



Union Properties Ramadan Duathlon Challenge 2019



## Union Properties Ramadan Duathlon Challenge 2019

### Venue & date

Venue: Dubai Autodrome, Dubai, UAE

Date: Thursday, May 9<sup>th</sup>, 2019

Start time: 09.30pm

### What is a duathlon

Duathlon is an athletic event that consists of a running leg, followed by a cycling leg and then another running leg in a format similar to triathlons.

An individual registered athlete must complete all 3 stages of the race.

A team of 3 registered athletes must complete all three stages of the race. Each athlete completes 1 stage.

A team of 2 registered athletes must complete all three stages of the race. One athlete completes 2 stages and the other athlete completes 1 stage.

When participating in a duathlon, it is important to have rules that help us ensure a fair race and to help us avoid participants from getting hurt or hurting others. It is important to follow the rules, failure to do so may result in disqualification.

### Races

Age	Adults	Run 5KM (2 laps)	Bike 20KM (8 laps)	Run 2.5KM (1 lap)
Age	Juniors	2.5KM (1 lap)	10KM (4 laps)	2.5KM (1 lap)

Athletes are responsible for counting their own laps and completing the full course. The race official will call the athletes to the front of the starting line.

### Start times

Wave 1	Individuals	9.30pm
Wave 2	Teams	9.32pm
Wave 3	Juniors	9.34pm

Athletes are responsible for starting in the allocated wave. Failure to start within the correct assigned wave will result in disqualification (DQ)

## **Race pack collection, rental bikes, and bike racking**

Race pack collection and bike racking will be at the Dubai Autodrome, Dubai – Garage area on the day of the event, Thursday, 9<sup>th</sup> May 2019, 8.00pm until 9.00pm

Race packs are sponsored by Revolution Cycles, Look, SIS, and Wahoo.

If you have rented a bike, you will be directed from the race pack collection point to the bike collection point.

**Please be informed that race pack will include rental timing chip. The ProChips are AED 150 to replace, so to collect your Race Pack and your Timing Chip you will be required to leave a deposit of AED150 or Emirates ID.**

## **Race Results & Prizes**

Preliminary results are published before the award ceremony. Any queries regarding times and results must be made prior to the ceremony; after which the results will be final.

The race results will be printed and displayed at the event and also published via the following link:

<https://www.hopasports.com/en/event/union-properties-ramadan-duathlon-challenge-2019/results>

Prizes are offered by Union Properties, Dubai Autodrome, Fitness First, THEO'S Point, and Coffee Planet.

Coffee Planet will be on site for those looking for a coffee fix.



Make sure you place your BIB number in the box at the Coffee Planet stand and hang around until after the award ceremony to stand a chance to WIN an awesome hamper from Coffee Planet (winner must be on site to claim the prize).

Prize: Cino capsule machine with 6 boxes of Coffee Planet capsule boxes from the Coffee Planet Signature & Reserve range.



## **Water stations, breakfast & refreshments**

Water stations will be available in transition area and on Run Course. NO Hydration station on Cycle course



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## **General Rules**

The Organisers reserve the right to amend the Rules and Regulations without prior notification.

The Organisers reserve the right to amend the race course with prior notice to participants

Completion of the race entry form evidences the Participants' agreement to abide by the relevant rules and regulations. These rules apply at the material time and to all and any ruling of the Organisers.

Whilst every reasonable precaution will be taken by the Organisers to ensure the participants' safety, participants partake in this event at their own risk and the Organisers shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.

Any disputes arising from the participation in the Duathlon 2019 shall be referred to Arbitration and to be conducted in the UAE under the law of the UAE Courts.

The Organisers reserve the right to use any photographs, motion picture, recordings, or any other record of this race and its participants for any commercial advertising including legitimate purpose.

The Organisers reserve the right to limit and/or refuse entries without assigning any reason thereof.

The Organiser will only accept the first 500 entries by/before the registration closing date stated on Hopasports.com

Individual race entries are non-transferable. Any person doing so will be held responsible in case of an accident arising from or provoked by the other person during the race. The Organisers reserve the right to exclude both parties from future events.

The Organisers will not be responsible for any disputes arising from incomplete/wrong entry details given by the participants.

