

FREQUENTLY ASKED QUESTIONS

GALCO DUATHLON RACE SERIES, NAAS TRIATHLON CLUB

– 26TH JAN; 23RD FEB; 29TH MAR 2020

Race Timetable:

- Registration Office, located at the Grandstand in Punchestown, opens at 10h00 on each race date – this is where you will get your race number and timing chip. Registration closes at 11h45.
- Transition Area, immediately in front of the Grandstand, will open at the same time – racking of bikes is unassigned however Athletes are kindly asked to leave the rack closest the bike exit free for para athletes on this occasion. This will be marked off with tape.
- Competitor briefing is at 12h00
- Race start is at 12h20 Para athletes and 12h30 Main field.
- Race closes at 15h00

What you must have and do:

- A current, (i.e. **2020**), Triathlon Ireland racing licence (or TI issued proof of purchase with TI Licence Number), **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**
- Any competitors wishing to register for the race on the day must bring a form of **ID**.
- 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

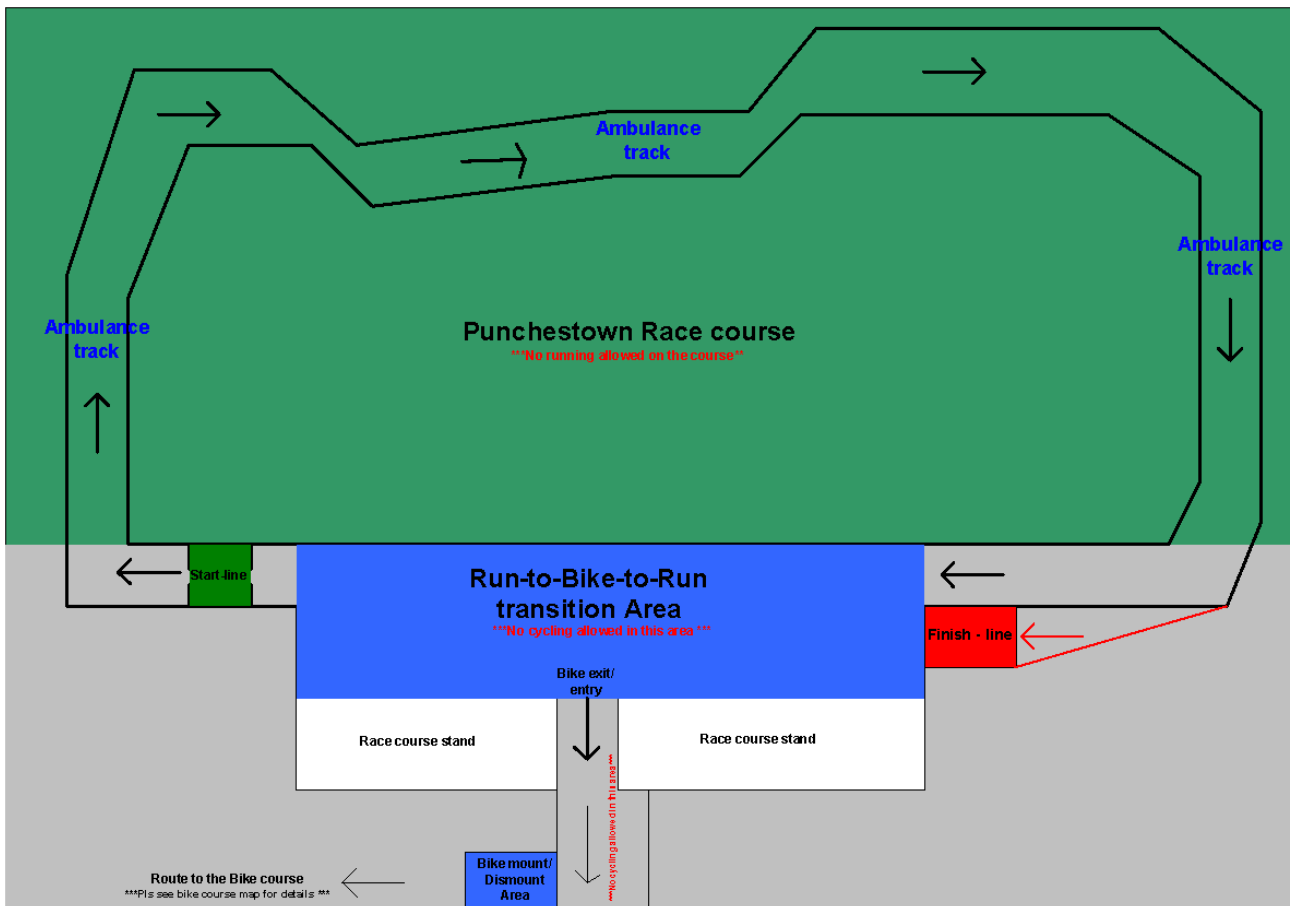
Anti-Doping Testing:

- Triathlon Ireland Anti-Doping Information for Race Organizers
- The Aim - to protect Ireland's sporting integrity against the threat of doping.

- National Series (triathlon only), National Championship for Triathlon, Duathlon and Aquathlon and all Super Series races are nominated by TI to Sport Ireland (SI) for Anti-doping testing.
- From this group of races, Sport Ireland will randomly pick races to send their Doping Control Officers to conduct drug testing on their behalf, in accordance with the World Anti-Doping Agency (WADA) International Standard for Testing.
- Since 2014, there is No Advance Notice (i.e., warning of upcoming testing by SI) at Irish sporting events, including Triathlon Ireland events.
- The link here to the World Anti-Doping Agency (WADA) site provides a 4 minute YouTube video clip clearly outlining Doping Control Process
- [click here](#).

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 😊)

