

Raw Energy Pursuits

Lezyne Arundel Triathlon

Hi

We hope your training has been going well and you're ready for the Lezyne Arundel Triathlon on the 16th July 2017.

Please make sure you read the race details and are familiar with the maps on our event page <http://rawenergypursuits.co.uk/?p=3944>, the current competitor list can still be seen on Results Base <https://www.resultsbase.net/event/3749/participants> A few extra competitors will be added this week and then the final start list will be updated. We can't emphasis enough that timing is critical for this event in view of the strong current in the river, so please make sure you're ready to go in your allotted wave which will be confirmed later this week. Waves start from 06:00hrs to 06:25hrs.

Racking is only available on Sunday, but registration is open on Saturday afternoon (4pm-6pm) and Sunday morning (3.50am to 5.15am) in the marquee by the transition. The current water temperature is 18.2 degrees; we will keep you updated with the temperature but would strongly recommend you wear a wetsuit. **Please register on Saturday if possible to ease queues and save time on Sunday morning.**

The cycle section is a rolling course with one significant climb towards the end before a fast descent back into town. The run is stunning, but two tough laps around the town, castle, lake and countryside. We have authorised road closures and parking suspension notices in place for the town centre and crossing point just before the finish.

It is an early start due to the tide/current, but the roads around Arundel Town will become very busy after 9am.

Further emails will be sent over the next few days, but make sure you check out our Facebook page <https://www.facebook.com/RawEnergyPursuits/> and Twitter @rawenergyman for other updates.

See you on the 16th.

Team Raw Energy
www.rawenergypursuits.co.uk

