

2007 Duathlon Series Race 1 – Notes For Competitors

When & Where

Date: Sunday, 11 February 2007
Venue: Kong Ha Au BBQ Site, Bride's Pool Road.

Race Course

Category	Distance
Elite Open/Age –Group (Course A Road Bike)	5km Run/ 30km Bike (3 laps)/ 5km Run
Elite Junior/Junior (Course B Road Bike)	2.5km Run/ 10km Bike (1 lap)/ 2.5km Run
Open (Course C Mountain Bike)	2.5km Run/ 20km Bike (2 laps)/ 2.5km Run

Race Information

Elite Open/Age–Groups (Course A)

1st Run: Start Line → Turning Point A → Transition Area
Bike Course: Transition Area → Turning Point D → Turning Point C → Turning Point D → Turning Point C →
Turning Point D → Transition Area
2nd Run: Transition Area → Turning Point A → Finish Line

Elite Junior/Junior (Course B)

1st Run: Start Line → Turning Point B → Transition Area
Bike Course: Transition Area → Turning Point D → Transition Area
2nd Run: Transition Area → Turning Point B → Finish Line

Open (Course C)

1st Run: Start Line → Turning Point B → Transition Area
Bike Course: Transition Area → Turning Point D → Turning C → Turning D → Transition Area
2nd Run: Transition Area → Turning Point B → Finish Line

<u>Transport to Venue</u>	5:00	Old Star Ferry, Central (next to City Hall)
	5:15	KCR Station, Kowloon Tong
	5:30	Shatin KCR, Shatin (next to Pai Tau Village)

<u>Event Schedule</u>	6:00	Registration
	6:45	Race Briefing
	7:00	Race Start – Elite Open/Age Group
	7:10	Race Start – Elite Junior/Junior/Open (mountain bike)
	9:45	Prize Presentation (tentative)
	10:10	Bus Departure (after prize Presentation)

Rules

Arrival & Registration

- Read through race information, you may also check the start list for your race number.
- Collect your race number and bike number from the on – site registration desk on race morning.
- The bike number must return to event centre for lucky draw after race.
- On arrival at the race venue, proceed to the Registration Desk by the Kong Ha Au BBQ Site
- Proceed to have your race number marked on your arms and legs.

Race Briefing

- The Race Briefings for all participants will be held at the Transition Area 15 minutes prior to the start of each wave.
- At the Race Briefing, the course will be explained in Cantonese and English. If you have any questions, you should ask them.

Transition Area

- All competitors are required to put their shoes and other racing kit in the transition area before the Race Start
- Athletes must keep away from the transition area after race. Offenders will be penalised.

Run Course

- Your race number must be visible on your front throughout the run. Offender will be disqualified
- One drink station will be provided at Turning Point A and Turning Point B.

Bike Course

Elite Open/Age Group (30km): Upon the exiting the transition area, you should head along Bride's Pool Road to the Agriculture & Fishers Department Bike Turning Point D and then double back to Wu Kau Tang Turning Point C. Competitors should repeat the loop between the two turning point two more times. Before head back to the transition area, this means three complete laps of the Bride's Pool Road section of the course.

Elite Junior/ Junior (10km): Upon the exiting the transition area, you should head along Bride's Pool Road to the Agriculture & Fishers Department Bike Turning Point D and then head back to the transition area, this means one lap of the Bride's Pool Road section of the course.

Open – Mountain Bike (20km): Upon the exiting the transition area, you should head along Bride's Pool Road to the Agriculture & Fishers Department Bike Turning Point D and then double back to Wu Kau Tang Turning Point C. Competitors should repeat the loop between the two turning point two more times. Before head back to the transition area, this means **two** complete laps of the Bride's Pool Road section of the course.

Remarks: For the mountain bike category, the tyre width requirement is not less than 2.1 inches. Offender will be disqualified.

- Athletes have your responsibly to count your lap and official will not remind you during the race.
- This is a NON-DRAFTING race. Offenders will be penalised. Please see the attached drafting rules.
- Athletes have to fix their helmet before taking their bikes off the rack. Offenders will be penalized.
- Your race number must be visible on your lower back throughout the bike ride.
- The bike course will be closed to all vehicles, except emergency vehicles and local residential traffic.
- Keep to left side of the road except when overtaking, so that other road users and cyclists may overtake. Drafting penalties will be applied to any cyclists blocking other cyclists.
- Remain courteous to all other road users at all times.
- Do not cross the white line in the centre of the road. Offenders may be disqualified for dangerous riding.
- Ensure that the marshals at the Turning Points get your number. Shout it out to them if necessary.
- There will be no Aid Stations on the cycle course. You should carry sufficient fluids to meet your own hydration needs.
- Athletes have to rack the bike before removing the helmet. Offenders will be penalized.
- Athletes must bring your own bike and wear helmet during the cycling part, offenders will be disqualified.
- Glass containers, headphones and headsets are not permitted during race

Others

- Race Director has the right to amend the race course if necessary. Any amendment made will be announced during the race briefing.
- Athletes are reminded to follow the instructions of race officials, and be courteous to other participants as well as other users of venue. Offenders will be disqualified.
- Complain and appeal have to made by filling the "Complain and Appeal" form within 30 minutes after race.

INCLEMENT WEATHER / CONDITIONS WARNINGS

- If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before race, the race will be postponed with the race being re-scheduled if possible.
- If the Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 05:00 on race morning, the race will be postponed with the race being re-schedule if possible.
- Should the above Inclement Weather / Condition Warnings be raised after the commencement of the race, the Race Director has the right to change the course distance or arrangement (e.g. triathlon to aquathon, etc) or to stop the race. Should the race be stopped, the race will be either cancelled or postponed with the race being re-scheduled if possible.
- Please check the race day weather from the Hong Kong Observatory (Tel: 1878200)

Enquiries: Hong Kong Triathlon Association

Tel: 2504 8282 Fax: 2576 8253

E-mail: hktria@triathlon.com.hk Web Site: www.triathlon.com.hk