MERCURYMAN
TRIATHLON FESTIVAL

GENERALI

mercuryman

5th Anniversary Race

2017 ATHLETE GUIDE

22 JANUARY 2017

WYNDHAM REEF RESORT

@MERCURYMANTRI

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MESSAGE FROM THE GENERALI 2017 MERCURYMAN TRIATHLON RACE DIRECTORS

Dear Athletes,

We would like to extend a welcome to all our participants, families and friends and a special welcome to any off-island participants and their supporters.

Please take time to thank the many volunteers who assisted in putting this race together, as without the volunteers we would not be able to hold the race.

We would like to extend a special thank you to the Royal Cayman Islands Police Service and National Roads Authority for assisting with traffic duties as well as the Paramedics team for medical assistance.

We would also wish to thank our sponsors, who are dedicated to supporting our vision of growing triathlon in the Cayman Islands and giving back to our community. Thank you to Generali, the title sponsor, as well as our other sponsors. Every athlete who competes in the race has overcome obstacles and accomplished milestones to get to the starting line and we hope that race day is a celebration of all of your hard work and dedication. We wish the best of luck to all of the athletes in the race.

Yours in sport,
The Generali 2017 Mercuryman Triathlon Race Directors

SCHEDULE OF EVENTS

Friday 20 January 2017

Start	End	Event	Location
6:00 p.m.	8:00 p.m.	Athlete Check-in & Packet Pickup	Governor's Square Board Room
6:00 p.m.	8:00 p.m.	Volunteer Check-in	Governor's Square Board Room

Saturday 21 January 2017

Start	End	Event	Location
2:00 p.m.	4:45 p.m.	Athlete Check-in & Packet Pickup	Wyndham Reef Resort
2:00 p.m.	5:00 p.m.	Volunteer Check-in	Wyndham Reef Resort
4:00 p.m.	5:00 p.m.	Children's Events	Wyndham Beach Bar
5:00 p.m.	5:45 p.m.	Athlete Briefing – Race Directors	Wyndham Reef Resort
6:00 p.m.	7:30 p.m.	Pasta Party	Wyndham Reef Resort

Note: THERE IS NO ATHLETE REGISTRATION ON RACE DAY

Sunday 22 January 2017

Start	End	Event	Location
5:30 a.m.		Volunteer Check-in	Transition Area Wyndham Reef Resort
5:30 a.m.		Transition Open	Transition Area Wyndham Reef Resort
6:45 a.m.		Transition Closes	Transition Area Wyndham Reef Resort
7:00 a.m.		Duathlon start and briefing	Transition Area Wyndham Reef Resort
7:00 a.m.		Half Ironman and Aquabike start	Swim Start Area Wyndham Reef Resort
7:35 a.m.		International start and briefing	Swim Start Area Wyndham Reef Resort
9:55 a.m.		First International triathlete expected	Finish Line Wyndham Reef Resort
10:05 a.m.		First aquabike racer finisher expected	Finish Line Wyndham Reef Resort
11:15 a.m.		First duathlon racer finisher expected	Finish Line Wyndham Reef Resort
11:15 a.m.		First half-iron triathlon finisher expected	Finish Line Wyndham Reef Resort
11:45 p.m.		Post-race lunch commences	Rusty Pelican Wyndham Reef Resort
2:45 p.m.		Course Closes	
3:00 p.m.		Awards Ceremony	Rusty Pelican Wyndham Reef Resort

PRE-RACE INFORMATION

Athlete Check-In

Athlete check-in hours are Friday January 20, 2017 from 6:00 pm to 8:00 pm at Governor's Square Board Room and Saturday January 21 from 2:00 pm to 5:00 pm at the Wyndham Reef Resort. Please note that athlete check-in will not be available on race day. If you do not check-in during the designated check-in hours you will not be able to participate. All race packets must be picked up by 5:00 p.m. on Saturday 21 January, NO EXCEPTIONS.

Please bring photo identification with you to the athlete check in. Please note that due to insurance regulations that cover the race, all athletes must be members of the Cayman Islands Triathlon Association (CITA) in order to participate in the event. Athletes are encouraged to pay their CITA fees online by visiting the following link:

www.triathlon.ky/tri-membership

Prior to leaving athlete check-in please ensure you have the following for the race:

1. Swim Cap
2. TriTats Number Tattoos
3. Bike & Run Numbers
4. Timing Chip

Bike Needs

Visiting participants are encouraged to sort out all major repairs and overhauls prior to arriving in the Cayman Islands as on island resources are limited. CO2 cartridges and tubes are normally in stock at local retailers. Limited assistance can be provided by the below providers.

Uncle Bills – 243 Eastern Avenue
345 949-7601

Revolutions Indoor Cycling – Jerome Ameline
345-516-2453 revolutionscayman@hotmail.com
Rents road and tri-bikes

West Bay Loop rents road bikes road / tri-bikes to visiting athletes.

