



Race letter for the 9BAR Chilly Duathlon and 10k Sunday 20th November 2016

It's **Chilly** time again at Castle Combe with **DB Max**! This race letter includes all the details for the event at It's race time with DB Max! This letter includes all the details for race day this superb, traffic-free venue. Please ensure you bring the fully completed page 8 with you signed and accompanied by your photo ID. You cannot compete without it and your photo ID!

Race Venue

The race venue is Castle Combe Race Circuit, for directions to the venue, please [click here](#). The postcode for Sat Navs is SN14 7EY.

On arriving at the venue, please use the **Competitors Entrance** and park as directed by the attendants. Access to the venue will be from 08:30.

Registration

Registration will be in the Strawford Centre at the race circuit. Timings for registration are as follows

10k – 08:45 to 09:50 – Please arrive in plenty of time to register and do not leave it to the last minute.

Duathlon – 10:10 to 11:20

Race envelopes will be collected from the registration desk. You **must know your race number** when arriving at the desk. **Do not open a race envelope** unless it has your name and race number on it. **You do not receive anything by post.**

Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.

Duathletes must fix their bike number to their seat post and attached their helmet sticker, **before arriving at transition for bike racking.**

Timing Chips

Runners: Please attach your timing chip to your shoe as per the video [here](#). **Runners do not need to return their timing chips.**

Duathletes: Please attach **your timing chip** firmly to your ankle with the strap provided **as soon as you open your envelope**. They will not start timing you until your race starts but you cannot lose them if it is on your ankle. There are also timing chips on your bike number, please ensure your number is attached to your seat post as per the below photo.



The timing chips will ensure that your finish results (as well as splits and lap times) are collected by the system.

Remember, **no timing chip, no results.**

Duathlon timing chips will be collected in the finish funnel immediately at the end of your race. **Duathletes must return their timing chip as soon as you finish** (even if you do not complete your race). Lost and unreturned timing chips will be invoiced at **£75 each** so please remember to hand it back.

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Mandatory Pre Race Briefing

10k: 09:50 in the paddock

Duathlon Wave 1 – 11:20 at the race start

Duathlon Wave 2 – 12:00 at the race start

Start Times

10k: 10:00

Duathlon Wave 1: 11:30

Duathlon Wave 2: 12:10

Transition Area

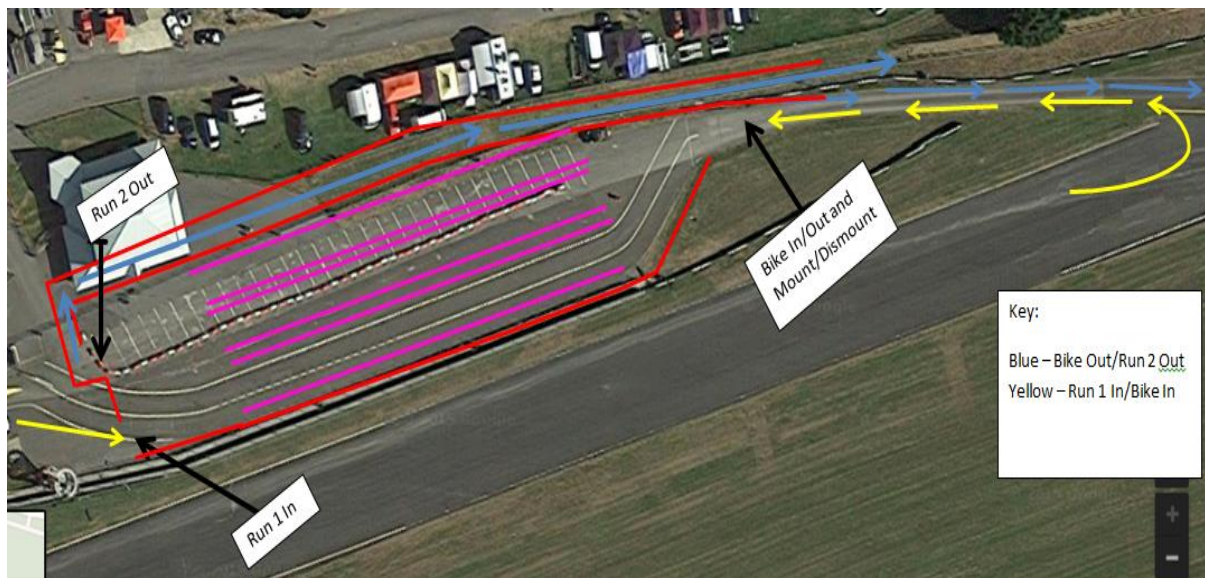
Transition is located in the pit lane.

