



Run/Bike
Events

**T.B.S. Thetford Forest
Duathlon**

In support of the
Muscular Dystrophy Campaign
Registered Charity Number 205395

FINAL DETAILS

Race Objectives 1. To put on a quality event.
2. To raise funds for the Muscular Dystrophy Campaign. www.muscular-dystrophy.org

Website; www.runbikeevents.com email info@runbikeevents.com

Sponsors Main Sponsor. Thurston Building Services www.tbs-hire.com (01284) 788122)

Supporting sponsors.

Electronic Metalwork Services Ltd www.electronicmetalwork.co.uk (01638) 712054

Aaron Aggregate Supplies (01284) 752688

Lark Valley Landscapes Ltd. www.larkvalleylandscapes.com (01284) 827488

Date: Sunday 30th November July 2008

Location. The race headquarters are located at Mayday Events Field off the B1106 between Thetford and Brandon, Suffolk. This is approx 2 miles south of Brandon or 3 miles north of the Elveden crossroads.

Start: 11.00am sharp. The start is on the track adjacent to the events field

Car Parking. Free parking on the events field. Please follow marshal's instructions.

Minimum Age Please note the minimum age 17 years.

What you need For the run sections, a pair of trail running shoes or ordinary running shoes.
For the bike section, the choice is yours, either a mountain bike or a cyclo cross bike is recommended.
All competitors must wear an approved cycle helmet.

Race Number Enclosed are your race numbers, which must not be folded, cut or mutilated in any way one must be pinned to the front of your vest / "T" shirt and one to the back. Also enclosed is a label, which must be attached to your bike. If you are taking part in the team event the runner must have the number on the front and the cyclist one on the back. If you have a medical condition which may affect your taking part in the event please write any details on the reverse of your number, then put a red cross on the front top right corner when you have done so. The information is confidential known only to you and will only be used to ensure your correct medical treatment should an incident occur.

Race limit 250

Race Briefing This will take place approximately 15 minutes before the start in front of the marquee

Transition

Duathlon

This is a secure area for competitors only, where you will keep your bike during the run section. To get into the Transition Area you must show your race number. You will also be asked to show both your race number & bike number when taking your bike out.

The Duathlon Team Event

To compete in the Team Category, you will need 2 team members, one to complete both run sections & one to complete the cycle course. All relay team tags will take place outside the transition area. To complete a 'tag' after the first run competitors will just touch hands. The cyclist then runs/walks to the bike puts a helmet removes the bike and leaves transition. At the end of the bike leg the cyclist must rack the bike (no need to remove helmet) and leave transition to tag with the runner in the designated area.

Rules

(This race is not held under BTA rules "local" rules apply)

Competitors must exercise sound, mature judgment, carry out all reasonable instructions from officials. Competitors are ultimately responsible for their own safety and the safety of others. It is the competitor's responsibility to know and correctly complete the full course of the event. Competitors are ultimately responsible for their own safety and for the safety of others. It is the competitor's responsibility to be properly prepared for the event and to ensure that their equipment is suitable and fit for its intended purpose. No competitor shall be permitted to continue racing who, in the opinion of any race official, is physically incapable of continuing without sustaining physical damage or loss of life. Threatening, abusive or insulting words or conduct are not permitted and competitors may be disqualified for using such.

Transition Areas

In order to avoid accidents, safeguard equipment and protect personal possessions, athletes must not bring helpers, friends or family members into the transition area. Equipment must be PLACED in its allotted position and not where it may hinder the progress of other competitors. Cycles must be placed in their correct allotted position both at the start & finish of the cycle section. Cycles should be racked by either the seat pin or by the handlebars/brake levers. Competitors must mount their cycles and start riding only when outside the transition area. When returning to transition competitors must dismount their cycle in the dismount zone, which will be clearly marked before the end of the cycle course. They may then walk or run with their bike to its allocated position. Competitors must not interfere with another competitor's equipment in the transition area.

