



GALWAY TRIATHLON CLUB'S

TRIBESMAN

TRIATHLON

WELCOME TO TRIBESMAN TRIATHLON 2025

Welcome to the 2025 Tribesman Triathlon! We are thrilled to welcome you to Galway for what promises to be another spectacular day of swim, bike, run (and pizza). We're so proud to host this event in partnership with the University of Galway, and we can't wait to see you all on race day.

This briefing contains all the essential information to make your race experience smooth, safe, and enjoyable. Please read it carefully and reach out to us if you have any questions before Sunday.

RACE SCHEDULE

- Registration between 17:00 and 19:00 on Saturday, 14th June and on between 6:00 and 7:30 on Sunday, 15th June (race morning)
- Transition will be open at 6:15
- Transition closes at 7:45am sharp – no access allowed after this time
- Race Briefing will take place just outside transition (Finish Area) at 7:45
- Try-A-Tri will be starting at 8am (please note this is earlier than initially communicated)
- First Swim Wave will start at 8:15am (further wave details in swim section below)

REGISTRATION & NUMBER COLLECTION

- Registration will take place at the **Day-Today Shop/Café at Corrib Village**, between the parking area and transition. Signage will guide you from the main road.
- Please bring **photo ID and your Triathlon Ireland licence** (or proof of One Day Membership) to collect your race pack.
- **Race packs include** your race number, stickers, swim cap, our exclusive race gift (swim bag), goodies from our sponsors and wristband – please wear your wristband on race day for access to transition and post-race pizza!
- **Your timing chip will be allocated to you when you enter transition**
- There will be coffee, pastries and other supplies available for purchase in the shop/café for those last-minute caffeine boosts

TECHNICAL OFFICIALS & INSURANCE

- This is a Triathlon Ireland-sanctioned race. All participants must be Triathlon Ireland members (**Race License**) or hold a valid **One Day Membership**.
- Technical Officials will be present on course (including motorbike officials) and monitoring for compliance.

BAG DROP & TOILETS

- A bag drop area is available just inside transition– it will be staffed, but please avoid leaving valuables (*we can't take any responsibility for items left in bag drop*)
- Toilets are available inside the registration area (limited) and next to the transition area.

PARKING

- Event parking is available at the University of Galway Park & Ride Car Park, located off Newcastle Road – This is approx. 700m walk to transition and you will pass registration on the way. Please do not park in any other areas of the University or your wheels may be clamped (which we do not want!)
- Please follow signage and when parking.

SWIM WAVES

- Swim starts have been split into 5 waves based on the swim time you submitted at entry. Each wave will start 3 minutes apart, with time for acclimatization and a quick warm-up.
 - **Swim Wave Try-A-Tri** – Colour: Purple – Start Time: 8:00am
 - **Swim Wave 1** – Colour: Red – Start Time: 8:15am
 - **Swim Wave 2** – Colour: Silver – Start Time: 8:18am
 - **Swim Wave 3** – Colour: Green – Start Time: 8:21am
 - **Swim Wave 4** – Colour: Pink – Start Time: 8:24am
 - **Swim Wave 5** – Colour: Yellow – Start Time: 8:27am

Please do **NOT** start in the wrong wave – it will mess with your timing and may lead to disqualification.

SWIM – SPRINT AND AQUABIKE (810m)

- The swim start is located 750m from the transition area, so give yourself around 10 minutes to get there. The walk is on a gravel path, and unless you're into DIY reflexology via pointy stones, we **highly recommend wearing old flip-flops or sliders**. There will be signage and volunteers guiding you to the start
- At the swim start, we'll have a shoe drop/tag station where your beloved Crocs will be bagged and tagged, then shuttled to the finish line for you. **Please collect them post-race** – we still have orphaned flip-flops from last year.
- Water temp is expected to be 16–17°C. **Wetsuits are mandatory** under Triathlon Ireland rules. **Not allowed**: booties, gloves, balaclavas, or tow floats.
- The swim is point-to-point and entirely downstream. It's approximately 810m depending on your swim line.
- Swim exit features a proper ramp and a carpeted path to transition (red carpet treatment!)

