



Race letter for the Portishead Sprint Triathlon Saturday 11th August 2018

It's race time with DB Max! This letter includes all the details for race day at the beautiful Portishead venue. **Please ensure you bring the fully completed page 9 with you signed and accompanied by your photo ID. You cannot compete without it and your photo ID!**

Race Venue

Race HQ is on Battery Point, just behind the Portishead Open Air Pool which is located on Esplanade Road in Portishead. Please take care when arriving as others may already be out on the bike or run course. Upon arrival, please follow the signs to Race HQ. Postcode for Sat Navs is BS20 7HD. If arriving early, please have consideration for local residents and be as quiet as possible. Announcements will be kept to a minimum until 09:00.

Parking

Ample free parking is available on the Esplanade and other car parks in the area. Race HQ is signed from all car parks.

Registration

Registration will be in the DB Max gazebo at Race HQ on Battery Point (signed from all car parks).

Registration time: 06:00-09:30

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.

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 the envelope will be printed as your start sheet so **you must take the envelope to your race briefing** on poolside.

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



You will also be supplied tattoos for the race. 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! 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

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, splits and transitions are collected by **DB Max Sports Timing** and streamed with the live results service.

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 10 minutes before each swim wave. If you do not attend your briefing you may not be allowed to race

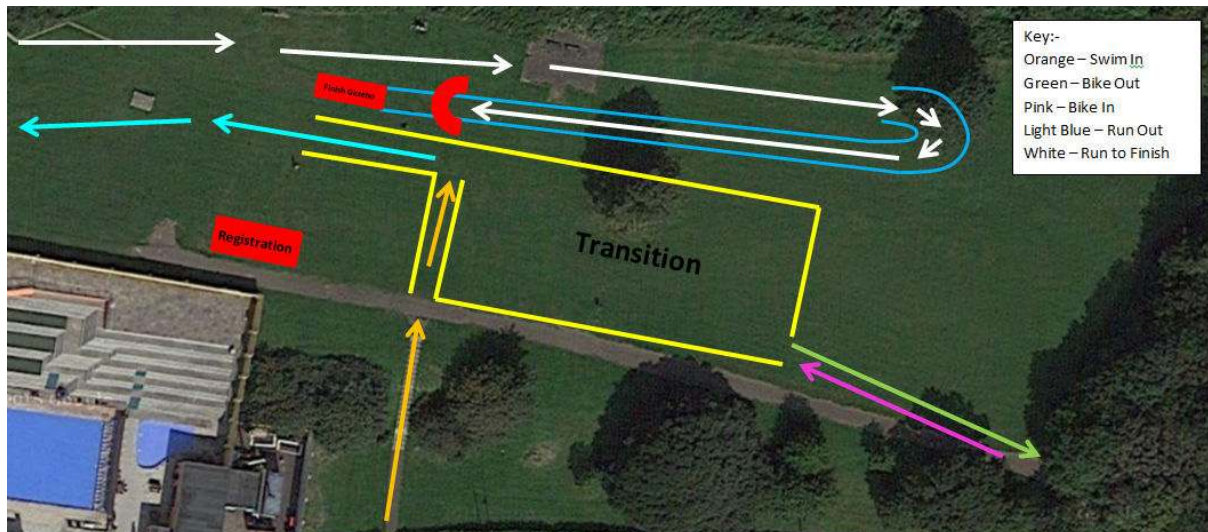
Start Times

Wave starts from 07:10. Faster swimmers go off first, followed by the slowest swimmers in the early waves and then getting quicker again. Please see the [start list here](#) for your allocated start time.

Transition Area

Please ensure that when you arrive at transition to rack your bike, **your bike and helmet are clearly numbered 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 for other competitors, especially if there is racing in progress. There is no cycling allowed in the transition area at any time. Please be set up in transition **at least 30 minutes** prior to your race start. After racing, you will only be able to collect your bike from transition if you have your bib number. Please familiarise yourself with transition before racing. A map of the transition layout is below.



