



# Athy "Flat Out" Duathlon Race 2019

14:00 Sunday 10<sup>th</sup> Feb 2019

## Race Briefing Document



**Junior**  
Flat Out  
Duathlon





# Race Team Welcome Message

Dear Parent / Guardian,

Welcome to the annual Athy Triathlon Club (ATC) "Flat Out" Junior Duathlon. We're delighted you and your children will be able to join us in Athy College on 10<sup>th</sup> February where we look forward to welcoming you to our event

Athy Triathlon Club would like to convey our thanks to the local community, in and around our race route, who continue to support our race and give permission for the race to take place around their land and homes. We have a special thank you to Mr Richard Daly, Principal, Athy Community College who allows us use of the fantastic facilities at the college each year.

You can find out more information about our races and about Athy Triathlon Club on our website [www.athytriathlonclub.com](http://www.athytriathlonclub.com) and our very active Facebook page.

The organisers would like to thank in advance everyone who has contributed in any way to making this race happen and especially to our club members who are volunteering their time to marshal and ensure a safe and enjoyable race for everyone.

We adopt a "Leave No Trace" policy with our race and therefore ask all participants to discard of all waste appropriately and ensure we leave the race venue and local environment as we found it.

Lastly and most importantly we would like to thank you for joining us for our All-Inclusive Junior "Flat Out" Duathlon where we welcome children of all abilities to take part in the event. We're looking forward to a great day.

Wishing you all a fantastic day!!!

The ATC Race Team.

Email: [athytriclub@gmail.com](mailto:athytriclub@gmail.com)



# Race Day Event Timetable

EVENT TIMETABLE	TIME	VENUE/LOCATION
Car Park Entrance Opens	12:00	Athy College, playing field
Registration Opens	12:00	Athy College, hall
Transition Area Opens	12:30	Athy College, astro-turf pitch
<b>Registration Closes</b>	<b>13:40 sharp</b>	Athy College, hall
Marshal/stewards briefing	13:30	Athy College, adjacent to registration area
<b>Transition Area Closes</b>	<b>13:50 sharp</b>	Athy College, astro-turf pitch
Competitor Race Briefing - A briefing will take place in advance of each age group race	13:50 for first age group	Athy College, Race Start/Finish Line
<b>Event Start</b> - Races will be run one after the other in sequence by age group from older to younger.	<b>14:00</b> for first age group	Athy College, Race Start/Finish Line
Transition Area Re-Opens	after last race	Athy College, astro-turf pitch
Medals for all participants at Finish Line	after each race	Athy College, hall
Transition closes	16:00	
Event Ends	16:00	



# Registration Information

Registration will take place in the main hall / reception area of Athy College.

At registration participants will collect

- Race Numbers
  - o The race number incorporates a tear off “Wrist Band” which should be placed on each participants wrist.
  - o The race number incorporates a second tear off “Bag Tag” which should be retained or worn by the parent/guardian of each child. This tag will be used to match with your child's wrist band at the end of the race
  - o Medical conditions and emergency contact information to be filled out on the form printed on the rear of your race number
- Bike Sticker
- Helmet Sticker