TRY-A-TRI SWIM (~250m)

- Takes place directly outside the transition and finish area – no need for shoes.
- 250m loop in the Corrib River, beginner friendly.
- Area is carpeted VIP-style.
- Wetsuits are mandatory.
- Tow floats **ARE** permitted by the Triathlon Ireland Technical Delegate.
- Friendly, supportive environment with safety staff on hand.

BIKE – SPRINT / AQUABIKE (22.8km)

- Mostly flat route with good surfaces, open to traffic – obey the rules of the road.
- Non-drafting – maintain 12m between riders.
- Triathlon Ireland Technical Officials will be monitoring for drafting – **1-minute penalty if caught**.
- 3 roaming bike marshals + Gardaí at intersections along with our brilliant volunteers manning the intersections
- Rules of the road apply; keep as much to the left as safely as possible; do not cross white line at any stage (**DQ if so**).
- **Important**: There is a narrow section between Dangan and Glenlo Abbey on the way out and the reverse on the way back – Please be extra vigilant in this section
- **Important**: Mass will take place at 10am at Saint James' Church, Bushypark – this may result in some extra traffic when you return on the bike – Please be vigilant of random parking!

TRY-A-TRI BIKE (16.7km)

- Out-and-back route turning at the **FIRST** roundabout (well-signed).
- Road open to traffic – normal road rules apply.
- Flat course, friendly for new riders.
- Rules of the road apply; keep as much to the left as safely as possible; do not cross white line at any stage (**DQ if so**).
- **Important:** There is a narrow section between Dangan and Glenlo Abbey on the way out and the reverse on the way back – Please be extra vigilant in this section
- **Important:** Mass will take place at 10am at Saint James' Church, Bushypark – this may result in some extra traffic when you return on the bike – Please be vigilant of random parking!

RUN (4.87km) – SPRINT TRIATHLON AND TRY A TRI

- Scenic campus route.
- Mostly one-way with 1km two-way section – keep left.
- Water just after transition opposite the Kingfisher Club
- Respect public path users.
- No littering – use bins or carry waste.

AQUABIKE PARTICIPANTS

- Your race time ends at the entrance to transition, not at the finish line arch
- Walk/jog/dance/jive to finish line for medal, pizza, photos (not timed) and to return your timing chip (we love them, you can't keep it!)
- Use Swim In path. Be mindful of other racers.

FINISH LINE & POST-RACE

- Ugly D's Pizza – free slices for athletes (show wristband).
- Gluten-free and vegan options.
- Spectators can purchase food on site.
- Photos, chip return, cake, coffee, live music.

SAFETY / MEDICAL

- **Medical Support:** There will be medical personnel at transition and out on the course for your safety.
- **Emergency Contact:** If you or another athlete requires medical attention, alert the nearest marshal or dial 112

RESULTS & AWARDS

- Live timing by Monster Timing.
- Prize-giving at approx. 10:45am.
- Awards for **Top 3 overall** in Sprint Triathlon, Aquabike and Try-A-Tri
 - Age Group Awards (1-3) for Sprint Triathlon and Aquabike

VOLUNTEERS – OUR REAL HEROES

- Say thanks, follow instructions, respect the effort – no race without them! Any abuse towards our volunteers (including spectators, technical officials and fellow competitors) will result in disqualification

RULES & REMINDERS

- Helmet on and fastened before touching your bike.
- No nudity in transition.
- No headphones on course whatsoever.
- Show your race number to collect your bike/bag.

WEATHER FORECAST

- Multiple apps = multiple predictions.
- Pack for everything: sun cream, rain jacket, and maybe a Child of Prague statue.

FINAL WORD

Thanks for joining us in Galway. Race hard, race fair, and enjoy every minute. Whether this is your first triathlon or your fiftieth, we're honoured to have you on the start line.

Tribesman Triathlon Race Committee

Galway Triathlon Club