

# TRI COACHING UK

Presents

## FOREST OF DEAN

### DUATHLON

#### **Date**

The second Forest of Dean Duathlon will take place on the 8th October 2006 starting at 10.00am

#### **Race Venue**

The race is to be held at the Forest of Dean Gymnastics and Fitness Centre situated behind Lakers School, Five Acres, Coleford, Glos, GL16 7QW. It is situated on the A4136. Car parking is behind Five Acres Leisure Centre – please follow the signs.

#### **Registration**

This will take place in the Gymnastics centre on Saturday 7th October between 3pm and 5pm and then also from 8am on Sunday 8th October. Please ensure that you register at least 30mins before the start

BTA members must show a valid race licence or a £2 levy will be charged for day licence.

559 Active will have there stall at the event for those last minute buys.

#### **Race Brief**

There will be a race brief by transition at 9.30 am please make the effort to attend the briefing as it will give you any last minute information.

#### **Run 1**

The First run starts on the athletics track and follows this for about 250m. You then do a circuit around the playing fields before heading out into the Forest. You will be running on hard trails so road shoes are fine. It is 5km and there will be a water station half way round.

#### **Transition**

Transition will be on the play ground in front of the Gymnastics centre. Only athletes and officials will be allowed in. The racks will be numbered. Please keep your area tidy.

#### **Bike**

Your Helmet must be on and securely clipped on before you move your bike from the racking. The bike route is a 1 lap course. It is approx 17km long. You will mount you bike at the designated mount line. Please note that the A4136 is a main road and although it shouldn't be busy, there will be traffic on the roads. The first half of the route is fast and

downhill. The second half of the lap is a testing climb up from Lower Lydbrook. Please note there is a testing climb coming out of English Bicknor.

The BTA state (rule 18.5) that " all competitors must follow the normal rules of the road, obey all traffic signals. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor". If a marshal of official tells you to stop at a junction or slow down leading up to a junction, it is for your safety.

## **Run 2**

This will be a repeat of the first lap. Follow the exit and directions from the marshals onto the track and repeat the first run. On finishing the run follow the signs for the finish line.

## **Showers and Changing.**

Showers and toilets are available in the Gymnastics centre.

## **Refreshments.**

These will be available in the Gymnastics centre.

## **Prizes**

These will be awarded to the first 3 male/female athletes, First 3 male/female vet 40 athletes and then 1<sup>st</sup> male/female vet 50 athletes.

## **Marshals**

Marshals are always welcome and could you please contact me before the event to let me know. 01594 860454