Event Timing and Results

Preliminary results may be available during the race, but are not guaranteed to be available or accurate. Official results will be posted to www.mercurymantri.com as soon as possible following the race.

The race clock located at the finish line is NOT the official race time. The race operates under a real-time timing system. The timing system will attempt to record splits for all athletes and endeavour to ensure that every athlete's time is accurate but no system is perfect. If athletes believe an error has been made in the recording of times after the publishing of race results, please raise these concerns to the Race Director who will endeavor to research and fix any errors which can be determined. Athletes must realize that there may be a timing error which cannot be determined or corrected but the Race Director will take all reasonable measures to ensure accurate timing.

Visiting Athletes

The Wyndham Reef Resort is the official race hotel for the Mercuryman Triathlon. Visiting athletes can receive discounted room rates by asking for the Mercuryman rates.

RACE DAY INFORMATION

Race Day Parking

Race day parking will be available at the parking lots in the Wyndham Reef Resort. Please do not park on the side of the road in front of the Wyndham Reef Resort as this area is reserved for race activities.

Race Morning Procedure

Transition opens at 5:30 a.m. on race morning. Remember to bring your swim cap, goggles, bike, bike helmet, bike numbers, TriTats, running number, running equipment and timing chip. Please allow 30mins or more to set up your equipment.

Body marking: The Mercuryman Triathlon is proud to offer the TriTats system, whereby all athletes will receive removable tattoos in their race packet with their numbers. Athletes should apply the numbers as directed on Saturday evening to ensure they do not come off during the event. Do not apply any sunscreen or other lotions to your body until after you have applied your TriTats.

The transition area closes at 6:45 a.m. At this time all athletes must be at the swim start on the beach.

NB: Only athletes are allowed in the Transition area. This rule will be strictly enforced.

Race Cut-Offs
The race officially ends at 2:45 p.m. Any athlete who has not completed the course by this time may complete the course however there will be no marshalls or assistance provided after 2:45pm. The following cut-off times apply for each segment of the race. Athletes not reaching the designated points by the cut-off time will be pulled from the race.

Swim Cut-off
1h10min after the swim start.

Bike Cut-off
Athletes must complete lap 2 of the bike course by noon.

Run Cut-off
Athletes must reach the beginning of the last lap at Transition by 1:45pm.

Bicycle & Gear Recovery
All athletes must retrieve their bicycle and other gear from the transition area by 4:00 p.m.

ATHLETE AGE LIMITS
INDIVIDUAL EVENTS:

Half iron distance triathlon: At least 18 years old

International distance triathlon: At least 18 years old

Duathlon: At least 18 years old

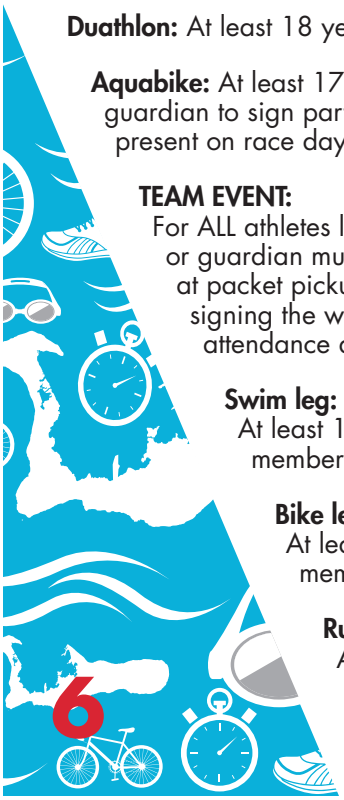
Aquabike: At least 17 years old (parent or guardian to sign participant waiver and be present on race day).

TEAM EVENT:
For ALL athletes less than 18 years a parent or guardian must sign the participant waiver at packet pickup. The parent or guardian signing the waiver must also be in attendance at the event on race day.

Swim leg:
At least 13 years of age and a member of CIASA.

Bike leg:
At least 16 years of age and a member of CICA.

Run leg:
At least 16 years of age and a member of an accredited/ recognized running club in the Cayman Islands.



Competitor Responsibilities
If you drop out of the race at any time, report immediately to the nearest Marshal or Race Director.

Team Transitions
There will be a designated spot in transition where relay members will wait to be tagged. Team members will tag at the following locations: Swim to Bike at the entrance to bike transition from the beach. Bike to Run at the exit from bike transition. The cyclist must properly rack his/her bike prior to tagging the runner at the exit to transition.

POST RACE INFORMATION

Transition Clean Up
All athletes, family and friends of athletes are encouraged to assist in the clean up of the transition area and putting away all equipment used for the race. The Cayman Islands have always had a great custom of everyone pitching in to help and the race organisers greatly appreciate any and all post race assistance in cleaning up the area and putting equipment away.

