



Athy "Flat Out" Duathlon Race 2020

10:00am Sunday 9th Feb 2020

Race Briefing Document



Flat Out
Duathlon



BMW DUATHLON
NATIONAL SERIES





Race Team Welcome Message

Dear Participant,

Welcome to the annual Athy Triathlon Club (ATC) "Flat Out" Duathlon. We're delighted you will be able to join us at Castlemitchell GFC (Postcode: R14 HD80) on Sunday 9th February where we look forward to welcoming you to our event

Athy Triathlon Club would like to convey our thanks to the local community, in and around our race route, who continue to support our race and give permission for the race to take place around their land and homes. We have a special thank you to Castlemitchell GFC who are allowing us to use their fantastic facilities for our events, offering a new and improved "all tarmac" run route.

You can find out more information about our races and about Athy Triathlon Club on our 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 our club members who are volunteering their time to marshal and ensure a safe and enjoyable race for everyone.

We adopt a "Leave No Trace" policy with our race and therefore ask all participants to discard of all waste appropriately and ensure we leave the race venue and local environment as we found it.

Lastly and most importantly we would like to thank you, the participants, for entering our race which has been selected as a BMW National Duathlon Series event again this year. We're looking forward to a great day.

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

Wishing you all a fantastic day!!!

The ATC Race Team.

Email: athytriclub@gmail.com



Race Day Event Timetable

EVENT TIMETABLE	TIME	VENUE/LOCATION
Car Park Entrance Opens	07:45	Castlemitchell GFC (postcode R14 HD 80)
Registration Opens	08:00	Castlemitchell GFC, indoor astro pitch
Transition Area Opens	08:15	Castlemitchell GFC car park
Registration Closes	09:40 sharp	Castlemitchell GFC, indoor astro pitch
Marshal/stewards briefing	09:30	Castlemitchell GFC, indoor astro pitch
- Transition Area Closes	09:45 sharp	Castlemitchell GFC car park
Competitor Race Briefing	09:45	Castlemitchell GFC car park or indoor astro pitch
Event Start	10:00	Castlemitchell GFC car park
Transition Area Re-Opens Please note for safety reasons transition will not re-open until all participants have completed the bike leg and have started on 2nd run.	11:30 approx.	Castlemitchell GFC car park
- Post-race refreshments and Picnic	from 11:00	Castlemitchell GFC, adjacent to astro pitch
Prize Giving	12:00 approx.	Castlemitchell GFC, indoor astro pitch
Transition closes		
Event Ends	12:30	



Registration Information

Registration will take place in the indoor astro pitch area of Castlemitchell GFC.

At registration participants will collect

- Race Numbers (with incorporated timing chip)
- Bike Sticker
- Helmet Sticker
- Bag Drop Sticker

As this is a Triathlon Ireland Sanctioned Event, participants are required to have a Triathlon Ireland License, or a Triathlon Ireland ODM (One Day Membership). ODM's can be purchased at the event for a fee of €15 or on www.triathlonireland.com in advance of the race.

Competitors with any medical conditions will be required to inform the race organisers at the time of registration, together with emergency contact information.

All competitors will be required to show your TI membership cards or TI ODM at registration and sign the race waiver forms/sign-in sheet.

Note: If you have renewed your TI membership for 2020, but have not yet received your 2020 TI membership card in the post, it is possible to download and print out a temporary TI membership card on www.triathlonireland.com

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

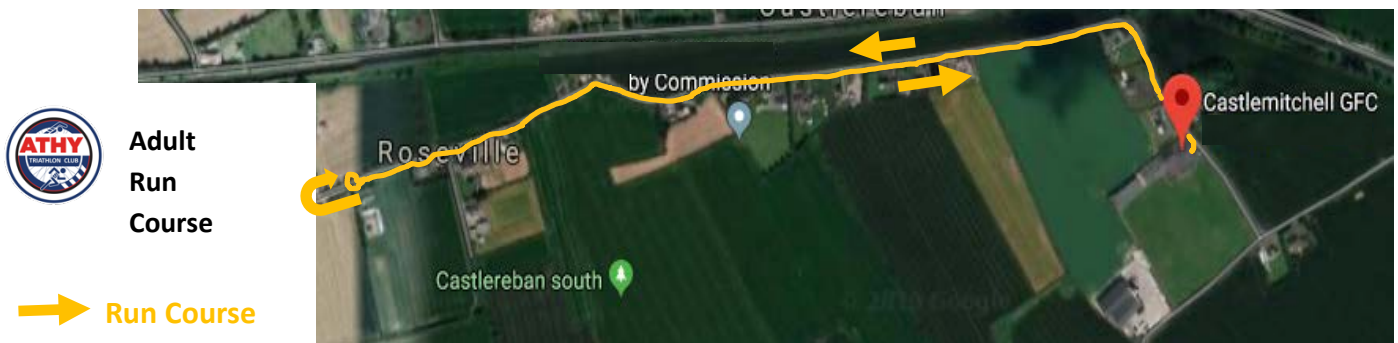
Course Information

Run Course

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

Race Numbers should be worn on the front for the Run.

