



Athy Flatout Duathlon Race 2018

Athy Triathlon Club (ATC)

Sunday 29th April 2018

Race Briefing Document

Document Content

- 1 - Organiser's Welcome Message**
 - 2 – Race Day Event Timetable**
 - 3 - Registration Information**
 - 4 - Course Information & Rules – Run / Transition / Cycle**
 - 5 - Event Facilities**
 - 6 - Directions to Event**
 - 7 - Results**
 - 8 - Prizes**
 - 9 - Event Sponsors**
 - 10 - Recommended Participant Checklist**
 - 11 - Event Feedback**
-





1 – Race Team Welcome Message

Dear All,

Welcome to the annual Athy Flat Out Duathlon. It may be taking place a few months later than originally planned but that might not be such a bad thing. A few people may have been grateful for the extra time training, but hey, lets not mention the weather.

The Club 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, and most especially to Mr Richard Daly, Principal, Athy Community Collage, To this end, we ask participants to refine from littering areas on both run/bike routes and on the collage grounds.

For anyone who is interested to find out more about Athy Triathlon Club, information is available on the Club Website: www.athytriathlonclub.com and our very active Facebook page.

The organisers would like to thank in advance everyone who has 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.

The race will be followed by ATC Indoor Picnic for hot drinks, sandwiches, cakes and a variety of snacks. It is a chance to unwind and enjoy the more sociable aspect of mulit sport racing while admiring your newly acquired bling 😊

Wishing you all a fantastic day!!!

The ATC Race Team.

Email: athytriclub@gmail.com





2 – Race Day Event Timetable

| | |
|----------|--------------------------------|
| 08.30 am | Registration - Opens |
| 08.30 am | Transition Area Opens |
| 09.15 am | Race Marshall Briefing |
| 09.30 am | Registration – Closes |
| 09.40 am | Transition Area Closes |
| 09.45 am | Race Briefing for Participants |
| 09.45 am | Race Marshals in position |
| 10.00 am | RACE START |
| 12.30 pm | Prize Giving * |

*followed by Prize Draw for ATC Marshals.

3 – Registration Information

Registration will take place in the Reception area of the School. At registration participants can collect both their Race Numbers and Timing Chip.

As this is a Triathlon Ireland Sanctioned Event, Participants are required to have a Triathlon Ireland License, or an ODL(One Day License). ODL's can be purchased at the event for a fee of €15.

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.

Note: Competitors aged 15 to 17 years are allowed to compete in this event but must be signed in by a Parent/Gaurdian.





4 – Course Information & Rules

4.1 Athy Flat Out Run 1 & 2: (Race Numbers to the Front)

Both the 1st and 2nd Run Sections follow the same 3 km route

Race Numbers must be worn on the front for the Run

The 3 Km is a lap of the college sports ground (Grass surface), exiting the College grounds to cross the Athy /Monestereven Road Please note, the Crossing will be marshaled. On the other side of the road, follow the designated track for 850 metres to the turn around point.

Return the same route to the College grounds and straight into transition.

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

It is not permitted to wear items such as iPod, mp3 players, or any device that may distract your attention. Always listen to and obey the instructions of Race Marshals

Run Two will take the same route on leaving transition.





4.2 Athy Flat Out Bike Section – (Race Numbers to the Back)

The Bike route is a 24 km out and back course (12 km each way). The road is flat and straight but beware of cross winds as it is very exposed in areas. The good news is that the pot holes have been filled in.

There will be Marshals at Bert Cross (3 km), Kilberry (5 km), Cloney Bridge (7.5 km) and at the Turn Around Point in Kildangan (12 km)

Bike Helmets are compulsory. (Approved Standards ANSI Z90.4/SNELL B90/EN1078)

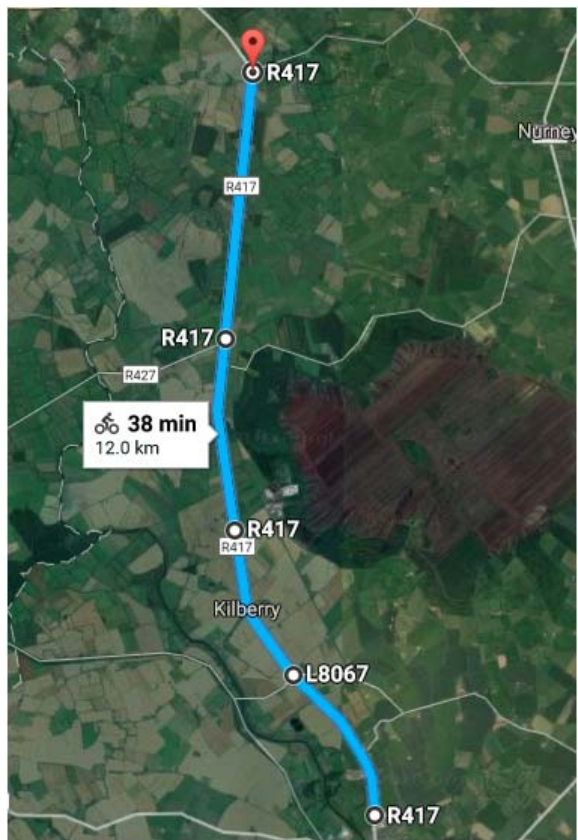
There will be a Bike Check carried out by Marshals at the entrance to Transition. It is the responsibility of participants to ensure that their bike is in a road worthy condition and safe to ride.