Post Race Comments
The Race Directors welcome feedback and comments pertaining to any aspect of the race. Comments can be sent to info@mercurymantri.com.

Post-Race Meal
All athletes and volunteers will be provided a $15 voucher to use at the Rusty Pelican Bar or the Coffee Corner after the race, please note the Wyndham will be hosting a BBQ on race day with a variety of options from CI$8-CI$19. Please hand in your voucher to redeem the $15 amount.

Awards
Overall and Age Group awards and Random Prizes will be presented at Rusty Pelicans beginning at 2:45 p.m. Awards will be given in the following categories and age groups:

Half-iron & International :
Female and Male Overall 1st, 2nd and 3rd
1st Place Female and Male under 29 years of age
1st Place Female and Male 30-39 years of age
1st Place Female and Male over 40 years of age

Triathlon teams: 1st mixed, female & male teams

Aquabike & Duathlon: Overall 1st Male and 1st Female

SWIM COURSE INFORMATION

Swim Course Summary

The swim course is a triangular 1 loop for the international distance and 2 loops for the aqua bike and half iron distance. The direction of the swim will be counter clockwise unless sea conditions dictate a change. The swim start takes place in the water.

After the first loop of the aquabike and half-iron distance, athletes will continue onto the second loop by swimming around the buoy placed closest to the end of the Wyndham Reef Resort pier. This buoy will be clearly identified before the race start on Sunday morning.

In the event of adverse sea conditions the Race Director reserves the right to amend the course or cancel the swim. The alternative swim course will be a point-to-point swim from East End Public Beach to the Wyndham Reef Resort with the same exit point as per the map below. Race Directors will make a decision by 6:30am on race morning.

Should the alternate swim course be used the athlete will be responsible for making their way to the swim start, either 1.2miles or 0.6miles from transition. There will be several volunteers and spectators driving to the start, alternatively it is possible to walk the road or beach In the case of a cancelled swim the Triathlon will become a Duathlon consisting of a 3.1mile run, 56mile bike and 13.1mile run or 1.55mile run, 28mile bike and 6.6mile run. The Aquabike will become a 56mile time trial.

Swim Course Rules

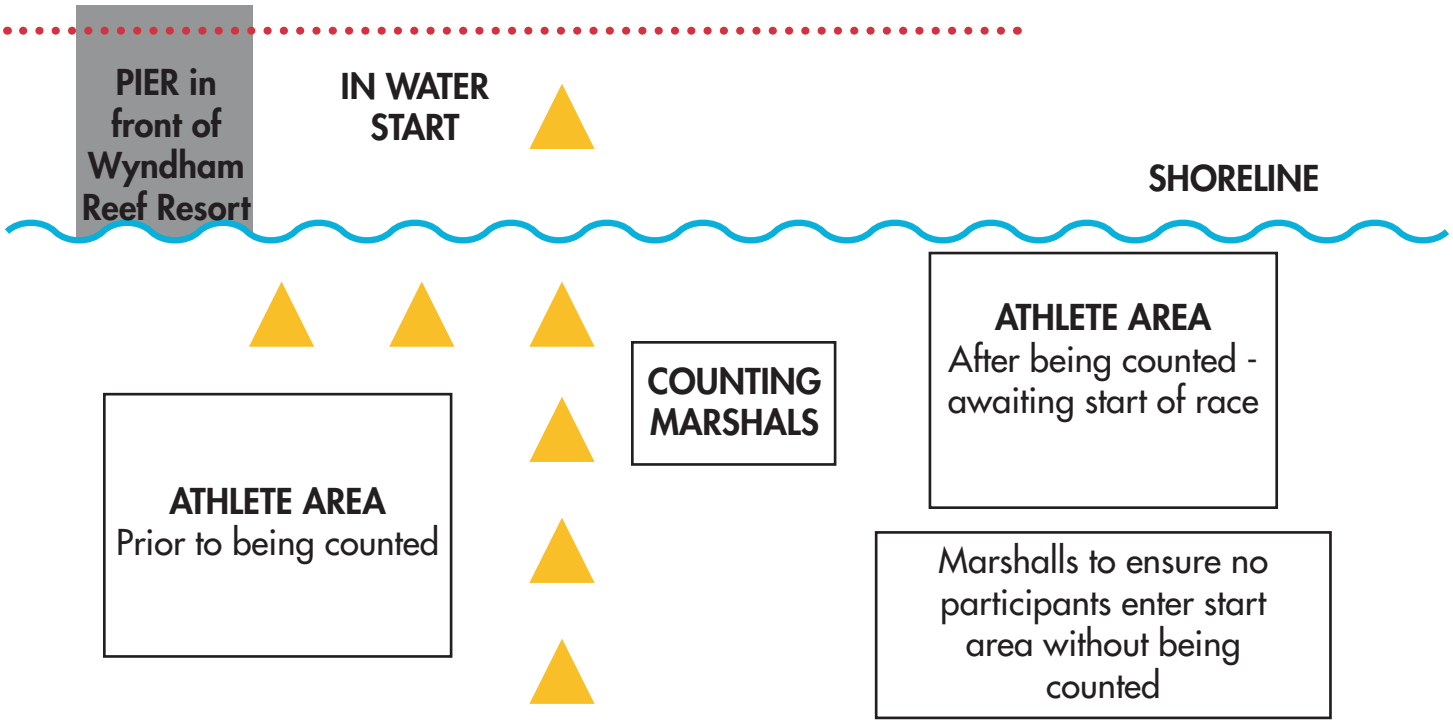
1. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.
2. Athletes must wear the swim cap provided.
3. No fins, gloves, paddles, or flotation devices of any kind are allowed.
4. No wetsuits.
5. Swim goggles or masks may be worn.
6. Any assistance required during the swim will result in disqualification if forward progress is made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made.
7. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE SWIM COURSE.
8. Any warm up swimming must be completed by 7:00 a.m.

