



# Athy Triathlon Club Duathlon Race Series 2017

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Athy Triathlon Club (ATC)

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Sunday 29 Jan, 26 Feb, 26 Mar 2017

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## Sponsors

**KENDRA Ireland**

*SwimCycleRun.com*

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## Race Briefing Document

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## 1 – Race Team Welcome Message

Athy Triathlon Club wish to thank everyone who has entered Our Duathlon Race Series for their support.

In co-operation with Athy Community Collage, Athy Triathlon Club would like to welcome you all to our race series this year.

We would like to convey thanks to the local community in and around today's race route who have supported this race and to local land owners who have kindly given permission for the race to take part on areas of their land, Athy Order of Malta, Kildare Civil Defence and our Joint Sponsors SwimCycleRun.com, Kendra Ireland and most especially to Mr Richard Daly, Principal, Athy Community College, To this end, we ask participants to refrain from littering areas on both Run/Bike Routes and on the collage grounds.

For anyone wishing to find out more about Athy Triathlon Club, now starting into its 8<sup>th</sup> year can get more information about the Club on its web site [www.athytriathlonclub.com](http://www.athytriathlonclub.com) or via our Facebook page.

The organizers would like to thank in advance everyone who contributed in any way to making this race happen and especially to anyone volunteering their time on event day to marshal or help out with operations. So give them a wave and remember they are there for your safety on the course.

Please read through the remainder of the Race Brief to get yourself familiar with proceedings and details and we hope everyone has an enjoyable race.

## 2 – Race Day Event Timetable

09.00 am	Registration - Opens
09.10 am	Transition Area Opens
10.15 am	Race Marshall Briefing
10.40 am	Registration – Closes
10.40 am	Transition Area Closes
10.40 am	Race Briefing for Participants
10.45 am	Race Marshals in position

## 11.00 am Race Start

Post-Race Refreshments will be available as participants complete the event.

**Note** - Transition Area will only reopen once the last race participant moves through transition to the second run section.



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### **3 – Registration Information**

Registration will take place at Reception inside college. At registration participants can collect both their Race Number Bib and Timing Chip.

There will also be included a Race Number for your bike. It is mandatory that you have your Bike Tag Number (provided) attached to your bike – failure to do so may result in delays retrieving your bike from transition after the event.

As this is not a Triathlon Ireland sanctioned event, participants are not required to produce a Triathlon Ireland License, nor is a ODL (One Day License) required to be purchased. Insurance for the event is covered in your race entry fee.

**Competitors with any medical conditions will be required to inform the race organisers at time of registration.**

**All competitors will be required to sign a disclaimer at registration.**

### **4 – Course Information & Rules**

The Duathlon race is run on the outskirts of Athy, and Race HQ will be located in Athy Community College, transition will be on the all weather pitch within the college grounds, the run and bike routes are outlined as follows:

#### **Run Sections**

Both the 1<sup>st</sup> Run Section and the 2<sup>nd</sup> Run Section are the same route. – 3 Km

The 3 Km run will consist of a one lap loop of the college sports ground(Grass surface), from there you will leave the grounds crossing the main Athy /Monestereven Road (Which will be marshaled) and onto a mixture of Tarmac /Gravel Road to the turnabout point approx 950m along this track.

Then return the same route back to College grounds and straight into transition. **Note** (On return to College you will not be required to loop around sports ground, you will be guided into transition).

**Run Two** will take the same route on leaving transition.

While every effort is given to restricting non competitor traffic on the route, participants should watch out for obstructions on the run route and when crossing road.

Ensure to run on the left at all times so faster runners can overtake on the right if required.

