



## **Athlete's Race Guide**

**All you need to know about the Raw Duathlon**

Presented by: HiVelocity Pte Ltd  
[www.rawduathlon.com](http://www.rawduathlon.com)

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## PRE RACE - GENERAL INFORMATION

### RACE DETAILS

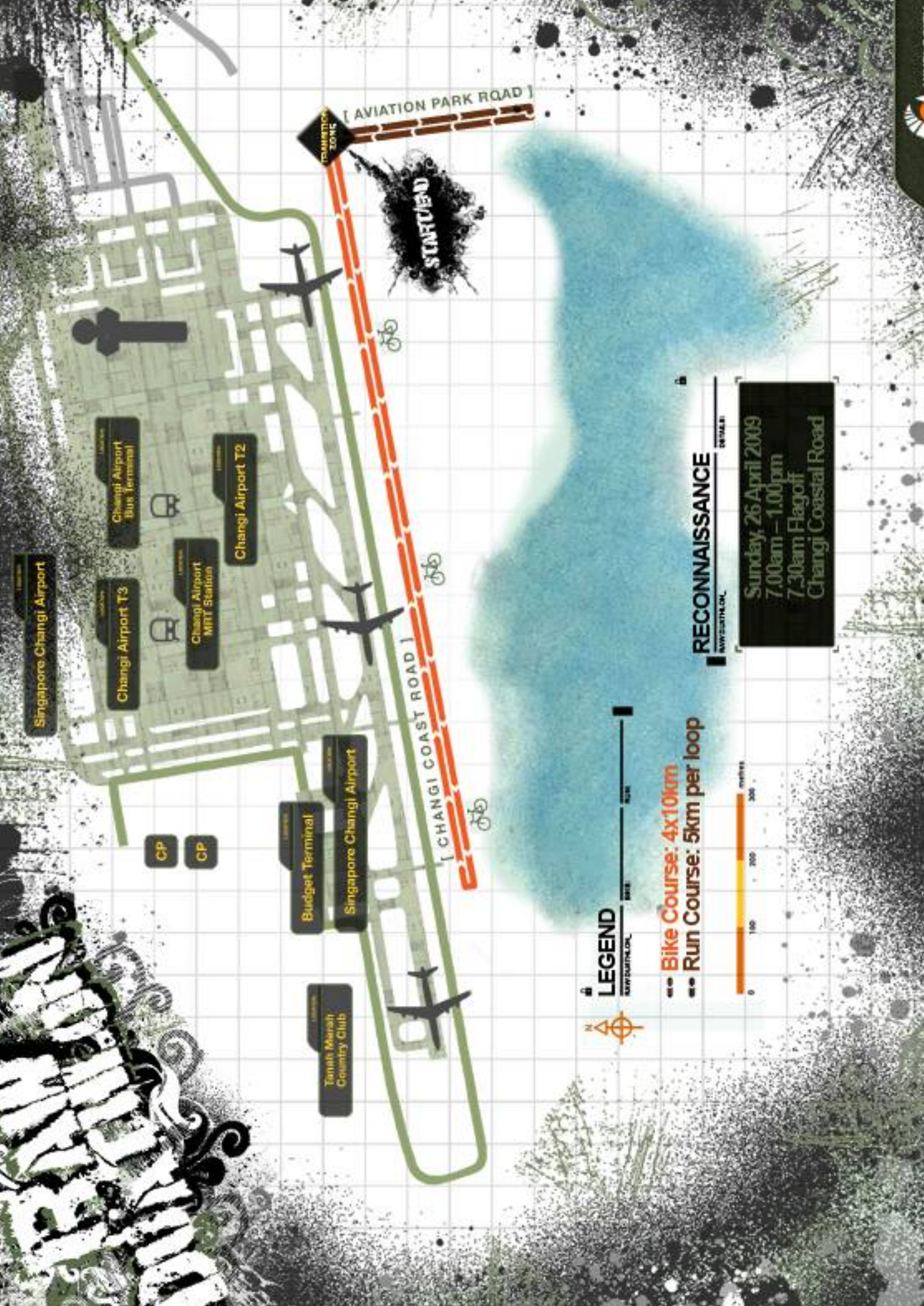
<b>Date</b>	Sunday, 26 April 2009
<b>Time</b>	7.00am – 1.00pm
<b>Venue</b>	Changi Coastal Road