Swim to Bike Transition

After completing the swim, athletes will exit the water onto the beach and proceed down the path to the Wyndham Reef Resort parking lot to bike transition. Teams will tag bikers at the entrance to transition at the East side of transition.

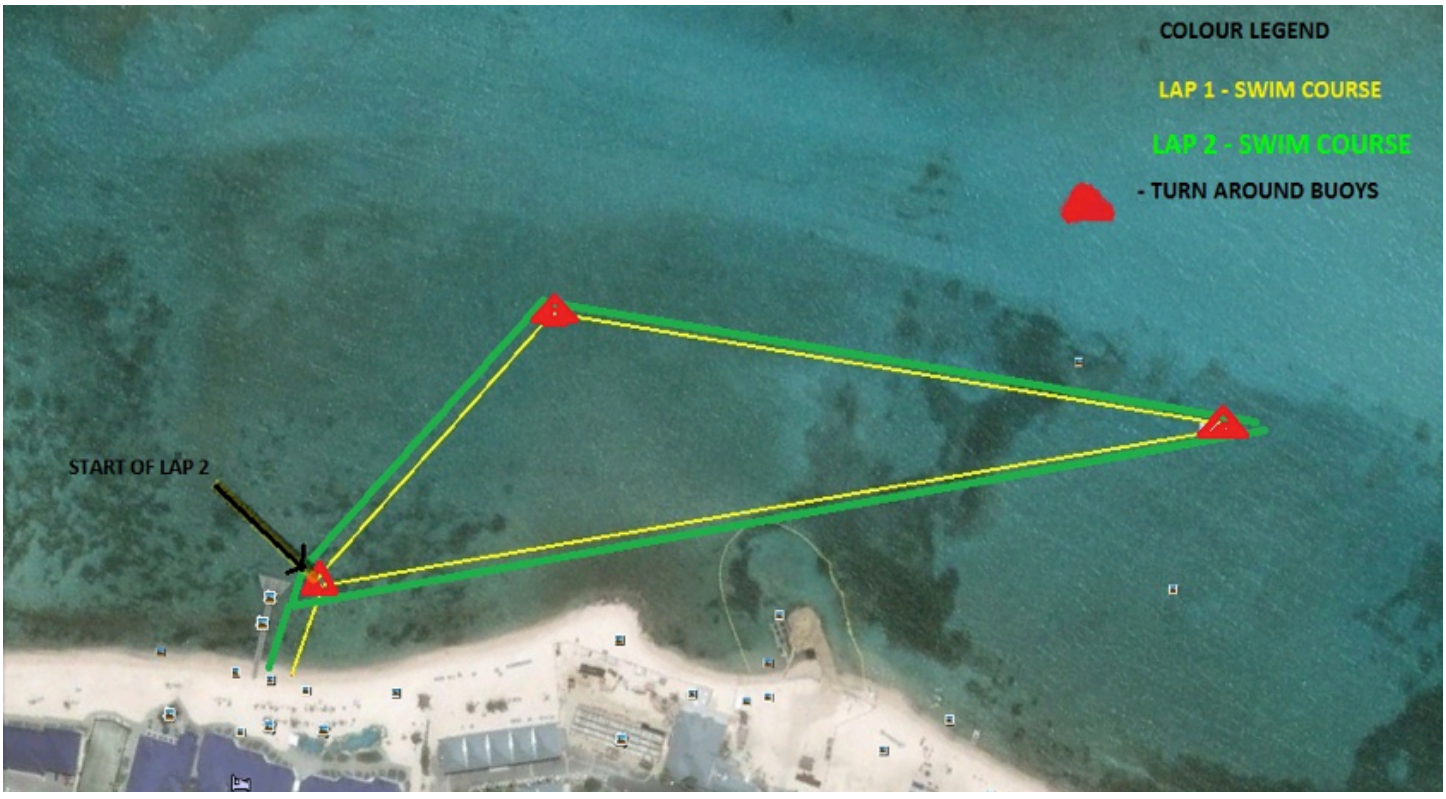
Counting Swimmers In/Out of Water

- There will be beach marshals to count athletes coming into the water.
- Marshals should count athletes leaving swim course to ensure all athletes are out of water and accounted for.