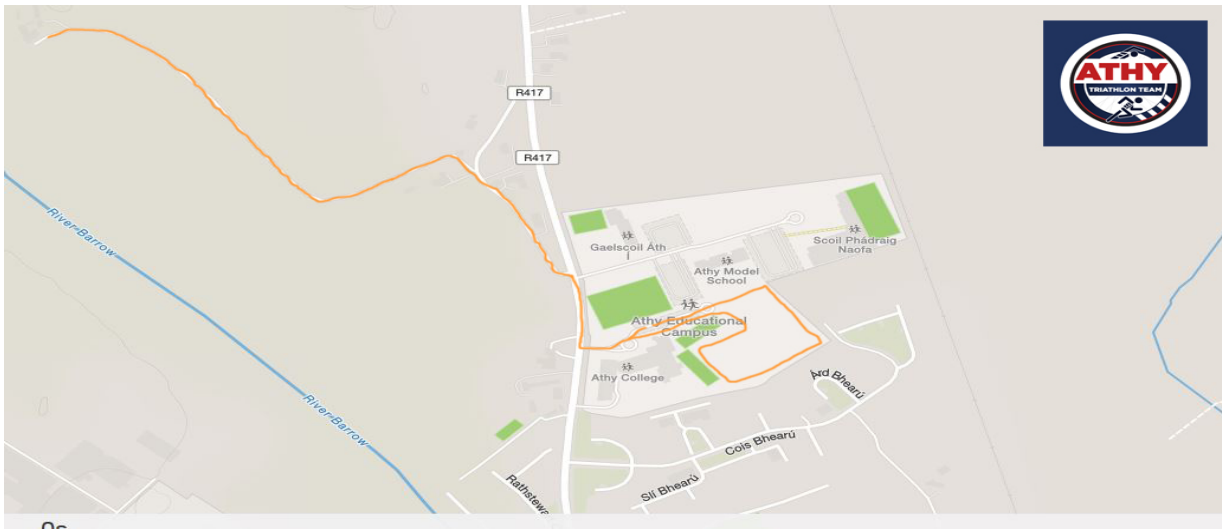
Always listen to and obey the instructions of Race Marshals.

It is not permitted to wear items such as iPod, mp3 players, or any device that may distract your attention etc., during the event.

Race Numbers must be worn on the front at all times.



## **Athy Duathlon Run Route 3 Km (out and back)**



### **Bike Section**

The cycle route consists of a 24 Km out and back course (R417) which passes through the village of Kilberry and on to the turnaround at Kildangan (Crosskeys Service Station). This is a **very flat**, straight, bike course, please be aware of any crosswinds that you may encounter. Disc wheel owners take note?

### **Hard Shell Bike Helmets are compulsory.**

**It is the responsibility of participants to ensure that their bike is in a road worthy condition and safe to ride.**

As this is an Open Road Race, the normal **rules of the road apply**. The roads are open to traffic so stay on the left hand side of the road – do not cross the center white line of the road and only pass another participant when it is safe to do so.

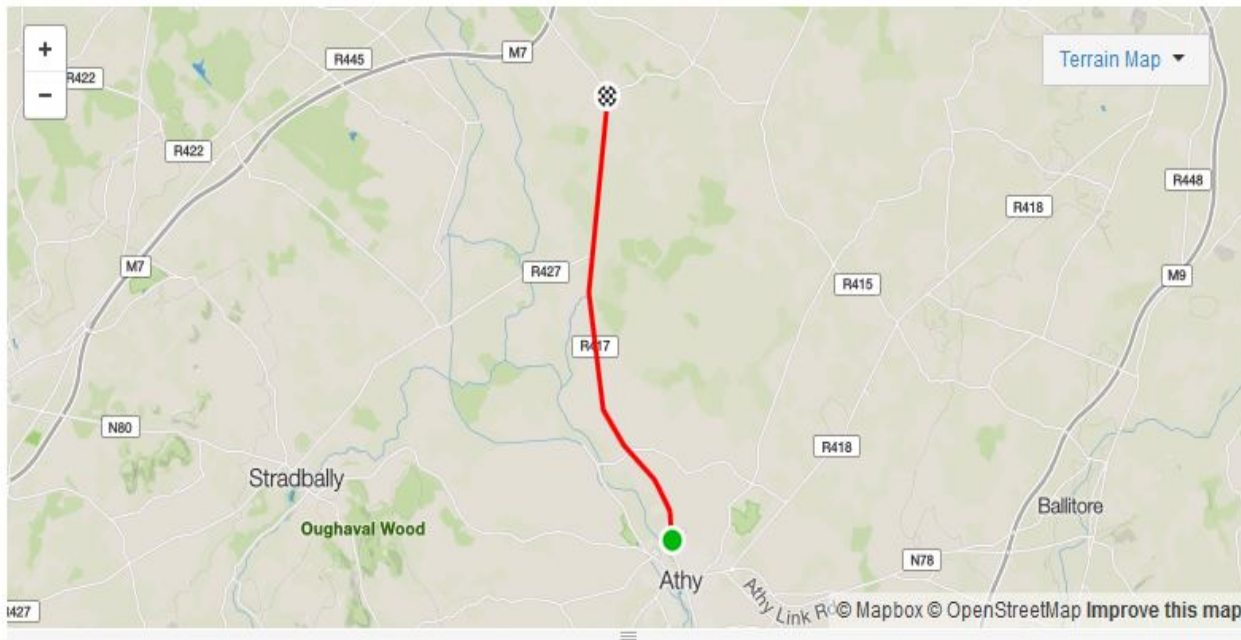
This is a **non-drafting** event so you must leave a gap of 10 meters long between you and the participant in front of you. A participant may enter the draft zone but must be seen to be making forward progress. Any participant found to be drafting will incur a 2 minute penalty. There will be motorbike marshals on the course to uphold drafting rules.

