



SINGAPORE SPRINT SERIES

RACE BRIEFING - DUATHLON 2010

List of Content

Event Schedule	Page 2
Race Kit Collection	Page 2
Getting to the race venue	Page 2
What to wear?	Page 3
Bike Mechanic	Page 3
Timing Chip Deposit	Page 4
Transition	Page 4
Run	Page 4
Bike	Page 4
Finish Area	Page 5
Medical Safety	Page 6
Photos	Page 7
Info booth	Page 7
Contact	Page 7
Sprint Series Championship	Page 7
Course Maps	Page 8
Event Venue Map	Page 9

Event Schedule

Saturday 13 March 2010

10:00 – 16:00 Race Kit Collection at Novena Velocity Sports Mall, 238 Thompson Road

Sunday 14 March 2010

06:45	Transition & Bag drop open
08:00	Start Wave 1: Sprint - Men <30 yrs old
08:15	Start Wave 2: Sprint - Men 30-39 yrs old
08:30	Start Wave 3: Sprint - Men 40+ yrs old
08:45	Start Wave 4: Sprint - Women
09:20	Start Wave 5: Youth
09:30	Start Wave 6: Mini
09:45	Start Wave 7: Kids
10:30	Awards Ceremony
11:30	Closing Event

Participant List

The participant list of the Duathlon will be available from Monday 8 March onwards on the event website: www.singaporesprintseries.com.

Please check your name and race category and contact us if you notice any mistake. Note that race category is based on your age on 28 February 2010

Race Kit Collection

Race Kit Collection is at Novena Velocity Sports Mall (near the main entrance and escalators to the MRT), 238 Thomson Road Rd, from **10:00 till 16:00 on Saturday 13 March**. Please bring a photo ID and a S\$50 timing chip deposit to collect your race kit and goodie bag. If you are not able to collect the race kit yourself, please give a copy of your photo ID with your signature to the person who will collect the kit on your behalf.



Only participants who registered for the Duathlon or 3-Race Package can collect their race kits on Saturday 13 March.

Important: Participants who have not collected their race kit on March 13th at the time and place indicated above will not be able to race. There will be no race kit collection on race day.

Getting to the race venue

The race venue is located at Anchorvale Link, Sengkang, which is a 400m walk from the Sengkang Sports & Recreation Centre.

By car:

- Take exit 10 from the TPE, turn into Sengkang East Road and take the 2nd right onto Sengkang East Way
 - Avoid Sengkang West Way as it will be closed for the race from 6am onwards.
- Park at any of the following multi story car parks: Block 318, 319, 321, 323, 325

By taxi:

See for directions the car section. Alight at Anchorvale Link.

By bus:

Take bus 372 to the bus stop at Seng Kang East Way "Opp. Blk 325 Cp".

By MRT:

Alight at Sengkang Station NE16 of the North East Line MRT or even closer to the venue at Farmway Station of the LRT.

Arrive on time!

Reach the race venue one hour before your start time to:

- set up your transition,
- leave your bag at the bag drop, and
- do your warm up

What to wear?

The event has a few rules with regards to what you should wear:

1. You must wear your timing chip at all times. You can wear it on either ankle.
2. You must wear your race bib on the front of your apparel during the run.
3. You must wear your race bib on the back of your apparel during the bike.
4. You must have your helmet strapped from the moment you take your bike from the bike rack till you place it back.
5. You are not allowed to run or ride bare torso, meaning you must wear a top that covers the chest.
6. **You are not allowed to wear headsets during your race.**

This rule will be enforced for safety purposes.

You may decide to do the whole race in your running, cycling or triathlon gear, as long as you adhere to the rules mentioned above.

Essential gear:

- Running shoes
- Helmet

Optional gear:

- Cycling shoes
- Race belt (for your race bib)
- Sun hat
- Sun block
- Socks
- Sunglasses

For an overview of all rules & regulations, please visit the event website:

www.singaporesprintseries.com/race_rules

Bike Mechanic

Ensure that your bike is in good condition and that you have your tyres pumped at the right pressure before the event. If you are not sure, visit a bike mechanic beforehand and don't wait till Sunday morning to find out your bike is not safe to ride.

Bike Haus, the official bike mechanic of the Tribob Singapore Sprint Series 2010, has a booth at the race venue for any last minute mechanical issues and last minute purchases.

bikehaus
SWIM . BIKE . RUN

Timing Chip Deposit

A S\$50 deposit will be collected at the race kit collection. Return your timing chip after the race at the **Chip Collection Counter** (next to the bag drop and informatin) and you will get your S\$50 deposit back.

