

Ware Joggers Duathlon Race Rules –

...and advice.

The rules below may, for the novice, seem daunting. Please stick with it, read the whole document and it will all make sense.

PLEASE DO NOT ASSUME YOU KNOW THE RULES!

Competitors will compete in this Duathlon event comprising of a RUN (on grass), BIKE (on road) and RUN (on grass). You take part in the event entirely at your own risk.

We cannot allow any accompanying dogs, unless for reasons of registered disability. Please ask well in advance. Thank you.

Age Limits: Competitors must be 18 or over to enter and take part and must also be fully paid-up members of one of the clubs invited.

Event organisers are able to amend the course route at any time and without prior notification.

Event cancellation will only take place if your safety is at risk. Due to up-front costs we will be unable to make refunds and any residual will be donated to our chosen club charities.

What is a Duathlon?

A Duathlon is a competition that is composed of running and biking. The usual format for a Duathlon is run-bike-run, meaning you start with a run, then transition to the bike, then transition back to running again. Your time starts when you start the race, and finishes when you cross the finish line. This means that the time it takes you to switch from running to cycling and back again is part of your race time.

Is everybody really good?

Some people are, some aren't. Just like your local 5K, there is a group of hardcore athletes going for the win, there is a bunch of middle of the pack types, and there are some foundation racers. The participants in a Duathlon really cover the full spectrum of athletes, and **everyone is welcome, regardless of ability.**

What type of bike can I use?

Many athletes will ride their mountain or hybrid bikes, as your body position is a little more comfortable so any ROADWORTHY bike is suitable. You may be well advised to change “knobbly” tyres for something a little smoother to make riding on the road easier. Remember, this is for fun!!!

What are the rules?

There are very few rules to the sport of Duathlon, and they are all enforced for athlete safety and to keep the race fair. As a result, most rules are related to the cycling portion of the race, so we'll go over them now, starting at the beginning of the race.

First, you must start in the wave that you have opted for. In order to keep the course relatively uncrowded, racers begin in groups or waves, separated by several minutes. The waves we are offering are assigned based on distance. YOU choose your distance. Please leave the Salmon distance for beginners only, Dolphin for Intermediates and Whale for Experts.

Starting in your pre-assigned wave is mandatory.

There is a MANDATORY race briefing 15 minutes before race start.

Next, you must know and complete the entire course; this includes entering and exiting the transition area at the proper place. Maps will be posted on the web site prior to the event and at the venue on the day.

You will be required to wear your helmet on entering Transition to rack your bike. The helmet AND bike will be checked.

Anytime you are on the bike, including before and after the race, you are required to wear a helmet and have it buckled. Any competitor who unbuckles his/her helmet while on the bike, or who mounts his/her bike with an unbuckled helmet will be **disqualified**. Therefore, buckle your helmet before you take your bike off the rack, and when you finish cycling, wait until you rack your bike before you unbuckle your helmet.

Drafting, or cycling directly behind or alongside another competitor, is strictly prohibited, as it provides an unfair advantage in an individual sport. It is also dangerous. You must leave at least 3 bike lengths between your front wheel and the rear wheel of the bike in front of you. If you choose to pass another cyclist, you must pass on the right, and you have 15 seconds to get your front wheel past the front wheel of the person you are passing. The person being passed must then fall back 3 bike lengths before trying to re-pass you. This way, two cyclists won't be riding side by side going back and forth for miles.

A "road marshal" on a motorbike will ensure fair play.

You must ride to the left side of the road, so that a passing cyclist can pass on the right.

No crossing the centre line of the road, even to pass.

The race has a rule that there is NO cycling in the transition area. There will be a MOUNT LINE near the transition area, and you must run/walk with your bike to this point before mounting. Similarly, there will be a DISMOUNT LINE

and you **MUST** have at least **ONE** foot on the ground **BEFORE** reaching that line. You then run or walk your bike into the transition zone. Failure to do any of these will result in **disqualification**.

There are **TWO** compulsory “**FOOT DOWN**” points. This means, the bike **MUST** come to a halt and the rider **MUST** place one foot on the ground. The rider is then responsible for deciding when it is safe to set off from that stationary point. The marshal will **NOT** tell you when to go but you **MUST** stop at both points. The first is on the exit of Wodson Car Park and the second at the turn-point in Colliers End.

Other rules include no glass, pets, friends, family, or nudity in the transition area, and no pets, baby joggers, ipods, or outside assistance allowed during the race. All bags must be stored in the **BAG DROP** or placed to the edge of Transition.

Can I wear my Ipod?

Absolutely **NOT**. Listening to your music has become a particular problem at races around the country in recent years. It seems everyone wants to but it is highly dangerous. Most races are conducted on roads that are open to traffic. With **ANY** type of headphone, it limits your ability to hear cars, other participants, and the instructions of race officials. Wearing headphones/earpieces/bone conductors in this race will result in **disqualification**.

What do I wear?

What to wear in a Duathlon really depends upon the weather on race day. If it is warm, then shorts and a shirt will do. If it is chilly, perhaps a jacket, long fingered gloves, or even tights/leggings might be required. A Tri-Suit is also suitable but not essential.

Yes, all of that may seem pretty obvious, but when it comes to race clothing, a few tips can make your race day a whole lot more fun.