- Note: Use of a race belt, or elastic belt, is recommended to allow switching of race number from front to back for run and bike sections.



This year our Flat Out Duathlon has a new and improved "all tarmac" run route.

The run route starts at Castlemitchell GFC grounds. Runners will progress north before following the road to the left in a westerly direction.

The turnaround point comes at 1.5km, after which you retrace your path back to Castlemitchell GFC and directly in through the front gate to transition, or the finish line.

Full details of the run route can be found at <https://www.mapmyrun.com/routes/view/2845955491>

Please run on the right of the course and allow faster runners enough space to overtake on the left if required

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

There will be plenty of Race Marshals to make sure you are safe at all time and moving in the right direction.

Please always listen to and obey the instructions of Race Marshals

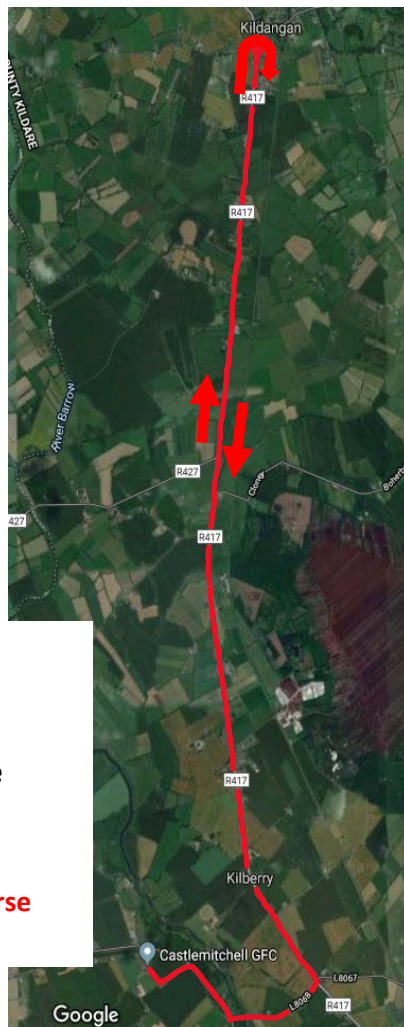
Bike Course

The Bike route is a 24 km out and back course (12 km each way).
The road is flat and straight and has a very good surface.

Bike Helmets are compulsory. (Approved Standards ANSIZ90.4/SNELLB90/EN1078)

Race numbers must be worn to the back for the Bike

- Note: Use of a race belt, or elastic belt, is recommended to allow switching of race number from front to back for run and bike sections.



**Adult
Bike
Course**



Bike Course

The bike route is a very straightforward, and flat, out and back cycle, incorporating most of the 2019 route

You leave Castlemitchell GFC in a south easterly direction. Shortly thereafter you will cross the Canal bridge and immediately turn right.

After less than a km you will turn left and cross the Barrow at Milltown Bridge before progressing to the R417 where you will turn left in the direction of Kilberry and Kildangan.

You cycle through the village of Kilberry with the turnaround point coming at 12km in the village of Kildangan.

After the turnaround you retrace the route directly back to Castlemitchell GFC.

There are a number of junctions and narrow bridges along the route which will be well marshalled and signalled. Please do not cross the white line at any time and keep to the left on all bridges.

The bike section takes place on open roads and therefore normal "rules of the road" apply at all times



Full details of the bike route can be found at <https://www.mapmyrun.com/routes/view/2845957303>

A Bike Safety Check will be carried out by Marshals as you enter 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 temporarily to overtake, but must be seen to be making forward progress.

Anyone found to be drafting will incur a penalty as determined by the TI Officials on course.

The Penalty Box will be located close to the “Run Out” in Transition. It is the responsibility of any athlete who receives a penalty to report to the Penalty Box.

TI Motorbike Technical Officials will be present on the course to monitor for drafting.

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

Transition

Race Numbers, Bike Numbers and Helmet Numbers are required to enter Transition.

