

EpicMan Windermere



YMCA Lakeside, Newby Bridge, Lakeside, LA12 8BD

Standard Distance – 1500m Lake Swim – 40km Bike –
10km Run

Middle Distance – 1900m Lake Swim – 90km Bike – 21km
Run

COMPETITOR INFORMATION PACK

***This Race Pack contains important information
Please read the whole document***

Event Timetable

Friday 31st May	
Registration open at The Endurance Store, Appley Bridge, Wigan, WN6 9AE	10:00 – 17:30
Friday 31st May	
Registration open at the event HQ YMCA Lakeside	13:00 – 16:00

Sunday 2nd June	
Emergency registration opens (YMCA Lakeside) – <i>Please register on Thursday, Friday, Saturday where possible</i>	06:00
Transition opens	06:00
Registration closes	07:00
Transition closes for Middle Distance	07:30
EpicMan Middle Distance Race Briefing	07:40
EpicMan Middle Distance Race Start	08:00
Transition closes for Standard Distance	08:00
EpicMan Standard Distance Race Briefing	08:10
EpicMan Standard Distance Race Start	08:30
Swim cut off (Middle Distance only)	09:15
Bike course cut off (Middle Distance only)	13:30
Presentation – Standard Distance	TBC
Presentation – Middle Distance	TBC

Race Day Location

YMCA Lakeside is in Newby Bridge just off the A590. Exit the M6 at Junction 36 and head towards Windermere. Take the left turn from the A591 to enter the A590 and head towards Ulverston. Take a right turn off the A590 at The Newby Bridge Hotel towards The Swan Hotel and continue to follow the road until you reach YMCA Lakeside.



Event Car Parking

Parking is available at the Event HQ, YMCA Lakeside. Please follow the signs and the marshal instructions on the day.

It is recommended to arrive at the venue 90 minutes before your briefing time. Late arrival may result in failure to register, rack and attend the briefing ready to swim at the appropriate time and will mean you cannot race.

There may be a 10-minute walk from where you have parked your car to the event HQ. Please arrive early.