As this is an Open Road Race, the normal rules of the road apply. Stay on the left side of the road – **Do not cross the centre white line** of the road and **only pass another participant when it is safe to do so.**

This is a **non-drafting** event so a gap of 10 meters must be left between Competitors. A participant may enter the draft zone but must be seen to be making forward progress. Anyone found to be drafting will incur a 2 minute penalty. The Penalty Box will be located in Transition.

Please listen and take note of warnings issued by the Race Marshals. They are there for the Health, Safety and Encouragement of all Participants







4.3 Athy Flat Out Transition

Bib Numbers and Bike Numbers are required to enter Transition. **Only** Competitors are allowed to enter the Transition area.

Bikes will be checked for road worthiness on entry.

The blue bike racks are designed for Road Bikes. Racks specifically for Mountain bikes will also be available.

Storage space is available between each bike bay. Please ensure that belongings are kept within that designated area and not left as trip hazards for others.

Helmets must be worn and clipped before taking the bike from the rack. Likewise, when returning the bikes to the rack, Helmets must still be clipped. Remember touching the Bike with an unclipped helmet can result in a 10 second penalty.

Do not mount your bike until you reach the "Mount Line". Run/walk with the bike through transition to the exit and follow the marshals to the mount line.

On the return, there is a "Dismount Line". Competitors must dismount before crossing this line. Failure to do so will result in a time penalty

Any abusive language or unruly conduct towards, competitors, marshals or spectators will result in immediate disqualification.





5 – Course Information & Rules

Parking

Parking will be located on the Sports Pitch behind Athy College. Use the entrance directly opposite the Applegreen Garage. Marshals will be on hand to direct traffic. Please Note, Cars will not be able to enter/exit during the race.

Toilets/Showers

Toilet, Shower and Changing facilities are available in the Athy Community College. **We ask that anyone availing of the facilities, please remove any personal belongs 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 – 086 226 5551 (Race Co ordinator)

6 – Directions To Event Location

Athy College, Co. Kildare, EIRCODE: R14KT50, Latitude: 53.002095 / Longitude: -6.986779

From Dublin – At 1st set of traffic lights after entering Athy, take the Right Turn for Monasterevin. Continue for approximately 2 km, the school is on the Right, directly opposite the Applegreen Garage.

From Kilkenny/Castlecomer – Continue through the town. Cross the bridge over the River Barrow and at the traffic lights, turn left towards Monasterevin. Continue for approximately 2 km, the school is on the right, directly opposite the Applegreen Garage.

From M9 Carlow / Kilkenny - Exit 3 take a left on to the link road to Athy. Continue for approx. 8 km and take the 1st exit at the roundabout. Continue in to the town. 1st set of traffic lights after entering Athy, take the Right Turn for Monasterevin. Continue for approximately 2 km, the school is on the Right, directly opposite the Applegreen Garage.





From Old Athy / Carlow Road – 1st set of traffic lights after entering Athy, take the Right Turn for Monasterevin. Continue for approximately 2 km, the school is on the Right, directly opposite the Applegreen Garage.

From Monasterevin - Follow the R417 for 17 km. the college will be on your left directly opposite the Applegreen Garage as you approach the town..

7 – Results

The event is chip timed by Elite Timing. The Results will be available online very shortly after the Race Finish

8 – Prizes

Trophies will be presented to the 1st 2nd and 3rd in each of the following Male & Female Groups:

- Juniors (15 to 19 years incl.)
- 20 to 34 years
- 35 to 49
- 50 +

All competitors will receive a Finishers Medal

A raffle for the Volunteers will be held with 2 free memberships up for grabs.

9 – Event Sponsors

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

Kendra Civil Engineering

Boscós Outlet Carlow





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 to, 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** 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 or Facebook page.

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

Athy Triathlon Club



