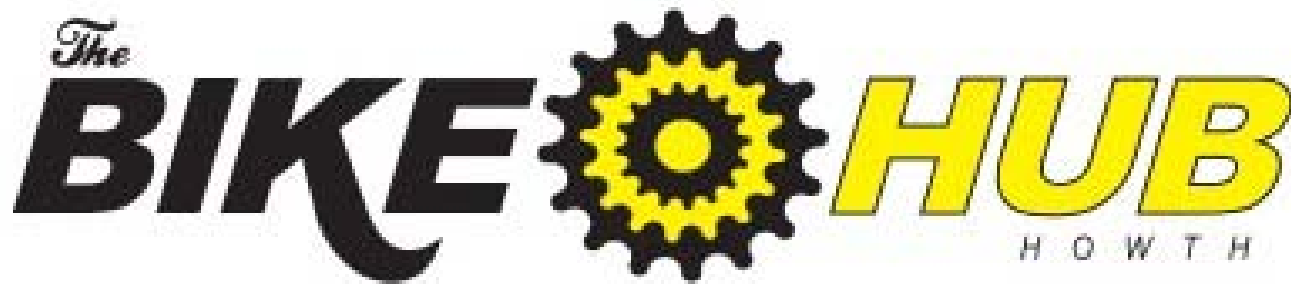




# Skerries Triathlon

Race Briefing



JOSEPH  
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[www.dublintri.com](http://www.dublintri.com)



Skerries Triathlon [www.dublintri.com](http://www.dublintri.com)  
26th June, 2011



[www.irishtriathlon.com](http://www.irishtriathlon.com)

# Sign-on

- ▶ In the days before race day Thursday, Friday & Saturday 10:30am – Sat 6pm in The Bike Hub, Howth. ([Link to Map](#))
- ▶ Race Day: 7am–8am next to transition.
- ▶ Notes:
  - You must sign-on in person
  - If you entered as a TI member, you'll need to show your TI card to avoid paying for one-day insurance. It will say on the [entry list here](#) beside your name if you need to bring a TI card.

# Parking

Please use the public car parks highlighted in **Yellow** and please don't park on the Harbour road, which is part of the bike route.

Sign-on is next to transitions, so you won't have far to walk



# Timetable

<b>Registration in The Bike Hub (Howth)</b>	<b>9:30am Fri 24th until 5pm Sat 25<sup>th</sup></b>
<b>Registration in Skerries next to transition</b>	7am -8am
<b>Transition area opens</b>	7:30am - Sunday Morning
<b>Transition practice with Tri-Planet</b>	8:30am
<b>Olympic race briefing (at transtition)</b>	8:45am
<b>Olympic start (single start wave)</b>	9:00am
<b>Sprint run warm-up with tri-Planet</b>	9:05am
<b>Sprint fast + medium wave start</b>	9:40am
<b>Sprint slow wave start</b>	9:50am
<b>Transition area dismantled</b>	1:00pm (approx)
<b>Results &amp; Prize giving at Joe May's pub</b>	1:00pm (approx)

