



Welcome to the VERY IMPORTANT INFORMATION SHEET for the upcoming 2015/2016 DUATHLON series. Firstly, I would like to take this opportunity to thank you for entering the series. RACE.ME appreciate that the Dubai/UAE Events Calendar is getting more and more congested so choosing our events makes us very happy.

There are 6 events in the series which stretches from November 2015 through to April 2016. That's a whole 5 months of Duathlon's to keep you fit and active over the autumn/winter/spring months.

The series has been designed to cater for athletes of all abilities and ages, with an emphasis on mass participation and personal achievement. The courses and locations have been chosen to provide the very safest racing environment as all roads are "private" and hence there will be no vehicular traffic to contend with.

A SERIES GRAND PRIX will run for the entire series where you can accrue points within your age-group with the chance of getting on the podium at the final race.

It is our aim at RACE.ME to provide events that are fun to compete in, well organized, safe for competitors/spectators and also are good value. We believe that PRICE and VALUE are 2 different things and our emphasis is on VALUE. If you leave with a smile on your face, then we know you will come back for more of the races in the series.

RACE DATES, VENUES & DISTANCES

Race Number	Race Date	Race Time
Race 1	Saturday 28 th November 2015	0745hrs
Race 2	Friday 18 th December 2015	0715hrs
Race 3	Friday 8 th January 2016	0715hrs
Race 4	Friday 19 th February 2016	0730hrs
Race 5	Saturday 19th March 2016	0700hrs
Race 6	Friday 15 th April 2016	0645hrs

Race Number	Race Venue
Race 1	Al Qudra Cycle Path (by Zads Café)
Race 2	Hamdan Sports Complex (off E611)
Race 3	Hamdan Sports Complex (off E611)
Race 4	Hamdan Sports Complex (off E611)
Race 5	District One Cycling and Running Tracks (Old Nad Al Sheba)
Race 6	Hamdan Sports Complex (off E611)

NB: Venues being targeted for racing are Nad Al Sheba (Subject to construction and road changes), Hamdan Pools Car Park (using Al Qudra Cycle Path), International Endurance City (subject to horse racing calendar) and Dubai Camel Race Club (subject to camel racing calendar).

GRAND PRIX SERIES RULES & POINTS

Points will be awarded after each race to the TOP 5 (M & F) for each age group plus TOP 5 teams.

The points are awarded as follows;

1st – 25 2nd – 18 3rd – 15 4th – 12 5th – 10

The age groups (for both Male and Female) are as follows;

3-5 6-7 8-9 10-12 [KIDS]
10-14 [Tweens/Teens]
15-19 20-29 30-39 40-49 50-59 60+ [Adults]

- Your age group is based upon your age as at your first race for purposes of calculating the AGE-GROUP Series Grand Prix Points.
- At the end of the series, trophies (1st, 2nd and 3rd places) will be awarded in each category of the Age Group Series Grand Prix & Team Series Grand Prix
- Your series points are calculated by adding up the points accrued for your best 4 races out of 6. For all the Adults Categories (15+) the last race will feature a long course option where you can accrue 1.5x points. If you choose to do the shorter course on this day you will accrue standard points.
- Go to <https://www.facebook.com/groups/duathlonseriesuae/>

RACE 5 COURSE INFORMATION

KIDS

RUN 400m <https://ridewithgps.com/routes/12614038>

BIKE 8.25km <https://ridewithgps.com/users/170310/routes> (1 lap of Cycle Track)

RUN 400m <https://ridewithgps.com/routes/12614038>

TWEENS/TEENS

Run 1.5km <https://ridewithgps.com/routes/12614063>

Bike 16.5km <https://ridewithgps.com/users/170310/routes> (2 laps of Cycle Track)

Run 1.5km <https://ridewithgps.com/routes/12614063>

ADULTS

Run 3km (2 laps) – same as tweens/teens run but 2 loops on the track

Bike 24km <https://ridewithgps.com/users/170310/routes> (3 laps of Cycle Track)

Run 3km (2 laps) - same as tweens/teens run but 2 loops on the track

RACE START

Adults 7:00am

Teens/Tweens 7:20am

Kids from 8:15am (after last bike is back)

BRIEFINGS

Adults/Tweens/Teens 6.40am

Kids 7.40am

Google Map Link to Venue

<https://goo.gl/maps/NNLwZaDcUwE2>

RACE RULES

- The event is being professionally timed by RACE.ME and at all times your CHIP must be worn on your LEFT ankle. PLEASE HAND YOUR CHIP IN AFTER THE RACE
- Your race number must be visible on the front during the run and on your back during the bike section. The easiest way to do this is to attach your race number with pins (provided) to a RACE NUMBER BELT which you can rotate during the different sections of the race. These are available at a special 30% duathlon series discount when you register for a race. AED35 instead of AED50.
- Helmets MUST be worn on the bike at all times. Helmet must be fastened before you take your bike from the racks.
- You must always follow the instructions of the race marshals to ensure the safety of not only yourself but also other competitors.
- You must always observe the neutral zone when leaving the transition area on your bike as well as when returning to the transition area. The neutral zone is between 100m-200m and you must not exceed 15 km/hr and you cannot pass other cyclists until the end of the neutral zone.
- **The** Duathlons are non-drafting races - meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race. ***Drafting is cheating!***
- The draft zone is a rectangle measuring 7 metres long by 3 metres wide which surrounds every bike on the bike course. The front edge of the front wheel defines the centre of the leading three metre edge of the rectangle. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back. 2-minute time penalties (or DQ for repeated drafting) will be issued for infringements. See diagram below for more information.
- Cyclist must always overtake on the left if going clockwise around the camel racing track and on the right if going anti-clockwise. There is no passing on the inside. Slower cyclist please keep to the inside part of the track to allow faster cyclists to pass.
- Team must swap both the race number and the electronic timing chip beside the cyclist's bike in transition.
- The use of iPod's, mobile phones and other devices which may distract you are not permitted during the race.
- Your bike must be road-worthy and safe and have functioning brakes. Please ensure you have it serviced regularly. There is no mechanical support during the race so please bring spare inner tubes in case you get a flat tyre. Ride Bike Shop will be on hand before each event to attend to any last minute bike issues.