**Please ensure to listen to and obey all directions from the Race Marshalls, as they will be warning of turns, debris on the road, accidents(if any) etc.**



# ★ Athy Duathlon - Bike Course - 24 Km

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## Transition Area

Participants on first entering Transition must present their bikes for quick safety check on brakes, race helmets must be on your head and closed before being allowed to setup their bike in a bay.

The bike bays will not be numbered – it will be a first come first served basis for positions.

Please not that bike bays are designed for road bike and bikes can be racked via either front or rear wheel.

If you are participating using a mountain bike there is a rack dedicated to mountain bikes.

Please respect all other participants' equipment.



Only participants are permitted to enter the transition area. – No family members or friends allowed.

Please ensure to listen and obey the directions of race marshals in the transition area.

Between each section of the race, ensure to exit and enter transition over the timing mats.

There is a small amount of storage space allocated to participants in each bike bay that you may use. It is not for large bags etc. and anything found to be encroaching on another participant's area will be removed.

Your Race Number Bib will be required to re-enter transition to collect your bike and will also be checked on your exit. This is so officials know that you are retrieving the correct bike.

There will be Marshals in the transition area – do not hesitate to ask if you are in need of assistance in confirming run in/out and bike in/out locations.

You must put your helmet on first and fasten it before you remove your bike from the bay. When returning from the bike section of the event – rack your bike in the bay first – then remove your helmet before exiting transition to begin your final run.

When you leave the Transition Area going from Run 1 to Cycle (known as T1) do not mount your bike before reaching the mounting line.

As you return to transition (T2) you must dismount your bike on/before the dismounting line before re-entering the Transition Area.

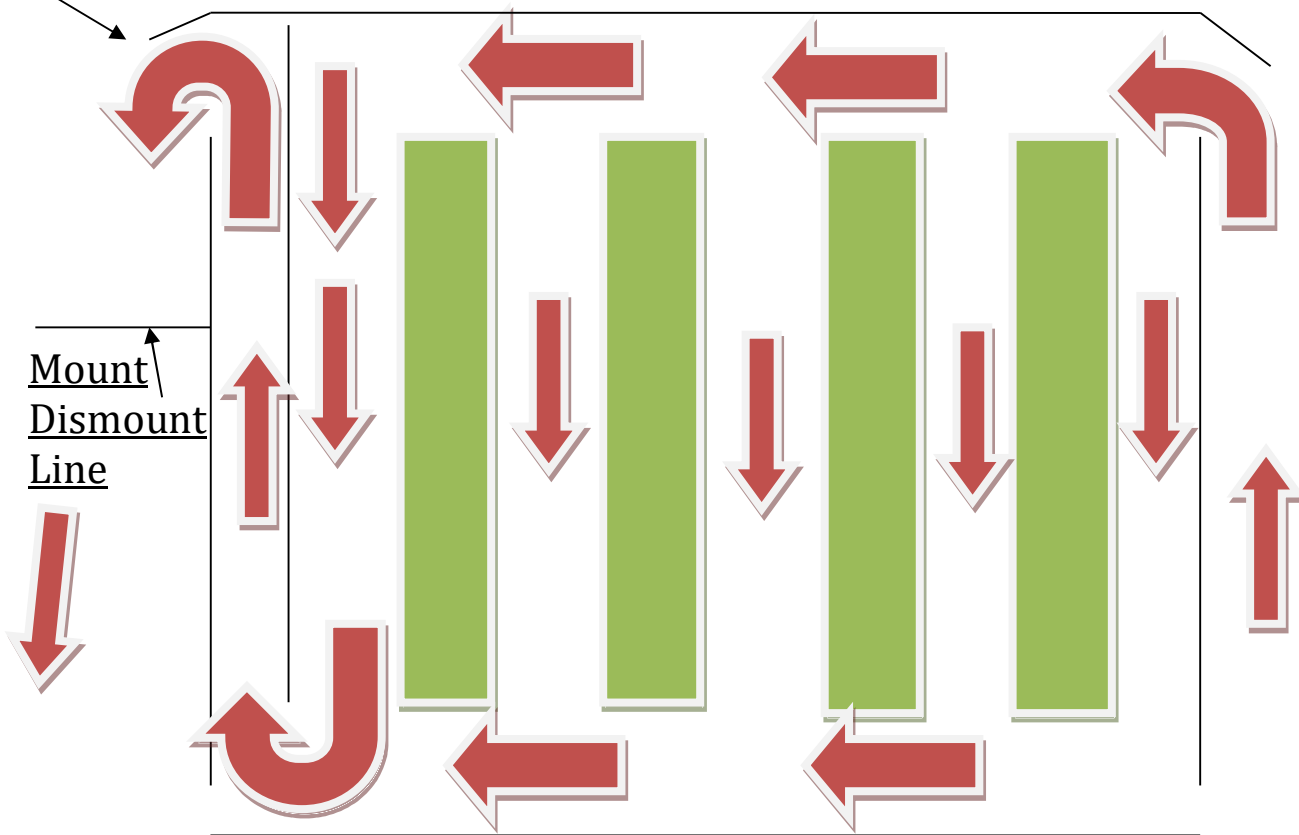
**Abusive or unruly conduct** towards other participants or the marshals will not be tolerated and anyone found guilty of such action will face immediate disqualification



