

DUKE

TRIATHLON



ATHLETE GUIDE / WEE DUKE TRIATHLON / 21st SEPTEMBER 2019

It is the second year of The Duke Triathlon and we are so excited to welcome you on 21st September 2019 on the beautiful land of Tigh Mor near Callander and Aberfoyle.

John, Les and I have created this Triathlon to showcase our sport and share our passion for Triathlon. It is dedicated to people like us who enjoy outdoors, sports, good day with friends and a challenge 😊!

It is the perfect Triathlon for a novice despite a challenging cycle route but so stunning that you will forget about the pain – It is NOT a race so just enjoy and take your time. Don't worry we will all be waiting for you at the finish line.

But Please respect the physical challenge you have set yourself and don't attempt it if you are feeling at all unwell, please ensure you are properly prepared and trained for the event.

We will attempt to give you as much information as possible on this athlete guide but if you have any further question, please don't hesitate to contact us on info@duketriathlon.co.uk

All additional race information will be available at: <https://duketriathlon.co.uk/>
Join our page on facebook for latest update too please:
<https://www.facebook.com/duketriathlon/>

Race Volunteers – Please Help

No event like this can run smoothly without the help of many stewards and 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 volunteer. All marshals will receive food & drink. If you would like further information about becoming a race volunteer please contact our volunteer coordinator at info@duketriathlon.co.uk. You do not require any previous experience or knowledge of triathlon to become a race volunteer; any training required will be given on, or prior to race day.

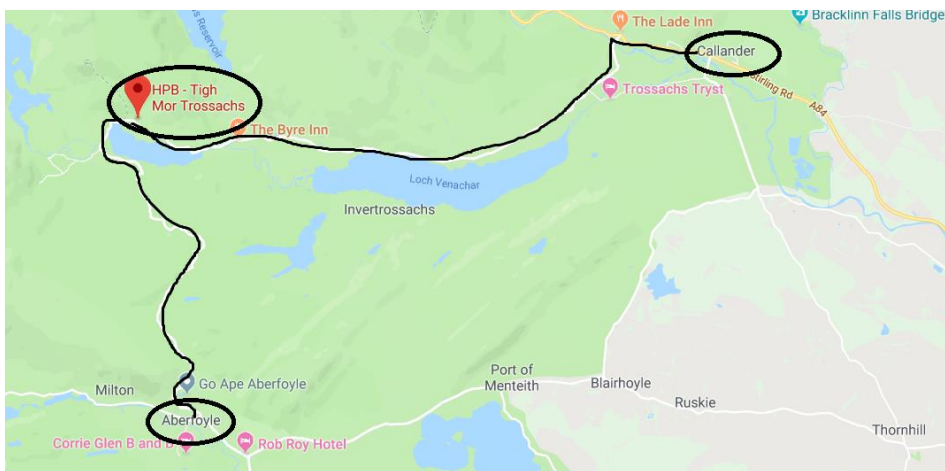
Indicative Event Schedule

Saturday 21st September 2019	7 to 8h30 am	Registration & race pack pick up at Tigh Mor on the shore of Loch Achray near fishing shed– FK178HY
	7 am	Transition open
	8h40 am	Transition close
	8h45 am	Athlete briefing including swim
	9 am	Wave 1 start
	9h05	Waver 2 start

	9h10	Wave 3 start
	9h15	Wave 4 start
	10h30 am	Anticipated first finisher
	10 am	Anticipated kid race
	12h30	Anticipated Transition open to pick up bag and bike

Directions

Getting there by car: 2 different ways to reach Tigh Mor. By Aberfoyle and then up right the A821 towards Go Ape and Loch Katrine OR by Callander and then left towards loch Katrine and Brig O-Turk.



Getting there by railway: The closest rail stations are at Stirling and Dunblane. Car hire from there to Tigh Mor. www.trainline.com

Accommodation

You should already have booked your accommodation nearby in Airbnbs or BBs. Please make sure you know the route to arrive to Tigh Mor and avoid delays on race day. If you are still looking for accommodation, here are some link:

- Youth Hostel in Callander / <http://www.callanderhostel.co.uk/>
- B&B in Callander / <http://www.trossachs.co.uk/callander-bed&breakfast.php>
- Airbnb still have some opportunities / <https://www.airbnb.co.uk/>
- Forest Hills hotel in Aberfoyle / <http://www.macdonaldhotels.co.uk/our-hotels/macdonald-forest-hills-hotel-spa/>

We also recommend considering camping (motorhome also allowed) in the area of Tigh Mor as it is just beautiful and a great way to start your race weekend. You can find more information on Forestry commission website for area of camping and permit. <http://www.lochlomond-trossachs.org/things-to-do/camping/get-a-permit/>

Parking

As you may know, this region is not the best for parking space but we have worked hard to find solutions and we hope it will work well on the day.

