



## Race letter for the Titan Brecon Saturday 16<sup>th</sup> June 2018

It's race time with DB Max! This letter includes all the details for race day at the beautiful Parc Bryn Bach venue set in the heart of Wales.

Please ensure you bring page 11 with you signed and completed on race day along with your photo ID. **You cannot compete without them.**

### ***Race Venue and Car Parking***

The venue for this race is Parc Bryn Bach, set in the small town of Tredegar. The full postal address is Parc Bryn Bach, Merthyr Road, Tredegar, Blaenau Gwent, NP22 3AY

On arrival, ample free parking is available; please follow the signs and marshal instructions upon entering the venue. The venue will be open from 05:00 on race day and spectators can also park here.

### ***Registration***

Registration will be open on Friday evening in the DB Max Marquee inside the main building from 17:00-20:30. There will also be registration on the morning of the race from 05:15 to 06:00. We advise as many people as possible to register on the Friday evening.

Please ensure that 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. **You cannot race without this.**

Race packs will be collected from the registration desk. You **must know your race number** when arriving at the desk. Race packs will contain: **race number, race tattoos, timing chip on a strap, bike sticker sheet** and your swim hat.

### ***Race Numbers and Tattoos***

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 three helmet stickers to each side of your helmet, **before arriving at transition for bike racking.**



You will also be supplied with race tattoos in your race pack. These must go on the right leg and the left arm. If you are in a relay, the cyclist will put the number on their right leg and the runner on the left arm. Please note that you apply them directly to you skin and not to your swim suit! Water and sponges will be supplied to apply these before the start of the race outside transition/registration. Instruction on how to apply the tattoos are on the back of the tattoos and also on signs at the application point.

### ***Timing Chips***

Timing chips are contained in your race envelope. Please attach the chip securely to your left ankle with the





strap provided. This will ensure that your finish results and splits are collected by the system. 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** - don't forget to hand it back!

### ***Race Day Schedule***

Friday

17:00-20:30 – Registration

Saturday

05:00 – Car Park opens

05:05 – Transition opens

05:15 – Last minute registration opens

06:00 – Last minute registration closes

06:10 – Transition closes for all wave 1 athletes

06:20 – Wave 1 race briefing

06:30 – Wave 1 starts

06:45 – Transition closes for all wave 2 athletes

07:05 – Wave 2 race briefing

07:15 – Wave 2 starts

15:30 – Course closes

15:45 - Presentation

### ***Race Instructions & Rules***

Please ensure that you attend your compulsory race briefing on the day - failure to attend means you will not be able to race. Information on the course and any race specific rules relative to your safety and that of others will be outlined at the briefings.

There is also a briefing on the Friday evening in the main building at Parc Bryn Bach at 19:00. This will cover the race in its entirety and gives you the chance to ask any questions you may have and also to meet the team - we hope to see many of you there.

Please also read our referee's notes at the bottom of this welcome letter. The race is non-drafting and motorbike referees will be policing this rule.

Your DB Max race referee will be John Milkins. Your Moto Referees are Steve Walters and Mike Southbee.

