbage. There will be waste disposal available at transition and volunteers will be conducting a sweep of the entire race course post event, but we ask that each competitor do their part to ensure a long relationship with the conservation areas. Thank-you for your co-operation!