Please be considerate in taking your car on the day so if you have booked your accommodation or plan to camp/stay in motorhome nearby, we recommend you come cycling/walking on race day and you then don't have to worry about parking but just enjoy your day!

Please also consider car sharing with other competitors.

If you have any space in your car or looking for a space in another competitor/spectator car, please drop a line on the facebook group: <https://www.facebook.com/duketriathlon/>

Here is a map of different parking opportunities – we will make sure it is well signed and marshalled to help you go through this as smoothly as possible.

We will have access to the Ben Venue Forestry Commission car park (paid parking) as well as the Trossachs church parking and the forestry commission track in front of the church.

Please make sure you park in one of those 3 options!



Checklist

Below is a list of items we recommend you bring with you to the race. The items in red are mandatory for The Duke Triathlon:

Photo ID

Triathlon Scotland licence (if you have one)

Warm Clothing

Trisuit/Clothing

Race Number Belt

Wetsuit

Swim Goggles

Lubricant – For wet suit

Additional Swim Hat (Neoprene Recommended) – You will be given a Swim Cap at registration

Bike + bottle cage to have water with you

Cycle shoes

Basic Bicycle repair kit

Bike Water Bottles

Bike Helmet – No Helmet no race

Nutrition for the race

Running shoes

Socks

Sunglasses
Sun Cream
Hat
Midge repellent

Registration:

We have decided to only open registration on Saturday 21st September 2019 from 7am to 8h30 am.

Registration desk is situated near transition area just on the shore of Loch Achray!



On arrival at registration, find your race number from the lists displayed at the entrance, these will also be available on the website and facebook prior to race day. Then proceed to the registration desk. Here you will be required to show your Photo ID and Triathlon Scotland Race Licence if appropriate. You will receive your full race pack at registration including your timing chip, race number, swim cap and sticker for your bike as well as your goodie bag.

Race Numbers

You will issue a race number and a sticker for your bike. You must have your registration number with you on the bike and run. And the sticker needs to be added to your bike!

Your race number has to be worn on your front for the bike and run. You can use safety pins if you wish (we will have some at registration) or you can use a race belt. Do not cut or fold race numbers as this could result in a rule violation.

Competitors will not be allowed into or out of the transition area without a number.

To aid the timekeepers, who act as a manual back up to the timing system at the finish, please ensure that your number is not obscured.

Removal of your bike from the transition area will not be possible without your race number which corresponds with your bike frame number, this will be checked as you leave transition. Please note you will be asked by transition marshals so be prepared to show your race number at all times.

Racking and Transitions

Please note: NO BIKE RACKING THE DAY BEFORE

We recommend you arrive in transition 90 minutes before the swim start so around 7h30 am. Transition will be open from 7 am.

It is better to be prepared and relax before the race than to be rushing to get ready if you are running late.

Transition will close at 8:40 and we will start the full race briefing at 8h45 am.

You must rack your bike with your cycle helmet in the allocated racking line which will be displayed at the entrance of the transition.

Now is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start and pump up your tyres if needed. Again take this time to familiarise yourself with your surroundings, where your bike is located etc. If you have any problems with your space/area please approach a member of Event Staff. Mount and dismount lines will be clearly marked and you should listen to marshal instructions at these areas to ensure you are not riding in the transition areas.

You will be able to leave inhalers and glasses near the swim exit.

Here is a video to prepare your transition – Again it is NOT a race so take your time:

<https://www.youtube.com/watch?v=FxGq3Vex6Ro>

Timing

THISTLE TIMING will be providing a comprehensive race results service. To ensure accurate times and results you must ensure you wear your timing chip whilst racing. It is useful to smear a small amount of lubricant around your ankle to stop any chaffing and we recommend that the chip goes round your **left ankle and visible so not below your wet suit**. Using this cutting edge technology will mean results; discipline splits and category positions will be updated live as athletes pass the finish line. There will be a TV display providing live results to all competitors and spectators in the finish area. When you have finished the race, please remember to return your timing chip to our officials in the finish area. Failure to do so will result in a £25 charge being made to the athlete for the loss of equipment.