SWIM COURSE MAP

1 loop international
2 loops aquabike and half-iron distance



(1 LOOP INTERNATIONAL, 2 LOOPS AQUA BIKE AND HALF IRON DISTANCE)

DUATHLON PRE T1 RUN

Run course aid stations

Run Course – There is 1 aid station located at the turnaround at approximately 1.5miles. The aid station will have water and Gatorade.

Run Course Summary

The run is an out and back loop. As you leave transition please stay on the right hand side of the road. Please stay on the same side of the road (east side) for the duration of the run, DO NOT crossover at the turnaround Athletes should consider wearing sunscreen and a cap or visor A shirt or racing top must be worn on the run portion. Marshals will be wearing Mercuryman volunteer shirt and will be positioned at each turn to ensure everyone completes the entire run course.

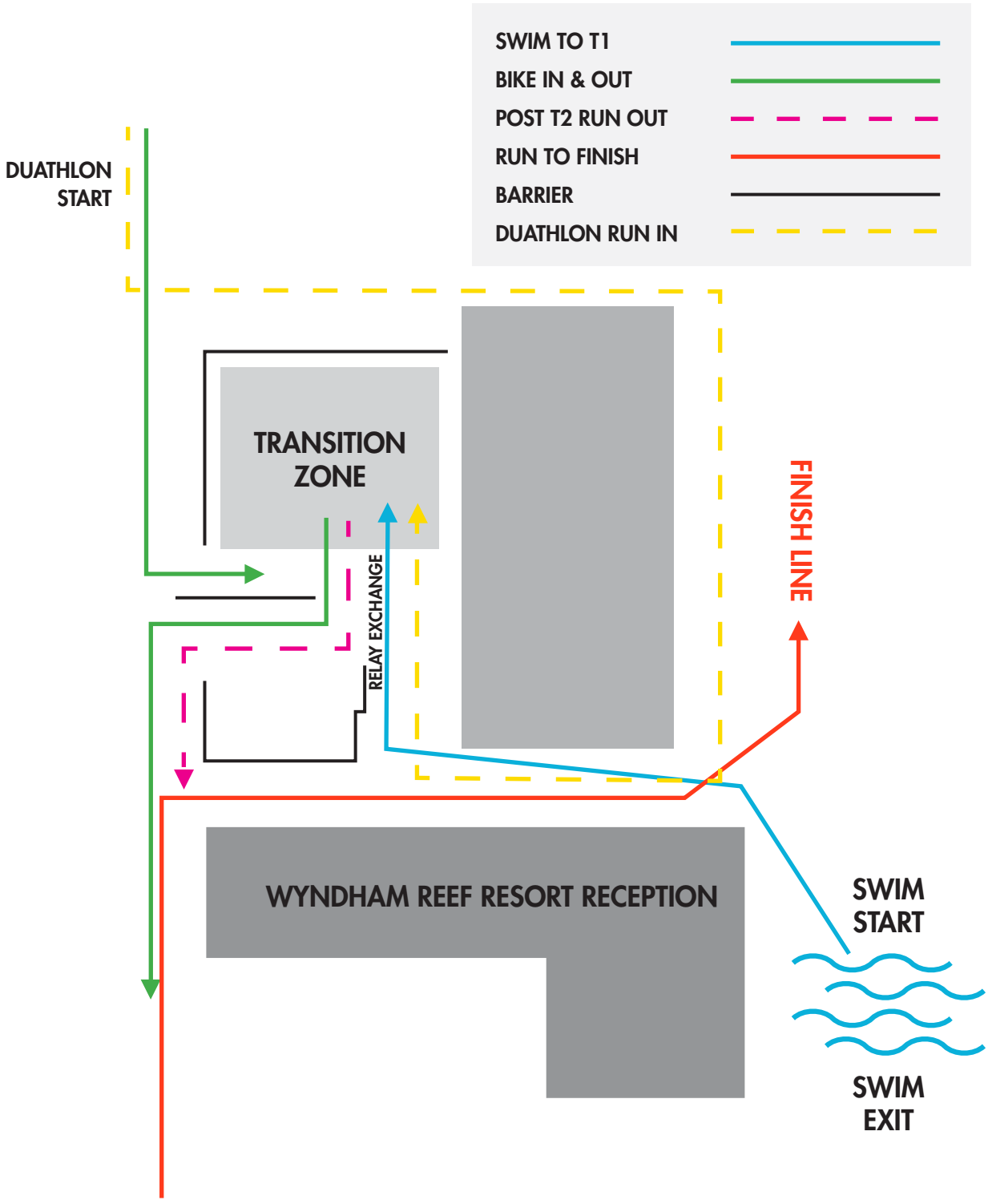
Run Course Directions

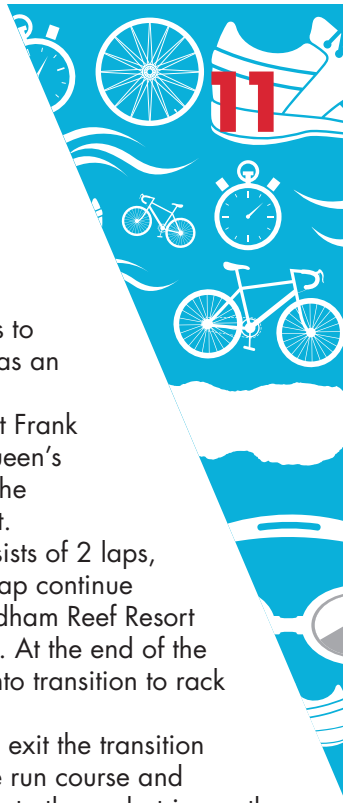
- Head north on Austin Connolly Rd
- Follow the road for approximately 1.6 mile until the turn around . Turn around and run back towards the Wyndham Reef Resort
- There will be an aid station at the turnaround point
- When you reach the Wyndham Reef Resort, take a left just before transition up the path towards the beach.
- When you reach the beach turn right and follow the footpath with the building on your right.
- Turn right after the tennis courts and the next right into transition.

Run Course Rules

Please see rules on page 13

TRANSITION ZONE AND FINISH LINE (NOT TO SCALE)





BIKE COURSE INFORMATION

Bike Check

It is the responsibility of each athlete to ensure his/her bike is in safe and proper working order. Please ensure your brakes are functioning properly, removable parts are tightened and handlebar ends are plugged. The race director reserves the right to not allow an athlete to participate if, in the race director's sole determination, an athlete's bike is not safe.

Bike course aid stations

There are 2 aid stations on the bike course: one in front of the Reef Resort (i.e. transition) that athletes will pass after completing their first loop and one at the bike turn around in North Side that athletes will pass twice. Due to the potential heat on race day, athletes are encouraged to carry whatever hydration and nutritional items they wish to consume. The aid stations will carry water and Gatorade.