Race Day and General Instructions

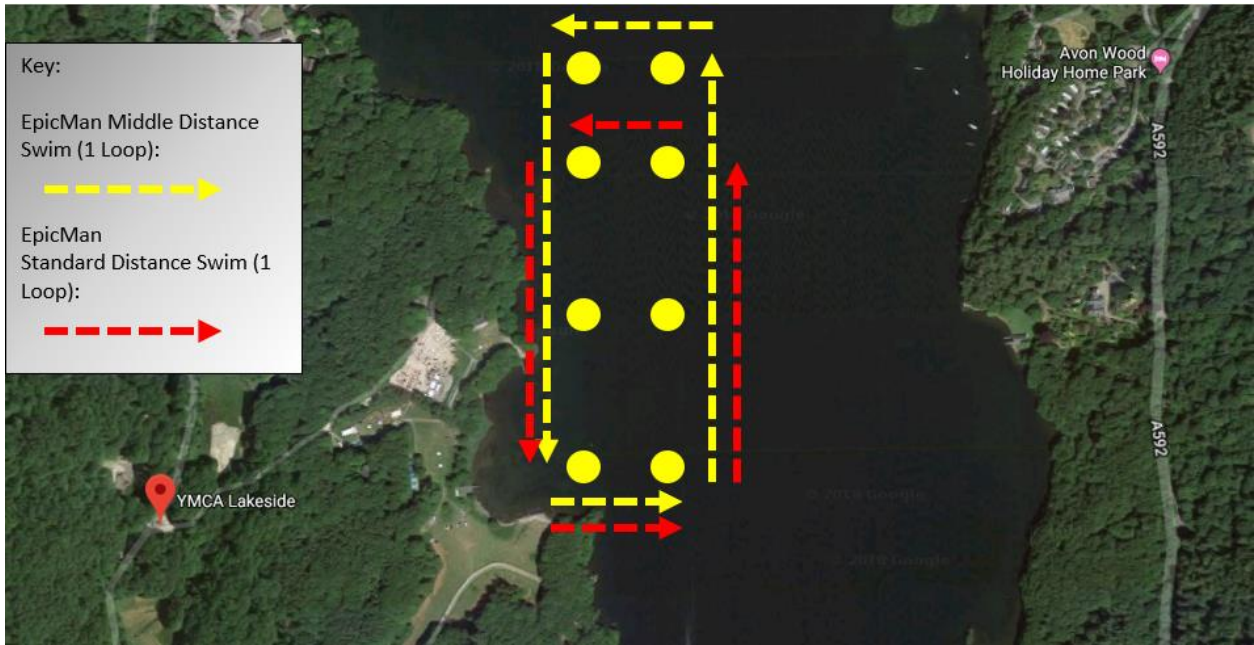
<p>Registration</p>	<p>Friday 31st May at The Endurance Store 10:00 - 17:30, Saturday 1st June at YMCA Lakeside 13:00 – 16:00 or Emergency Registration on Sunday 06:00 – 07:00 at YMCA Lakeside.</p> <p>At registration you will be asked to provide proof of ID or British Triathlon membership card if applicable.</p> <p>You will receive the following:</p> <ul style="list-style-type: none"> • 1 x Race Number to be attached to the back of your body on the bike and your front on the run (Race belts are allowed and will be available for purchase on the day) • Race number stickers for bike (to attach to your bike frame) • Event swim cap (you can keep this after the event) • Race Timing Chip – this must be attached to your left ankle and worn throughout the race (attachment anywhere else will jeopardise an accurate race time) <p>PLEASE TRY TO AVOID WALKING ON OR NEAR TIMING MATS BEFORE YOU START YOUR RACE AS THIS MAY AFFECT YOUR RESULT</p> <p>It is important that your chip is returned to the marshal at the finish line. If your chip is lost or not handed in at the end of the race you will be charged £25 for a replacement.</p>
<p>Insurance and British Triathlon Licenses</p>	<p>Your entry fee includes 3rd Party insurance cover provided by British Triathlon. If you're not a British Triathlon member you will automatically qualify for a day license, which will provide your insurance cover. We do not allow anyone to race without insurance. We do not allow transfers of entry as this invalidates insurance. If you entered as a British Triathlon member and a valid membership card is NOT produced at registration a Race Day License will be charged at a cost of £5.00 – there will be no exceptions.</p>
<p>Maps of Race Routes</p>	<p>Race routes are available to view online Click Here and will also be displayed at Registration</p>
<p>Transition Area</p>	<p>Transition will open from 06:00hrs on Sunday and then close at 07:30hrs for the Middle Distance and then 08:00hrs for the Standard Distance.</p> <p>Before entering the transition area please attach your Race Number sticker to your bike frame and please wear your race number on your kit or race belt. The marshal</p>

	<p>at the entrance to transition will check the Race Number on your kit/race belt and helmet matches the number on your bike.</p> <p>Only entrants with a visible and corresponding Race Number on their bike will be allowed access to the transition area. Do not enter transition without permission from a Marshal and do not ride in transition. No spectators, family or friends will be allowed in transition. The use of mobile phones and MP3 players is NOT PERMITTED in the transition area.</p> <p>Your position in transition is identified by numbered stickers on the racking, which will match your Race Number. Make a note of your position in transition and also note the positions of the entrance and exit points. Rack your bike in your numbered event position using the handlebars or preferably the saddle to balance your bike on the racking.</p> <p>Lay out your equipment and if the weather is poor you may wish to keep your kit in a waterproof bag to keep your things dry.</p> <p>During the event you need to take care and pay attention in the transition area. Always keep a keen eye out for other competitors and if the weather is wet or inclement please take your time and slow down!</p> <p>You must put on and fasten your helmet before un-racking your bike <i>you must not mount your bike until you have crossed the Bike Mount line.</i></p> <p>On re-entering transition, <i>you must dismount your bike before crossing the Dismount line</i> and must not unfasten your helmet until you have racked your bike.</p> <p>There must be no nudity in transition – you must wear appropriate clothing so as to avoid a full change of clothes.</p> <p>These are British Triathlon rules and will be closely monitored in and around the Transition area by marshals and British Triathlon officials in attendance.</p> <p>PLEASE NOTE the amendment to British Triathlon rules from 2017 onwards with the major changes being NO BOXES allowed to be left in transition and the DRAFT ZONE is now 10metres in which a competitor has 20 seconds to pass through whilst overtaking.</p>
<p>Race Briefing</p>	<p>All entrants will be required to attend a Race Briefing prior to entering the water, this will be held in front of the finish arch by the swim start area please refer to the event timetable on page 2 for the timings for each race brief.</p>

The briefing is MANDATORY, it will include important information from the race referee, any final amendments and to ensure your health and safety and that of the marshals, officials and spectators.