Swim

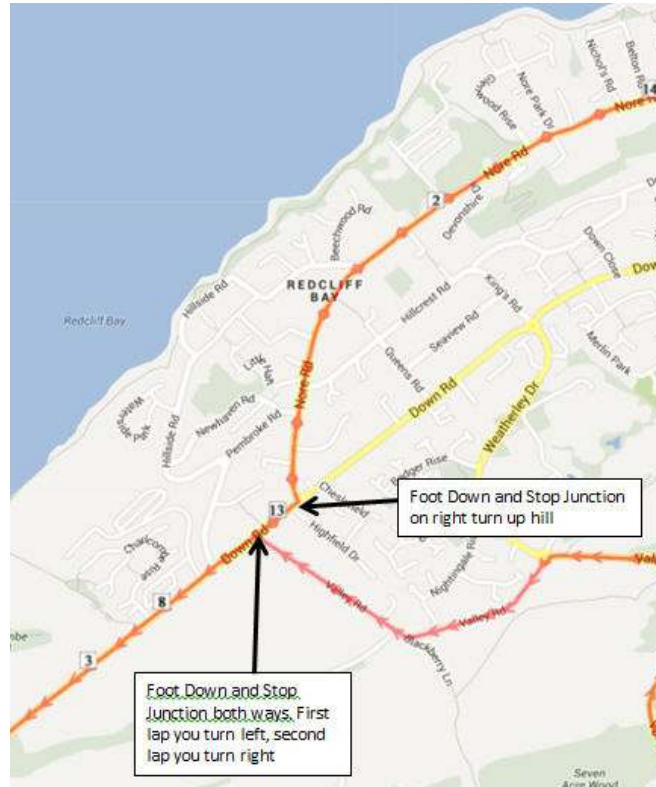
The swim takes place in the 33metre outdoor pool (lido). Please be aware that it is a short walk from transition to the race start (it will be signed). Please bring your race envelope with you to poolside as this shows your start time, lane and position as well as the colour of the swim hat that you will be wearing (swim hats are issued on poolside). Swimmers start at 10 second intervals and you will swim 12 lengths. It is your responsibility to count your own lengths, although there are lane counters who will assist you.



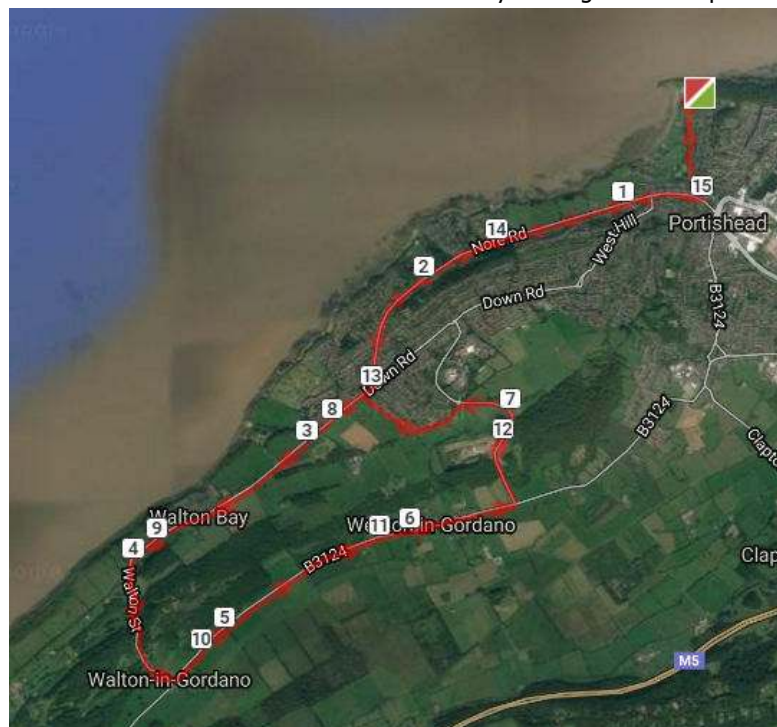


Bike Route

Competitors will start from transition on Battery Point and head on to Esplanade Rd. Please take care whilst running to the mount line and get on your bike as directed by the marshals. Once out on the route please be advised that you are riding on open roads with traffic and you will need to follow the laws of the road at all times. There are also a number of speed bumps at the beginning and end of the route so please take care going over these. There are also two compulsory foot down and stop junctions on the route. Foot-down and stop means you must come to a complete stop before turning. The junction will be signposted and marshalled. A map of the location is below.