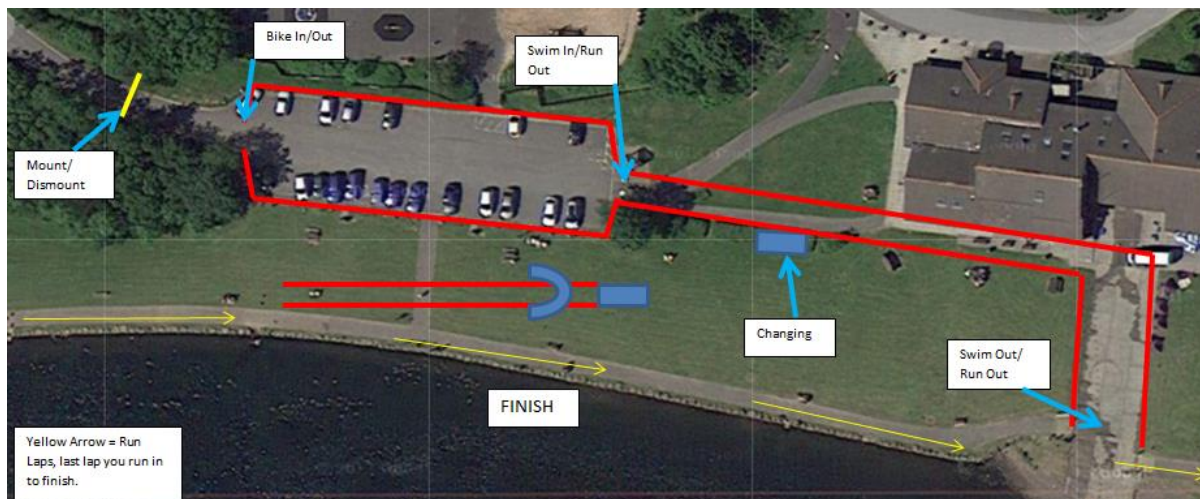
### ***Transition Area***

Please ensure that when you arrive at transition to rack your bike, **your bike and helmet are clearly labelled and your helmet is on your head and firmly fastened.**

Your bike must be racked in the space corresponding to your official race number. When racking your bike, please show consideration to other competitors. Boxes are no longer permitted in transition and only a small rucksack is permitted for your kit. There is no cycling allowed in the transition area at any time. Please be set up in transition at **least 30 minutes** prior to the race start. Transition will close at 06:10 for wave 1 competitors and 6:45 for those in wave 2.

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





After racing, you will only be able to collect your bike from transition if you have your bib number.

### ***Cut Off Times***

As with most middle distance races there will be cut off times for each section of the course. These will be managed responsibly and with a sensible approach. If you are close to the cut off you may be allowed to continue. If we feel you are too far away, or not in a fit state to continue, you will be pulled from the race.

**Swim Cut Off – 08:30**

**Bike Cut Off – 13:00**

**Run Cut Off – 15:30**

### ***Swim***

The swim takes place in the lake at Parc Bryn Bach and will be two laps of 950 metres per lap. At the end of each lap there will be an Aussie exit where your lap time will be recorded. The lake temperature is currently approximately 15 degrees Celsius so the swim will be wetsuit compulsory. You must wear the swim hat issued to you at registration.

There will be appropriate safety cover provided by Parc Bryn Bach throughout the swim. If at any time you get into trouble during the swim, please roll on to your back and raise your hand in the air. A rescue kayak will then approach you and perform a rescue. Please follow the instructions from the kayaker at all times.

### ***Bike Route***

The bike is an out and back with a loop at the halfway point. There are several big climbs on route, with a big climb at the start and at the end. Please ensure you are fully prepared for the route and familiarise yourself with it [here](#). When riding across the moors, please ride sensibly and be aware of the local wildlife as ponies and sheep run free in the area. There are also a number of cattle grids on the moors - please take care going over these and do not turn your handlebars. Appropriate turns are marshalled and the route is fully signed. Please note that the route is not traffic free and will be being used by motorists. It is your responsibility to adhere to the highway code at all times and follow any instructions from marshals.

### ***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.
- All gels must have your race number written on them.

### ***The Iron Mountain – A little advice!***

We always get a number of emails and phone calls regarding Titan Brecon and asking our advice on one thing in particular - the '**Iron Mountain**'.

Nick, our bike mechanic from BikeFit Yeovil, is the main man here so he has put some words together for you and offered up his advice. We hope this helps:

*'I have thought about this a lot and yes the climb is a monster, but more than achievable for anyone. By far the biggest reason for people stopping on the climb is poor nutrition. This is easily combatted by eating often. If you are on the climb and begin to think you are hungry, then it's too late, it is going to be a struggle. My advice is to 'eat little and often' and use the feed station as a marker on the way back – it's the ideal position to get topped up ready for the 'Iron Mountain'.*

*With regards to gearing, I know of riders who have achieved it on a 11-25 cassette, but I would personally recommend an 11-28 cassette on the rear and a semi compact chainset.*

*The mountain starts off gradually and there are a couple of switch backs where the climb intensifies, before a good pull up to the top. There are a number of locations in the 2nd half of the climb, where you can pull over and rest should you require it. However, I cannot stress enough how important it is to drink and eat whilst on the rout - the majority of riders taken off the hill are a result of poor nutrition rather than mechanical issues'.*

### ***Bike Support***

Nick from BikeFit Yeovil will be providing support around the course in the event of breakdowns and will be at the venue to help with any problems with your bike. However, bike maintenance is your responsibility, so please bring spares for your bike and do not rely solely on the bike support. Nick will be also be available on Friday evening to check your bike over if you need it and to ensure that your bike is in the best possible condition.

