

## Race letter for the #51fiver Cotswold Standard Triathlon Sunday 14<sup>th</sup> May 2017

It's time for the **#51fiver** again at the fantastic Lake 32 with **DB Max**! This race letter includes all the details for the event at this superb venue and please ensure you bring page 8 with you signed and completed on race day. You cannot compete without it and your photo ID!

### ***Race Venue***

The race venue is Waterland Outdoor Pursuits, Spratsgate Lane, Nr Cirencester, GL7 6DF. For directions to the venue, please [click here](#). The postcode for Sat Navs is **GL7 6DF**.

On arriving at the venue, please follow the car park signs and park as directed. There is a **£5.00** charge for parking so please have cash ready on arrival. Please note the water park is currently closed for refurbishment so this does not allow all day access.

### ***Registration***

Registration will be in the DB Max gazebo next to transition, please follow the signs from the car park. Timings for registration are as follows.

**Saturday Registration: 12:00 -17:00**

**Sunday Registration: 05:40-06:50**

Race packs will be collected from the registration desk. You **must know your race number** when arriving at the desk.

**Please ensure you bring the event waiver at the bottom of this document with you to registration and it is filled out in full. You will also need to bring a proof of I.D along with the waiver.**

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

You must fix your bike number to your seat post and attach the helmet sticker, **before arriving at transition for bike racking.**

### ***Timing Chips***

Please attach **your timing chip** firmly to your left ankle with the strap provided **as soon as you open your envelope**. Any mats crossed prior to race start will be ignored but you cannot lose the chip if it is on your ankle.

The timing chips will ensure that your finish results (as well as splits and lap times) are collected by **DB Max Sports Timing**.

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

Timing chips will be collected in the finish funnel immediately at the end of your race. **You must 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***

There will be a mandatory pre-race briefing for all competitors as below. Failure to attend the briefing may result in you not being able to race.

Wave 1 – 06:50 at the start location of the swim

Wave 2 – 07:20 at the start location of the swim

## **Start Times**

**Wave 1:** 07:00

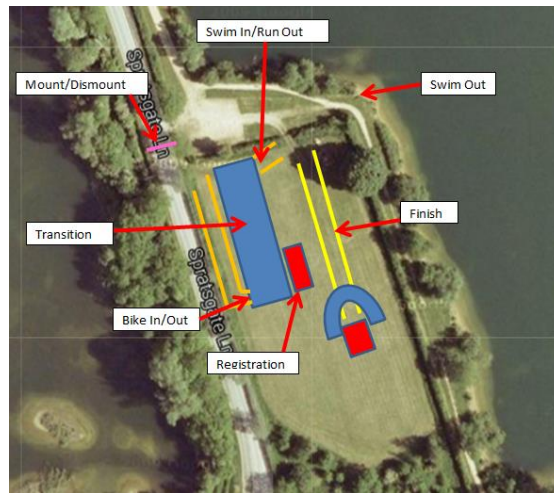
**Wave 2:** 07:30

Please note **it is not** possible to change your wave at this stage.

## **Transition Area**

Transition is located in the field net to registration, just a short distance from the swim exit. Transition will be open for racking at 05:45 and will close at 06:45 for those in wave 1 and 07:10 for those in wave 2. You must fix your bike number to your seat post and attach your helmet sticker, **before arriving at transition for bike racking**. You will not be able to remove your bike from transition without your race number. Transition is for competitors only.

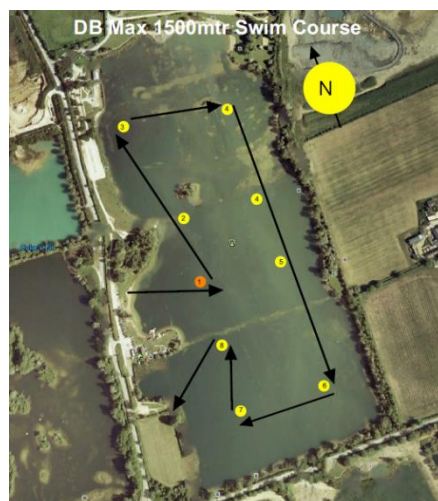
Please familiarise yourself with transition before racing. A map of the transition layout is below.