First, we'll address the article of clothing we get the most questions about - shorts! Running shorts, while great for running, have no padding for the bike (a fearful thought to some), and blow about in the wind – brrrr. Bike Shorts, on the other hand, are more aerodynamic and the padding is certainly a blessing when on the bike for a reasonable time. However if you have ever run in a pair of bike shorts, the feeling can only be described as what a toddler must feel like walking around with a nappy on.

A great compromise is a pair of Duathlon or tri shorts. These shorts are similar to a bike short, except they have slightly shorter legs, and a thinner pad that will not bother you when running.

What you wear on your upper body is really your preference. The one thing to keep in mind is that you will not only be running in this article of clothing - you

will be biking in it as well, and you do not want to be dressed in a sail when you are on a bike. Often a short sleeved or sleeveless bike jersey works best, and the zippered front will allow you to cool down if the temperatures rise before the second run.

UNDER NO CIRCUMSTANCES ARE YOU ALLOWED TO REMOVE ANY ITEM OF CLOTHING DURING THE RACE THAT WILL REVEAL YOUR BODY OR UNDERWEAR. INSTANT DISQUALIFICATION WILL OCCUR TO ANYONE FAILING TO OBEY THIS RULE.

How do I train for Running & Cycling

Training for a Duathlon can be as simple as 2 words – bike and run & keep doing it! The more used to getting off the bike and running immediately, the better.

However, if you have performance goals, the Race Director can advise you.

Do I need a support person?

No! Well, let me revise that. Having friends and family cheer you on and provide moral support is a wonderful thing. They are **NOT** allowed to help you with your bike, fix a flat tyre, or hand you food and water. This is a violation of the rules of multisport racing and will result in a **time penalty** or **disqualification**.

Duathlon is an individual sport, and each athlete must be responsible for him/herself for the duration of the event. The only assistance a racer may receive is from designated race aid stations or support. Therefore, it is a good idea for a Duathlete to learn how to repair a flat tyre.

How early should I arrive for my first race?

This is a common question from first-time racers, and I usually recommend 60 to 90 minutes. You have to pick up your race number, go to the loo, warm-up and stretch, and unlike a single sport event like running, multisport racing requires you to store your gear (in transition). Also, since it could your first time out, there are bound to be questions you will have and things you will forget to do.

What do I do with my bike while running?

The centre of activity for any multisport race is the transition area. This is an area, usually surrounded by a fence of some kind that contains enough bike racks for all of the competitors in the race. Spots on the bike rack are claimed in a first-come first-served fashion.

Once you select a spot on the bike racks, this will be "your" transition spot. When you finish the first run, you will come to this spot and retrieve your bike.

When you finish the bike ride, you will return it to the exact same spot on the bike racks and begin your run.

After the race is finished, you can return to your transition spot and reclaim your bike. You must show your race number that corresponds with the bike number before you can retrieve it.

How does a transition area work?

Once you have picked out a spot for your bike, lay out a towel on the ground beside your bike, being careful not to invade the space of your neighbour. It is rude to set up a huge campsite in transition. Now that you have your spot, lay out your bike shoes (if you use them), bike helmet, sunglasses, gloves, or whatever else you may need during the race onto a small towel. The rules, however, state that no glass, pets, friends, or family are allowed into the transition area. For the safety and security of your gear, the transition area is reserved for athletes only. You are NOT allowed to “mark” your position in Transition.

Once your gear is in place, double check your bike to make sure it is in the appropriate gear for starting the bike ride.

Next, take a walk through the transition area. Find the entrance where you will come in after the first run, and make sure you can quickly locate your bike. At every race, there are a handful of racers who frantically search for their bikes following the first run. A practice walk from the transition entrance (RUN IN) to your bike will help you to avoid this problem. Likewise, you will want to find the exit (BIKE OUT) you will use to start the bike, the entrance (BIKE IN) you will use when you finish the bike, and the exit you will use when you start the final run.

You will rack your bike in exactly the same spot where you racked it before the race.

After the race, you can return to the transition area to reclaim your gear.

Participants will receive a paper bib numbers and a bike number. The “bib” numbers must be worn on the front of the outer-most garment, or on a race belt. The number must be visible on the FRONT for the run sections and REAR for biking. The bike number must be wrapped around the seat tube and face back like a flag.

Next, let's talk about running shoes. If you plan to switch shoes between running and biking segments, you might want to invest in either elastic laces or lace locks. Both are available at running shops, and will allow you to pull your running shoes on and off without having to deal with tying your shoes.

So in a nutshell, practice, practice, practice - and think about what you're doing while you practice.

Ware Joggers take the issue of littering very seriously. Our events are held in a beautiful part of the country, and it is imperative that everyone respects this so that our countryside can be enjoyed by all who live and visit there.

If you are taking on energy gels/bars/drinks etc. during the event, you **MUST** carry your rubbish with you – tuck it into the leg/waistband of your shorts, up sleeve but **NOT** on the road/path/track.

We will not tolerate any form of littering during our events. Participants who are seen dropping litter will be disqualified.

We would like to encourage you to recycle your litter wherever possible to further reduce your environmental impact.

Thank you for your support in keeping our countryside clean and litter free.

Nick Cheal.

Ware Joggers Duathlon Race Director.

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