



### **What is a duathlon?**

A duathlon is a race that involves cycling and running in the format of run, cycle then run again. It's a perfect introduction to multisport and is as competitive as you want it to be.

### **What is a transition area?**

A transition area is a secure area where you leave your bike during the run portions of the race. You hang or rack your bike by hanging the saddle from a horizontal pole

### **What kind of bike do I need?**

Any type of bike is fine Mountain, Hybrid, Road bike/racer. The competitive end of the field will often use Time Trial (TT) bikes, but any bike is fine once it's in good working order.

### **What other equipment do I need to take part?**

A helmet is compulsory, cycling shoes if you use them and your running shoes. Its always good to have a drink handy – water or a sports drink.

### **What should I wear?**

If the cycle section of the event is short, then normal weather appropriate running gear is fine. If the cycle is longer, a padded pair of shorts can be helpful. It can be cold on the bike so a jacket and gloves may be needed.

### **Are there rules to Duathlon I should know about?**

On entering the transition area, a marshal will check brakes, tyres etc. to make sure your bike is in good condition and to see if your helmet fits and fastens correctly.

You are not allowed to cycle your bike in transition area.

During the race when you return from the first run you will enter the transition and may have to run in a one way system to get to your bike.

Before touching your bike, you should have your helmet on and the clip closed. When you bring you bike back it must be racked before you unclip and take off your helmet.

Try not to take up too much space around your bike. Bring only the essentials with you. We have ample parking so you can leave all non-essentials in your car.





There will be a marked point outside transition called a mount/dismount line, here you will be guided by marshals as to when to get on and off your bike

When out on the bike, you should not tail or draft off another cyclist – if you can't overtake, you need to drop back.

Normal rules of the road will be applied as the roads will be open to normal traffic.

Any special or extra information will be announced at the Race briefing, directly before the race start, which all competitors are expected to attend.

### **Anything else I should know?**

Everyone who has entered to race will need to come to registration to sign on. They will be given a timing chip which should be worn on the left ankle – this device tracks the time taken for each competitor to pass all sections of the course. Race numbers are also issued, which should be worn and visible throughout the event

For safety audio devices/headphones are not allowed

Marshals will be on duty throughout the course and will provide safety instructions and directions during the race. They are volunteers so please treat them with respect.

After the event, we will have refreshments – Tea, coffee, cakes and sandwiches while we wait for the results to be finalised, so bring warm clothes to put on afterwards and come in and have a chat.

Full entry details can be found on [www.limericktriathlon.com](http://www.limericktriathlon.com) and any news or relevant information will be published there and on our public Facebook page [www.facebook.com/LimerickTriathlonClub](http://www.facebook.com/LimerickTriathlonClub)

### **What can I do to prepare?**

If you can do the distances alone, you will have no problem finishing the event. It's worth practicing going from a bike to run and run to bike as that can feel very strange and wobbly legs are common. Come along to our bike or run training sessions and you will pick up plenty of tips from other members, who were all once in your shoes.