Participants that registered for the 3-Race Package should not return their timing chip till after the Sprint Triathlon. (3-Race Package participants who accidentally return their chip after the Duathlon will have to come to race kit collection again for the Sprint Triathlon to collect their timing chip.)

Transition

Only participants wearing their race bracelet are allowed in the transition area. Bike flags have to be pasted on the seat post before you can bring your bike into the transition area.

Each participant has an allocated spot in transition to set up the gear for the bike section. Please remove all other belongings from the transition area. A bag drop is available to leave your bags well secured.

Before you go to the race start, have a good look where your transition spot is in relation to the entrance from the swim and the exit to the run.

The members of the relay teams have to wait at the allocated 'Relay Handover' area to collect the timing chip from their team mate. Cyclist must collect the timing band from the runner before they take their bike from the rack and on return rack their bike first before they hand the timing band to the runner again.

Parents of 8 and 9 year old children will find a bracelet in the race kit that will give them access to transition before the Kids race to help setting up the transition for their child. Though, due to space constraints we do not allow any parent in the transition during their child's race.

See attached venue map for more detail.

Run

The run course is on tarmac and grass, winding and narrow at times. Keep left at all times.

Lichtenauer Mineral Water and Rosbacher Sport will be handed out at the drink stations at the 1km mark of the run course.

Tribob thanks the National Parks Board for allowing this event to take place at the Sungei Punggol Park Connector and Sengkang Riverside Park.

Ride the
PCN
Experience!



Bike

The bike route is a 6km lap course and takes place on the straight, wide and flat roads of Sengkang. The bike course is closed off from all other traffic.

Sprint participants have to complete 3 laps of the bike course, Mini and Youth participants 2 laps and Kids 1 lap. At the end of each lap you have to make a choice whether to finish your bike and dismount (keep left) or start another lap (keep right). See the venue map for more detail. **It is your responsibility to count your laps.**

The bike phase has a very generous cut off time. By 10:45am all cyclists should have finished the bike course. Any cyclists that are still on the bike course will be removed.

Please take note of the following rules for the bike course:

- Stay left at all times, unless overtaking. Blocking other cyclist is considered an offence. Offenders will receive a two-minute penalty.
- Do not cross the lane divide marked by traffic cones, even when overtaking. Doing so will result in immediate disqualification.
- Drafting is not allowed
You are considered drafting when you are within 5 metres of another participant's rear wheel or riding next to someone within 2 metres. You are allowed 15 seconds in someone's draft zone. Once you are passed, you must drop back out of the draft zone before overtaking the person who passed you. Cyclist caught drafting will receive a two minute penalty.

The Sprint Duathlon attracts beginning and seasoned athletes alike. If everyone observes the following riding etiquette, you can all have a safe and great ride:

- Be considerate and respectful to your fellow cyclist.
- Do not swerve or make sudden movements.
- Stay left at all times, unless overtaking.
- Never overtake someone on the inside (left) side.
- Look over your shoulder before you move over.
- Call "On your right!" to alert the cyclist ahead of you that you are trying to pass him/her.

Finish Area

Only participants are allowed in the finish area.

Drinks Booth

Quench your thirst after your race at the Lichtenauer & Rosbacher booth with cold Lichtenauer mineral water and Rosbacher Sport drink.

IMPORTANT: The event does not provide water or isotonic drinks before the race.

Participants must bring their own drinks in preparation for the event. At the Sengkang Sports & Recreation Complex (400m from the race venue) is a 7 Eleven for last minute purchases.

Live Results Centre

You can check your race results immediately after your race at the Live Results Centre presented by Hewlett Packard.

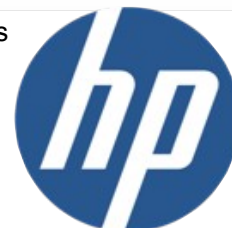
The final Duathlon results will be available on the event website within 24 hours from the event. A race certificate with all your results of the Tribob Singapore Sprint Series 2010 will be sent to you at the end of the series by the end of May.

Free Massage by The Moving Body

The Moving Body will be on site to give free massages to tired muscles. Alternatively you can do it yourself with The Fit Bar.

