



Welcome to the Dirty Duathlon 2019.

This document outlines many of the things that you will need to know to make your day a successful one.

If you have any further questions, please do not hesitate to contact Justin at justin@pbevents.com.au.

We hope you enjoy the day.

We will be posting all the latest news over the coming days on the PB Events facebook pages. Any last minute messages or reminders will be posted here. <https://www.facebook.com/tryapbevent>



We will also email significant instructions pre event.

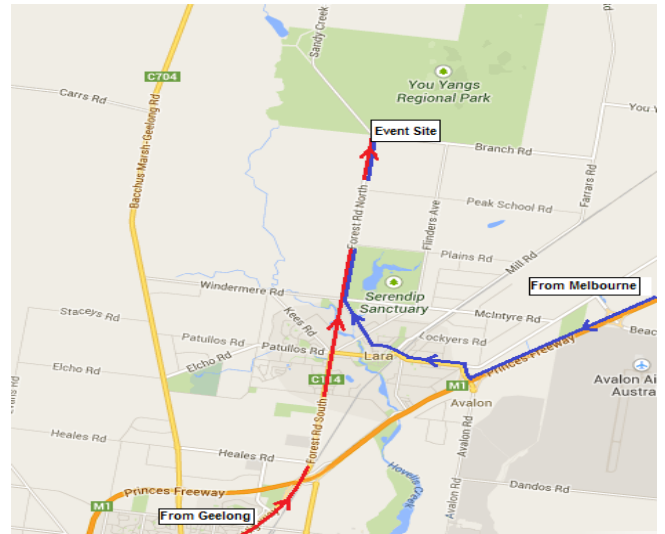
Race Day Schedule

7:15am	Event site opens
7:30am	Registrations/packet Pick up opens
8:00am	Transition opens & Bag Storage opens
8:40am	All participants (and bags!) must be out of the Transition area
8:40am	PRE-RACE BRIEFING
8:50am	Long Course RACE START (located approx. 100m north of event site)
9:00am	Short Course RACE START (located approx. 100m north of event site)
11:15am	Short Course Presentation Ceremony
11:00am	Transition opened to finished participants (10 participants at a time)
12:00 noon	Bike Course Cut off time (participants finishing bike leg after this time will not be allowed onto the second run leg).
12:15am	Long Course Presentation Ceremony
1:00pm	Course Cut off time.

How to get to the You Yangs Regional Park

There are several ways to get to the You Yangs Regional Park, however, the easiest way for those unfamiliar with the area is to take the Lara exit from the Princess Freeway and make your way to Forest Road. Once on Forest Road, travel north until you reach the You Yangs Regional Park

The Event site is just inside the main entrance gate to the You Yangs, off Branches Road.



Parking

Parking is available in a variety of locations at the event. The map below indicates the major parking locations. There will be a marshal at the recommended parking location below to assist. This space should accommodate most of the participant vehicles. Please follow signage carefully.

Please do not park on the sealed main entrance road to the You Yangs or in areas of bushland that is not indicated here. Parking in incorrect locations will lead to the event not receiving Parks Victoria Permit approval for future events.



Event Timing

The Duathlon will be electronically chip timed in order to deliver accurate finish times and positions. The start of all events will be a shot gun start (there will be no timing mat at the start).

The Duathlon event will also include 3 split times (Run 1, Bike (will include both transitions), Run 2) and an overall finish time.

Individual participants will be timed using a timing chip on the rear of the run bib, this is the bib with two foam strips on the rear, the other bib is your Mountain bike plate. Please ensure you do not put your run bib (with the timing chip) onto your mountain bike. If you mix these two up, you will not get a finish time!

Relay participants will receive an ankle strap timing chip. This is to be used as a relay baton, The first runner wears the ankle strap, in transition after the run they will take it off and put it onto the riders, when the rider finishes they will put the strap onto the runner again.

You will also be able to check your overall position, age group category position and more.

Official Times and positions will be available on the PB Events website at the completion of the event 1pm.

To ensure timing is accurate, please ensure your timing bib is on the front of your outermost garment!

Please Note:

If you are entered in the long course event and for any reason only complete short course, this is ok but you **MUST** let the timing tent know of this. Otherwise your extremely fast time for long course time (because you only did the short course) will throw out the event results and category winners.

