

## Race letter for the 9BAR Chilly Duathlon and 10k Sunday 20<sup>th</sup> November 2016

It's **Chilly** time again at Castle Combe with **DB Max**!

This race letter includes all the details for race day at this superb, traffic-free venue. Please ensure that you bring the fully completed page 8 with you signed and accompanied by your photo ID. You cannot participate 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 packs will be collected from the registration desk. **You do not receive anything by post.**

You **must know your race number** when arriving at the desk.

**Duathletes, do not open a race envelope** unless it has your name and race number on it. Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.

### **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**. The chip will not start your timing until your race starts, but you cannot lose it if it is on your ankle. There are also timing chips on your bike number for the bike laps - please ensure that your number is attached to your seat post as per the 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, please return your 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.

## **Mandatory Pre Race Briefing**

**10k:** 09:50 in the paddock

**Duathlon Wave 1** – 11:20 congregate between the marquee and registration.

**Duathlon Wave 2** – 12:00 congregate between the marquee and registration.

## **Start Times**

**10k:** 10:00

**Duathlon Wave 1** - 11:30

**Duathlon Wave 2** - 12:10

## **Transition Area**

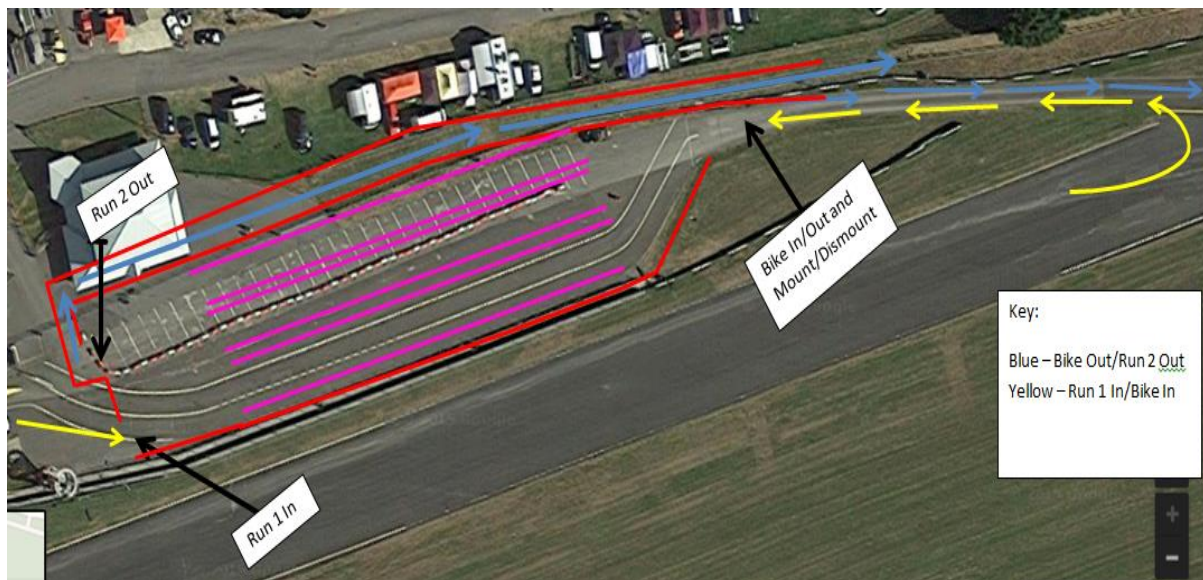
Transition is located in the pit lane and is for competitors only.

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

Transition will open for pre-race 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 until 09:45).

All competitors need to remove their bike and belongings shortly after finishing the race. If you have not collected your bike by 13:05 you will be required to wait until a slot becomes available for collecting your belongings, as other races will be ongoing. Competitors will need their bib number to remove their bike from transition.

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, before running down the pit lane and into transition. The bike route is 5 laps in a clockwise direction around the track. Please note that 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 completing the final lap, competitors will turn sharp left back up the pit lane and into transition – please take extreme care at this point of the course and beware that there may be two-way traffic at this point.

The final run is another perimeter lap of the track, with the finish left under the Avon Bridge and right to the #razzmatazz finish line.



