

Tokio Millennium Re

Junior Duathlon 2017 – Official Race Briefing



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Briefing Agenda

Junior Duathlon



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- Pre-Race Preparation
- Start Times – All Events
- Schedule & Start Procedures
- The course – maps & notes
 - Transition
 - Run
 - Bike
- Post-Race Procedures

Pre-Race Preparation

Junior Duathlon



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- **Equipment:**
 - Cyclists must have a bike in good working order and an ANSI or Snell approved bike helmet that fits and clips up
- **Race Numbers:**
 - Bib number for the run: to be placed on the front of jersey or on a race number belt
 - Helmet number: to be fixed to the front of the helmet
 - Bike number: to be fixed in a visible position, either at the front of the top tube or behind the seat post
- Cyclists are required to fix numbers to equipment prior to entering transition

Start Times – All Events



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8:00 a.m. Junior Duathlon

8:45 a.m. School Challenge (Middle and Senior)

9:00 a.m. Try-a-Tri

10:00 a.m. Senior Individuals and Teams

Schedule & Start Procedures

Junior Duathlon



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- From 7:15 Collect timing chips (on grass by Transition Area)
- 7:40 a.m. Bikes racked, equipment ready & transition closed
- 7:45 a.m. Race Briefing by Transition Area
- 8:00 a.m. Race start (Front Street outside HSBC building)
- Awards to follow the event

The Course – Transition Area



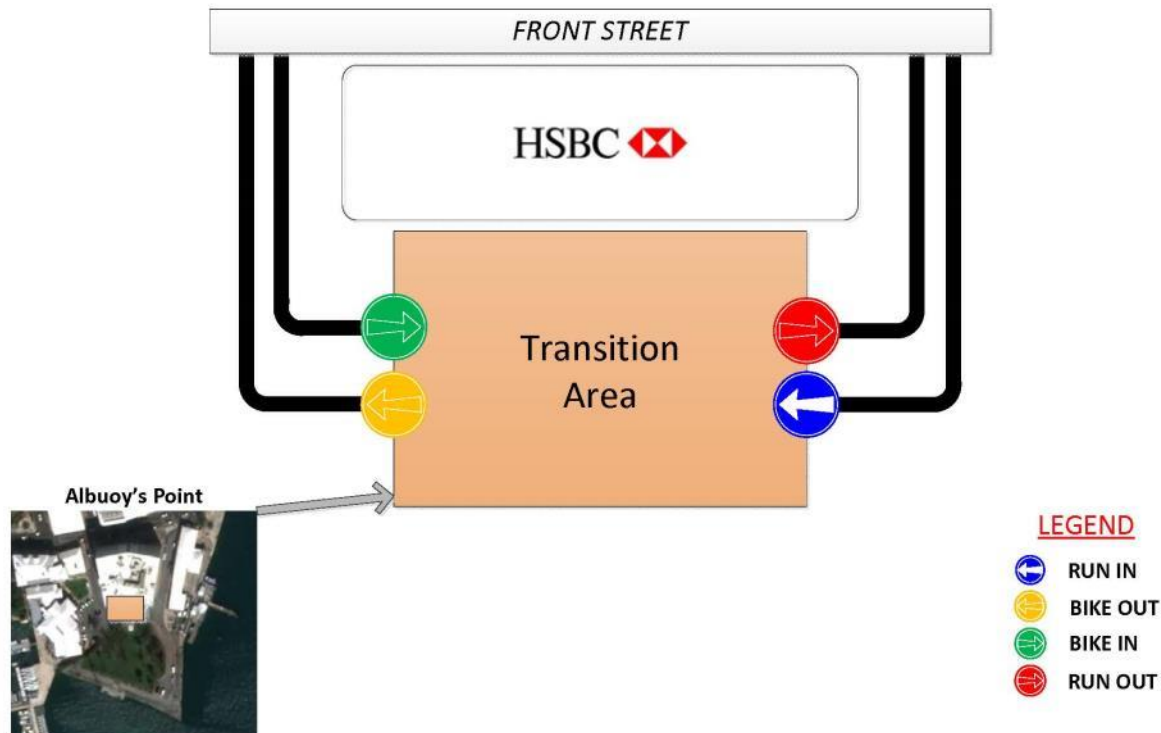
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- Bike and helmet must be numbered before entering transition
- Alterations to helmets are not permitted (must be ANSI or Snell approved)
- Pre-race, helmets must be left **unfastened** in transition
- In race, cyclists should not handle their bike until their helmet is **securely fastened**
- Helmets must not be removed until bike is safely racked back in transition
- Ensure all equipment is contained within your space throughout the race
- Bike mount & dismount lines will be clearly marked outside transition with a **solid** line
- All bags must be removed from transition once transition is closed