### RAW DUATHLON: RACE DAY SCHEDULE

Please familiarise yourself with the race day program before the Raw Duathlon:-

<b>6.00am</b>	Transition Area Opens*  <i>(*Only Individual Category participants and Team Cyclists are allowed in the Transition Area. Clear display of bib is required at the transition entry and exit points to ensure bike security.</i>  <i>*Transition Area will adopt bike numberings. Competitors are to rack their bikes accordingly.)</i>
<b>7.15am</b>	Transition Area Closes All Athletes to report to start area (Beside transition area)
<b>7.30am</b>	Flag-off for the <b>10km-40km-10km</b> race category (Individuals AND Teams)
<b>7.45am</b>	Flag-off <b>5km-40km-5km</b> race category (Individuals AND Teams)
<b>9.15am</b>	First 5km-40km-5km Finisher expected
<b>9.45am</b>	First 10km-40km-10km Finisher expected
<b>11.30am</b>	Prize Presentation
<b>12.30pm</b>	Bike cut-off
<b>2.00pm</b>	Race ends

# RECONNAISSANCE



## LEGEND

- Bike Course: 4x10km
- - - Run Course: 5km per loop



## RECONNAISSANCE

**Sunday, 26 April 2009**  
**7.00am - 1.00pm**  
**7.30am Flagoff**  
**Changi Coastal Road**

## RAW DUATHLON RACE COURSE

### RAW RUN COURSE

The run course is a 5 KM out-and-back loop along Aviation Park Road.

The 10km Run / 40km Bike / 10km Run category competitors will do two (2) loops of the run course before heading into transition.

The starting point for the run course is right beside the transition area and competitors will be taking on a very flat and fast course, with all the racing done on tarmac surface.

A total of 3 aid stations per 5km loop will be available:-

#### Aid Station Locations (km)

1<sup>st</sup> 5km Loop: 1) 200m  
2) 1.8km  
3) 3.6km

2<sup>nd</sup> 5km Loop: 1) 5.2km (for 10km Run / 40km Bike / 10km Run Category Competitors)  
2) 6.8km  
3) 8.6km

**Do not cut corners on any part of the run course** - This rule exists for your safety and breaches contravene race rules and may mean disqualification.

### RAW BIKE COURSE

All competitors will have to complete four (4) loops of bike course. (40km: 4 X 10km loops).

The bike course is a 10 KM out-and-back loop along Changi Coast Road and racing will be done on smooth tarmac road surface.

**Be aware that infractions of any road rules may lead to disqualification from racing, and officials and/or marshals will patrol the no race zones to ID offenders.**

#### Bike Gearing

The course is generally flat, and the road surface is generally fast and smooth.

**Cut Off Times:** Competitors who have failed to complete the bike course by 12.30pm will be identified from timing results and will be classified as a "did not finish" (DNF) in the Official Results.

**Please note that there will not be any aid stations available on the bike course and competitors are strongly advised to commence the bike leg with at least two (2) full bottles.**

## COMPETITOR RACE BIB

Please take care of your race bib. The bib contains the timing wire and should not be bent or folded at any time.

On the back of your race bib, please complete the fields with your Full Name, Emergency Contact Details and Medical/Allergy Information.

Your bib must be visible at all times during the event.

### Individual Participant

If you are using safety pins to affix the bib to your clothing, please pin this to the UPPER CLOTHING ABOVE YOUR WAIST.

You need not transfer the bib to the back of your clothing during the race. If you are using a race belt to wear your bib, please turn the bib to face the back during the bike leg and turn the bib to the front while running.

### Team Participant

Team runners must wear the bib at the front.  
Team Cyclist must wear the bib at the back.

**Remember: Knowledge of the course and all rules pertaining to the event is entirely your responsibility.**

## TRANSITION PROCEDURES

### **Run (1<sup>ST</sup> leg) to Cycle:**

- From the first leg run finish, proceed through the timing chute to your bike in the transition compound.
- Secure and fasten your helmet to your head before un-racking your bike. Technical officials will police this rule.

### **Cycle to Run (2<sup>nd</sup> leg):**

- Your helmet must remain securely fastened to your head **until** after you have racked your bike.

### **Finish Area:**

- Head to the Athlete's Welfare Area at the race carnival area for refreshments.

**NOTE: You DO NOT need to return the timing system attached to the back of your race bib.**

## IMPORTANT NOTES

- There is no bike rental support so please remember to bring your own bike.
- No helmet, no ride. Wearing a helmet is compulsory throughout your ride.
- Participants are not allowed to listen to MP3 Players, iPods, walkmans or mobile phones while riding.
- Bike racks – free racking. Arrive early to select your preferred transition bike rack spot.
- Please remember this is a non-drafting race. Any participant caught drafting will be penalized accordingly.