# Transition Area - Run to Bike/ Bike to Run

Run in/Run Out

Bike out/Bike In



Main Road

← Monastervein

Athy →

Note Bike to Run will be in the opposite direction



## 5 – Course Information & Rules

### Parking

There will be parking in the schools next to the college (but not in the college grounds itself). It is very close to Registration and we request participant's park here, as the roads around the college will be used in the race itself and it avoids congestion in the area. A marshal will be in the carpark to assist with parking.

### Toilets/Showers

There are toilet facilities available in the Athy Community College, as well as changing rooms/ showers for both Male and Female (competitors only). **(We ask that anyone availing of this, remove any personal belongs and wash gear, when finished).**

### Emergency Services

Emergency services will be onsite for the race. If you see any accidents or notice someone in need of attention please let one of our race marshals know immediately. **Participants with any medical conditions must make this known at time of registration.**

**Contact Emergency Number – 085 713 23 52 (Race Co Ordinator)**

## 6 – Directions To Event Location

The event will be held on the outskirts of Athy on the Monestereven Road – located about 2 Km from center of Athy, Race HQ will be in Athy Community College – do not make the mistake of arriving in Athy and then realizing you're in wrong place with little time to spare.

If you are coming **from the Dublin direction**, enter the town until you reach the traffic lights in the town center, take a right at lights and travel along this road approx (2 km) until you reach Collage which will be located on your right.

If you're coming **from Kilkenny/Castlecomer Direction**, enter the town until you reach the traffic lights in the town center, take a Left at lights and travel along this road approx (2 km) until you reach Collage which will be located on your right.

If you're coming **from the Carlow / Kilkenny (new road) direction** on the M9 take Exit 3 which will bring you to the link road that takes you Athy. Follow the road to Athy and as you approach the roundabout on the edge of Athy – take the 1<sup>st</sup> exit and follow route into the traffic lights in the town center, take a right at lights and travel along this road approx (2 km) until you reach Collage which will be located on your right.

If you are **entering the town on the old Athy / Carlow road**, enter the town until you reach the traffic lights in the town center, carry on straight at lights and travel along this road approx (2 km) until you reach Collage which will be located on your right.

If you are **coming from the Monasterevin direction**, the college will be on your left as you approach the town.





## 7 – Results

This is a Timing Chip event and a full breakdown of the results will be available on the website as soon as they are available. Pop Up Races are the timing company at the event.

## 8 – Prizes

There are prizes for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female in each race. There will be a finisher's medal for all competitors.

## 9 – Event Sponsors

We would like to thank our race sponsors for their support today.



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KENDRA Ireland

## 10 – Recommended Participant Checklist

**Run Leg** Runners (with lock laces ideally), tri suit or tri shorts and tri top, running hat, race belt to Attach your race number too, sunglasses. Timing chip with an ankle bracelet and Race Bib numbers will be issued at registration. **Note, You should dress for weather conditions on the day.**

**Bike Leg** Bike (it is your responsibility to ensure that it is in good working order), a race helmet which is mandatory, bike shoes, bike water bottle, spare tube, tyre levers, multi-tool and bike pump. **Note, Again you should dress for weather conditions on the day.**

**Transition** Make sure and have adequate nutrition that you may require for the bike section. Please note that bags / boxes are not allowed to be left in transition.

## 11 – Event Feedback



In order for us to improve races and make them as enjoyable and as safe as possible for all participants in the coming year, we encourage you to offer feedback through the Club's email address and on a feedback survey sheet which will be given to you at registration, just return to any club member/marshal at some point during the day.

### **Special Notice**

During registration, before the race, and while enjoying the post race atmosphere, children can get involved in sporting activities in the sports hall, which will be supervised, **NOTE**--Children must be collected before start of race.



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**Wishing you a safe and enjoyable Race Series  
Remember to smile as you cross the finish line**

**Athy Triathlon Club  
Race Team**