Race Briefing

The race briefing will take place at 8h45 am just before the swim. It will be held just on the bank of Loch Achray near the swim start. It is mandatory to attend this briefing. It contains last minute updates on course, conditions and other rules and technical instructions.

Mechanical Support

Competitors are reminded that it is their responsibility to ensure that their bike is in a roadworthy condition. We recommend that you have your bike serviced by your local bike shop prior to the event.

Mark from Wheelz in Callander, <http://scottish-cycling.com/> Tel: 01877331100 offer first class service and has a great shop to buy any spare parts you will need on the day. So please do not hesitate to contact him for servicing your bike before the event or if you need any urgent last minute equipment.

Withdrawal

Pre-Race:

If you wish to withdraw from the race prior to the race start (after you have registered) please inform registration and return your timing chip. If you do not return your timing chip you will be charged £25 for its replacement. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

During the race:

To comply with our safety plan any athlete withdrawing from the race at any time must report it to an Event Crew member. They will take your details and report them to race control.

Race Rules

The event will be held under the rules of British Triathlon and Triathlon Scotland. The full rule book is available here: [Download rules](#)

Cut Off Times

Swim:

The cut-off time for the swim is 25 minutes from your start time. If you do not make the swim cut-off, you may not start the bike leg. The bike out closes at

09:55, if you have not reached the bike mount line by then, you will not be allowed to start the bike.

Bike:

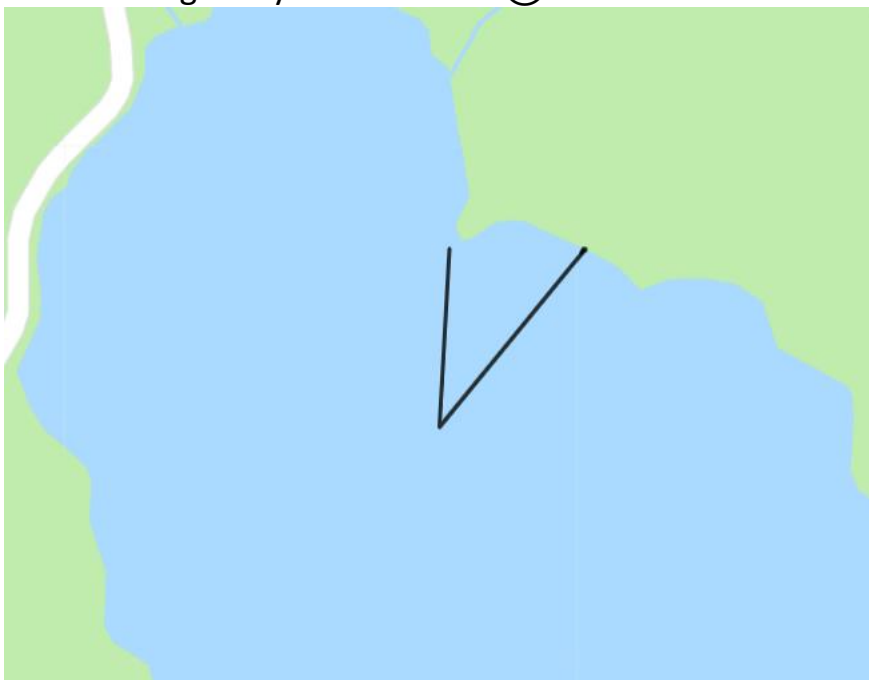
You must be able to make the 3 hours cut-off point at T2. This is a combined swim and bike time at T2. Unfortunately athletes who do not make these cut-offs may not remain on the course. They will be collected by the sweep vehicles. If you do not make the bike cut-off, you may not start the run leg.

Swim Course

PLEASE NOTE: WETSUIT IS MANDATORY

The swim is based at Tigh Mor estate on the shores of Loch Achray and it will be a 400m open water swim with only 1 turn

It is stunning and you will love it 😊



Swim Safety

There will be substantial safety cover on the loch to guide and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then come to your aid. Hold on to the back of the canoe until the safety boat comes to your aid and if required return you back to the shore for any further medical assistance. Remember keep the buoy to your left. All competitors should please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer who may be susceptible to infection through immune suppression, are advised not to enter the event if he or she is not in good health at the time of swimming. Water quality testing will be carried out in the 4 weeks lead in to the event.