The Timing tag (chip) is the sole means of race timing measurement.

**NO CHIP = NO TIMING = DNS (Did not start).**

All participants in both the Individual and/or team relay category must ensure that their timing tag are securely strapped to their left ankle before beginning on any leg of the race. Participants not adhering to the rule of strapping the timing tag to their left ankle before the start of their race will be disqualified.

The Organisers will not be responsible for any inaccuracy in participant's race timings due to improper wearing of the timing tag.



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Participant who wishes to protest against another competitor or notify a violation must do so in writing to the Organisers within 20 minutes of his/her finish time. All protests must be made in accordance with the existing Rules. A deposit of AED300 or equivalent must accompany the appropriate protest and will be refunded if the protest is successful.

The Transition Area will be opened at least 1 hour before the commencement of the race and participants shall place their essential race items at the designated location marked by their race numbers in the Transition Area. The essential race items are to be arranged according to the allocated race numbers. All participants shall be ready and assembled at the Run Start Holding Area 15 minutes prior to the Run. Transition will close at 9.10pm no exceptions. No admittance to zone after this time

### **NO HELMET = NO RIDE**

Scrutineer area: All cyclists and bicycles will be checked for helmet & race number plus bike safety, bicycle deemed unfit will not be allowed. Helmets must be fastened when in contact with bicycle.

Team area: all teams must change over in this zone only.  
All participants in relay teams are responsible for passing their Timing Band to their teammates at designated areas after completing their respective legs. Passing of Timing Band outside of the designated area would result in immediate disqualification. In other words, the runner will have to hand over the Timing Band to the cyclist at the designated area, and in turn, the cyclist will have to hand over the Timing Band to the runner at the same designated area.

### **Running Leg T1 & T3**

Start runners must be on start line at 9.15pm

Runners must wear their race numbers at the front of their adorned apparel at all times during the run.

Support vehicles or pacers are not allowed.

Runners must run on the designated path for the entire route. Failure to do so may result in disqualification.

No running with bare torso.

Wearing headphones is not allowed at all times.

### **Cycling Leg T2**



REVOLUTION  
CYCLES Dubai



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Fitness First



Cyclists must ensure that their competition numbers are clearly visible at the back of their adorned apparel at all times.

Bare torso is not allowed.

The Bicycle number tag must be properly secured on the right side of seat-stay or seat post.

A participant cannot run or walk with their bicycle after transition.

Support vehicles or pacers are not allowed.

Cyclists must be on the designated track for the entire route. Failure to do will result in disqualification.

Cyclists are to keep to the right side of the road unless overtaking and are reminded to observe the rules at all times. Overtaking on the right of a cyclist is dangerous and warnings and disqualification/penalties given.

All participants will have to perform their own repairs if their bicycles should breakdown.

All cyclists must wear helmets approved and must be fastened at all times, helmets must be worn and fastened when in any physical contact with bicycle

### **NO DRAFTING IS ALLOWED**

You are considered drafting when you are within 5 metres of another participant's rear wheel or riding next to someone within 2 metres. You are allowed 15 seconds in someone's draft zone to make a pass. Once you are passed, you must immediately drop back, out of the draft zone, before you may overtake the person who passed you. Cyclists caught drafting will receive a time penalty.

Aero bars and tri bikes are allowed.

Wearing headphones is not allowed at all times.

### **Penalty Box and warnings**

If for any reason you broke the rules you will be issued a yellow or blue card

**YELLOW** - WARNING

**BLUE** - PENALTY

All infringements will be placed on a lap board of cycling.

If you have been issued a warning you can continue to transition.

If you have been issues penalty you must have a Stop & Go penalty.



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Failure to Stop & Go will result in DQ.

### **Medical Advisory**

The sport of Duathlon is physically demanding. If you are not sure of your physical health, please seek the advice of a medical professional before you register for the race.

Participants are to ensure that they are well-rested and well-hydrated on day of race.

Participants are advised to dress lightly.

Should any participant feel unwell in the course of race, he/she should stop and seek immediate medical attention at designated medical posts.

The organisers reserve the right to remove any participant deemed physically incapable of continuing the race.

**HAVE A GREAT RACE, ENJOY, AND HAVE FUN!**