Transition will open for racking at 10:10 and will close at 11:40 (Those racing in the 10k as well as the duathlon will be able to rack from 09:30 till 09:45).

Duathletes must fix their bike number to their seat post (as per the photo earlier in this document) and attach their helmet sticker, **before arriving at transition for bike racking.**

All competitors need to remove their bike and belongings immediately up on finishing the race. If you have not collected your bike by 13:05 you will have to wait until a slot becomes available for collecting your belongings as other races will be going on.

You will not be able to remove your bike from transition without your race number. Transition is for competitors only. Please familiarise yourself with transition before racing. A map of the transition layout is below.



Duathlon Race Routes

Competitors will start in front of the Strawford Centre and complete one perimeter lap of the track, running down pit lane and in to transition. The bike route is 5 laps in a clockwise direction round the track (you are responsible for counting your own laps, plan how you will do this to avoid mistakes on the day. The timing system will count laps and anyone not completing five will be disqualified), on the final lap, competitors will turn sharp left back up the pit lane and in to transition (as above) before completing a final perimeter lap of the track. The finish is left under the Avon Bridge and running in to the Paddock.



Bike Route Rules

There are certain rules you must follow when on the bike route.

- Even though the route is traffic free, you must be aware of others around you at all times.
- You must not draft during the event (see diagram and rules on drafting below).
- Helmets **MUST** be worn at all times you are in contact with your bike, including in transition.
- Your transition area must be kept tidy at all times and you must rack in the area allocated to you.

10k Route

The race starts and finishes in the paddock. From the start competitors head out of the paddock and up the pit lane to a turn point where competitors will turn to complete 3 laps of the track. On the final lap competitors bear left in to the pit lane and in to the finish.



Presentations and Awards

Presentations will take place shortly after each race in the Strawford Centre Garage. Approx. timings are as follows:

10k – 11:25

Duathlon – 13:20

Awards will be presented as follows:

10k :

Male and Female Overall 1st, 2nd and 3rd

Male and Female Vet 1st, 2nd and 3rd

Male and Female SupVet 50 1st and 2nd

Male SupVet60+ 1st and 2nd, Female SupVet60+ 1st

Male and Female Junior 1st

Male and Female Team (Top 3 to count) 1st

Duathlon

Male & Female Overall 1st, 2nd and 3rd

Male Vet 1st, 2nd and 3rd, Female Vet 1st

Male SupVet50 1st and 2nd, Female SupVet50 1st

Male SupVet60+ 1st and 2nd

Relay 1st

Sponsors

We would like to thank our main sponsor 9BAR who are providing all the nutrition for today's race as well as throughout the DB Max race season. For more information on 9BAR products, [please click here](#).



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iPods and MP3 Players

Competitors in the 10k will be permitted to wear iPods or MP3 Players due to the closed road nature of the course. Duathletes are **NOT** permitted to wear iPods or MP3 players at any time.

DB Max Race Timing

DB Max Race Timing will be producing the race results including splits and laps. You can follow the results live on your smartphones on the day [here](#) and on a smart phone results app [here](#).

Pre and Post Race Massage

Massage will be available from the [Physio Clinic, Bristol](#) in the finish marquee at a cost of £5 for 10 minutes.

Refreshments

DB Max will have their very own finish marquee in the paddock which will hold a BAR and the RUNCIBLE SPOON CATER POD. The bar will be open as soon as the first finisher completes the 10k and will remain open all day. The Runcible Spoon will be serving tea, coffee, soft drinks and home-made cakes throughout the day.

The **Tavern Restaurant** will also be open throughout the day, serving an extensive range of drinks, hot food and refreshments.

Toilets and Showers

Toilets and a limited number of showers will be available for competitors and spectators and are located in the main paddock.

The Triathlon Shop

Our retail partner [The Triathlon Shop, Bristol](#) will be attending on the day and will have any last minute bits and pieces you may need.

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Castle Combe for some traffic-free racing!



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A word from our referee, Mike Newman...

Do you know the rules?

I have listed some general rules to help you when competing in a DB Max triathlon. Please remember them as you may be penalised with a 2-minute penalty, or even disqualified if you don't observe the rules.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your race a safe and enjoyable one.

If you have any questions please do not hesitate to speak to our referee at the race.