## **Swim**

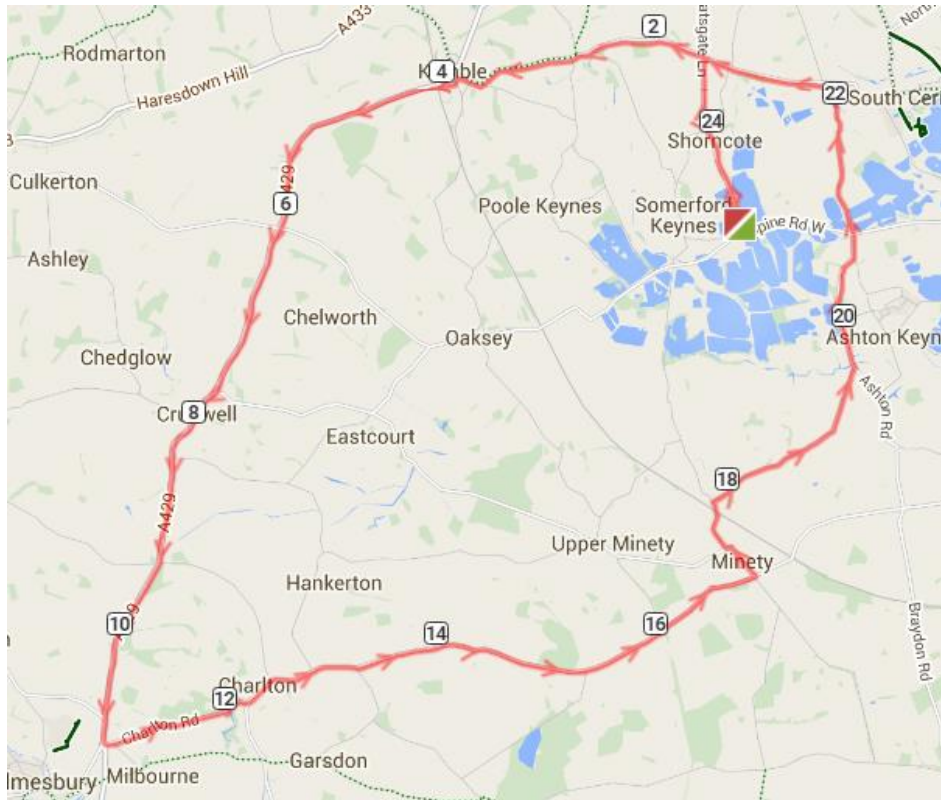
The swim in 1 lap of 1500mtrs and you must be physically able to complete the swim. If you get in to trouble, do not panic and roll on to you back and place your hand in the air, a rescue kayak will then come and assist you. Please follow the kayaker's instructions. Backstroke is not permitted in this event without the express permission of the organiser.

At present the lake temperature is approx. 16 degrees, this means the swim will be wetsuit compulsory. Please note that you must use a wetsuit that is fit for purpose. Competitors will start from the beach at lake 32 and swim one 1500mtr lap to exit at the swim ramp next to transition. Please see a diagram of the swim route below.



## ***Bike Route***

The bike route is 40k and will be signposted and marshalled where appropriate. You can familiarise yourself with the route below and can view it in detail by clicking on the map itself with your computer connected to the internet. Please take care whilst running to the mount line and get on your bike as directed by the marshals into



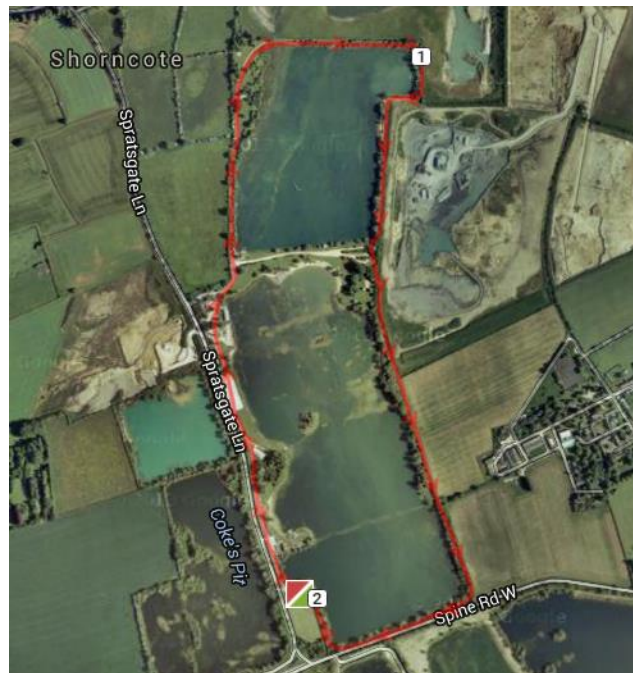
## ***Bike Route Rules***

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

- You must not draft during the event (see diagram and rules on drafting below).
- Helmets **MUST** be worn at all times whilst 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.
- At no time are you allowed to drop litter.