## RULES TO REMEMBER FOR FAMILY, FRIENDS AND SUPPORTERS

- **DO NOT** bike or run beside a competitor on any part of the course. This is outside assistance and can lead to disqualification of that competitor.
- **DO** make sure your competitor has read and knows the Duathlon Rules pertaining to this race, and has thoroughly read this booklet.
- **DO** make sure your competitor keeps his/her Competitor Bib No# secured to clothing as the timing system is attached to the Competitor Race Bib.
- **DO** read all the rules posted on the website at [www.rawduathlon.com](http://www.rawduathlon.com)

## MEDICAL

**Please ask for medical help if you have the slightest hint you may need it.**

Some medical personnel will be at Aid Stations.

There will be medical personnel and vehicles on course and a doctor and medical personnel at the finish line. An ambulance is on stand-by at all times. There will be no ambulance transportation fee.

**NOTE: If you receive any outside assistance other than medical, you are liable to be disqualified under the outside assistance rules.**

Any aid given by race medical personnel on the bike and run course is permissible and will not lead to disqualification.

You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others.

A medical aid station at the start will handle any injuries or medical problems that arise prior to the start of the race.

Those competitors who advised on their entry forms of specific medical conditions will be listed, to facilitate treatment by our medical staff on the course. EG: Each Ambulance will be provided with a list of these competitors and their specific condition.

## AID STATIONS SCHEDULE

**Bike:** There will be no bike aid stations along the bike course.

**Please note that competitors are advised to equip themselves with their own water bottles and nutrition before commencing the bike leg of the duathlon.**

**Run:** The 5km / 10km run leg will consist of one (1) or two (2) loops (approximately 5km per loop) along the Aviation Park Road. There will be a total of three (3) aid stations stops per loop.

1<sup>st</sup> 5km Loop: 1) 200m  
2) 1.8km  
3) 3.6km

2<sup>nd</sup> 5km Loop: 1) 5.2km (for 10km Run / 40km Bike / 10km Run Category Competitors)  
2) 6.8km  
3) 8.6km

## OFFICIAL HYDRATION: 100PLUS



100PLUS is the official hydration for the Raw Duathlon. 100PLUS sports drink and water will be available at all aid stations throughout the race.

## BIKE SERVICE



There will be bike mechanics from Shimano available on Race Day in Transition before the event.

Check with the official bike guys for those last minute tips or fine-tuning of your equipment BEFORE the race. Please ensure your bike meets safety standards.

Another bike technical station will also be located at the U-turn point of the bike course.

**NOTE: If you do utilize parts and / or accessories on race day, please note it is your responsibility as a competitor and customer to repay the official cycles guys for the cost of goods, products and services rendered.**

## GETTING THERE - ROAD CLOSURES

We advise all motorists to park your vehicles in a safe manner and not to obstruct any traffic flow.

The following road listed below in the table will be closed to the public to facilitate the event.

Road	Description	Start / End Time
Changi Coast Road (between Changi Ferry Road and Tanah Merah Coast Road)	Full Road Closure	6.00am - 1.00pm

Auxiliary Police Officers and marshals will be stationed at the affected road junctions to assist and guide the motoring public.

Competitors arriving by vehicles after road closure timings may still access the race site along Changi Coast Road, via Loyang Nicoll Drive and cycle or walk to the race site.

**NOTE: Transition Area will adopt a free-racking policy. Competitors are encouraged to arrive early to select your preferred transition bike rack spot.**

## GETTING THERE - PARKING FACILITIES

### Free Parking

Changi Beach Carpark 1-7:

Competitors can utilise the Changi Beach Car Parks along Nicoll Drive and Changi Coast Road to park their vehicles. Competitors can then cycle to the Raw Duathlon race site. (Nearest carpark – Carpark 7. Next nearest carpark – Carpark 6)

### Paid Parking

Alps Avenue (Competitors will need to undergo a Security Check before accessing the carparks)

**NOTE: Baggage deposit services WILL NOT be available at the race site.**

## CHECKLIST – RACE DAY

Bring your Bike and Run gear with you Sunday morning and place neatly at your bike.

**Make sure you have the following compulsory items with you at Race Day check-in:**

### Compulsory Items - Cycle Gear:

1. Cycle Clothing (including cycle shoes) with correctly displayed cycle bib number on the back of upper garment and the cycle helmet.
2. Run clothing (including run shoes) with correctly displayed run bib number on the front of UPPER garment.

### Non-compulsory Items - Cycle Gear:

EG: Sunglasses, towel, sunscreen, spare parts, tool kit and socks.

