

ENDURANCE JOURNEY

Endurance Journey Training Day Briefing – December 31st, 2017

The goal of this event is to have fun, challenge yourself, and cheer on your fellow athletes! Remember to thank the volunteers too :).

6:45am - Registration/Check in opens. There will be a table set up in the Cafe area (east side of Fieldhouse) with an Endurance Journey Banner on it (this will be where the post event food is located too:). At this time you will be able to get into the track area to set your bike gear up from the cafe area. The bikes will be set up on the basketball court located on the inside of the track on the west side of the fieldhouse. There will be a volunteer there to help direct you to the area. Please cross the track at the northwest corner only (where the track direction signs are - there will be an orange pylons there).

Remember to bring your gear -

Swim - swim cap, goggles, swim suit, towel, sandals for walking on deck

Bike - trainer, trainer skewer for rear wheel, water bottles, front wheel stand, bike shoes, towel, bike clothing, socks

Run - running shoes, socks, water bottle, running clothing

Suggested Dry Land Warm Up To Do Prior to Race

(I strongly suggest you perform a ~20 min warm up prior you race start to help you prepare your body and be able to give your best effort)

Here is a suggested structure for your warm up

1. 5 min easy jog with 3 short 20 sec pick ups to fast pace with full recovery between each after warm up jog
2. Change to swim gear and do this on deck or warm up video to do after warm up run:
<https://youtu.be/BouFgIING2oU>
3. Swim Warm Up - Get ready for swim. Swim 5 mins easy swimming then 3 x 20 strokes hard 20 strokes easy (make sure you are blowing bubbles when head is in the water - no holding breath). Finish this warm up 2 mins before start.

Positive Self Talk - While waiting for the start: Deep breathing (on each exhale) - Believe, You Can, You Will

From the start to the finish line:

Be your best in THIS moment. Then your end result will really matter. Have FUN!!

7:00am - Swim area open for warm up

7:10am - Swim Heat 1 starts - See Lane Assignments Below

You will be required to dry off and change between swim/bike or swim/run events. Please no running on the deck in the pool area or running in soaked clothing through the fieldhouse. Take

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the few minutes to dry/change. If you have your gear folded and easily accessible in your locker it will be a quick change.

7:15am - Duathlon Starts

Pre Swim

Below in this document is a list of swim lane assignments. This order is locked in. Believe in your ability, challenge yourself, and have fun!

Swimmers are sorted by pace, not distance. It is possible you have swimmers in your lane completing the 350M or 750M.

Enter the building through the East doors (old stadium side). The Fieldhouse and pool do not open to the public until 7AM, other doors will be locked. Meet your lap counter in your assigned lane at 7:00am.

Be kind to your lap counters. They are good people here to help you. You may warm up in your lane from 7:00am until about 7:08am. Line up starts at 7:08am. Please do at least 5 slow minutes of swimming to get used to the water and calm your nervous system, etc. Please do not bring water bottles to the pool (leave these in the changeroom or at your bike).

- The Swim Lane 1 is the lane closest to the bleachers.
- Lane 5 is the lane closest to the hot tub.
- Lanes swim directions - Odd numbered lanes swim counter-clockwise/ even numbered lanes swim clockwise.
- In each lane, there should be 1 swimmer ready to start (position #1), 2nd in the lane ready to move to the starting position (position #2), and the remaining swimmers lined up in their respective positions in the pool. The first swimmer (position #1) of each lane will start at 7:10am based on the digital clock on the North wall (by bleachers).
- Swimmers will be released every 5 seconds by a single whistle tweet or go! (position #2, #3, #4, #5, #6). Passing will likely be required. If you wish to pass someone, tap their feet once and wait to pass them at the end wall. If you are tapped, stop at the end wall and give the faster swimmer room to pass.
- If you have to stand up you can, just make your forward progress from swimming instead of walking.
- Counters will indicate your laps to you by dipping kick boards into the water : Yellow = 50m remaining (1 lap); Red = Stop.
- Post Swim - All swimmers must exit the pool promptly at 7:40AM.
- There will be coffee, water, and snacks (fruit and energy bites) for all participants and volunteers, which you are welcome to as soon as you finish in the cafe area (where registration is). Please stay to support the later athletes. You can cheer them on from the track!

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- If you have questions that haven't been answered please email me at patrick@endurancejourney.com

Swim Lane Assignments

	Lane	Start Position
Sarah Nicol	1	1
Louis Schwindt	1	2
Murray Gurski	2	1
Dale Ruder	2	2
Cory Kulczycki	2	3
Jamie Ash	2	4
Nicki Bayfield-Ash	2	5
January Hutchison	3	1
Ian Brooks	3	2
Darren mackie	3	3
Marylane Marchuk	3	4
Lyle Stecyk	3	5
Kelly Cozine	4	1
John Law	4	2
JF Sirois	4	3
Deanne Selinger	4	4
Shari Mombourquette	4	5
Theresa Sabourin	4	6
John Ash	5	1
Jim Greenwood	5	2

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Chandra Mark	5	3
Jaimie Mimbs	5	4
Warren McCall	5	5
Duane Mombourquette	Duathlon	
Kathy Dreher	Duathlon	

Bike Directions/Distances

Be aware and watch for others when crossing the track to get to your bike or start your run. Please cross the track at the northwest corner only (where the track direction signs are - there will be an orange pylons there).

Once on to the bike you will measure your distance the following way. If you have a distance reading on your computer you will complete the following distance (or time if no computer):

Try a Tri - 10km (or if no computer bike for 20 minutes)

Sprint - 20km (or if no computer bike for 40 minutes)

We'll have some tunes pumping to keep you motivated to keep pushing!!

Run Directions/Distances (i.e., number of laps on the track - distances closely approximated not exact) - we have lanes 5 and 6 reserved. ***Lane 5 will be the primary running lane (direction is counter-clockwise) and pass using lane 6 only. Say "on your right" if passing. If you are being passed just keep your running/walking line - It's the person responsibility passing you to move around you.***

1km = 4 laps in lane 5

2km = 9 laps in lane 5

3km = 13 laps in lane 5

5km = 22 laps in lane 5

Note: You are responsible for counting your own running laps. Hey, if you miss count and do some extra laps...extra training :).

Once you are completed your event let our results timer know your finish time. We must be finished and have bikes out of the track area by 9:45.

Please enjoy coffee, water, and snacks after the event in the cafe area!

Thank you for participating in this event!

Patrick Ash - Endurance Journey Coaching