A map of the bike route is below. It can also be viewed in full online by clicking on the map below.





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 1 lap and takes in some of the most picturesque parts of the local area. You start from transition and head down along the Esplanade. Please be aware you have to run down steps to get on to the Esplanade so take care going down these, especially if it is wet. The run then leaves the Esplanade and heads on to the coastal path. This is an off-road section of the course so keep an eye out for uneven ground or other hazards. On your return to the finish, run up the steps off the Esplanade (again please take care) and on to Battery Point. Finally, badgers are known to dig holes on Battery Point so please watch your footing if there are holes present. There is a water station at 1k and 4k.

A map of the run route is below. It can also be viewed in full online by clicking on the map below.



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. 11:30.

Awards will be presented as follows:

- Overall – M & F: 1st, 2nd & 3rd
- Junior – M & F: 1st
- Vet – M & F: 1st & 2nd
- SupVet – M & F: 1st & 2nd
- SupVet60 – M: 1st





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 in to 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 of on to 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 **will incur a disqualification.**

Sponsors

We would like to thank our awesome nutrition sponsor **PULSIN** who are providing their amazing protein recovery bars for the race as well as throughout the DB Max race season. For more information on **PULSIN** products, please click [HERE](#). We would also like to thank our massage partner **The Physio Clinic**.



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 at dbmaxresults.co.uk and on also via our smart phone results service 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 a selection of meat sourced from local supplier [The Butchers Block in Portishead](#) including fresh bacon and sausage baps. There'll also be a selection of cakes (including vegan and gluten free varieties) from local cake makers [280 Bakes](#).

Toilets and Showers

Toilets and showers will be available for all competitors at the Lido as well as a number of portable toilets near transition.

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 get involved. In return we will keep them fed and watered and they will also receive a free entry to a future DB Max event. If you are interested in helping out please email james@dbmax.co.uk.





DB Max Merchandise

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



Newbie Corner

DB Max always love to welcome first timers to our events. We were all beginners once and here's a few helpful hints and tips for your big day.

- Arrive at the event early so that you have plenty of time to prepare, register, warm up and so on. Make sure there's no need for stressful rushing and make use of our 'How can I help you staff'.
- Get to know the location of your bike in transition and also the exits so that you're not going to struggle to find your bike during the race. You cannot mark you spot with a flag or anything, but try making it visually distinctive to you, maybe with something like a ribbon on your handlebars or use a special towel in your spot. Notice any landmarks that might help.
- Set your kit out as you need it in transition. Also remember that clothing and socks don't go well onto wet bodies. You can try rolling your socks down to the toes so you can put them on more easily. Do the same with sleeves or other clothing you might put on.
- Wear a race belt to attach your race number to. It's quick to put on and good for both the bike and the run - plus, no safety pins.
- When you rack your bike in transition, make sure it's in a low gear so it's easy to pedal off at the start of the bike leg.
- When nearing transition at the end of the bike leg, downshift your gears and start spinning a bit, to loosen up your legs ready for the run. Remember, your legs may still be wobbly when you first start running.

Most of all, enjoy your race.... and smile!

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Portishead 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...

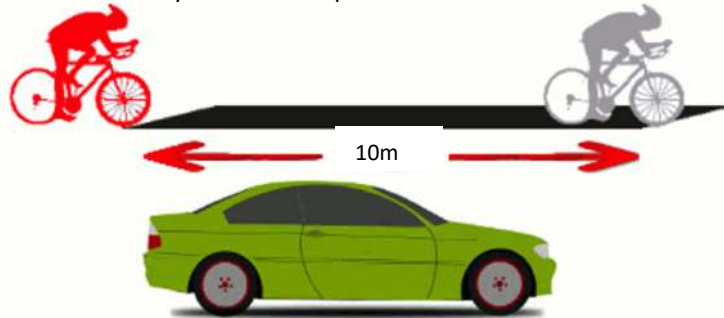
- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, 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 10m behind it and 1.5m either side of the cyclist's 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: **Portishead Sprint 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 _____

YOUR RACE NUMBER _____

SIGNED _____ DATE _____

