



18 SEPTEMBER 2016

SHINDIG Duathlon



Welcome

The Shindig Duathlon is a duathlon located on the banks of Loch and River Shin in the Highlands of Scotland. It is a 'sprint' distance duathlon with a run-bike-run format. We hope that this event will become a regular on the calendar and will provide a challenge for both experienced athletes and new comers looking to complete their first event.

The course

Run 1 – 5.2km

Bike - 21km

Run 2 - 2.5km

It is your responsibility to know the race route and ensure you complete the full course. Please see the maps at the end of this document.

The bike course crosses the railway line. The race is organised to avoid any scheduled trains. If the lights are flashing or the barriers are down, then competitors must STOP and must NOT cross. There will be a marshall at the level crossing. The marshall will record the waiting time of each competitor if they need to wait, and this will be deducted from their overall time. If any competitor crosses illegally they will be **immediately disqualified**.

Race Entry

Entries are open on EntryCentral website (www.entrycentral.com/shindig). Online entries will close one week before the race. Minimum age is 15 (age at 31 December 2015). Written parental consent is required for competitors under the age of 16 (i.e. anyone who is not 17 on 31 December 2015).

Race Head Quarters

Ferrycroft Visitor Centre, Lairg, Sutherland. Registration will be in the visitor centre. There are toilet facilities and changing rooms available in the football pavilion.

Race Schedule

Registration opens 09:00 and closes 10:15
Transition opens 09:15 and closes 10:30
Race briefing 10:45
Race start 11:00
Results and awards around 13:30

Parking

The visitor centre will remain open to the public. Please leave the visitor centre spaces clear for members of the public (these are the first space you see when you enter Ferrycroft). There is ample parking next to the football pitch.

Registration

Members of **triathlonscotland** (or England/Wales) must show their race licence or purchase a day licence - no exceptions. At registration all competitors will receive essential items for your race:

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- Race numbers (if you are not using a race belt then you will get two numbers; one large for rear, and one small for front). **These must be returned at the end of the race.**
 - Race number stickers for bike (must be affixed before entering transition).
 - Timing chip - failure to return this after the race incurs a £20 fee.

Race Briefing

Everyone **MUST** attend the race briefing.

Transition area

Bikes must be racked in the numbered spot allocated.

After the event you will only be able to retrieve your bike and equipment from the transition area using your race number as id.

Only race wear and equipment required for event are allowed in the transition area.



Team Event

There is a separate option to enter as a team. Teams consist of 2 people – one runner and one cyclist. The race will take place at the same time as the main race. After the runner has completed the first run they will tag their cyclist team-mate at the run. The cyclist must not be wearing their helmet (or cycling shoes if they have cleats) before they are tagged. After the cyclist has completed the bike course, they will return to transition and they must rack their bike, remove their helmet (and cycling shoes) BEFORE they tag the runner. The runner will then complete the final run.

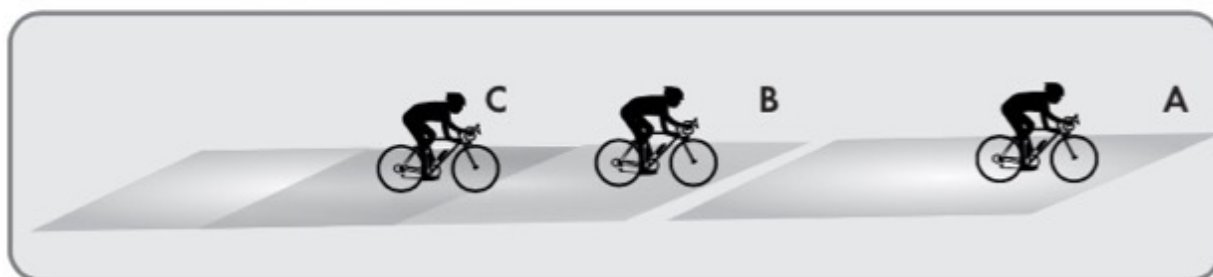
Race Rules

We want to organise a fun and relaxed race. There are however a few rules which are designed for your safety and fairness of competition. First time competitors should pay particular attention to the following.

- Helmets must be fastened before your cycle is moved from its place in the transition area and must remain fastened until the bike is returned to this position at the end of the bike section.
- Drafting* is not tolerated on the bike leg. There will be marshals around the course checking. Time penalties will be applied.
- All competitors must obey the highway code at all times. There are several right hand turns on the bike leg. You must give way to traffic. **The marshals will not stop the traffic.**
- You must ensure your bike is in a safe and roadworthy condition

* **Drafting** - this is when a rider gains an advantage by riding close behind (or beside) another rider. The “draft zone” is a rectangle measuring 7m long by 3m wide that surrounds every bike. You can overtake a rider in front of you, but you must do it within 15 secs. If you fail to pass in this time then you must drop back out of the draft zone. Overtaken riders must back-off as soon as they are passed (when another competitors front wheel is ahead of yours). See below.

Diagram 3 Drafting and not drafting



A and B are maintaining adequate separation. C is not attempting to pass B. C is drafting B. A and B are not drafting.

Race Maps



Run Course

The run course will be well marked and marshalled.

Run 1

Orange Route then **Blue route** - 5.2km

Run one lap of the loop in Ferry Wood (2.4km). Return towards the start area and then complete one lap of the Ord Hill loop (2.8km).

Run 2

Orange Route Only - 2.5km

Run one lap of the Long Ferry Wood loop and to finish area at transition (2.5km).