Medals

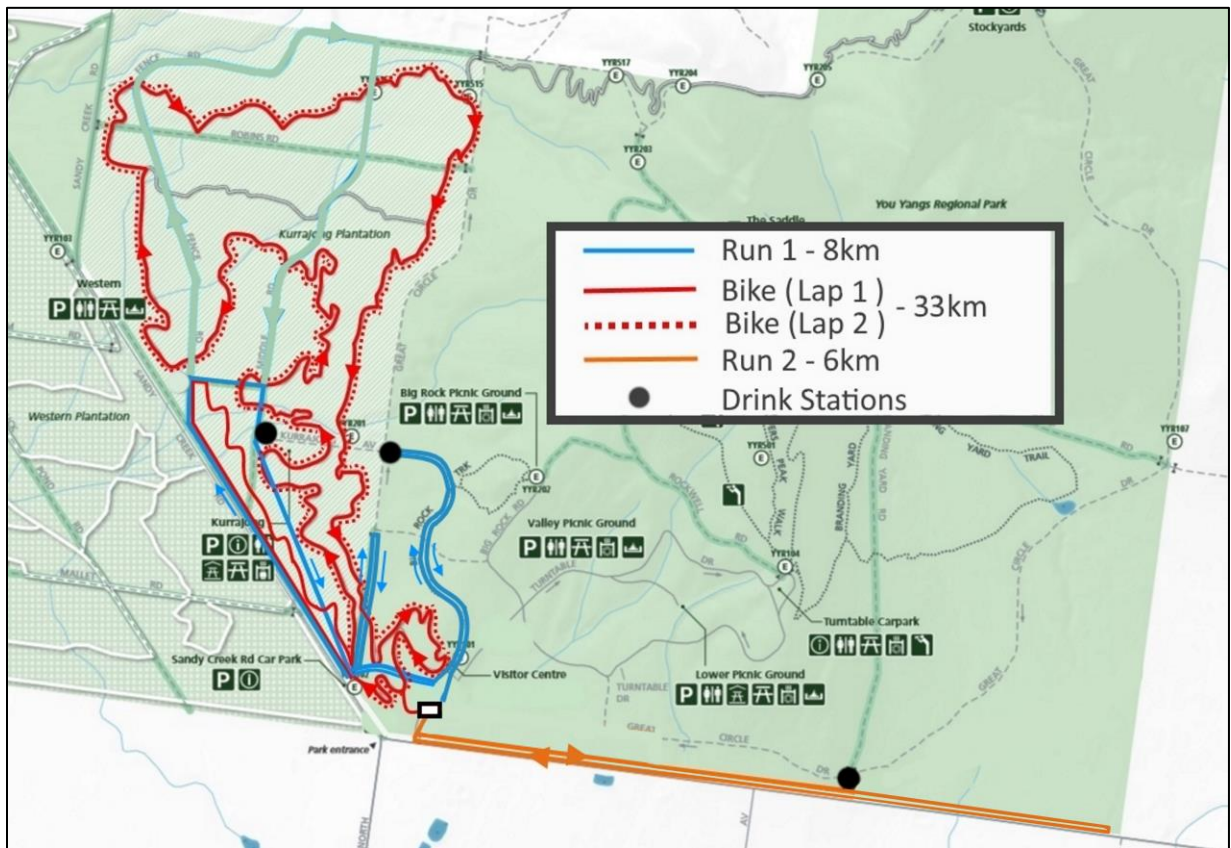
All finisher will receive a finishers medal (as shown here) as they cross the finish line.

Relay teams will receive one (slightly smaller) medal for each relay team member.

