***FREQUENTLY ASKED QUESTIONS***

***BUTCHERS BLOCK DUATHLON RACE SERIES – 17TH JAN; 21ST FEB; 27TH MAR 2016***

***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 C:\Users\nialld.RMI\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YGD7NF2T\1024px-Smiley_icon.svg[1].png)