Swim **Middle Distance 1900m**

Standard Distance 1500m



The swim will be a deep-water start – both routes are a single lap.

A kayak will lead each swim wave with additional kayaks and safety boats offering cover and support to swimmers. If this is your first open water swim you are advised to stay at the back of the group at the start of your wave.

If you find yourself in difficulty or distress during the swim, then roll onto your back and raise a single arm. A safety crew will attend to you and you will be removed from the water at the discretion of the safety crew.

The wearing of wetsuits may be optional if the water temperature is high enough. Details can be found in the British Triathlon Rule Book [Click Here](#)

Care must be taken whilst entering and exiting the water and swimmers must use the matting provided, failure to do so could result in a slip or fall.

On exiting the water swimmers will run towards transition where they will cross the timing point.

There is a swim cut off time of 1hr 15minutes from the start of the event for those taking part in the EpicMan Middle Distance race. If you exit the water past the cut off, you won't be allowed to continue.

Bike

For the bike section signs will be in place like those pictured below:



These may point left, right or straight on and will only be in place before a junction or at a bike turn. There will be specific split point signs for the Middle Distance and Standard Distance Race.

At specific points on the course, marshals may be in place. This will generally occur where you join a busy road. If a marshal tells you to slow down or stop you must do so, or you will be disqualified. Marshals cannot legally stop or direct traffic in any way.

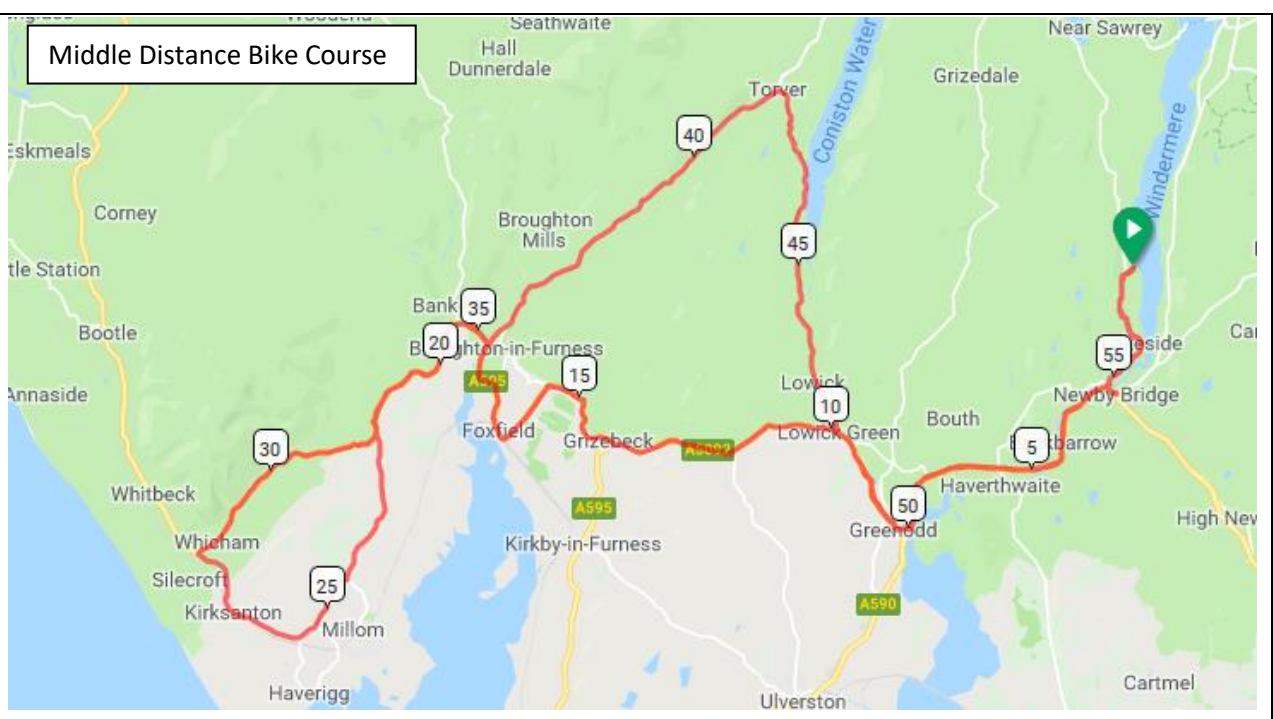
You must always obey the Highway Code and adhere to the signs that we will have in place. There are no road closures and you must take responsibility for riding safely throughout the course.

