

Raw Energy Pursuits

Lezyne Arundel Lido Triathlon

Hi

We hope your training has been going well and you're ready for Sunday's Arundel Lido Triathlon sponsored by **Lezyne**. You can see more of the **Lezyne range** here <http://shop.upgradebikes.co.uk/Catalogue/Lezyne/Lezyne-Range> or via our **Geared Bikes** <https://gearedbikes.co.uk/>

Race details and maps are on the event page of the website, start times will be posted on Wednesday evening. **PLEASE MAKE SURE YOU READ THE RACE DETAILS**. You will need to be on poolside 15 minutes before your start time. This year we anticipate you'll all be out on the roads before 10:00hrs, so please make sure you're ready to go in case we're running ahead of schedule. The start times are only approximate and only as accurate as your estimated swim time. To see the Lido complex go to <http://www.arundel-lido.com/>

Registration can take place Saturday afternoon (5pm-6:30pm) or Sunday morning (5:20am-8:20am) in the chalet within the Lido. Collect your race pack which contains your bike number and helmet number which needs to be stuck on the front of your helmet, timing chip, T-Shirt & Clif Bar from the registration desk. Don't forget your race entry includes free unlimited image downloads from Sussex Sport Photography. We're one of the few organisers who do this to ensure you have a lasting memory of the race!

Entry to Arundel Lido will be restricted to competitors and spectators. If you would like to stay beyond midday you will need to pay at the Lido kiosk. Under no circumstances can bikes be brought into the main Lido area during or after the race - please remove them from the transition area and then return. Spectator's bikes can be parked within the patio area adjoining the transition. Dogs are not permitted.

If you're thinking of bringing the family then there are loads of things to see and do around the town. Arundel Castle, River Trips, café's and shops, Arundel Wetlands Wildfowl Reserve, Swanbourne Lake or just relax on the river at The Black Rabbit Pub - you'll pass most of these landmarks on the run.

Countryside Catering and Geared Bikes will be at the Lido along with the Physio Fitness & Wellbeing Team for post-race massage and treatment. Prize giving will follow the sprint race with some great prizes from Lezyne & Zone 3.

The weather forecast for Sunday is currently 13-15°C with sunny spells, cloud and the chance of a shower with 14mph SW winds; the pool is usually 28 degrees. It might be chilly on the bike for the early starters on the Standard course so you may want to consider a windproof jacket. Updated weather forecasts and last minute news will be posted on Facebook.

Parking is free in some areas of the town, **but most of Arundel's car parks are Pay & Display over the weekend. MAKE SURE YOU PAY & DISPLAY AS THE WARDENS WILL BE OUT!**

Have a great race and we look forward to seeing you on Saturday/Sunday. Don't forget to read the race details!

Team Raw Energy
Raw Energy Pursuits
www.rawenergypursuits.co.uk