### Non-Compulsory Items - Run Gear

EG: Sunglasses, towel, visor/running cap, socks, sunscreen, and spare singlet or T-shirt.

## RACE RESULTS

Race results will be published on Tuesday 28 April 2009 on the official site [www.rawduathlon.com](http://www.rawduathlon.com)

## PRIZE PRESENTATION

Attractive Shimano Prizes will be awarded to winners of the inaugural Raw Duathlon!

### Individual Categories (Men / Women)

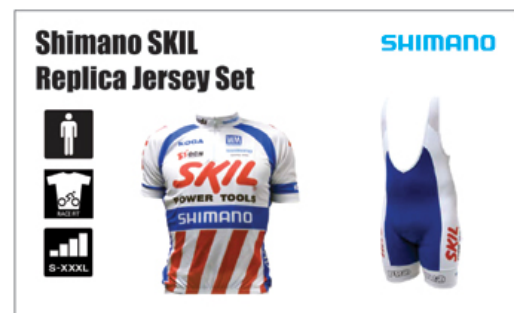
- Run 10km / Bike 40km / Run 10km
- Run 5km / Bike 40km / Run 5km

All individual category winners (Men / Women) will be entitled to a set of Shimano SKIL Replica Jersey and a pair of Shimano Triathlon Shoes each!

### Team Categories (Men / Women / Mixed)

- Run 10km / Bike 40km / Run 10km
- Run 5km / Bike 40km / Run 5km

All category winning teams (Men / Women / Mixed) will be entitled to 3 set of Shimano SKIL Replica Jersey and Shimano Eyewear Visente Shiny Black. (1 set for each member; maximum 3 sets per team)



## WASTE DISPOSAL

In partnership with the National Environment Agency (NEA), Hivelocity Pte Ltd supports the "Singapore, Litter-Free" Campaign and is committed to ensure that our events are litter-free.

Likewise, we believe our event participants and partners will play their part by keeping the event route and site clean.

It's a very simple effort and with the help of each and everyone on race day, we can all have a fantastic time at the event.

How you can help - 8 Simple Tips!

- "Hold on to your energy food wrappers and banana peels and throw it into the next nearest bin."
- Hold on to your cups during the race until you see the next bin!
- If you are having a "second" round of drinks or food, re-use the cups or plates or eating utensils!
- Re-use all possible packaging materials that you have received for the event for future use
- Set a good example by not littering yourself and remind others not to
- Aim and Bin! Huge trash bins are located at every aid station and be sure your trash goes in the trash can, not just near it.
- Use the "Recycling Bins" provided at the race site at the Start /Finish area and trash accordingly!
- Even if it's not your litter, make an effort to clear it and feel great for doing something for our environment!

Every small litter will create a big mess at the event. With your help we can make the event a clean place for all to enjoy!

## INCLEMENT WEATHER

In the event of inclement weather, the event organiser reserves the right to delay the commencement of the rides. Should bad weather persist, the event organiser reserves the right to cancel the race without any refund.

## LOST PROPERTY

You should **identify** all your **personal gear & property used for racing**. Mark it with a name and address if possible. If it is misplaced, it will very likely be handed in to race officials, but please note that the race organiser does not take responsibility for lost property.

Lost Property that is handed in will be available for collection on Sunday afternoon at the Transition. Once the area is shut down it will be transported to HiVelocity's office. It will be your responsibility to locate it by contacting us with a description. Please do not expect it to be held for more than one (1) month from the race.

## **LAST WORDS: FROM THE ORGANISERS**

The HiVelocity team, headed by General Manager, Benjamin Wee, proudly present the inaugural Raw Duathlon.

Made possible with the support of Shimano, S-Lite, Polar, 100PLUS and VSprings, we wish you, our competitors, all the very best on race day and invite you to also enter further events.

We hope that the Raw Duathlon develops into a favourite amongst competitors looking for a fantastic race experience at an affordable entry price.

With a 'back-to-basics' concept, we hope that your race is the very best it can be for you.

Hope to see you at a HiVelocity event again - soon!