All competitors must follow any instructions given by the Police or marshals in attendance. Any infringement of the law and the subsequent legal action is the sole responsibility of the competitor. It is your responsibility to ensure that your bike is roadworthy and that your helmet conforms to BSI standards.

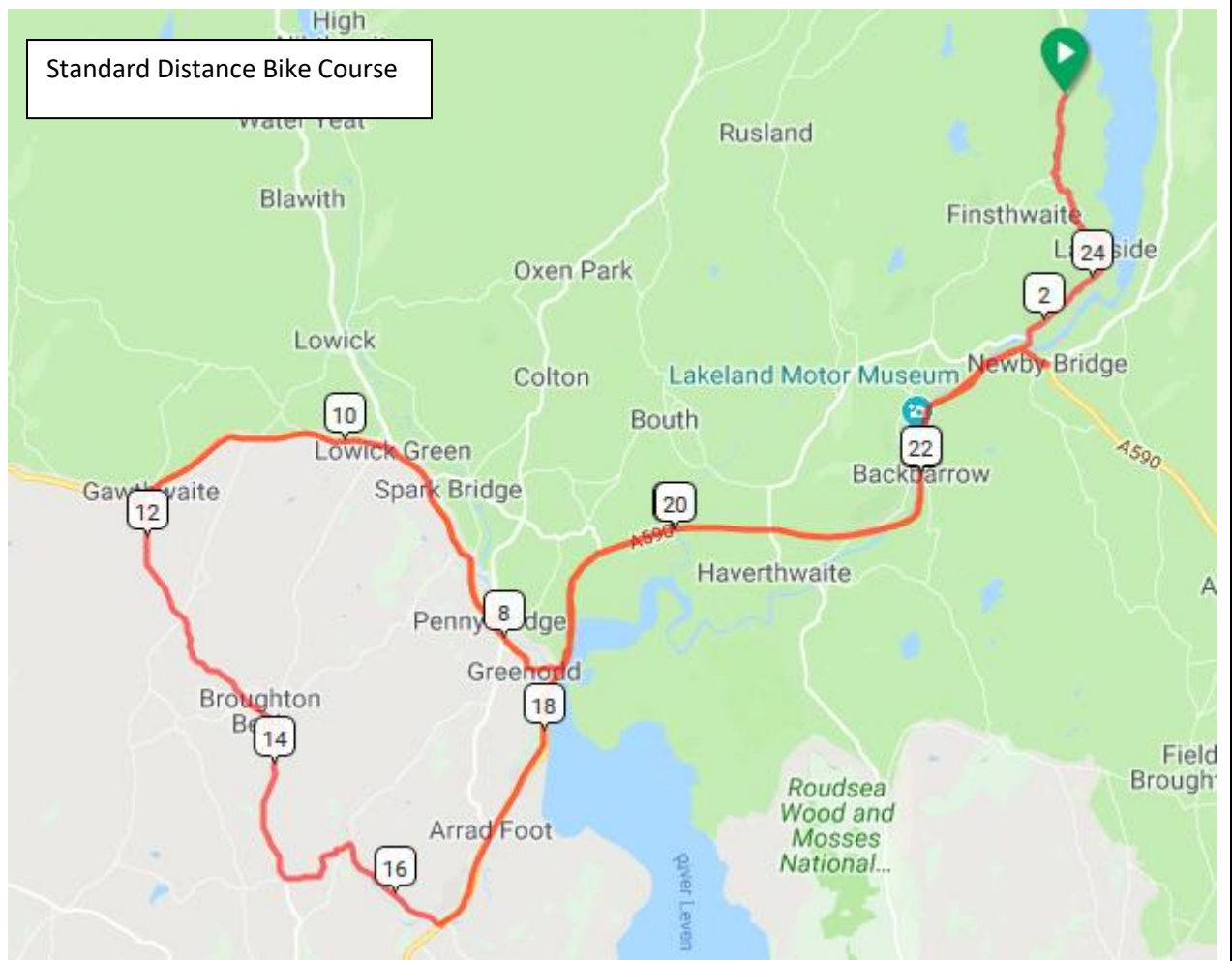
There is a bike cut off time of 5hrs 30minutes from the start of the event for those taking part in the EpicMan Middle Distance race. If you finish the bike leg after the cut off, you won't be allowed to continue.