### ***Bike Feed Station***

There will be feed stations based both on the bike and run sections of the course. The bike course will have two aid stations at approximately 17 and 42 miles, just before and just after Pencelli. These will hold **OTE** energy drinks, water and bananas as well as jelly babies and various other sweets. Please do not litter in the area - if you are throwing away old bottles before picking up new, please dispose of them close to the feed stations.

If you have anything specific for the bike aid station, there will be a box in transition where you can put any of your own aid. We will then take it out to the feed station for you. These items will be laid out for you, but it is your responsibility to stop and retrieve them. If you have any water bottles you discard but then wish to retrieve, we will bring them all back to Race HQ for you to look through.

### ***Run Route***

The run route is three laps of the park starting with a loop round the lake before an out and back section round the golf club. The route involves running up several hills so be ready for them. Be aware that you run across





the top of the golf course, which may be being used by golfers. There are also free roaming animals in the area, so lookout for stray cows...! Please familiarise yourself with the route [here](#).

### **Run Feed Station**

The run will have two feed stations per lap at the turn point and near the finish. These will stock flat coke, water, bananas and also a selection of sweets and salted crisps. There will also be an additional water station (water only) at the half way section of the run at the top of both climbs.

### **Relays**

If you are competing as a relay, then **please note that the chip you receive at registration will become your team baton**. The swimmer starts with the chip attached to their left ankle. After the swim, the swimmer will run into transition to the changeover zone and hand the chip to the cyclist. The cyclist is not permitted to have their helmet on at this point and it must be in contact with the bike. The cyclist will receive the chip and place it securely on their left ankle. At this point the cyclist can run to their bike, put on and do up their helmet and head off onto the bike route. On return, the cyclist will return to transition, rack their bike, remove their helmet and run to the changeover point to pass the chip on to the runner. The runner will place the chip securely on their left ankle and head off on to the run route. Please note, no chip, no time and unfortunately this **will incur a disqualification**.

### **Litter & Gels!**

This year at Titan Brecon and all other DB Max events we are striving to ensure that litter (and especially plastic) is kept to an absolute minimum. One of the biggest problems we have is the use of gels and the casual throw away of these items once used. At this event, you must have your number written on any gel that you are going to use in permanent marker. If you do not have a permanent marker, we will provide one at registration and at transition. If we then find gels on any part of the route that belong to you, you will be **disqualified** and if any prizes have been awarded these will be eligible for return.

You can of course dispose of gel wrappers at the feed stations as normal in the general waste bins provided (not the green bins as these are for our compostable cups only).

We will be doing spot checks on the morning of the race during bike racking and also in transition itself during the race. Please abide by the rules and help keep this beautiful area litter free whilst doing our bit for the environment.

### **Compostable Cups**

DB Max are advocates of the three R's: reduce, reuse, and recycle. Our water cups are made from natural, renewable plant materials and can be composted together with organic food waste after use. So the special **green bins** you will see at our races are for our **compostable cups only**. Please do not put the cups in the black waste bins and do not put general waste in the green bins. Help us to be more eco-friendly DB Maxers!

### **The Great British Weather**

Although the race is being held at the height of the great British summer, conditions can always change, especially up on the Brecon moors

Please dress appropriately for the conditions and keep an eye on the weather forecast during the days leading up to the event. If there was to be an adverse change in conditions, it may be necessary for you to race in High-Viz clothing and with a rear light as a minimum. Please ensure to bring these items to the race. That said, the weather was indeed warm in 2017, so be prepared for those types of conditions too. Also ensure you have appropriate sun protection whilst out on the course.





Please ensure that you are suitably prepared both physically and mentally for a race such as this and inform us of any changes to medical conditions since your online entry was submitted. Make sure you are suitably hydrated at all times and have taken on enough food to sustain you throughout the race - make use of the feed stations on route to help with this.

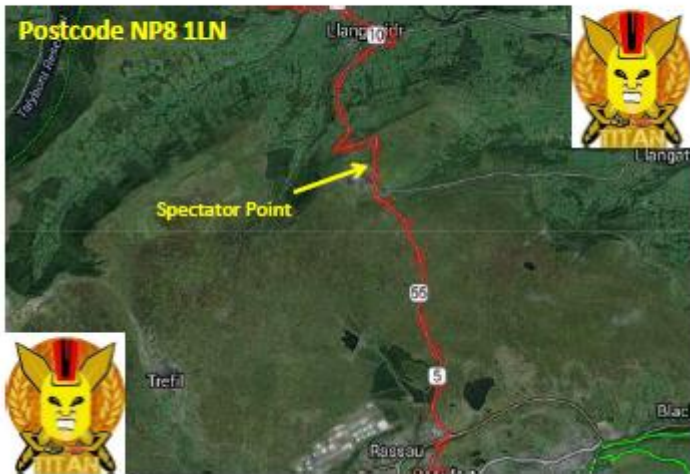
If you see another competitor who appears to be struggling please help them, then contact the nearest race marshal.