Diagram 1 Distance of Drafting Zone for ALL Competitors

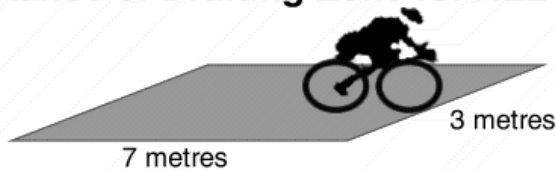
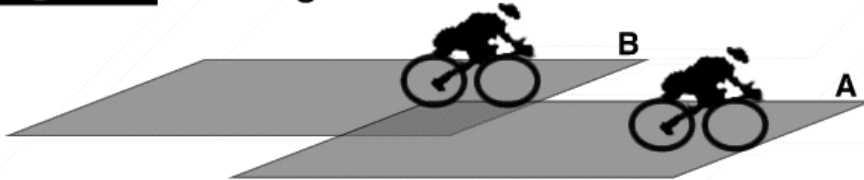
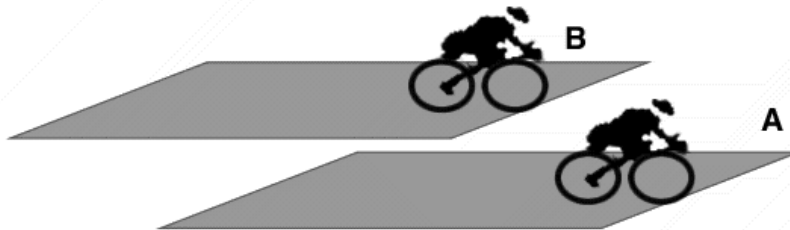


Diagram 2 Drafting



A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to repass **A**. **A** must move to the Left Hand Side of the road when safe otherwise **A** can be called for blocking. **B** can only overtake **A** on **A**'s Right Hand Side.

Diagram 3 Blocking



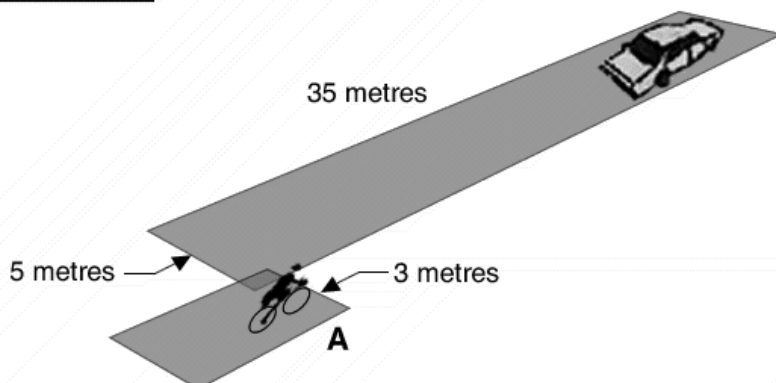
A and **B** are maintaining adequate separation between each other, even though they are abreast to one another. **B** is not drafting **A** in this instance. **A** however, is now in a **BLOCKING** position. If **A** remains out to the Right Hand Side, **A** will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



A and **B** are maintaining adequate separation. **C** is not attempting to pass **B**. **C** is drafting **B**. **A** and **B** are not drafting.

Diagram 5 Vehicle Draft Zone



A is travelling at the same speed as the vehicle. **A** is drafting. **A** must move to the Left Hand Side of the road otherwise **A** can also be called for blocking.

GENERAL INFORMATION

- The Tweens/Teens race will start 20 minutes after the MAIN race.
- The kids race will start when the last cyclist has returned from the MAIN race (usually within 65-75 mins of the published started time)
- Prize giving will be approximately 20 minutes after the Kids duathlon completion. To be eligible to win a spot prize you will need to be present at the prize giving and you will need to hand in your race number to be in with a chance. After the prize giving you are free to retrieve your race number as a memento of the race.
- Race Pack Collection will commence 60 minutes before the race start. Please arrive early to allow plenty of time to get organized before the race start.
- There will be a race briefing 15 minutes before the race start of each race. Please listen out for the announcement.
- There are NO REFUNDS possible once your entry has been paid. Under certain circumstances we will permit you to transfer your entry to another race in the series. You must notify the race organizers by email no later than 5 days before the event if you wish to transfer your entry to another race. An AED30 transfer fee is payable.
- There will a water station beside the transition area, at the finish line and on the run turn for all events. Please carry your own hydration on the bike at all times.
- If you have a pre-existing medical condition, please write the specific details on the back of your race number along with emergency contact details.
- First Aid / Medical Personnel will be in attendance for the duration of each event.
- The Event Directors decision is final at all times.
- Please support our sponsors whenever possible as these events would not be possible without the contribution of the sponsors.
- We operate under a NO REFUND POLICY through Premier Online, but a separate T&C condition(s) of entry is downloadable.