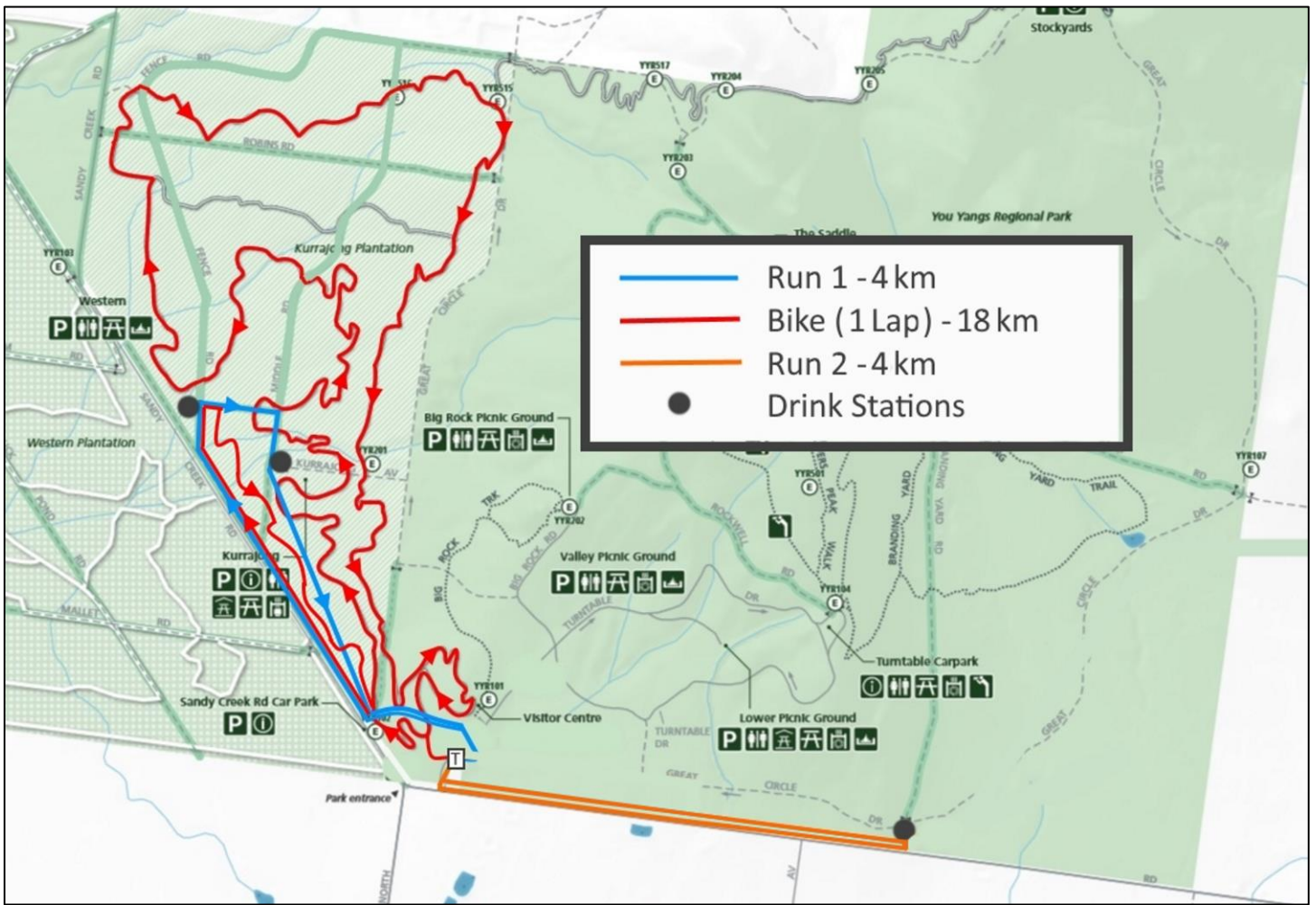


Maps

Long Course Map

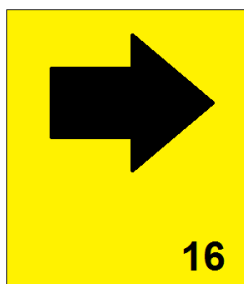


Short Course Map



Course signage

All changes in direction will have a course marshal present as well as signage similar to the signs below.



Some of the Rules!

Our aim is not to weigh you down with countless rules and regulations, however there are a few that we need to highlight to ensure both your safety and the safety of other participants. Breaching any of these rules could result in disqualification.

The event will be following Triathlon Australia Rules. Please familiarize yourself with these rules by visiting the following site http://www.triathlon.org.au/State_Associations/VIC/Technical_and_Resources/Race_Rules.htm

Some major Guidelines and Rules are:

Transition Area

- Only participants in the Duathlon can enter the transition area.
- Participants must have their helmet on and strap done up on entering the transition to allow marshal to check for safety.
- Competitors are ultimately responsible for their gear. Please give unwanted gear to family or friends or store it in the allocated Bag storage area provided.
- Participants must rack their bikes and place their equipment at the allocated position in the transition.
- Participants are not allowed to tie anything to their bike rack to make it easier to find their bike.
- Participants must put on and fasten their helmets before they remove their bikes from the bike rack.
- Participants must walk/run their bike in the transition area until they cross the road and pass the mount bike sign.
- On return from the bike participants must dismount their bike at the dismount sign and walk/run their bike to their bike rack

Run

- Runners must obey the instructions of all event staff and course marshals at all times.
- Runners must stay on the designated course (tracks) at all times, no cutting corners!
- Race numbers/bibs must be displayed at all times
- On the second run leg, runners are to keep to the left of the track at all times.

