



# Pulse Junior Duathlon



## Pulse Junior COMPETITOR RACE BRIEFING 22<sup>nd</sup> of April 2018

### 1. INTRODUCTION

Welcome to the Pulse Junior Duathlon in Corkagh Park Cycle Track. This Briefing supersedes the website information, so **please read it carefully**. Any amendments to this Briefing will be notified during race briefing on the day.

### 2. SCHEDULE

Junior Duathlon:

13:00	Registration Opens
13:35	Registration Closes
13:40	Race Briefing (All competitors must be present for briefing)
14:00	Race Start – Juniors will race by Age-group starting with the 4-5year olds, 6-7, 8-9, 10-11, 12-13 and 14+
15:45	Race round up and cakes, feel free to bring some along

### 3. Race Distances

The run and cycling events will take place on a tarmacadam surface and the distances will be approximately as in the following table:

Age	Run	Cycle	Run
4 - 5 Years	50m	450m	50m
6 - 7 Years	250m	2km	250m
8 – 9 Years	400m	2.5km	400m
10 – 11 Years	1km	6km	800m
12 – 13 Years	1.5km	8km	1km
14 - 15 Years	2km	10km	1.5km



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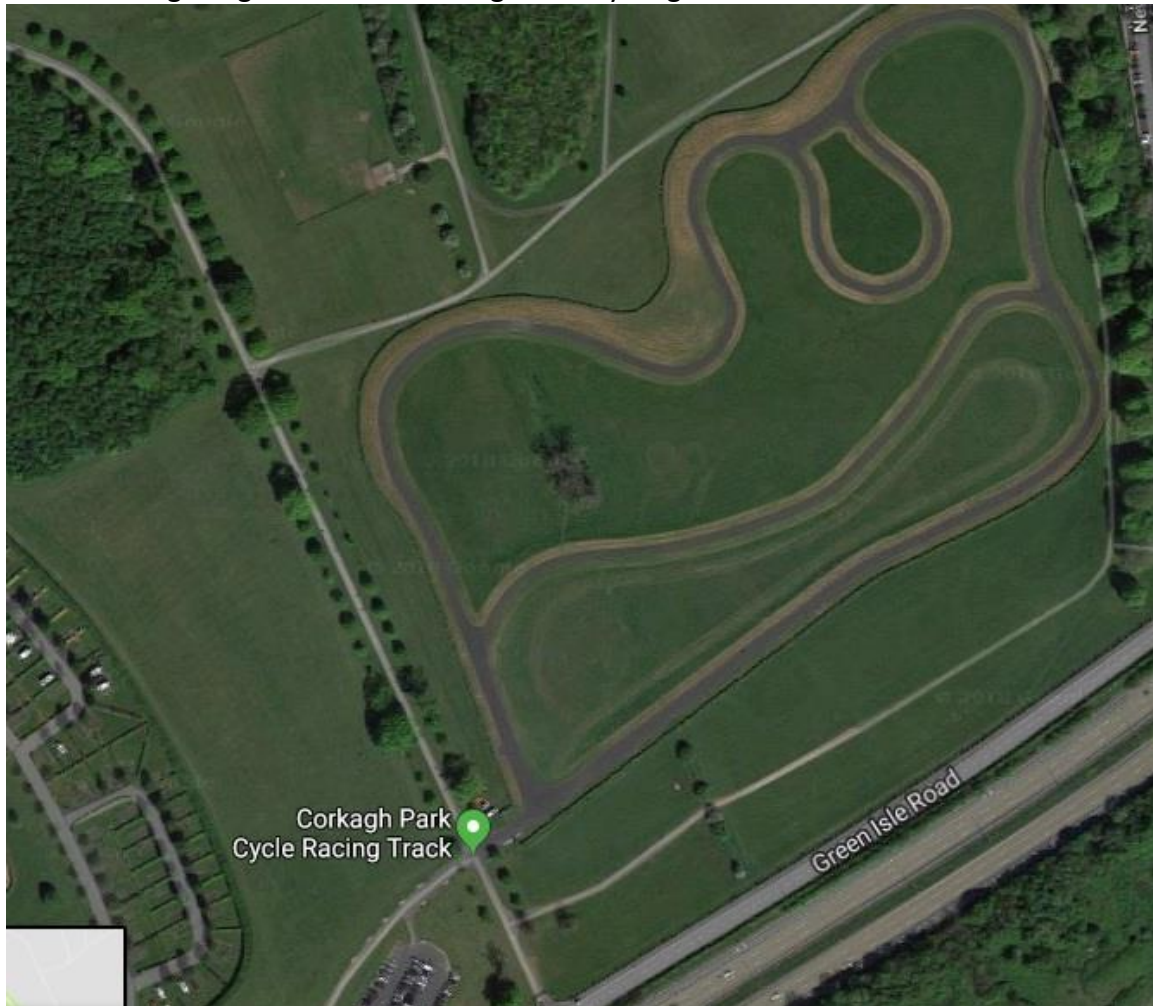
## 4. LOCATION and PARKING

