



DAMAC Ramadan Sports Festival | Duathlon (Run-Bike-Run)

Venue & date

Venue: DAMAC - AKOYA, Dubai, UAE

Date: Thursday, May 6th, 2021

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.

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

		Run	Bike	Run
Age	Adults	5KM (1 lap)	19KM (2 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. Kindly follow COVID-19 Safety protocols: social distancing, face mask at the start and after the finish, no photos in big groups.

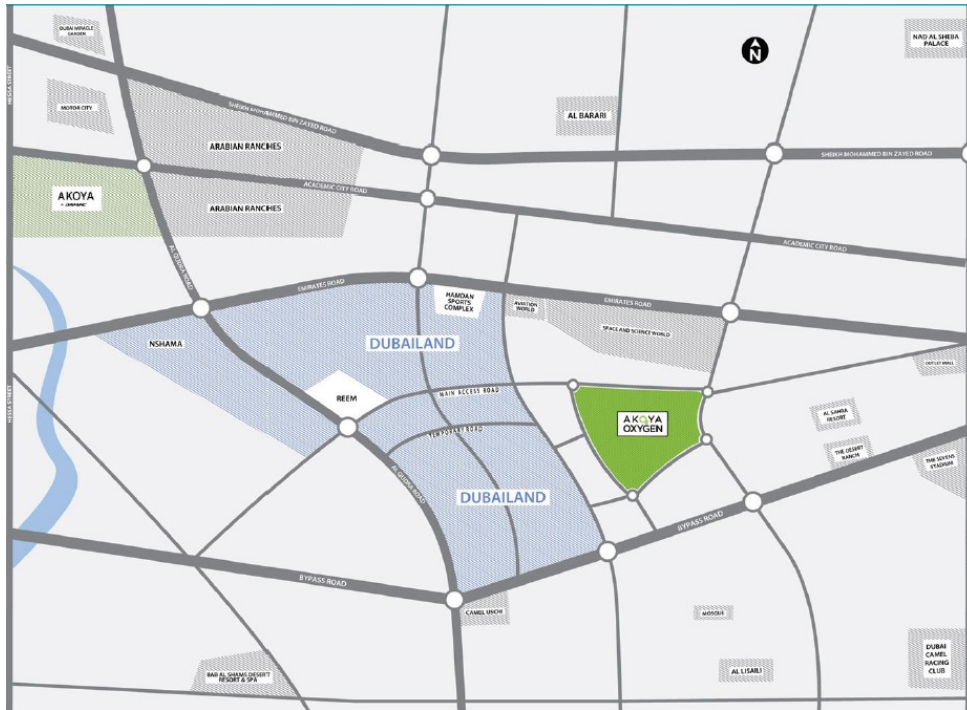
Start times

Wave 1 Individuals 9.30pm

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

Event location

The event will take place at DAMAC Akoya. To park your car, enter DAMAC Akoya and follow the signs to the Cinema parking lot next to Carrefour Market.



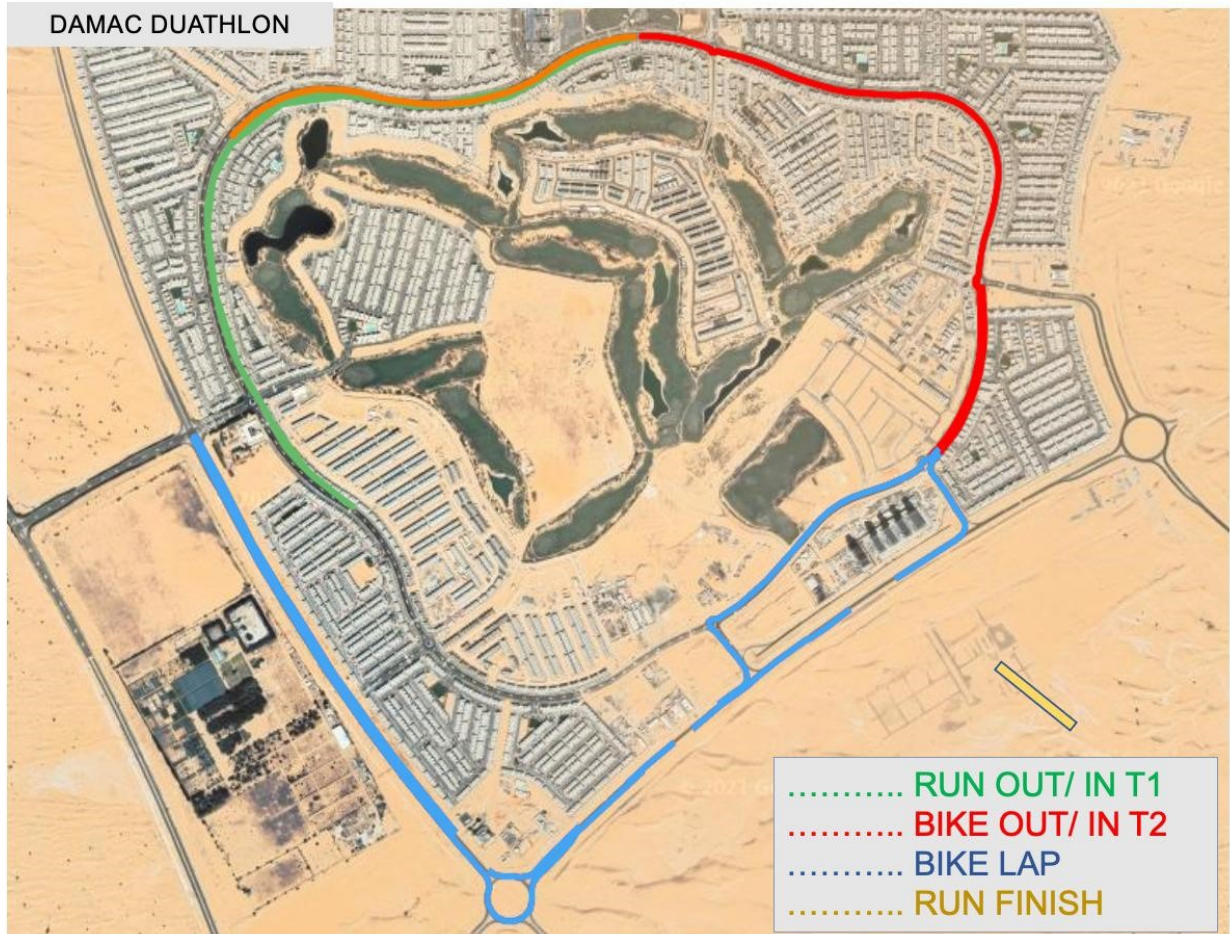
Race pack collection, rental bikes, and bike racking

