

FREQUENTLY ASKED QUESTIONS

GALCO DUATHLON RACE SERIES, NAAS TRIATHLON CLUB

– 15TH JAN; 19TH FEB; 12TH MAR 2017

Race Timetable:

- Registration Office, located at the Grandstand in Punchestown, opens at 10:00 on each race date – this is where you will get your race number and timing chip
- Transition Area, immediately in front of the Grandstand, will open at the same time – racking of bikes is unassigned
- Competitor briefing is at 12:00
- Race start is at 12:30
- Race closes at 15:00

What you must have and do:

- A current, (i.e. 2016), Triathlon Ireland racing licence **or**
- A One Day Licence, (ODL). These can be purchased in advance from the TI website **or** on the day at the Race Registration Office
- All entrants must register at the Race Registration Office
- No licence – no race
- Your bicycle must be in mechanically good order – please pay attention to brakes, tyres, saddles and handlebars ensuring that they are secure and working properly.
- Bike helmet that fits and secures properly – during the race your helmet must be secured on your head, (i.e. chin strap clip closed), before moving your bike off or onto the rack

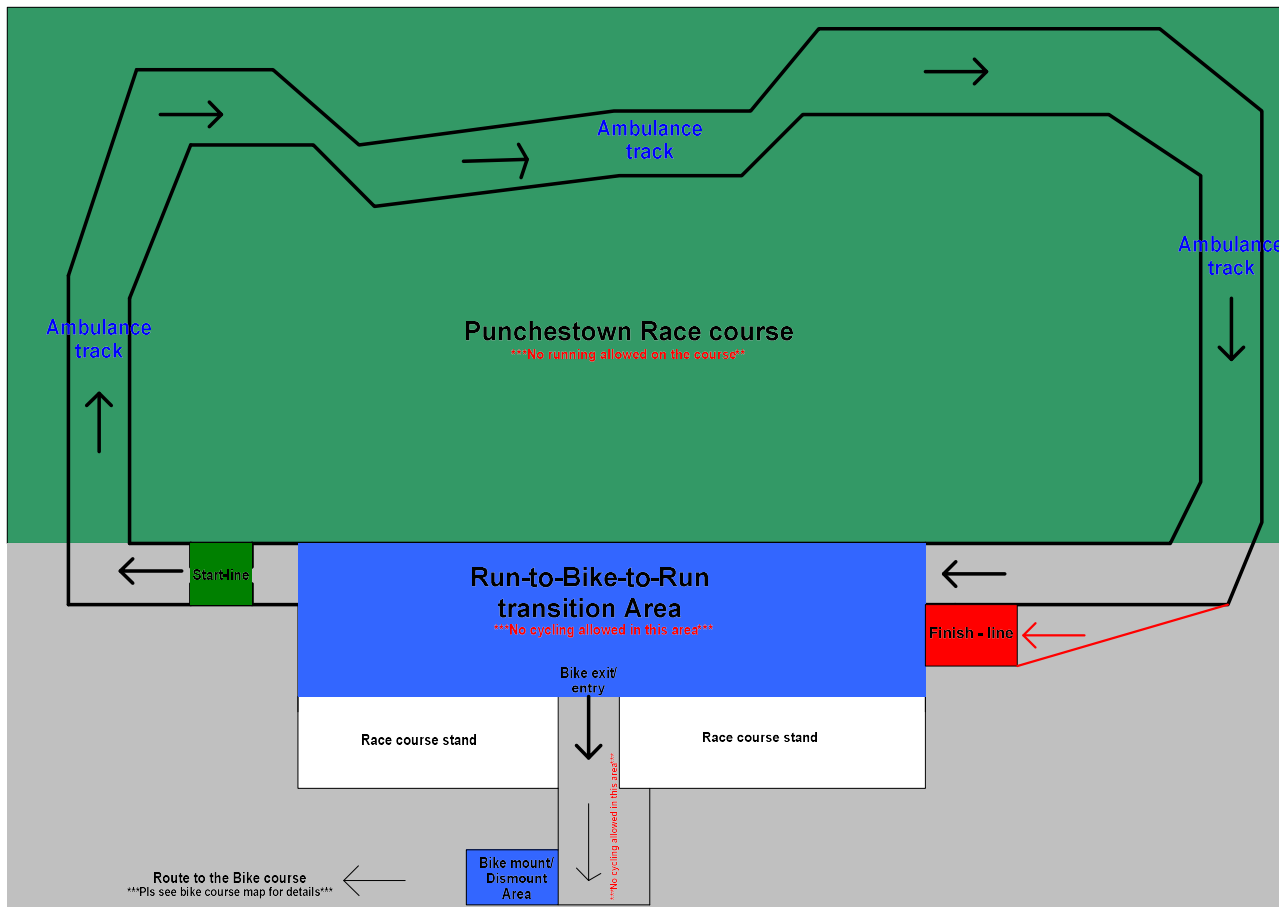
Race rules:

- Race number will be provided and must be worn - you may use a race belt for wearing the number
- A race number for you bike will be provided and must be secured around the seat post
- Drafting on the bike leg is **not** allowed – drafting zone is 10 m and 20 seconds to bypass the competitor ahead
- Drafting behind vehicles is not allowed
- Crossing over of solid white line road markings, (i.e. into the oncoming traffic lane), will result in disqualification
- No mounting of the bike before the Mount line
- Obey instructions of marshals at all times – they are there to support your safety and enjoyment of the race

- Competitors only in the Transition area
- On completion of the race, (race close), bikes can only be removed by the entrant bearing the same bib race number
- Bikes can only be removed after the race when the Transition Area is opened by the Transition Marshal

Run Route:

- Loop route of **3.2 km**
- Gentle descent at start, tarmac surface, closed road
- 1st loop – start of race
- 2nd loop – after bike leg



Bike Route: (© Google; © DigitalGlobe; © Europa Technologies)

- Out and back route of 9.66 km each way, (**Total: 19.32 km**)
- Open road – normal traffic rules apply
- Elevation profile is for guidance purposes only – main drag is at Glending (please note scale of profile – it's not as bad as it looks 😊)