Cycle Conduct

Every competitor must ensure that his or her cycle is in a safe and roadworthy condition. During the event, competitors are individually responsible for the repair of their machines. Any part of the cycle course may be covered on foot but on these occasions the competitors must carry or push their own machines. Competitors shall at all times cycle so that they do not deliberately obstruct or interfere with other competitors. **Helmets must be fastened before the competitor's cycle is moved from its allotted place in the transition area and must remain fastened until the cycle is returned to this position at the end of the cycle section of the race.** Passing procedure. Please take great care passing other competitors. Please shout "coming through" and pass on the right hand side.

Changing

Due to the start / finish being located in a Forest which has no building for changing, facilities are limited so come changed.

Kit Bags

There will no supervised kit bag storage area as anything can be left in your car in the car park which is adjacent to the start finish area.

Toilets

Limited toilet facilities will be provided.

Late Entries

Late entries will be accepted up until 10.30am on the day or until the race limit is reached.

- Emergency Evacuation** If asked/told by a RACE OFFICIAL to evacuate the forest, please do so without question and in a calm and orderly manner. Continual blasts on an air horn will indicate that the park has to be evacuated. Make your way to the Events Field (unless instructed to go elsewhere) and be prepared to leave the Forest.
- The Course** The course is two laps and a total of 23k Garmin measured, over undulating forest tracks. Split as follows 1st run leg 5.4k, bike leg 14.00k, 2nd run leg 3.6k.
- Drink Stations** A drink station will be provided at half way and at the finish. Anyone needing drinks at other times can of course carry them on the bike.
- Drop Out** If for some reason you are unable to complete the bike/run, please make your way to the nearest marshal who will direct you back to the finish area or call for assistance if required. First aid and communication personnel will be in attendance. If you are unable to make it to a marshal point please pass a message to a fellow runner as to your location and a vehicle will be sent to you. **If you are injured, please state so, and First Aid will be dispatched to you.**
- The Finish** The finish is also on a track adjacent to the events field.
- Race Awards** **1st 2nd and 3rd male and female in individual event plus first vet 40 and vet 50. One prize per person overall position takes precedence. Winning all male, all female and mixed teams in the team event.**
- Prize giving** Will take place as soon as possible after the finish.
- Lost Children** Lost children found in the Forest will be taken to the Results caravan located on the Events field.
- Refreshments** Will be available in the marquee after the race.
- Massage** Post race massage will be provided by students from the GeeCol Wellness Studio 01284 705031 www.geecolwellnesstrainingcentre.co.uk
- Results** Results will be displayed on www.runbikeevents.com ASAP after the event.
- Sponsorship** **If you would like to get sponsored, sponsorship forms are available from the Race Secretary, Rose Cottage, The Street, Shimpling, Bury St Edmunds, Suffolk. IP29 4HS or email info@runbikeevents.com Completed Sponsorship Forms and all monies should be sent to; Regional Administrator, Muscular Dystrophy Campaign, 9 Elizabeth Way, Sudbury, Suffolk, CO10 7TG.**

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive food & drink. If you would like further information about becoming a race marshal please contact info@runbikeevents.com You do not require any previous experience or knowledge to become a race marshal; any training required will be given on race day.

Other races in aid of the Muscular Dystrophy Campaign

Bury 20 and nearly 10 www.burytwenty.org.uk
Oxford Town and Gown 10k www.oxfordtownandgown.org

Acknowledgements. Special thanks to Forest Enterprise for allowing the staging of this event in Thetford Forest Park. Please enjoy the wonderful surroundings. Please respect the forest code. Guard against all risk of fire. Keep dogs under control. Leave no litter. Thanks also to St Johns Ambulance for providing first aid cover, Forest Heath Raynet for event communications and Gudrun Collins for providing the massage service.

Many thanks

We hope you enjoy our event

Constructive feedback is always appreciated and can be emailed to info@runbikeevents.com