Best Wishes  
***Team HiVelocity***

**Final Note: For most updated information, please visit [www.rawduathlon.com](http://www.rawduathlon.com)**

## **A. GENERAL RULES**

1. This is a road race event.
2. Eligibility: Individual categories, participants must be at least 18 years of age on race day. For team entries, participants must be at least 17 years of age on race day.
3. Ignorance of the rules is not admitted as an excuse.
4. It is the racer's responsibility to maintain adequate hydration. Organizers will provide hydration stations on the run course.
5. A rider/runner is required to stay on the designated course that is marked and or specified as the racecourse. It is the rider's/runner's responsibility to know the designated racecourse. Lack of markings on the course will not be constituted as an excuse for cutting course.
6. Outside assistance: Limited outside assistance is allowed from another athlete competing in the same event.
7. No outside assistance is allowed from any person not competing in the same event. These include but are not limited to spectators, friends, family, volunteers, support crew, photographers, police or marshals.
8. Assistance is limited to tools, tubes or any item that would be used to repair a faulty part or damaged bicycle or water, food, or first aid. Changing bikes is not allowed.
9. Example: a competing athlete is allowed to give another athlete a spare tube. Another example is another competing athlete can give another athlete a tire patch or complete wheel. But an athlete cannot exchange bikes with another competitor so that the competitor with the broken bike can simply continue without fixing the break.
10. Conduct: Foul riding or running, unsportsmanlike behaviour or the use of profane or abusive language is grounds for warning and disqualification.
11. Cut-Off Times: The bike course will close at 1230h on race day.
12. In some cases the head official may alter the cut-off time.
13. Participants shall abide by these race rules and the Race Director reserves the right to bar any Participant from the race for any infringement of these rules.
14. The Race Director shall have the right to exercise discretion on a case-to-case basis.

## **B. Race Start and Finish**

1. Any Participant wishing to withdraw from the race before the race starts shall immediately inform the Race Director or formally write in to the organizer before the start of the event.
2. Any Participant wishing to withdraw from the race during the race shall inform the nearest marshal and shall inform the Chief Timekeeper upon reaching the finish line. He/she shall take a route other than the race course (if any) back to the start/finish line so as not to obstruct other Participants. If there is no alternative route, he/she shall stay as far as possible out of the way of the other Participants who are still continuing the race.
3. The Race Director reserves the right to set cut-off times to allow a more efficient running of the event.

## **C. RUN**

1. No form of locomotion other than running, walking or crawling is permitted
2. Shoes and a top that covers the upper torso must be worn.
3. The run race number received in a competitor's registration kit must be displayed at all times on the front of the competitors run top or race belt and be visible to technical officials and race staff.
4. Pacing by non-contestant runners is outside assistance and will result in disqualification. A non-contestant runner includes competitors who have withdrawn from the race, have been disqualified or have finished the race.

## **D. BIKE**

1. No drafting of another competitor or vehicle is allowed.
2. Competitors must only pass another competitor on the passed competitor's right hand side.
3. Competitors must ride single file on the far left side of the road except when passing another competitor.
4. Side-by-side riding is not allowed as it may breach the blocking rule.
5. The bike draft zone is a rectangle 7-meters long (approximately four (4) bike lengths) and 3-meters wide that surround every bike competitor and every motorbike on the bike course.
6. The draft zone of a competitor may not overlap the draft zone of another competitor or motorbike unless the rear competitor is in the process of passing the forward competitor or motorbike.
7. When passing once the rear competitor's draft zone overlaps the draft zone of the forward competitor or motorbike the rear competitor is allowed a maximum of 20-seconds to pass the forward competitor or motorbike. At all times the rear competitor must be seen to be gaining on the forward competitor or motorbike.
8. A competitor who has been passed must fall back 7-meters from the passing competitor before attempting to re-pass that competitor.
9. A bike helmet, shoes and a top that covers the upper torso must be worn.
10. The bike race number received in a competitor's registration kit must be displayed at all times on the back of the competitor's bike top or race belt and be visible to technical officials and race staff.
11. Competitors must follow the directions and instructions of all race officials and public authorities.

## **E. RACE ETIQUETTE**

Each Participant must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing.

Participants must:

- (a) not use offensive or abusive language
- (b) not act in a threatening or unbecoming manner
- (c) not be disrespectful to the officials; and
- (d) not ignore race regulations.

## **F. PROTEST**

1. Any Participant wishing to make a protest must fill and file an official protest form at the race secretariat within 15 minutes of crossing the line, accompanied with a S\$100 deposit. Official protest forms are available at the race secretariat.
2. The deposit will be returned if the Participant's protest is successful, and forfeited if the protest is unsuccessful. A decision will be made within 30 minutes of the filing of the protest or such later time once all supporting evidence is made available to the Race Director. Once a decision is made, the Race Management's decision is final.
3. No verbal protest will be entertained. Saying somebody cut the course is not good enough - it must be written and described as accurately as possible. All protests will be investigated. In every case there will need to be verification of the infraction. Officials will not be drawn into a "hear-say" argument.