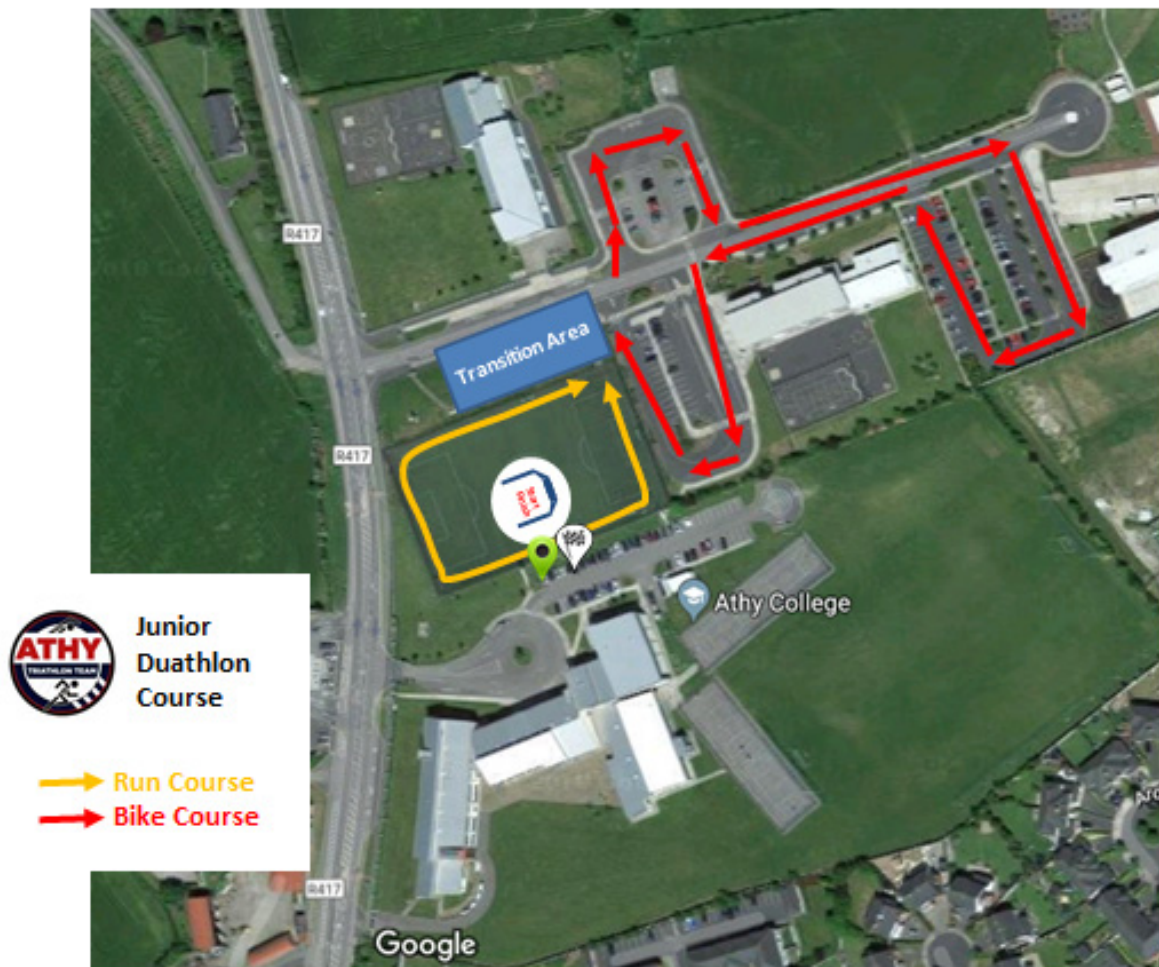
Participants with any medical conditions will be required to inform the race organisers at the time of registration, and to fill out details of same on the rear of their race number, together with emergency contact information.

This is an all-inclusive event so participants of all abilities are welcome to participate.

As the event includes very young children, and children of all abilities, who may not be able to complete the course by themselves, marshals or parents may assist as required. One parent/guardian per child who requires assistance (e.g. help getting on a bike, or pushing in a wheelchair) will be allowed to accompany their child on the course and in the transition area as required.