Bike Course Summary

CYCLE ON THE LEFT

The course is a 2 loop course for the aquabike, dutahlon and half-iron distance and 1 loop for the international distance with a small out and back portion. Athletes should be aware that the roads will remain open to public traffic. All major junctions will be policed and marshals will be on the course to caution cyclists to slow down and aid in directing vehicular traffic. Marshals will be wearing brightly colored safety shirts/vests, and will be located at each turn to ensure all athletes complete the entire bike course. Cyclists must govern themselves accordingly as motor vehicles will be on the road during the race.

Cyclists must be aware of traffic throughout the course. There will be 1 right turn on the course when athletes turn from Seaview Rd to Frank Sound Rd. ATHLETES MUST TAKE PARTICULAR ATTENTION TO TRAFFIC WHEN TURNING RIGHT ONTO FRANK SOUND RD.

Bike Course Directions

- Turn left from transition onto Austin Connolly Rd
- Follow Austin Connolly/Seaview Rd for approximately 9 miles until you reach Frank Sound Rd.
- Turn right at Frank Sound Rd. Please be aware of traffic and stop as appropriate.
- At the end of Frank Sound Rd. turn LEFT to North Side Rd towards Rum Point.
- Turn around past North Side – this is a U-turn in the middle of the road. Cyclists must yield to any traffic and be aware of his/her own safety at all times. There will be marshals to guide cyclists as well as an aid station.
- Continue straight, past Frank Sound Rd onto the Queen's Highway to return to the Wyndham Reef Resort.
- If the bike course consists of 2 laps, at the end of the first lap continue straight past the Wyndham Reef Resort and repeat the course. At the end of the second lap, turn left into transition to rack your bike.
- Aquabike athletes will exit the transition area, turn left onto the run course and immediately turn left onto the pedestrian path and run or walk .1 mile to the finish line.