Bike Course

PLEASE NOTE: NO ROAD BIKE ALLOWED – YOU WILL REALLY NEED TO HAVE THICKER TYRE AS SOME OF THE ROUTE CAN GET MUDDY AND ROCKY. But it is not proper mountain bike course as road/path will always be wide!

Also, the first and final section is on the road which will be open to cars and normal rules of the road apply. The rest of the route may have other cyclists as well as walkers and potentials domestic and wild animals. Please be careful. Again It is NOT a race!

This is the best part of this race with amazing views, different type of roads and a great challenge.

Expect a 3km up hill at the start but it is worth it when you arrive at the top and then slowly go down the forestry commission road on three lochs drive.

Please bring a bottle cage to have bottle with you at all time as we have decided not to have any feed station on the cycle as it will just break your leg and slow down the race. And don't worry you will be able to fill your bottle near the registration desk.

You also need to have spare tubes and repair kit in case. We will have marshalls in few places to help if needed and they will also have some spare tubes & kit repair with them.

Below are few important moment during the cycle:

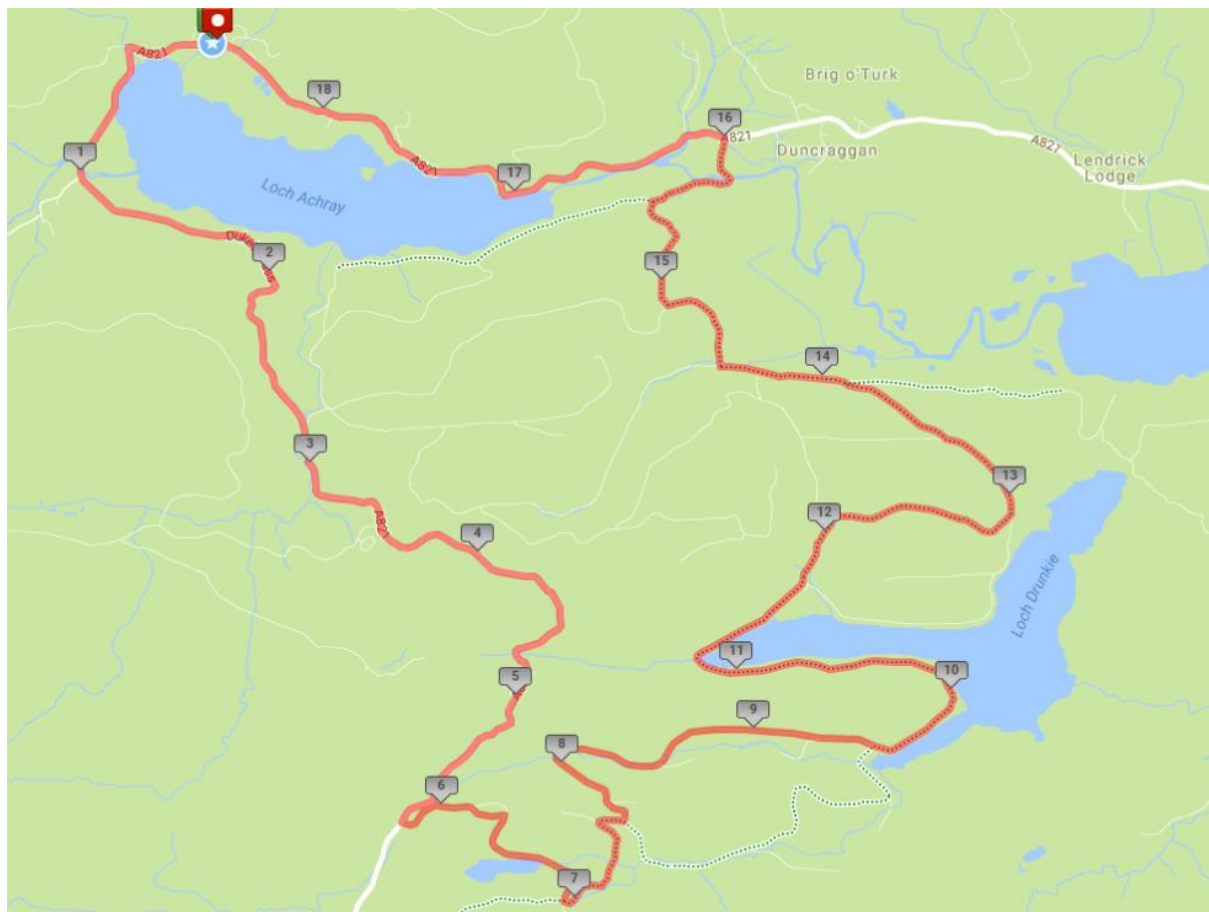
Steep descent with Gravel

Sharp corners during steep descent with loose stones

Cattle grid

Pot holes on the forestry commission road

We will of course have signs on those places but please be reasonable when going downhill!



Run Course

The run will be 2 loops of 1.25 km on the private off road in the grounds of Tigh Mor.

Enjoy the finish line with stunning views in front and the castle behind – You are now a Duke/Duchess!



Feed Station

Due to this short race we will not have any feed station on the bike leg. We will however have water and recovery drinks at the start of the run and after the finish line.

First aider Cover

The safety and welfare of our competitors is our first priority. Onsite during the event will be First Aiders all highly experienced and qualified. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event steward. The medical tent will be located at the finish line to enable any casualties to be treated quickly and efficiently.

Medical Conditions

We ask that all athletes show a sensible approach and if you feel at all unwell either prior, during or after the event you can either withdraw and or seek assistance from the Medical Team. It is mandatory that all competitors write their next of kin & contact details on the back of their race numbers (using a waterproof pen if you are wearing your number below your wet suit). We will have pens (waterproof) available at registration for doing this. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front of your race number & wear your race number at all times when competing in the event – including under your wet suit during the swim section.

Course Reconnaissance

You are permitted to swim in Loch Achray prior to race day