## ***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, runners head out of the paddock and up the pit lane to a turn point. After turning, runners complete 3 laps of the track. On the final lap competitors bear left back onto the pit lane and down to the #razzmatazz finish.



## Presentations and Awards

Presentations will take place at the approximate times below:

**10k** – 11:25

**Duathlon** – 13:20

Awards will be presented as follows:

### 10k

Male and Female: Overall 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>

Male and Female Vet: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>

Male and Female SupVet50: 1<sup>st</sup> & 2<sup>nd</sup>

Male SupVet60: 1<sup>st</sup> & 2<sup>nd</sup>, Female SupVet60: 1<sup>st</sup>

Male SupVet70+: 1<sup>st</sup>

Male and Female Junior: 1<sup>st</sup>

Male and Female Team (Top 3 to count): 1<sup>st</sup>

### Duathlon

Male & Female: Overall 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>

Male Vet: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>, Female Vet: 1<sup>st</sup>

Male SupVet50 1<sup>st</sup> & 2<sup>nd</sup>, Female SupVet50 1<sup>st</sup>

Male SupVet60: 1<sup>st</sup> & 2<sup>nd</sup>, Female SupVet60: 1<sup>st</sup>

Male SupVet70+: 1<sup>st</sup>

Fastest Lap Challenge: Male and Female 1<sup>st</sup>

## Sponsors

We would like to thank our title 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](#).



We would also like to thank **The Triathlon Shop, The Physio Clinic Bristol, Total Guide Swindon, Bike Fit Yeovil** and the **Castle Combe Circuit**.

**DB MAX EVENTS – 9 BAR CHILLY 10k and DUATHLON**



### ***iPods and MP3 Players***

Runners in the 10k are permitted to wear iPods or MP3 Players for this race, due to the closed road nature of the course. However, duathletes are **NOT** permitted to wear iPods or MP3 players at any time.

### ***DB Max Sports Timing***

**DB Max Sports Timing** will be producing the race results including splits and laps. You can follow the results live on the day [here](#) or use the smartphone results service [here](#).

### ***The Triathlon Shop***

Our retail partner [The Triathlon Shop, Bristol](#) will be hosting their onsite shop and will have a selection of quality products for runners and triathletes.

### ***Bike Fit Yeovil***

Our friends at Bike Fit Yeovil will also be at the Chilly to attend to those last minute support requirements of our DB Maxers.

### ***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***

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

There will be a finish marquee in the paddock for 2016, which will be a focal point of the event. As well as massage, the Triathlon Shop, finish goodies and much more, there will also be the **Runcible Spoon** and wait for it... a **fully licenced bar!** #chillybar



The Runcible Spoon will be serving quality coffee, a selection of teas, soft drinks and home-made cakes throughout the day. The bar will be open as soon as the first finisher completes the 10k and will include mulled wine and mulled cider (£4) if you need something to warm the cockles after your exertions. There will also be a selection of other drinks available.

### ***Toilets and Showers***

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

**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!**



## **DB MAX EVENTS – 9 BAR CHILLY 10k and DUATHLON**

THE TRIATHLON SHOP

THE PHYSIO CLINIC  
Physiotherapy & Sports Performance



## 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.

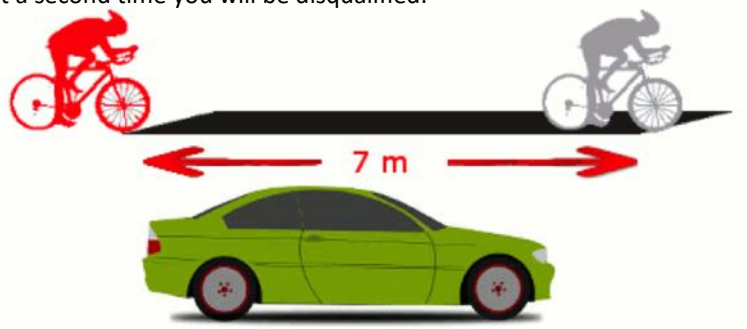
### General Rules and Race Conduct...

- 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.

## DB MAX EVENTS – 9 BAR CHILLY 10k and DUATHLON

## 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 cyclists 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 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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