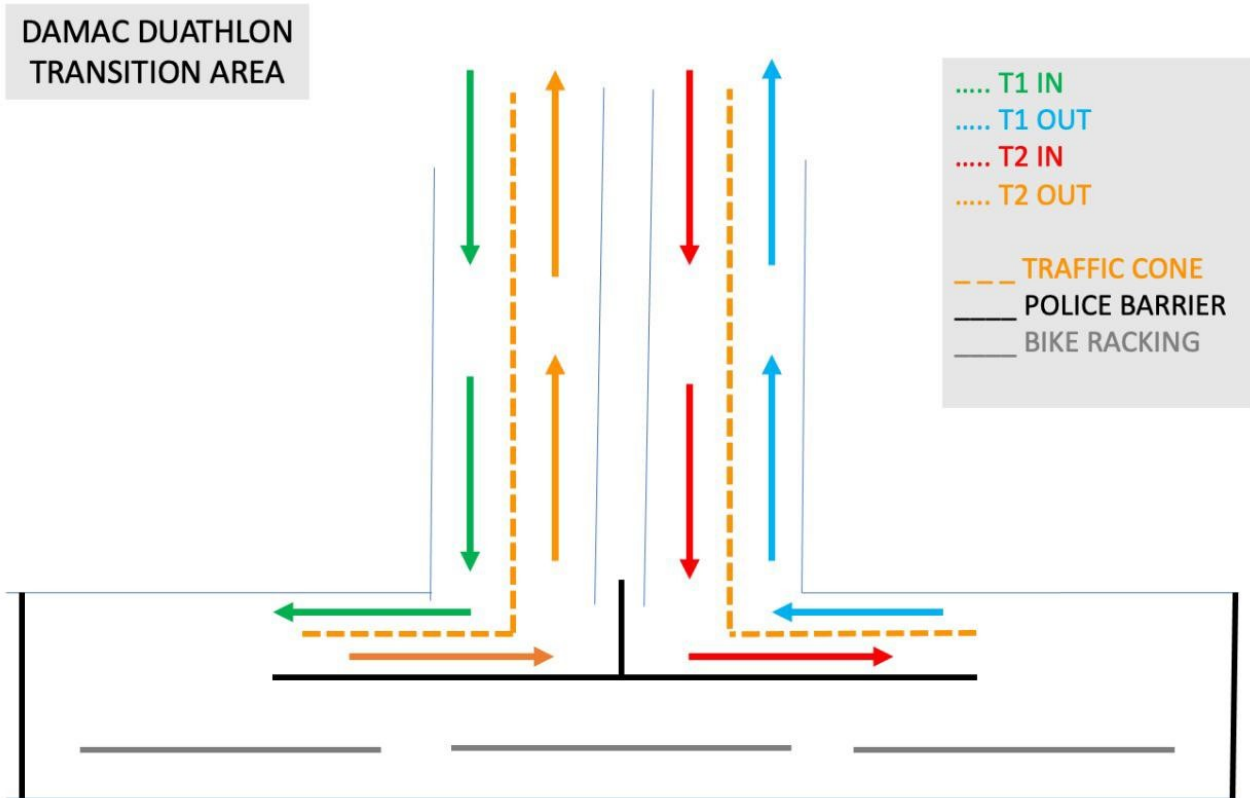
Race pack collection will be at DAMAC AKOYA, Dubai – Community Center nearby Start/Finish on the day of the event, Thursday, May 6th 2021, 8.00pm until 9.30pm

Bike racking will be at DAMAC AKOYA, Dubai – Transition area nearby Start/Finish on the day of the event, Thursday, May 6th 2021, 8.00pm until 9.15pm

Please be informed that race pack will include rental timing chip (unless you have your own one). The ProChips are AED 150 to replace, so kindly return the chip after you finish the race.

Course Map & Transition





Race Results & Prizes

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 published via the following link:

<https://results.hopasports.com/event/damac-ramadan-sports-festival-duathlon-run-bike-run>

Water stations & refreshments

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

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 littering of the course will result in a penalty.

Athletes are expected to follow directions and instructions of all race officials and public authorities.

Lifeguards, course officials, and medical personnel will adequately monitor the course. These officials reserve the right to remove athletes from the course if determined medically necessary.

If an athlete is involved in an accident with another person, ensure that a race official is notified before leaving the scene.

The decisions of the officials are final.

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 350 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 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 band 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.

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 9.15pm 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.

If not specified, then ITU rules apply.

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

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 Helmet number tag must be properly secured on the front of the helmet.

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.

DRAFTING IS ALLOWED

Aero bars and tri bikes are allowed.

Wearing headphones is not allowed at all times.

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!