Only Competitors are allowed to enter the Transition area.

Bikes will be checked for road worthiness on entry.

Bags and or boxes are not allowed in Transition during the race and must be removed before the race starts.

Flow through Transition 1 (when transitioning from run to bike) will be in a left to right direction.

Flow through Transition 2 (when transitioning from bike to run) will be in a right to left direction.



A secure bag drop area will be provided on the indoor astro turf pitch area, where participants can leave belongings in a dry secure location.

A bag sticker is provided which should be attached to your bag as you place it in the bag drop area.

You will need to show your race number in order to retrieve your bag from the bag drop area.

Helmets must be worn and clipped before taking the bike from the rack.

Likewise, when returning bikes to the rack, helmets must remain clipped on.

Helmets can only be removed once your bike is safely racked. Remember touching the bike with an unclipped helmet can result in a 10 second penalty.

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

On the return to transition area after the cycle all competitors must dismount before crossing the “Dismount Line” 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.



Other Information

Parking

Parking will be located on the playing fields at Castlemitchell GFC and will have a dedicated entrance from the main road. Marshals will be on hand to direct traffic and coordinate parking.

In the event that inclement weather, or very soft ground, prevents parking on the playing fields, alternative parking will be provided in nearby concrete/gravel yards. Just follow marshals directions..

Toilets/Showers

Toilet, Shower and Changing facilities are available at Castlemitchell GFC.

We ask that anyone availing of the facilities, please remove any personal belongings when finished.

Massage

A post-race massage for all participants will be available from Caitlin McDonald (ATC member) and Physio's from UCD. Massages are complimentary, however any donation to the UCD Volunteers Overseas fund would be very welcome.

Post-Race Picnic

Our post-race picnic with complimentary hot drinks and refreshments will be available for all participants.

Pre-Race Refreshments

A local vendor will be on-site selling light refreshments and hot drinks for participants and spectators, in advance of and during the race.

Bike Mechanical Support

John Fox from Infinity Cycles, Athy will be on hand to assist with any technical/mechanical issues encountered with bikes. Minor adjustments and repairs will be available.

Garda Property Marking

Local Garda will be on hand during the event and will property stamp your bike if you wish. This involves identifying your bike by stamping your Eircode on it.

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.

Race Director Emergency Contact Number - 087 6825428



Directions

Event Address

Castlemitchell GFC, Athy, Co. Kildare, **EIRCODE: R14HD80**



New Improved Course & Venue in 2020

- **Same "Flat Out" Adult Bike Course**
- **New All Tarmac "Flat Out" Adult Run Course**
- **New Junior Bike Course** (closed roads)
- **New Junior Run Course** (within private club grounds)

Our New Venue is

**Castlemitchell GFC
Grounds and Clubhouse
Post Code: R14 HD80**



Located approx. 5km north west
of Athy Town



Results

Timing

The event is timed by Pop Up Races. The Results will be available online very shortly after the Race Finishes

Prizes

All competitors in the adult race will receive a Finishers Medal and a “Flat Out” Bobble Hat

Prize giving will take place after the race close to the finish line or picnic area



Local Event Sponsors

We would like to thank our race sponsors for their support, without which we couldn't run such a great event

- Irish Tax Rebates
- Kendra Civil Engineering
- Pettitt's SuperValu, Athy
- A&A Pharmacy, Athy
- Infinity Cycles, Athy
- Bosco's Outlet, Carlow



Participant Checklist

If you are new to Duathlon events here a brief checklist that might be helpful

Run Leg

- Runners (with lock laces ideally)
- Tri suit or tri shorts and tri top
- Running hat and gloves (depending on weather conditions)
- Race belt to attach your race number to (pins will be provided at registration if required)
- Timing chip, incorporated into race bib number
- Race Bib numbers will be issued at registration.
- **Note:** Please dress for weather conditions on the day.

Bike Leg

- Bike (it is your responsibility to ensure that it is in good working order)
- Helmet (mandatory)
- Cycling glasses
- Bike shoes
- Bike water bottle
- Spare tube, tyre levers, multi-tool and inflator or mini-bike pump.
- Timing chip, incorporated into race bib number
- Race Bib numbers will be issued at registration.
- **Note:** Please dress for weather conditions on the day.

Transition

- Any nutrition that you may require for the bike section.
- Please note that bags / boxes are not allowed to be left in transition, and must be removed before transition closes.

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.

We will also issue an email survey after the event, and we'd greatly appreciate if you could complete this so we can continue to improve our event

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