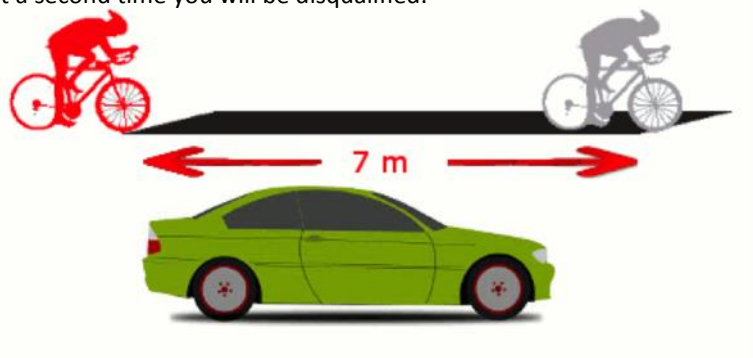
General Rules and Race Conduct...

- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, the police or a referee will lead to disqualification.
- Marshals are often volunteers, who help the event team with the running of the DB Max events. Please respect them and where possible, thank them for their efforts.
- No outside assistance is allowed at any time during your race.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anywhere on the course (including transition), as this will lead to disqualification.
- When racing, you need to be aware of other competitors and the general public, both on foot and in vehicles.
- You **must** wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (definitely not elastic). Helmets will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions, etc.) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. **This will be checked when racking your bike and you will not be allowed to race if your bike does not meet the required standards.**
- Nudity is not allowed. Competitors must keep their chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **must** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking in this way will be disqualified.
- Remember to place your equipment down, as thrown equipment may interfere with other athletes and lead to a penalty.
- Competitors are not allowed to mark their position in transition with any special device, or flag etc., and must be careful not to interfere with any equipment of other athletes, either deliberately or accidentally.
- At DB Max races competitors must not remove their bike from the rack until their helmet is fastened. They must not unfasten their helmet until their bike is back in the rack.
- Race numbers must be worn and must be clearly visible at all times. They must not be altered or mutilated in any way as this will incur a penalty.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.

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Drafting....

- Duathlon is an individual sport, so in an age group triathlon, drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the run so if you must draft please do it then.
- The draft zone is an area extending from the front wheel of the leading bike to a point 7m behind it and 1.5m either side of the cyclist's centre point. If you wish to overtake the cyclist in front, you have 15 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time you must drop back to 7m from their front wheel.
- If another rider overtakes you, it is your responsibility to drop back out of their draft zone.
- If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. Drafting is cheating. If caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.



As long as you read this and follow the advice given, you should always be on the right side of the rules at all DB Max races.

Remember, our referee will always be willing to answer any questions you may have.

Enjoy your race....!



Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement

For participation in: **9BAR Chilly 10k or Duathlon** (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right, and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

Terms

- I understand that I take part in the event at my own risk and of my own free will. I understand that whilst the course has been made as safe as possible, this event is not without risk and that the events require varying degrees of Physical excursion.
- I confirm that I do not know of any medical reason why I cannot participate in the event and that I have prepared accordingly. I understand that if in doubt about my health or have a medical condition that could be affected by exercise (other than what I have already stated), particularly a heart condition; I should obtain my doctors approval before participation.
- I confirm I am over 18 years of age. If I am under the age of 18, I understand that it is my responsibility to show a letter of permission from my parent or guardian.
- I confirm that I have received my race letter by email and have thoroughly read and understood all aspects of the seven page document.
- I understand that the organisers may take photographs or video footage of me taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my details may be passed on to relevant 3rd parties (Such as My Skills For Life LTD, Hospital etc.) in the event of illness or injury occurring.
- If I am unable to complete any section of the events, I will be given a DNF and MUST report to a race official with my timing chip. (Replacement chip costs £75)

Rules

I confirm I will abide by the following rules. Should I not, I will be penalised or disqualified from the event by the race Referee.

- Foul and abusive language is not permitted and the failure to obey a marshal, police or Referee will lead to disqualification. Marshals are usually volunteers to help with running of the events, and I will respect them and thank them for their efforts.
- All race briefings are mandatory. Failure to attend will lead to my disqualification.
- Cut off times are in place for my own safety. If I refuse to be picked up by the safety vehicle when the cut offs are enforced, I am no longer the responsibility of the events team and will carry on unsupervised at my own risk.
- I understand that the cycle section takes place on open road and that I have to obey the Highway Code at ALL times. Cyclists are also not permitted to ride any more than 2 abreast on the roads at any time and I will wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard.

Please bring this form back signed along with your photo ID with you to Registration. Failure to hand this document in at registration, will mean you cannot race.

PRINT FULL NAME _____ EVENT _____

ADDRESS _____

SIGNED _____ DATE _____

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