



Flat Out Duathlon Race 2023

11:00 on Sunday 16th April 2023

Race Briefing Document



Flat Out
Duathlon



Sponsored by

DrytechTM
Waterproofing System Engineering



Race Team Welcome Message

Dear Participant,

Welcome to the annual Athy Triathlon Club (ATC) “Flat Out” Duathlon. We’re delighted you will be able to join us in Athy (EIRCODE: **R14 WN92**) on Sunday 16th April where we look forward to welcoming you to our event.

Athy Triathlon Club would like to convey our thanks to the local community, in and around our race route, who continue to support our race and give permission for the race to take place around their land and homes. We have a special thank you to Athy GAA club who are allowing us to use their fantastic facilities for our event, and to Athy Rugby, Soccer and Tennis clubs who also share the area.

You can find out more information about our races and about Athy Triathlon Club on our website www.athytriathlonclub.com and our very active Facebook page.

The organisers would like to thank everyone who has contributed in any way to making this race happen and especially to our club members who are volunteering their time to marshal and ensure a safe and enjoyable race for everyone. We would also like to thank our sponsors Drytech (Waterproofing System Engineering) for enabling the event.

We adopt a “Leave No Trace” policy with our race and therefore ask all participants to discard of all waste appropriately and ensure we leave the race venue and local environment as we found it.

Lastly and most importantly we would like to thank you for joining us for our “Flat Out” Duathlon.

We’re looking forward to a great day.

The ATC Race Team.

Email: athytriclub@gmail.com

Race Day Event Timetable

Arrive at car park	Transition Area Open	Transition Area Closes	Race Start	Estimated first on Bike	Estimated final finisher	Event closes
From 09:30	From 09:45	10:50	11:00	11:10	13:30	14:00

Registration Information

Registration will take on line this year. Please ensure you complete all on line registration **before Saturday 15th April.**

On line registration is available at this link <https://forms.gle/VoeTHqLKjfxe1A378>

Once you have registered on line we will have your race pack ready for you to collect on race day. This pack will contain

- Race Numbers (with incorporated timing chip) and safety pins
- Bike Sticker
- Helmet Stickers
- Bag Sticker
- Some goodies including a voucher for a coffee or tea, and your “Flat Out” Sleeves or Turbo Towel

Participants with any medical conditions or special needs will be required to inform the race organisers of this during on line registration.

Note: TI membership or a TI One Day Membership is required to participate in this event. Details are available on www.triathlonireland.com. You may present proof of TI membership via the TI app on your phone or with print outs.

Course Information

Please refer to our on line race briefing before attending the event. This on line race briefing is available via this Dropbox link, and provides the best information, including video footage, of the course

<https://www.dropbox.com/s/gvyspxwsmxz8nm5/Flat%20Out%20Duathlon%202023%20Participant%20Brief.mp4?dl=0>

Run Course

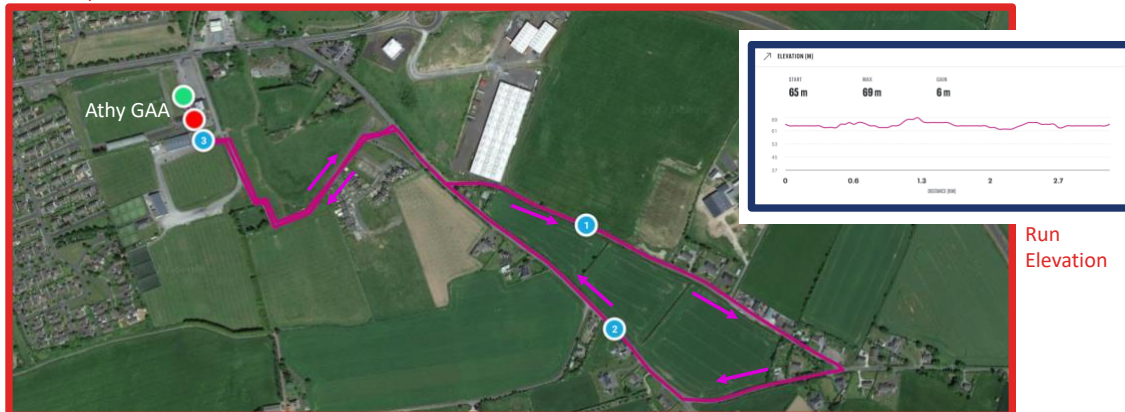
Our 3km run course is a lollipop loop that exits the rear gate of Athy GAA club and accesses the R418 Castledermot road via the Shanrath estate. The course is mainly tarmac surface with a short distance on grass and compacted gravel road.



Run Route



Run Map



Run Elevation

Marshals will be placed at various points along the route and participants will be in view of marshal at all times.

It is not permitted to wear headphones or items such as iPod, mp3 players, or any device that may distract attention.

Public roads will remain open at all times. Marshals will manage traffic flow but be aware of your surrounding and safety at all times.

