RunBalmoral Duathlon
Rules and Regulations 2016

The Duathlon has a number of rules and regulations, which competitors must adhere to throughout the event. We do try to keep the rules and regulations to a minimum so everybody can have a great and enjoyable race.

Please ensure you have read and understood the rules and regulations prior to the event day.

REGISTRATION

 Registration will take place between 08:00 and 09:00 on Sunday 24th April. All participants will be required to register on the morning of the event collect their race pack. Please allow 10 minutes for this process.

- There will be a mandatory final event safety briefing at 09:15, prior to the race start
- Participants must obey instructions from Event Staff and Marshals at all times.

TRANSITION:

The transition area will only be accessible to participants and marshals so no spectators are allowed in the area. No glass items are allowed within the transition area

Transition is a very busy area with competitors racking, racing and collecting their equipment. Remember to be considerate to all other competitors. The flow of competitors will be managed by marshals to ensure the safest environment for all athletes.

Your equipment should be laid out in an order that makes it easy for you to navigate the transition. Only take into transition what you need for the race as you'll find there isn't much space for you and all your belongings. Any Non-race equipment should be removed form transition.

No cycling in the transition area. There will be a mount line just outside the transition area, and you must run or walk your bike out of the transition zone and past that line before beginning to ride.

No Helmet no Ride!

Anytime you are on the bike, including before and after the race, you are required to wear a helmet and have it buckled. Any competitor who unbuckles his/her helmet while on the bike, or who mounts his/her bike with an unbuckled helmet will be disqualified.

RUN ROUTE:

- The event will have a mass start for the First 6km
- All Participants should line up at the start area 5 minutes before the start.
- Participants should line up according to their estimated 5km time

BIKE ROUTE:

- To put all riders on and even footing this event is to be competed on a Mountain Bike. Cycle cross, race or hybrid bikes are not allowed and a penalty will be applied to anyone who competes using one of these.
- Your bike should be in good working order prior to the event.
- Drafting, or cycling directly behind or alongside another competitor, is strictly prohibited, as it is dangerous. You must leave at least 3 bike lengths between your front wheel and the rear wheel of the bike in front of you.
- This is an off road event so if you wish to pass another cyclist you must shout to warn the rider in front. Pass on the right of the rider in front and shout "rider on your right!"
- Headphones are not allowed: Any rider found wearing earphones will be asked to remove them and may incur a time penalty.

GENERAL EVENT INFO:

FEED AND WATER STATIONS: There will be Feed and Water Stations in the Transition area. Participants are expected to carry enough energy bars/gel/food to be self sufficient throughout the course.

MECHANICAL ASSISTANCE: In the case of mechanical failure, there will be bike mechanics on course to assist. Two of these will be riding at the back of the field as "sweepers" while others will be mobile across the course. If you are unable to fix the problem yourself, the mechanics will, in most cases, be able to get you going again. If the mechanical failure is terminal, you will be requested to return the Event HQ

While this is a competitive event, do remember that it is for fun and many participants will be raising funds for charity. If you see another participant member or having mechanical difficulties, please stop to assist and help where you can.

RETIRING FROM THE EVENT: Participants wishing to retire from the race should continue on the course until they reach the next Marshal, give the Marshal their participant number and seek further instructions. **DO NOT LEAVE THE COURSE UNTIL YOU HAVE SPOKEN TO A MARSHAL.**

END OF THE RACE: Whether you finish the race, retire or are withdrawn at a check point, every rider MUST return to Event HQ at to hand in their timing chip. This will ensure the safe return of every rider. Participants failing to do this may lead to a Search & Rescue operation by the Emergency Services.

SCOTTISH OUTDOOR ACCESS CODE: Scotland has some of the best land access rights in the world. This event is being run in accordance with Leave No Trace Guidelines and the Outdoor Access Code. The Cairngorms National Park is the UK's largest national park and home to a unique range of landscapes, habitats, wildlife and people. It is a privilege to organise and take part in an event here, and everyone involved has a responsibility to care for this special place. There are 3 fundamental rules to follow:

- Take responsibility for your own actions – all participants have a duty to take care of themselves and other teams in the event.
- Respect the interest of others – it is essential that all participants respect the privacy and peace of mind of other land users. You do not have right of way over other users of the trail.
- Care for the environment – in accordance with the event's Leave No Trace Guidelines, all particpants have a duty of care for the special environment of the Cairngorms National Park.

Take all rubbish with you and don't disturb or damage wildlife.