### ***Corkagh Park Cycle Track - Corkagh Park, Clondalkin, Dublin 22***

The entrance to Corkagh Park Cycling Track is via the entrance to Corkagh Park off Green Isle Road. It is beside the Camac Valley Caravan Park.

There is 'limited' parking in the car park beside the track and some roadside parking outside the park. The location is not closed to the public, so competitor parking will not be manned by marshals during the race. Please note we will not accept responsibility for any lost or stolen items from cars at the location.

The following image shows the Corkagh Park cycling track:





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## 5. REGISTRATION & ESSENTIAL DOCUMENTS

In order to race, all competitors **must** show their original Triathlon Ireland Membership Card or a One Day License (ODL) at registration. A One Day Licence can be purchased in advance from the Triathlon Ireland Website or it can be purchased at registration on the day of the race. If you have purchased your child's licence recently and have not received it yet, please show the Triathlon Ireland confirmation email at registration.

**If your junior has any medical issues please inform us at registration.**

On registering for the race competitors must do the following:

- competitors will receive race numbers which must be pinned to the front
- please write your mobile phone number on the back of the number
- you will be asked to confirm this number when you collect your child from the finish line

## 6. RACE BRIEFING

The race briefing will take place beside the entrance to the cycle track at 13:40. Please note that attendance is compulsory for all competitors and one parent/guardian.

## 7. TRANSITION

The transition area is the space allocated as the location for bicycles, helmets, shoes and any other items relevant to the change from running to cycling events. Competitors will run into the transition area to collect their helmets and bikes at the end of the first run. They will then drop their bicycle and helmet there at the end of the cycling event before beginning the second run.

For the 4-5 and 6-7 age-groups the transition area will be on the top track and competitors will be directed to it during the race briefing.

For the other age-groups the transition area will be a cordoned area on the middle section of the track. It will be marked and sign posted and you will be instructed on where to go at the briefing.



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## 8. RUN

The run start line will be on the top track and competitors will be instructed on where to go at the race briefing.

Competitors must be aware of the following:

- The run and cycle will follow a one-directional flow
- The run will be on a tarmacadam surface
- The track will be closed to the public but please watch out for other competitors
- The 4-5yr and 6-7yr age groups can wear their helmets for the run if they wish
- Older age-groups will leave helmets with bikes in the transition area before the race starts

## 9. CYCLE

The cycle start line will be on the middle track and competitors will be instructed on where to go at the race briefing.

Competitors must be aware of the following:

- Competitors must not handle their bikes until they have secured their helmet on their head
- Competitors must not mount their bikes until they have left the transition area and passed the bicycle mount line (which will be marked)
- The cycle will be on a tarmacadam track.
- The 4-5yr and 6-7yr age groups can wear their helmets for the run if they wish
- Older age-groups will leave helmets with bikes in the transition area before the race starts
- The flow of the traffic will be one way during the cycle
- Competitors will complete laps based on the distances above
- The number of laps will be confirmed at the race briefing

## 10. FINISH

The Finish is located beside transition at the middle of the track. Parents must confirm their mobile number on the back of the race number when collecting juniors from the finish line.



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## 11. PHOTOGRAPHY

Triathlon Ireland Guidelines on photography have been distributed, please ensure you read them.

## 12. SERVICES

There are NO toilets or changing facilities near the cycle track but there are some a 10 minute walk from the track.

## 13. FEEDBACK

We want to make this race and our future races as safe and as pleasurable as possible, so do send us your feedback on the race and race organization. If you have any comments please email [race@pulsetri.com](mailto:race@pulsetri.com)

## 14. COMMUNITY

We extend our gratitude for all the support we have received from Cycle Superstore Westpark Fitness and to all the volunteers from club who have given their time, facilities and equipment in order to make this event successful.