Check out our Run Course on Map My Run: <https://www.mapmyrun.com/routes/view/4920630121>

Bike Course

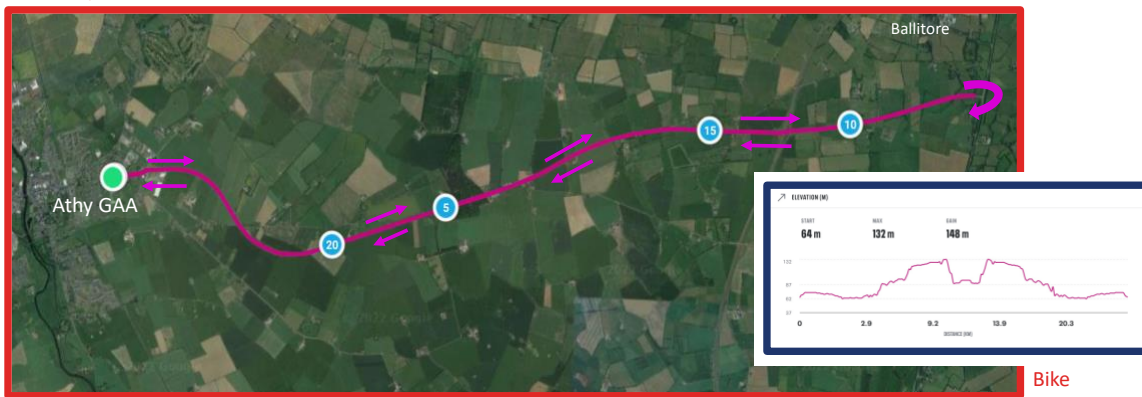
The bike is an out an back on the super smooth N78. On exiting transition and Athy GAA you will turn right making your way to the N78



Bike Route



Bike Map



Bike Elevation

Bike Helmets are compulsory. Helmets must be worn and securely clipped in place at all times while touching your bike.

Public roads will remain open at all times. Marshals will manage traffic flow but be aware of your surrounding and safety at all times. Rules of the road apply at all times.

It is not permitted to wear headphones or items such as iPod, mp3 players, or any device that may distract attention

Check out our Bike Course on Map My Run: <https://www.mapmyrun.com/routes/view/4920631549>

Transition

Transition is located in the car park of Athy GAA space and is laid out with ample space for all



Transition Area



Transition 1 (Run to Bike)



Transition 2 (Bike to Run)



Race Bib Numbers, Bike, Helmet and Bag Stickers will be provided to each participant on entry to Transition.

Bikes will be checked for road worthiness on entry.

During the race helmets must be worn and clipped before taking the bike from the rack.

Likewise, when returning the bikes to the rack, Helmets must remain clipped until bikes are safely racked. Helmets can only be removed once bikes are safely racked.

Please do not mount your bike until after you cross the "Mount Line". Run/walk with your bike through transition to the exit, and follow the marshals instructions at the mount line.

On the return to transition area after the cycle all participants must dismount before crossing the "Dismount Line" line.



Other Information

Parking

Parking will be provided in a the green of McDonnell Drive which can be accessed directly opposite the main entrance to Athy GAA. Please follow signage and marshals directions as you arrive to at Athy GAA.

We ask for your patience and support to ensure safe parking and entry to and exit from the event.
Just follow the marshals directions.

Toilets

We will have 3x Portaloo's available close to the transition area.

Refreshments

Each participant will receive a voucher for a hot drink in their goodie bag.

Emergency Services

Emergency services will be onsite for the duration of our event.

If you see any accidents, or notice someone in need of attention, please let one of our race marshals know immediately.

Participants with any medical conditions or special needs must make this known at time of on line registration.

Race Director Emergency Contact Number - 087 6825428

Prizes & Sponsors

All participants in our “Flat Out” Duathlon will receive a Finishers Medal at the end of their race and a Turbo/Gym Towel or a pair of “Flat Out” Sleeves in their goodie bag.



Cash prizes will be awarded male and female winners for each age group category, and for overall winners, in line with Triathlon Ireland guidelines.

Event Sponsors

We would like to thank our race main sponsor Drytech for their support, without which we wouldn't be able to run such a great event



We would also like to thank Dan Curtis and Kendra Civil Engineering for their generous provision of equipment and barriers for our event.



Directions

Event Address

Athy GAA, Athy, Co. Kildare. EIRCODE: R14 WN92



Race Location

Athy GAA Club

R14 WN92





Participant Checklist

As we often experience multiple seasons in one day at this time of year, please ensure you are dressed appropriately to cover all weather eventualities.

Some items for consideration are

Run Section

- Runners
- Tri suit, or shorts and top, or tracksuit.
- Hat and gloves, and rain coat in the event of rain
- Race numbers will be provided for all participants

Bike Section

- Bike (it is your responsibility to ensure that it is in good working order)
- Helmet (**mandatory**)
- Tri suit, or shorts and top, or tracksuit.
- Hat and gloves, and rain coat in the event or rain
- Race numbers will be provided for all participants

Event Feedback

In order for us to improve races and make them as enjoyable and as safe as possible for all participants in the coming year we encourage you to offer feedback through the Club's email address or Facebook page.

We will also issue an email survey after the event, and we'd greatly appreciate if you could complete this so we can continue to improve our event

**Wishing you a safe and enjoyable Race
Remember to smile as you cross the finish line
Athy Triathlon Club**