Bike Course Rules

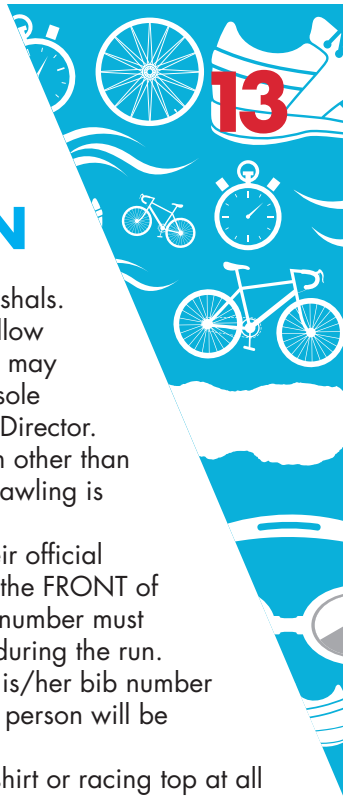
1. Position Rules
   a. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.
   b. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
   c. Athletes must keep a minimum of 3 bike lengths between bikes except when passing.
   d. A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
   e. Overtaking athletes may pass only on the RIGHT for up to 20 seconds, but must move back to the left side of the road after passing. Overtaken athletes must fall back 3 bike lengths within 20 seconds of being overtaken, to avoid drafting.
   f. Overtaken athletes must fall back 3 bike lengths to avoid drafting.
   g. Passing on the LEFT is illegal.
   h. Failing to drop back 3 bike lengths before re-passing is illegal.
   i. When passing call out "On your right" or "Passing on your right"
   j. Blocking, cycling on the right side of the lane without passing or dropping back, is illegal.
   k. Athletes who are found to be drafting, blocking or passing on the left are subject to disqualification without warning and without appeal.
2. Bicycles must be racked by the athlete and athletes

must respect the other athletes bicycles and space as to avoid any damage to any athletes equipment. Any athlete not properly racking his/her bicycle or causing damage to another athlete's equipment due to improper racking is subject to disqualification without appeal.

3. The sole responsibility of knowing and following the course rests with each athlete.
4. **Athletes must obey all traffic laws on the cycling course unless otherwise instructed by the police or a marshal.**
5. Athletes must wear a shirt or racing top at all times.
6. Athlete must have the Bike Helmet Number affixed to the FRONT of his/her helmet.
7. Athletes must wear a bike helmet with the strap strapped.
8. Athletes will not be allowed to mount until OUTSIDE the designated transition area and the athlete must have his/her helmet on and buckled prior to mounting.
9. Athletes must dismount at the designated area just outside of transition and must not remove his/her helmet until inside the transition area.
10. Athletes must not litter on the course.
11. Athletes must carry all hydration or nutrition they wish to consume on the bike course.
12. Athletes may walk bike, but may not make progress on the bike course unaccompanied by their bicycle.
13. Athletes need NOT wear the run bib number during the bike portion of the race.
14. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE BIKE COURSE. ATHLETES WEARING HEADSETS OR HEADPHONES ARE SUBJECT TO DISQUALIFICATION.
15. Review the course map and note that it is the sole responsibility of the athlete to know and follow the correct course.

BIKE COURSE MAP

For an interactive version of the bike course map with elevation please visit:
www.mapmyfitness.com/routes/fullscreen/134558949/



POST T2 RUN COURSE INFORMATION

Run course aid stations

Run Course – There are 3 aid stations on each lap located approximately each mile throughout the run course, these will be passed twice on the out and back loop The loop is repeated 2 times for the international and 4 times for the half iron distance and duathlon second portion of the run. Aid stations will have water, coke, pretzels, fruit, ice, cold sponges, Gatorade and energy gels. In addition, there is an aid station in front of the Wyndham Reef Resort (i.e. transition) that will carry sunscreen, Vaseline and energy gels in addition to the above items.

Run Course Summary

The run is a **4 loop out and back course**. As you leave transition please stay on the left hand side of the road. Please stay on the same side of the road (east side) for the duration of the run, DO NOT crossover at the turnaround. Athletes should consider wearing sunscreen and a cap or visor. A shirt or racing top must be worn on the run portion. Aid stations will be located approximately every mile and will include water, coke, fruit, pretzels, ice cold sponges and electrolyte drinks. Marshals will be wearing the official Mercuryman volunteer shirt and will be positioned at each turn to ensure everyone completes the entire run course.