### **Spectating**

There are certain sections on the bike course which are ideal for spectating. Maps of these are below. The run course is three laps of the lake and park grounds so is ideal for spectating.

### **SPECTATOR POINT AT DEFFYNOG**

### **SPECTATOR POINT ON THE IRON MOUNTAIN**





### ***Presentations and Awards***

Presentations will take place shortly after the last finisher has completed the race in the main building at Parc Bryn Bach. This will be at approximately 15:45. Awards will be presented as follows:

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

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

Male and Female Vet 40: 1<sup>st</sup>

Male and Female SupVet 50: 1<sup>st</sup>

Male and Female SupVet60+: 1<sup>st</sup>

Fastest Swim: Male and Female

King and Queen of the Mountain (fastest up the Iron Mountain): Male and Female

Fastest Half Marathon Split: Male and Female

### ***Refreshments***

Refreshments are available within the main building at Parc Bryn Bach. Take your race number inside for a discounted meal after the race. The bar will also be open all day.

The evening before the event, the venue is also offering a discounted meal for competitors (pasta etc.).

### ***DB Max Merchandise***

Don't forget there'll be buffs, T-shirts, hoodies and jackets on sale from DB Max's popular range.



### ***Sponsors***

We would as ever like to say a massive thank you to our main sponsors:

- [blueseventy](#), our swim and wetsuit partner, will be providing you with amazing prizes.
- [Pulsin](#), our nutrition partner will be providing you with their fabulous protein recovery bars.



We would also like to thank our massage partner [The Physio Clinic](#) and our bike support partner, [Nick from Bike-Fit Yeovil](#). We would also like to thank [OTE](#) for their continued support at Titan Brecon.





### ***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***

Post-race massage is available for free from the **Physio Clinic**.

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

Toilets and showers will be available for all competitors inside Parc Bryn Bach and a number of portable toilets will be available in transition and on the run route.

### ***Race Photography***

Official race photography will be provided by [www.charleswhittonphotography.com](http://www.charleswhittonphotography.com) and will be viewable direct from your online DB Max results.

### ***Marshals***

The marshals make this event what it is and without them it just wouldn't be able to happen. So with this in mind, please free to thank them during the day and as always, we challenge you to say thank you to at least one marshal on the way round the course (if safe to do so). Show them some love!

**#getinvolved** If your wives, husbands, sisters, brothers, friends and so on are coming to Titan Brecon with you, why not get them involved. They'll earn a special race tech tee-shirt as well as free entry to a future DB Max event. They'll also get a great view of the race and get to be part of the event team. Please email James Higgs via [james@dbmax.co.uk](mailto:james@dbmax.co.uk) to get involved in marshalling.

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







## A word from our referee, John Milkins...

### 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.

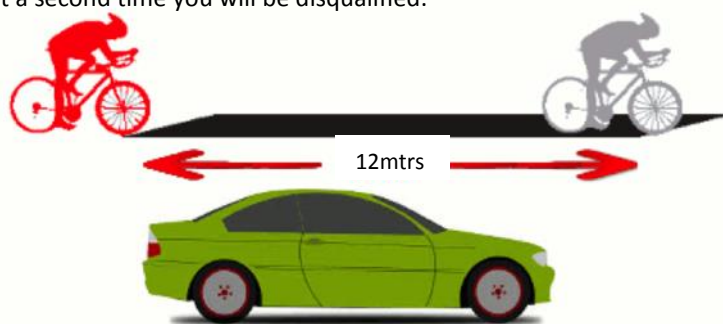
### General Rules and Race Conduct...

- 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 12m behind it and 1.5m either side of the cyclist's centre point. If you wish to overtake the cyclist in front, you have 25 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 12m 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: **Titan Brecon Middle 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 \_\_\_\_\_

ADDRESS \_\_\_\_\_

RACE NUMBER \_\_\_\_\_

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