Please click on the maps below to view the interactive map and to also download the GPX files.

Middle Distance Bike Course



Standard Distance Bike Course



	<p><i>This is a non-drafting race.</i> There will be static and mobile draft busters on the course looking for offenders and giving time penalties. Drafting means that you must not travel within 10 meters of the wheel of the competitor in front unless progressing through to overtake when a competitor is allowed 20 seconds to pass through the draft zone. For a definition of drafting and how to avoid a time penalty or disqualification see the British Triathlon Competition Rules HERE.</p>
Run	<p>Runners will exit transition and follow the signs in place like the bike course signs. The run is a 5km multi loop around the YMCA grounds. The Middle Distance will complete 4 loops and the Standard Distance will complete 2 loops. When you arrive back at the event HQ you will finish the event under the large finish arch. The multi loop course will provide great spectator support.</p> <p>There will be a feed station on the run course where water, energy drink and energy gels will be available. Please be aware of competitors, marshals and the general public on the paths/pavements around the route. The course will be signposted – please follow the directional arrows and marshal’s instructions.</p>
Medics & First Aid	<p>Safety crews will be in attendance on race day with a First Aid Unit and emergency vehicles at YMCA Lakeside, and mobile medics on the course. You should not take part in the event if you have been feeling unwell. If you feel unwell during the event it is important that you stop racing and inform an event official so that medical staff can attend. Do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhea or other forms of distress. If you have an existing medical condition you should check with your doctor that you are able to take part. If you can enter, ensure that full details of your condition are written on the reverse of both of your event numbers in case of an emergency ensuring you include all information such as current medication.</p>
Hydration	<p>You are advised to carry your own appropriate fluids with you on the Bike and there is a drink station at the start of the run course. It is your responsibility to take on fluids as necessary. It is also not advisable to drink alcohol the night before – alcohol can have a serious impact on hydration.</p>
Failure to finish	<p>If you withdraw from the event at any stage before the finish – you must inform the officials at Registration or the Finish Area. This will allow us to account for all entrants.</p>
Phones/ Cameras	<p>Mobile Phones, MP3 players, iPods, Cameras, etc. are NOT PERMITTED on the course or in the transition area during the event in accordance with British Triathlon rules.</p>
Nudity	<p>In accordance with British Triathlon rules – nudity is not permitted at any point during the event. This includes changing at transition and being topless at any stage during the bike or run.</p>
Photos	<p>Race photographs will be taken by the Official Event Photographers and will be available as FREE hi-res digital downloads approx. 12-24hrs after the event via our social media pages/feeds and the official photographer’s website. Please be aware that all images will be published online, if you prefer your pictures not to be published please make us aware as soon as possible.</p>

BTF Race Rules	The race will take place in accordance with the British Triathlon Rules. These are available HERE and must always be abided by. They are in place for the safety and enjoyment of all competitors, spectators, marshals and officials.
Results, Winners and Prizes	<p>A set of provisional listing of the full results will be available to download immediately after your race from the Epic Events website http://www.epicevents.co.uk/results.html to which competitors will have 24 hours from the finish of the event to raise any queries. All queries must be emailed to info@epicevents.co.uk</p> <p>Prizes will be awarded for the following categories (subject to minimum entry of 3 per age group as per finalised entry list):</p> <ul style="list-style-type: none"> ❑ Open Male 1st 2nd 3rd (All Age Groups) ❑ Open Female 1st 2nd 3rd (All Age Groups) ❑ Male V40 (AG H-I); V50 (AG J-K); V60 (AG L+) = 1st place ❑ Female F40 (AG H-I); F50 (AG J+); V60 (AG L+) = 1st place <p>If you win an Open Prize, you will not be eligible for V45/50/60 individual prizes. You must attend presentation to collect your prize. Prizes won't be posted out following the event. Please refer to the timetable on page 2 for the presentation times.</p>
Spectators	Spectators are welcome to come along and watch the event and support the entrants. But please be mindful of the competitors whilst racing and where necessary step out of the way of oncoming triathletes. Please don't be offended if asked to move and try to avoid congregating around the transition area and areas where the route is obviously busy.
Lost Property	The organiser cannot be held responsible for competitors' property lost, stolen or damaged before, during or after this event