## ***Run Route***

The run route is 3 laps of both Lake 31 and Lake 32. Please be aware that even though the park is closed other people may be out walking, so please take care and act with courtesy at all times. It is your responsibility to count your own run laps. On your third and final lap you finish by turning hard left back in to the transition field at the end of the lap. A map of the bike route is below; to view it in detail, please click on the map with your computer connected to the internet.



## ***Presentations and Awards***

Presentations will take place shortly after the last finisher has completed the race in front of the **DB Max** registration gazebo. This will be at approx. 11:00.

Awards will be presented as follows:

Male and Female Overall	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Male and Female Vet	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Male SupVet50	1 <sup>st</sup>
Female SupVet50	1 <sup>st</sup>
Male SupVet60+	1 <sup>st</sup>
Female SupVet60+	1 <sup>st</sup>
Male and Female Junior	1 <sup>st</sup>

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

Competitors 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](#) and on also via our smart phone results app available at the same link.

## **Pre and Post Race Massage**

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

## **Refreshments**

The **Runcible Spoon** will be serving filter coffee, teas, drinks and a small selection of home-made cakes.

## **Toilets and Showers**

Toilets and a limited number of showers will be available for competitors and spectators and are located in Waterland. Please follow the signs.

## **Ride 24/7 Cirencester**

Our retail partner [Ride 24/7 Cirencester](#) will be attending on the day and will have any last minute bits and pieces you may need.

## **blueseventy**

All competitors in the #51fiver will be entitled to a 20% discount on all [blueseventy](#) products. They will be on site from 12:00 on Saturday

## **Bike-Fit Yeovil**

Our friends from [Bike-Fit Yeovil](#) will be on hand providing bike maintenance on the day both before and during the race. They will be on site from Saturday afternoon to help you with any problems you may have.

## **Marshals**

As with all DB Max races we could not hold the event without the help of all the marshals. Please thank them where possible. If you have any family or friends attending with you why not ask them to help us. In return we will keep you them fed and watered and you will also receive a free entry (or similar) to a future DB Max event. If you are interested in helping out please email [james@dbmax.co.uk](mailto:james@dbmax.co.uk)

## **Sponsors**

We would like to thank our sponsors [Eat Grub](#) and [Marshfield Bakery](#) who are providing all the nutrition for today's race as well as throughout the DB Max race season. We would also like to thank our retail partner [Ride 24/7 Cirencester](#) and our massage partner [The Physio Clinic](#).



EST. 1984

MARSHFIELD

BAKED THE COTSWOLD WAY



THE PHYSIO CLINIC  
Physiotherapy & Sports Performance

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Lake 32 on race day!



## 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, 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.

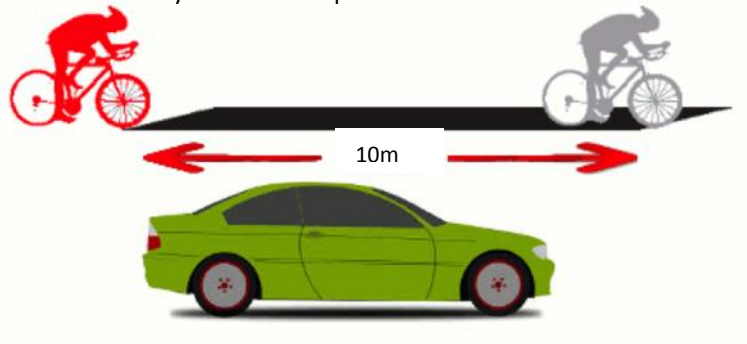
If you have any questions please do not hesitate to speak to our referee at the race.

### 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.
- You are not permitted to bring boxes or large bags in to transition, only a small rucksack (or similar) are permitted. If you do bring anything like this with you it will be removed.
- 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.
- Relays – Helmets must not be worn in relay exchange zones, instead they must remain on the bike before and after relay tagging.
- 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.
- Personal video recording devices are not permitted.
- Littering is not permitted at any time. If litter is dropped accidentally you must pick it up.

## Drafting....

- Triathlon 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 10m behind it and 1.5m either side of the cyclists centre point. If you wish to overtake the cyclist in front, you have 20 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 10m 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: **#51fiver Cotswold Standard Distance Triathlon** (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 \_\_\_\_\_

YOUR NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_