Sports Nutrition

Sports Nutrition will be for sale at the Science in Sport (SiS) booth at the race venue.



Awards Ceremony

Tentatively scheduled at 10.30am.

A few considerations

1. Please inform your friends and family that come to watch that the transition area, finish area and race route are for participants only. See the venue map for the best Spectator Areas.
2. When setting up or clearing your transition slot, another race may be taking place concurrently. Please stay within your transition zone and cross paths carefully.
3. When arriving or leaving the race venue, another race may already or still be taking place. Please make sure you stay off the race route.
4. Please leave your litter in the bins on site.

Medical Safety & First Aid

IMPORTANT!

Even though you may have read our medical advice before, we would like to insist you read it again. Awareness of the health risks of exercising in a tropical climate is the best prevention for serious injuries!

Medical conditions – if you have a medical condition that may affect your safe participation in exercise, please ensure that you have explained your swim/run exercise plans to your doctor and sought his/her clearance for you to exercise. You should not be taking part in this sports event unless this medical clearance has been given to you.

Medication – should you have an allergy of some sort (e.g. to bee stings), and if you have any medication such as an auto-injector, you may want to place this in a Ziploc bag with your name & race number on it. Then pass this to the medical team so that it is on standby for you should it be needed. If you are currently taking medication for a medical condition, do ensure that you take this as prescribed to you by your doctor. Please be aware that some medications such as drugs for inflammation and injury (anti-inflammatory) may lead to dehydration. It is important for you to maintain good hydration before and throughout the event.

Illness – some illnesses may result in dehydration, salt imbalance, or disturbances to your heart function. These include viral illnesses such as the flu, as well as food poisoning and diarrhea. If you have had such illnesses within the last 7-10 days before this event, please assess your current fitness and if you are not feeling well, do NOT participate in the race. If you have had a fever with muscle aches in the past week before the event, it is recommended that you do not race. Diarrhea can cause loss of water and salts, so please ensure that you have replaced these before racing (using a sports drink is very helpful). If you have had a recent illness and are going to participate in the race, please start out cautiously and lower the intensity of your physical exertion.

Heat Injuries – exercise in Singapore's high heat and humidity places you at risk of developing a heat injury. In its most severe form – heat stroke – this may be potentially fatal. The best way to avoid such injuries is to ensure good physical conditioning prior to this race, and to participate within your fitness limits. Proper hydration is essential and seeks to ensure you are hydrated before the race, maintained during the race (drinking during the run phase), and then replaced after the race to prepare for your next training session!! A good beverage to use would contain water, carbohydrates (energy source) and salts, as you would find in a sports drink. If you use a sports drink, this is best consumed alongside an equal amount (or more) of water.

Finally, if you experience any of the following, please reduce your physical effort, and if you do not feel better, stop and seek medical attention:

- Undue shortness of breath
- Dizziness, giddiness, light-headedness
- Chest pain
- Undue tiredness, nausea

- Disorientation, confusion

Photos

Sportsphotox is taking your Race Action Photos at the Duathlon. Visit their website www.sportsphotox.com to view and order your Duathlon pictures.

Info Booth

If you have any questions on the race site, you could approach one of the officials in red t-shirts or go to the information booth.

Contact us

Tribob.com
10b Institution Hill
Singapore 239665
Tel: 6464 5130
Fax: 6732 8451
Email: sprintseries@tribob.com



Sprint Series Championship

Despite website announcements all age group participants will rank in the open category and compete for the overall Sprint Series Challenge Cup as well. The highest ranked athletes after the Aquathlon and Duathlon will start in the 'championship' wave for the Triathlon.

Point System:

Championship Points = Total Points Triathlon + Total Points Aquathlon or Duathlon (highest counts)

Total Points = Points Rank + Points Time

Points Rank:

1st place: 100 points
2nd place: 99 points
3rd place: 98 points
Etc.

Points Time:

1st place: 100 points
2nd place: time winner / finish time * 100
3rd place: time winner / finish time * 100
Etc.

Example:

Participant A: 1st place in 57 minutes → Points Rank: 100 + Points Time: 100 = Total Points: 200
Participant B: 2nd place in 60 minutes → Points Rank: 99 + Points Time: 95 = Total Points: 194
Participant C: 10th place in 68 minutes → Points Rank: 91 + Points Time: 84 = Total Points: 175

DUATHLON COURSE MAPS



EVENT VENUE MAP