Bike

- Riders must wear an approved ANA, SNELL, ANSI or Australian Standard approved helmet
- Mountain bikes must be used in this event, no racing or triathlon bicycles.
- Riders helmet strap must be fastened at all times while on bike
- Drafting is legal in this event.
- Riders must obey the instructions of all event staff and course marshals
- The mountain bike course will be clearly marked with arrows like this (right). If needing assistance while on course quote the number at the bottom of the sign and we will be able to locate you
- PASSING: Front riders must yield to overtaking riders. Riders should voice the command "passing on right" or "passing on your left," when overtaking another.
 - It is the responsibility of the faster rider to overtake safely. Slower riders must yield to the passing rider on the first command. In the event two riders are racing for position, the leading rider does not have to yield his position to the challenging rider. However, a rider may not bodily interfere with or impede another rider's progress.



On course assistance

We encourage all participants to carry a mobile phone with them on course if possible.

The emergency assistance number for this event is on the rear of all MTB Plates. The number is 0416 193533.



There will be plenty of marshals out on course at this Event. If in need of assistance, please let these marshals know and they will arrange assistance.

Although you may feel as though you are in the middle of the bush, there is vehicle access to within 50-100m over almost all the course.

Duathlon Bike Leg Safety – With the twisting and turning nature of the Mountain bike leg of the duathlon, it may be difficult to determine your position if you need assistance. There will be over 20 directional arrows on course (as shown on right), each of these will have a number at the bottom. When calling for assistance, quote the closest sign number and we will know exactly where you are located.



There will be NO mechanical assistance available on course. We will have a transport vehicle (ute) if required to get you back to the finish line if need be.

Event Site Services

Event Info Marquee - The PB Events Information Marquee is located at the event registration tent. If you have any questions on the day, please see one of the staff in this tent to assist.

Post Race Food and Drinks – At the completion of the run, make sure you grab a 600ml bottle of water (near the finish line) and some fruit to replenish your energy levels. Please be aware that the food is limited so please just take one piece of fruit.

Baggage storage facility – We have a secure bag (and car key) storage area. This area will be located in the building beside the Event site area. Although it is secure room, please do not leave valuables in the baggage storage area.

First Aid – Two St Johns first aid crews will be located near the finish line (also in the building). If at any time you are in need of assistance on course, please alert a course marshal asap. If required first aid staff will have a mobile vehicle in order to attend to on course emergencies.

Coffee – City to Surf Mobile Cafe will be at the event once again this year. Make sure you bring a couple of dollars to warm up with a nice cup of coffee.

Inside your race pack envelope

Inside your envelope that you will collect at the registration marquee on race morning, you should have the following

1. A Larger race bib with foam strips on the rear. Relay teams will have 2 of these (with no foam strip)
2. A smaller bib (MTB Plate) that is stiffer than the other
3. 4 pins
4. 3 cable ties
5. Relay will also have an ankle strap timing tag (and no foam strips on their run bibs).

Large Bib

Place the large bib on your outermost garment of clothing (the chip may not read if it is under clothing). This bib is also required to be worn on the front of the athlete.

Smaller Bib (MTB Plate)

Cable tie this plate to the front of your bike.

Rear of MTB Plate

On the rear of the MTB plate you will see an emergency phone number. If at any time on course you are in need of assistance, let a marshal know, or call this number.

Relay

Relay participants will have an additional ankle timing chip (no timing chip on the Bibs). This will act as your relay baton. The first runner will wear it into transition, take it off and put on Bike rider before they mount their bike. The rider will re-enter transition at the end of the bike, mount the bike on the bike rack, then remove strap and place on runner ankle who will complete the run to the finish

- Red Bibs are for participants in the Short course Event.
- Blue Bibs are for participants in the Long Course Event
- Green Bibs are for participants in the Relay events



E-Tickets

You will receive an email in the week leading into the event that will have a link to your e-ticket for the Dirty Duathlon.

This E-Ticket will show your race bib number as well as other information.

If you wish to make your bib collected process quicker, print off this E-Ticket and bring to bib collection. We can also view this ticket off your mobile phone

It is not compulsory to bring a print out of your ticket and have it at bib collection, it just makes the process quicker. If you do not have your ticket, it is not a problem, we will have a list of bib numbers and allocated names to find yours.



If there is anything that we may have missed, please do not hesitate to send an email to justin@pbevents.com.au or call on 0448 854 146 (please note I still work full time so after hours is probably better!) Please note also, that we will be busy setting up from Friday evening onward so more than likely wont be able to respond on event weekend.

HAVE FUN!