



## Frequently Asked Questions – 2017

### ***I can't see my name on the start list?***

Give it a day or so and check again, if it still isn't on there, please contact us via [info@osbevents.com](mailto:info@osbevents.com)

### ***Do you have a waiting list?***

No, we don't have a waiting list, and we don't re sell places when athletes withdraw from the event. Cancer Research UK (CR-UK) have a limited number of spaces. Contact CR-UK on 0300 123 5461 or email the [sportsteam@cancer.org.uk](mailto:sportsteam@cancer.org.uk)

### ***My plans have changed, I no longer want to / can race & I would like to withdraw?***

This is not a problem but please let us know using the same email that you have registered with. Depending on when you withdraw, we will give you a refund up to set amounts. We don't transfer entries between events or competitors, we simply give you the appropriate amount of money back & you can choose what you wish to do in the future.

### ***Are there separate Age Group waves & awards?***

Everyone starts together at 6am, so there are no wave starts, and there is no specific Pro Start because this is predominately an Age Group event. There are prizes from 20 – 24 upwards.

### ***What's the minimum age for participation?***

20 is the minimum age based on age at 31/12/2016

### ***When do I have to register & rack my bike?***

Registration will be open on Friday afternoon & all day Saturday. All bike racking will take place on Saturday afternoon only until 5pm. There are no other options and you must bring photo ID with you.

Do I have to attend the race briefing, even if I've done the Outlaw before?

### ***Do you get people who don't make the cut off?***

Yes we do, but not too many usually. A few will miss the swim cut off and those that miss it on the bike usually have had multiple punctures or exhaustion. It's worth getting new tyres a few weeks out and get your bike serviced. TFN do bike checks over the weekend but don't leave it until the day before if your bike hasn't been serviced in months.

### ***What are the event cut off times.***

You have 17 hours to complete the Outlaw. You need to be out of the swim and on the bike course within 2hrs 15 of the start, which is 8:15am, and you need to be back into T2 by 4pm.

### **Are the route maps available?**

Yes, the course maps are available for you to download. The routes are not 100% confirmed until the final race information is published but we are confident that these are the routes.

We would not recommend riding the first part of the bike course in training, as the A52 is very busy. On race day, this section will be closed to traffic and very different to a normal day. We recommend starting from Car Colston, Southwell, Radcliffe or one of the other villages along the route (which all have nice cafes / garden centres etc.) and just focusing on the loops rather than doing the out and back section on the A52.

For the run, you can do a course recce at any point & any time. The route is very simple, either round the lake on the Perimeter Road, along the towpath to County Hall then over the Suspension Bridge & an out & back along the Embankment.

### **Can I swim the course in advance?**

The lake is not open for general swimming. There are events in the lead up, such as the Nottingham Triathlon and the Outlaw Half, and we will run an Outlaw swim practice on Saturday 22 July.

### **Is the bike course hilly?**

No, not at all. There is only one short climb and the rest is relatively flat. However, beware of the wind! The winds can make it a tougher day in the saddle than you might expect.

### **Are the roads closed?**

Most roads are open but there are closed lanes on busy roads, managed diversions for cars and managed junctions for cyclists.

### **What is the run surface like?**

Mostly tarmac and hard packed stones along the river path.

### **What are the common mistakes by competitors?**

- Not reading & understand the race information, then not turning up to the race briefing.
- Not knowing where things are in transition – make sure to visualize your run through the change tents and where you bike is, we will rack it for you in T2
- Not arriving early enough. There is a lot to do before the start!
- Working too hard and not taking on enough nutrition in the early stages of the bike.

### **When should I eat the morning of the race?**

Everyone develops their own strategy but most have their breakfast around 4am and then make sure to drink lots of water to make sure you're hydrated. Take a gel or two 15-30mins before the start.

### **What is the on course nutrition?**

We use High5 sports nutrition – there will be citrus energy source and water on the bike course as well as water, ZERO tabs, cola, mixed gels and various food items on the run course. More detail on this will be available in the Race Information.

### **How often should I take gels?**

This is a brilliant guide from High5:

<http://highfive.co.uk/high5-faster-and-further/triathlon-nutrition-guides/full-distance-triathlon>

### **How do competitors get a DQ in the race?**

Be familiar with the BTF rules. In particular don't cross the centre line of the road (ride on the correct side at all times). Don't urinate in public, there are plenty of toilets at drink stations on the bike course. You need to wear clothing that covers your midriff & do not drop litter!

Here are the BTF competition rules for 2016, this may be updated at the start of 2017:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2017.pdf>

### **What gets you a penalty?**

Penalties are usually for drafting. Always ride at least 10m behind the rider in front. Once you pass them it's their responsibility to drop back. There are motorbike referees on the course, look out for them! Repeat drafters will get a DQ.

### ***How should I pace the swim?***

Fast swimmers will sprint off to establish space for themselves in front of everyone else. Slower swimmers should start slowly over the first 200-400m and then aim to work back up the pack gradually. It's a long swim so don't start too fast!

### ***What can family do while I'm racing?***

We produce a spectator guide and we put on busses to take people to Car Colston during the bike leg – there is a pub there where spectators can get drinks and food, kids can run around, and they'll get to see you multiple times. There's a great atmosphere at the venue, and spectators get to see you multiple times during the run as well as cheer the other competitors. They can also track you online to see exactly where you are. We will have a race expo, food outlets etc and the venue has various adventure activities – have a look at <http://www.nwscnotts.com>.

Note also that we run a Future Outlaws kids race on Saturday morning and the Big Swim open water events in the afternoon which teen-aged kids and adults and take part in.

### ***What food is available on site?***

There is a café serving hot and cold food within the sports centre and during the race weekend we'll have various vans serving a range of foods. The nearest high street is West Bridgford, just about a mile away, and has lots of coffee shops and restaurants.

### ***How close can I park to the race venue?***

The site is massive, and we have parking attendants on site to direct you to the nearest car park that is not already full. Parking is never more than 10mins walk away. Parking has been free in the past, but a small weekend charge has been introduced by the facility management.

### ***What changing facilities are there on site?***

There are changing rooms, large lockers and lovely hot showers. You just need to get the door code from reception at the Sports Centre to access these.

### ***Is there wifi at the venue?***

Yes there is but the password is regularly changed so you will need to ask at the main registration.

### ***Where should I stay?***

Nottingham city centre is just two miles away and has lots of reasonably priced hotels. There is a camp site at the National water Sports Centre as well with some luxury camping as well as standard. Note that on site rooms are reserved for our race crew.

### ***How to I arrange on-site camping?***

Spaces is reserved by us for people taking part in the Outlaw so you can just turn up and pay on arrival, but if you'd like to reserve a hook up or anything in particular please contact the venue -

[http://www.nwscnotts.com/nwsc/ACCOMMODATION\\_Camping](http://www.nwscnotts.com/nwsc/ACCOMMODATION_Camping).

## **OUTLAW FAQ**

**Updated Aug 2016**