

A close-up photograph of a triathlete riding a mountain bike. The athlete is wearing a white helmet with a blue number '23' on the front, a red triathlon suit, and black gloves. They are covered in mud, particularly on their face, arms, and the bike. The background is a blurred green forest. The text 'OFF ROAD TRIATHLON' is overlaid in white, sans-serif font across the center of the image.

OFF ROAD TRIATHLON

Agenda

- Introductions
- History of the sport
- Why Off Road Tri?
- Course descriptions
- Athlete equipment requirements
- Our experience
- Questions?

Introductions

- Julie Robb and Joost van Ulden
- 3rd season competing, average 5 races per year, travelled to multiple destinations in the U.S. and Canada, Xterra and ITU
- BC Provincial and Xterra Pan-American series division champions; 3rd place at 2016 ITU cross nationals; qualified to be on Team Canada at 2017 ITU Multisport cross Worlds Championships

History of the sport



- Cross or Off Road triathlon is a series of off road triathlon races that includes swimming, mountain biking, and trail running
- Its main distinction from traditional triathlon is it takes place in rough and off road conditions
- First emerged in 1996 at a race in Maui and it was called Aquaterra
- It grew in popularity and the Xterra brand was born
- In 2011 ITU held its very first Cross Triathlon World Championships, in Spain
- Participation in this competition was a big success, with over 400 participants from different parts of the world, in all categories
- Today, Xterra, ITU and the ETU hold hundreds of races all over the world

Why off road tri?

- **The Vibe**
 - Fun
 - Inclusive
 - Laid back atmosphere
- **Every race course is different**
 - Different terrain
 - Different climates
 - Different technical levels
- **The race is won on the bike**
 - You don't have to be a strong swimmer



Course descriptions

Distances

- Olympic
 - Swim: 1 km – 1.5 km
 - Bike: 25km – 35km
 - Run: 8km-10km
- Sprint (Half Olympic)
- Relay (Olympic and Sprint)

Technical nature

- Courses vary from easy to difficult
- Fire roads to highly technical single-track

Course descriptions

Course design

- Swim
 - One lap or two laps
 - Cannot be a straight line out and pass; need to have a loop or a triangle course
 - One lap course is a typical
- Bike/run
 - Point to point ideal
 - Allow room for passing in sections
 - Road climbs are fine (bike)
 - Run can be on portions of the bike course
 - Short road sections are fine (run)

Course descriptions

Course design

- Transition zone
 - T1 and T2 can be in one or two separate locations
 - 6 bikes per rack maximum (wide handlebars)
 - Surface can be pavement or grass
- Feed stations
 - Min one feed station for bike
 - Bike: flat section of course, before (long, easy grade) climb or top of climb.
Non technical, wide part of trail
 - Min two feed stations for run

Course descriptions

Course design

- Course markings
 - Clearly marked: arrows
 - Marked one to two weeks prior to event
 - Different coloured markings for bike and run portion
- Start times
 - Wave starts (Olympic First, then Sprint)
 - Pros go first -Male and Female waves
 - Age group waves

Athlete equipment requirements

Swim

- Same as road

Bike

- Standard mountain
- Hardtail or full suspension
- 100mm front travel is most common
- Some athletes wear hydration packs instead of carrying bottles
- Self sufficient: need to carry your own tools (tube, chain break, CO2 cartridge, tire levers) and be prepared to make repairs



Athlete equipment requirements

Run

- Some athletes run in road shoes, most run in trail shoes
- Weather and terrain can make a run course challenging (mud, steep descents, etc.)

Other considerations

Injuries

- When injuries occur they can be serious (i.e. broken collarbone, lacerations, concussion)
- Can be challenging to access the injured as some courses are quite remote

Our experience - impact

- Challenges this activity presents
- Ability to travel to different destinations
- Sense of community
- Ability to race the courses with pros – inspiring
- Fun factor