The Course – Transition Area

TRANSITION AREA

Junior



The Course – Run



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- Ages 7-10 do 1 lap (1 km); ages 11-14 do 2 laps (2 km) - athletes must count own laps
- Stay **LEFT** and follow the course in a **CLOCKWISE** direction
- Repeat the same course for second run
- **Course Description:**
 - Out of transition turn right onto Front Street
 - Continue until the green turn-around cone outside the Cabinet Gardens (just after Parliament Street)
 - Return along Front Street and turn right at the green turn-around cone (count lap *after this entire loop has been completed*)
 - When final lap is completed keep to the left to enter the finish chute

The Course – Bike



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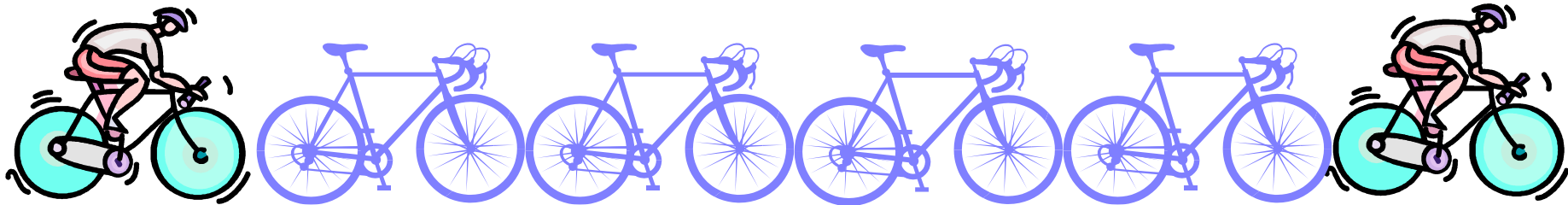
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- Stay **LEFT** and follow the course in a **CLOCKWISE** direction
- Ages 7-10 do 1 lap (4 km); ages 11-14 do 2 laps (8 km) – athletes must count own laps
- Drafting is **not** permitted (see rules on www.bermudatriathlon.com for full details)
- **Course Description:**
 - Out of transition, mount bike **AFTER** the mount line, then turn left on Pitts Bay Rd
 - Turn right on Woodbourne Ave, right on Gorham Rd, right on Bermudiana Rd
 - Turn left onto Front Street continuing down to East Broadway turning right just before the roundabout, and return along East Broadway and Front Street to the start (count lap **after** this entire loop has been completed)
 - When final lap is completed keep to the left to enter the finish chute

Drafting

- Drafting means riding in the slip stream created by a bike or vehicle in front of you, creating an unfair advantage
- Drafting is **not** permitted (see rules on www.bermudatriathlon.com for full details)
- The **penalty** for drafting is **1 minute** (will be added to final race time); repeated offences result in disqualification
- Be aware of your fellow competitors! Keep to your left, and pass on the right when you are able to move quickly around others. If you cannot, you must drop back and leave a gap at least as big as the legal draft zone (12m between your front wheel and their front wheel)



Post Race Procedures



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- Food and drinks will be available to athletes immediately following the event
- Medical assistance will be available as required (St. John's Ambulance will be on site)
- Athletes will not be permitted to re-enter transition until officials deem it to be safe and an official announcement is made
- Please remove equipment quickly once announced so transition is clear for the next race
- Awards will be presented as quickly as possible following the event

Good luck to all participants, and enjoy the event!