# Course Information

## Run Course



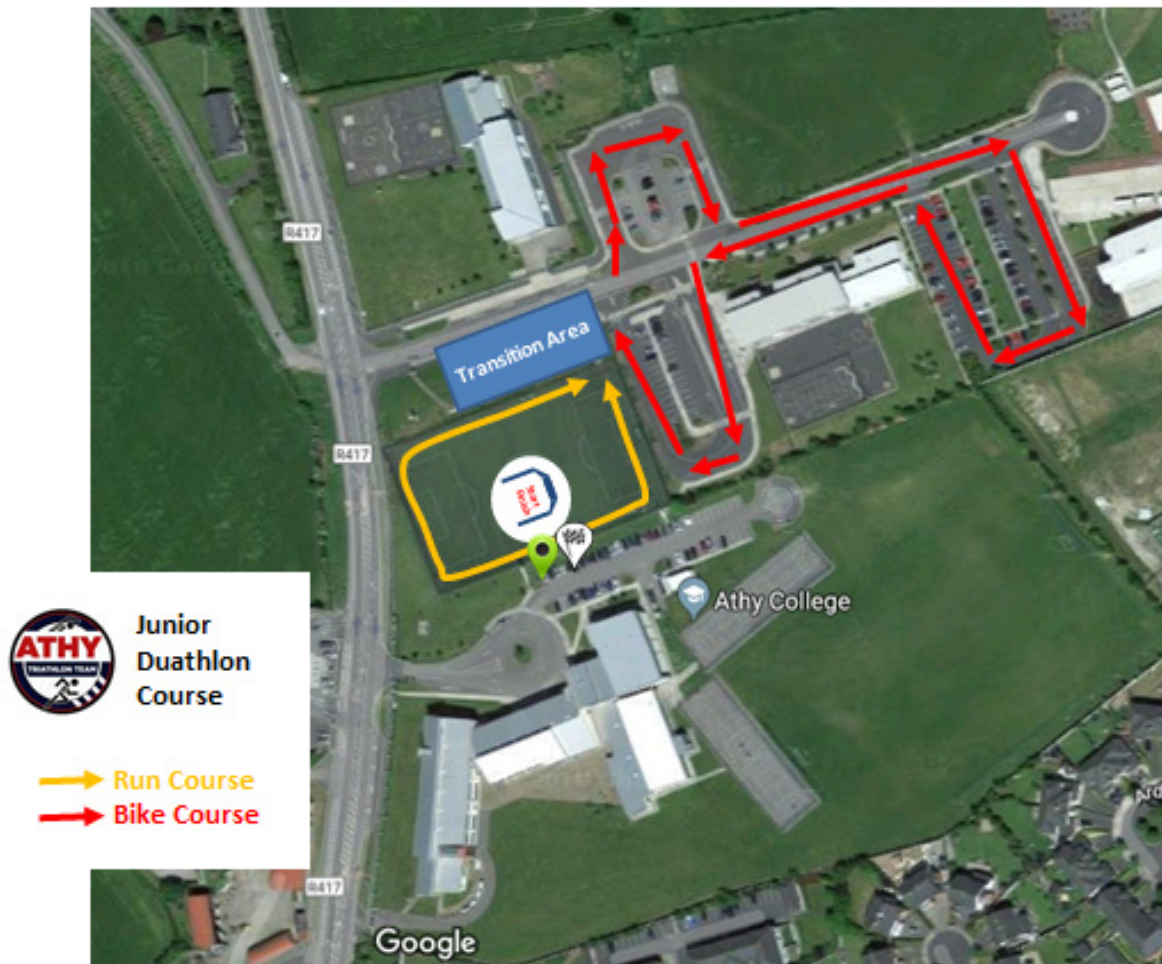
The run takes place on the all-weather astro-turf pitch at Athy College with participants completing the appropriate number of laps for the distance of their race.

Marshals will be placed at various points around the pitch and participants will be in view of a marshal at all times.

We encourage each child to count their own laps and shout them out to marshals as they pass by. This helps keep track of laps 😊

It is not permitted to wear headphones or items such as iPod, mp3 players, or any device that may distract attention.

## Bike Course



### **Bike Helmets are compulsory.**

The bike course is on the roads and car park of Athy College. The entire area will be closed down, empty and closed to traffic for the duration of the junior race.

Marshals will be placed at various points along the bike route (approx. every 50-100m) so that participants will be in view of a marshal at all times. Marshals will be located at the mount/dismount lines and at the end lap to facilitate lap counting.

We encourage each child to count their own laps and shout them out to marshals as they pass by. This helps keep track of laps 😊

It is not permitted to wear headphones or items such as iPod, mp3 players, or any device that may distract attention

# Transition

The junior transition area is located beside the astro-turf pitch and will be laid out in zones with dedicated racks labelled for each age group.

Each age group race will take place separately and juniors will be directed (via barriers, taped off bollards and marshals) to the zone where their bikes are located.



Race Numbers, Bike Numbers and Helmet Numbers are required to enter Transition.

Bikes will be checked for road worthiness on entry.