# Swim

Sprint – one 750m lap

Olympic – two 750m laps

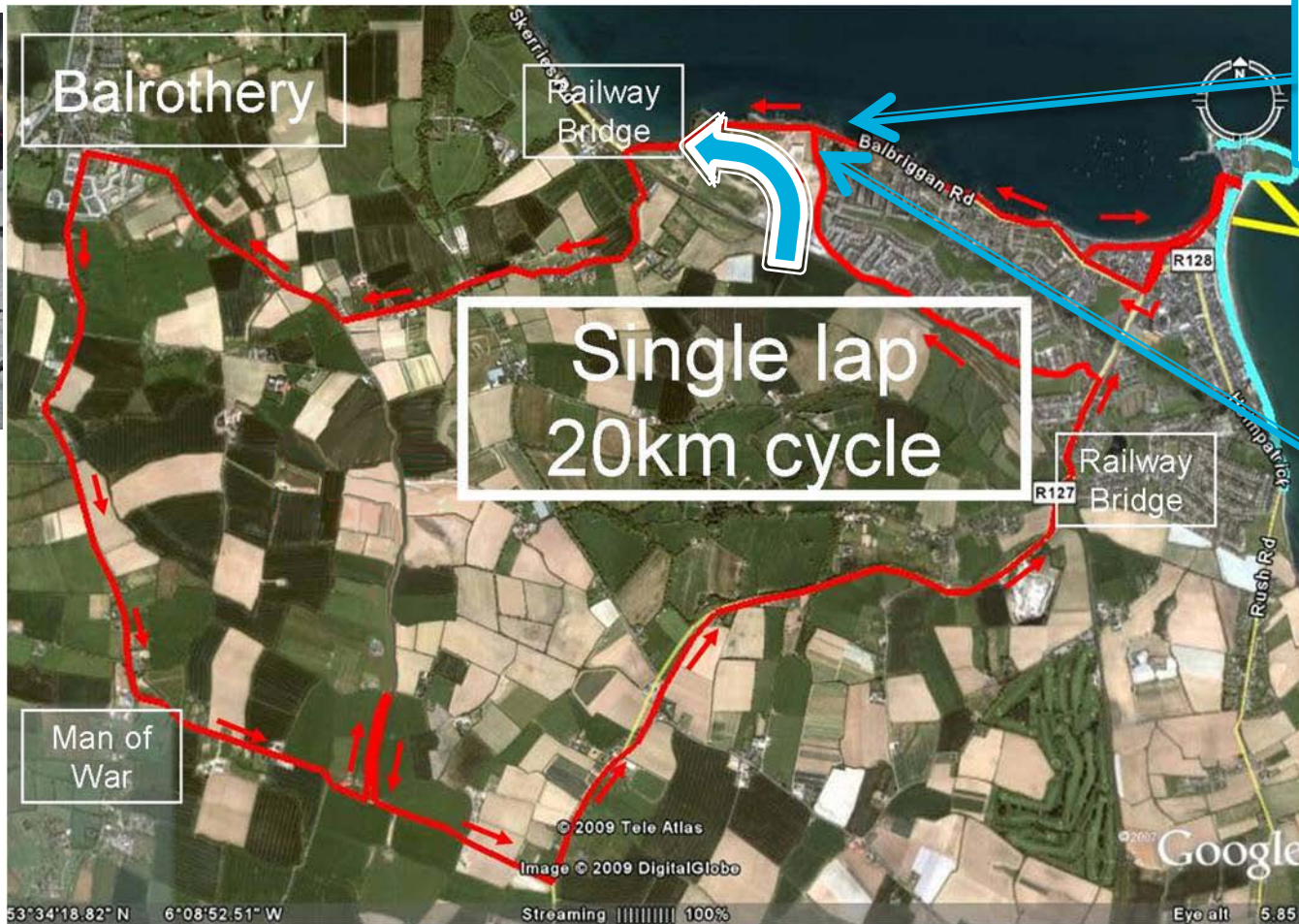


Raise your hand at any point if you want assistance  
Wetsuits are required – short wetsuits are fine  
Jellyfish information is noted on page 10.

# Cycle

Sprint – one 20km lap

Olympic – two 20km laps (GPS distance 39.8km). Turn at junction highlighted for lap 2 (don't go back to transition at end of lap 1)



Right turn at end of Cycle loop

Turn left for lap 2 of the olympic cycle

Drafting is not allowed – you need to keep 5m from the cyclist in front unless you are overtaking. [Click here for more info.](#)

# Cycle – final km

Note: Olympic competitors– only return to the transition after 2 laps



Do take a few minutes to run over the final kilometre of the run before the day. We've reverted to the 2003 course to avoid traffic light where competitors may be stopped.

# Run

Sprint – 1 lap – 5km

Olympic – 2 laps – 10km

## Beachfront Run Course description:

1 km up to the lifeguard shed, 2.5km back to the Rush road and 1.5km back, finishing next to transition.

Run on the left. Overtake on the grass to the left, please do not overtake on the middle of the path – see direction arrows on the map.

The Water station is located close to transition.



# Transition

Note: Bike racks will be numbered.

The race referee will be looking out for helmet infringements, so please do have your helmet fully fastened before you touch your bike and don't unclip it until you have finished the cycle and racked your bike



# Post Race



- ▶ **Sandwiches, tea & coffee** next to transition
- ▶ **Showers** –Well Fit gym behind ‘Stoop your Head’ pub
- ▶ **Prize giving** – 2pm, Joe May’s Pub, Harbour Road
- ▶ **Enjoy Skerries** – The south beach will be ideal for a post race dip to cool down.
- ▶ **Results, swim photos and run photos** will be posted on [IrishTriathlon](http://IrishTriathlon.com) shortly after prize giving.
- ▶ **Cycle and finish line photos** will be available on [www.marathonphotos.com](http://www.marathonphotos.com)



# Common Jellyfish Found in Irish Waters



## AURELIA AURITA - THE MOST FAMILIAR JELLYFISH

KEY FEATURES:	Four purplish/pink gonad rings. The rest of the jellyfish is transparent and has numerous short tentacles around the margin of the bell (difficult to see when out of water).
SIZE:	Up to 40 cm in diameter, normally smaller.
DISTRIBUTION:	Present in all coastal waters and throughout the Irish Sea. It can form very dense aggregations. Present from April to September.
STING:	<b>Only a mild sting.</b>

### **While stings are mild and rare, first aid advise from 'Beach First Aid'**

Here are a few first aid tips if you suffer a jellyfish sting.

Rinse the sting area thoroughly with saltwater. Don't use fresh water! Why? Fresh water will activate any stinging cells that haven't already ruptured, causing more painful stings. Be careful not to rub the area, which can also rupture the nematocysts, causing more stinging.

Next, apply a liberal dose of white vinegar to the sting area as soon after the sting occurs as possible. It probably won't do much for the pain, but it will stop any unfired nematocysts from discharging and stinging you more.

Remove any tentacles that are still attached to the skin. Don't touch the tentacles with your bare hands. Use a clean cloth or towel.

If there's localized swelling, tenderness or itching, an over-the-counter antihistamine like Benadryl will help. Hydrocortisone cream reduces swelling. Take acetaminophen, aspirin, or ibuprofen for pain.

Source: Jellyfish.ie – The EcoJel project  
And Beach First Aid