You are permitted to cycle the bike course or run the run course any time during the build up to the race. Please be aware that you are visiting an area of outstanding natural beauty and we ask you to respect that, whether training or racing. Please do not litter or abuse other road users during training or racing in the area.

On race day if your supporters are cycling out to view sections of the course please ensure they do not obstruct the race route or cause confusion to marshals. Support crews should not swim, cycle or run with any athlete at any point during the event.

Please note that this is at your own risk and we recommend you get a safety cover at all time and we recommend if you wish to swim you have a companion.

Kid Race

We will have a 1.25 km free kid race.

This will be organised during the cycle route and we will announce it!

If you want to register any children, please email info@duketriathlon.co.uk

Toilets

There will be toilets located in both transition areas and within the athlete village where the race finishes. There will also be toilets in the middle of the bike course of the forestry commission road.

Results

Results will be updated constantly on the display at the finish. A full set of results will be available on our website no later than midday Tuesday 24th September 2019.

Course Etiquette

Competitors are reminded that they share the venue facilities and roads with other citizens who may or may not be fully aware of the event. This event IS NOT a closed road event therefore due care should be taken at all times. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters.

Any littering around the route will also result in an immediate DQ from the event. It is vital that we leave the location in the same state it was before we arrived; please respect the environment.

Meet Jenny Graham on Friday evening

Join us for a Friday evening of bike based banter with Jenny Graham. Jenny is an Adventure Syndicate endurance cyclist from the Scottish Highlands who thought "I wonder how far I could actually go...". In 2018 set out to be the fastest woman to cycle around the world (that's a long way!). By riding for 13.5 hours and averaging 156 miles a day, Jenny beat the current record by 20 days. Hear the story of how Jenny rode out from Berlin, not stopping until she had cycled 18,000 miles across four continents. She travelled east through 16 countries - Germany, Poland, Latvia, Lithuania, Russia, Mongolia, China, Australia, New Zealand, Canada, US, Portugal, Spain, France, Belgium and Holland - took four flights, one boat and consumed over 660,000 calories!

More information here: <https://www.facebook.com/events/345003549716690/>

Use promocode BRIGOTURK for a 20% discount

Last but not least, thank you so much for taking part and making our dream true.

John, Les and I as well as all the volunteers have put a lot of time, effort, smiles, tears to this project! We will all appreciate smiles, hugs and thank you on the day!

SEE YOU ALL ON THE 21st SEPTEMBER 2019 AT TIGH MOR