Run Course Directions

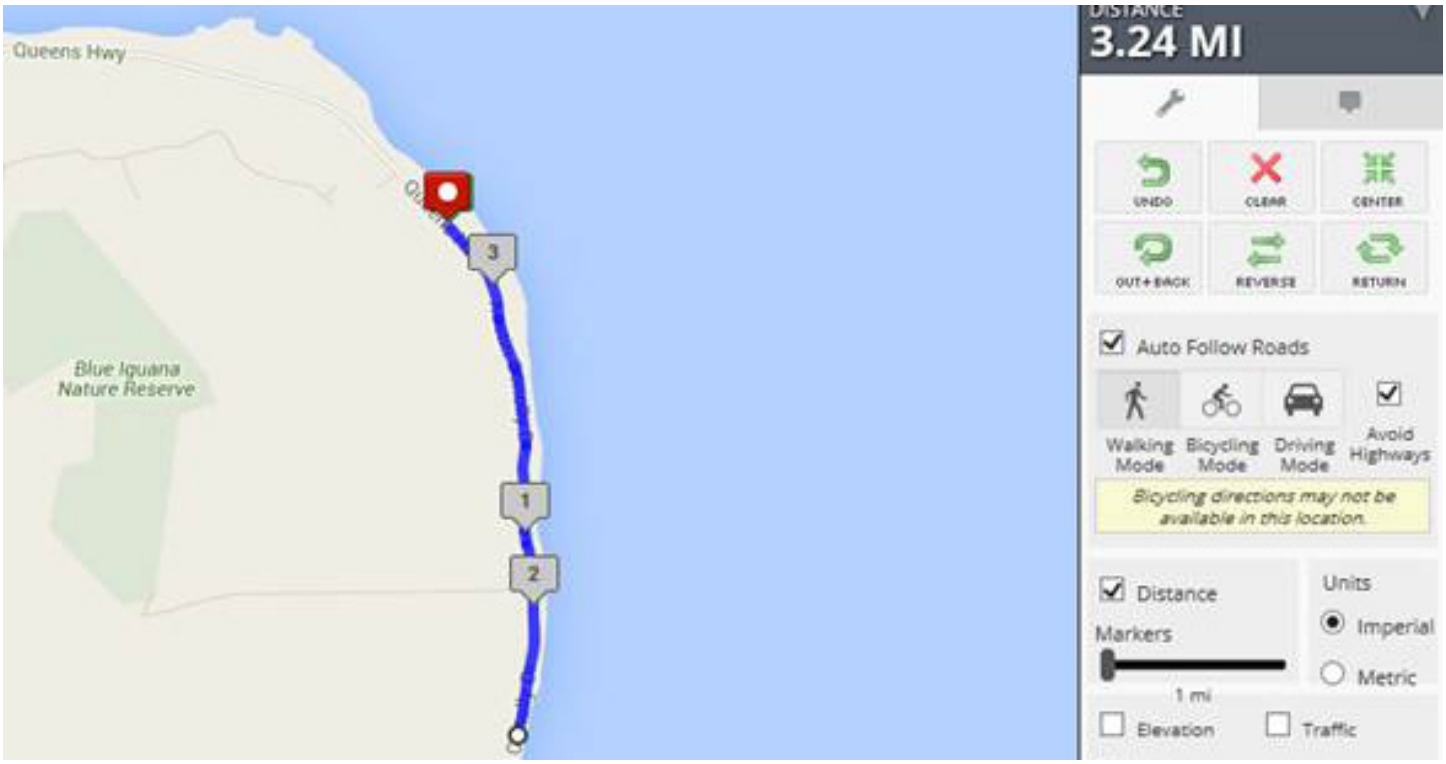
- Head left out of transition (south) on Austin Connolly Rd.
- Follow the road for approximately 1.6 miles until the turn around. Turn around and run back towards the Wyndham Reef Resort.
- Just before you reach transition there will be an aid station followed by a turnaround point. Turnaround and repeat the first lap for the second and third laps.
- After the fourth lap, continue straight past the aid station and turn right onto the pedestrian path leading towards the beach. Run up the path and onto the beach. The finish line will be located on the beach.

Run Course Rules

1. All Athletes must follow instructions from volunteers, Police and course marshals. If an Athlete fails to follow instructions the Athlete may be disqualified at the sole discretion of the Race Director.
2. No form of locomotion other than running, walking or crawling is allowed.
3. Athletes must wear their official issued bib number on the FRONT of his/her body and the number must be visible at all times during the run. Athletes not wearing his/her bib number on the front of his/her person will be disqualified
4. Athletes must wear a shirt or racing top at all times.
5. The sole responsibility of knowing and following the course rests with each athlete.
6. Athletes are expected to follow the directions of all race officials and public authorities.
7. Athletes must realize that the run course is open to vehicular traffic and no two runners shall run abreast unless passing.
8. Athletes must not litter on the course.
9. Athletes must carry all nutrition they wish to consume on the run course.
10. Race belts with attached runner numbers are permitted.
11. HEADSETS OR HEADPHONES ARE NOT ALLOWED.

Review the course map in this Guide and note that Course Directional Signage will be placed on the course. These Directional Signs do NOT relieve the athlete from his/her responsibility to know and follow the course. The sole responsibility of knowing and following the course rests with each athlete.

RUN COURSE MAP



For an interactive version of the run course map please visit:
www.mapmyfitness.com/routes/fullscreen/340908513/

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