**Helmets must be worn and clipped before taking the bike from the rack.**

**Likewise, when returning the bikes to the rack, Helmets must still be clipped when placing bikes into the racks. Helmets can only be removed once bikes are safely racked.**

Do not mount your bike until you reach the "Mount Line". Run/walk with the bike through transition to the exit and follow the marshals to the mount line.

On the return to transition area after the cycle all participants must dismount before crossing the "Dismount Line" line.



# Race Distance for each age group

The race distance and number of laps for each age group are outlined below



## All Inclusive Junior Duathlon Distances



AGE	RUN	BIKE	RUN	Estimated Race Start Time
<b>14 &amp; 15 years</b>	1,200m 4¼ laps (anticlockwise)	4,800m 8 laps	950m 3¼ laps (clockwise)	<b>14:00</b>
<b>12 &amp; 13 years</b>	950m 3¼ laps (anticlockwise)	3,600m 6 laps	650m 2¼ laps (clockwise)	<b>14:25</b>
<b>10 &amp; 11 years</b>	650m 2¼ laps (anticlockwise)	3,000m 5 laps	650m 2¼ laps (clockwise)	<b>14:45</b>
<b>8 &amp; 9 years</b>	350m 1¼ laps (anticlockwise)	1,200m 2 laps	350m 1¼ laps (clockwise)	<b>15:00</b>
<b>6 &amp; 7 years</b>	200m ¾ lap (clockwise)	250m 1 part lap	200m ¾ lap (anticlockwise)	<b>15:10</b>
<b>4 &amp; 5 years</b>	75m ¾ lap (anticlockwise)	100m 1 part lap	75m ¾ lap (clockwise)	<b>15:20</b>

We encourage each child to count their own laps and shout them out to marshals as they pass by.

This helps keep track of laps 😊





## Other Information

### **Parking**

Parking will be located on the playing fields at Athy College and will have a dedicated entrance from the main road. Marshals will be on hand to direct traffic and coordinate parking.

Please note that we are also hosting an adult race on Sunday morning. Please be aware of this as you approach and enter Athy College as some adult participants may still be on the course.

### **Toilets/Showers**

Toilet facilities are available in Athy College.

### **Emergency Services**

Emergency services will be onsite for the race.

If you see any accidents or notice someone in need of attention please let one of our race marshals know immediately.

Participants with any medical conditions must make this known at time of registration.

**Contact Emergency Number – 087 6825428 (Race Director)**

## Prizes & Sponsors

All participants in our All-Inclusive “Flat Out” Junior Duathlon will receive a Finishers Medal and some treats at the end of each race.

### **Local Event Sponsors**

We would like to thank our local race sponsors for their support:

- Irish Tax Rebates
- Tegral
- Kendra Civil Engineering
- Boscós Outlet Carlow



# Directions

## Event Address

Athy College, Co. Kildare, **EIRCODE: R14KT50**

## Event Coordinates

Latitude: 53.002095 / Longitude: -6.986779

On entering Athy, from all directions, continue to the main traffic lights at the centre of the town (close to the Barrow river, with Boyle Sports and Deelish Café on the corner).

From there continue north on the R417 in the direction of Monasterevin.

Athy College is located on the right hand side, opposite Applegreen filling station, approx. 1km from the traffic lights.





# Participant Checklist

As we often experience multiple seasons in one day at this time of year, please ensure participants are dressed appropriately to cover all weather eventualities.

Some items for consideration are

## Run Leg

- Runners
- Tri suit, or shorts and top, or tracksuit.
- Hat and gloves, and rain coat in the event or rain
- Race numbers will be provided for all participants (pins will be provided at registration)

## Bike Leg

- Bike (it is your responsibility to ensure that it is in good working order)
- Helmet (mandatory)
- Bike water bottle
- Tri suit, or shorts and top, or tracksuit.
- Hat and gloves, and rain coat in the event or rain
- Race numbers will be provided for all participants (pins will be provided at registration)

# Event Feedback

In order for us to improve races and make them as enjoyable and as safe as possible for all participants in the coming year we encourage you to offer feedback through the Club's email address or Facebook page.

We will also issue an email survey after the event, and we'd greatly appreciate if you could complete this so we can continue to improve our event

**Wishing you a safe and enjoyable Race  
Remember to smile as you cross the finish line  
Athy Triathlon Club**