

TriClubDOHA

- Presents -



StFrancis Roundabout LONGCOURSE ***DUATHLON*** & STAGED ***TRIATHLON***

Rawdat Rashed Road & Intercontinental Doha

Race Information Pack

Friday February 22nd at 7am & Saturday 23rd at 6.30am

Race Distances & Timing

- ❑ TriClub members only-timed **Long Duathlon** event in the morning, combined with the **Club Aquathlon** at the Intercontinental Doha on Saturday 22nd February.
- ❑ Free signup : Sign up at Google Sheet (Link in email), Calendar and Facebook Event
- ❑ Any members can come to bike & run as they wish; please only bring your chip if you are doing the race
- ❑ Maxi Duathlon: 2km run (1 lap), 88km bike (4 laps), 2km run (1 lap) with Gunshot start at 7am
- ❑ Olympic Duathlon: 2km run (1 lap), 44km bike (2 laps), 2km run (1 lap) with Gunshot start at 7am
- ❑ Olympic Staged Triathlon: Olympic Duathlon + Club Sprint Aquathlon (1km swim, 5km run)
- ❑ Maxi-Staged Triathlon: Maxi Duathlon+ Club Maxi Aquathlon (2km swim, 10km run)
- ❑ Podium for the Olympic and Maxi-Staged Triathlon at Qatar Foundation, following completion of Club Aquathlon
- ❑ This is a self-policed non-drafting bike leg
- ❑ Club Championship points starting at 60 points for Maxi Races and 50 points for Olympic races
- ❑ Bring own nutrition for bike & run. There will be a nutrition station on Duathlon where you can stand your bottles/food for self-collection during the ride.

Race Location / Coordinates

25.212639, 51.222278



GETTING TO RAWDAT RASHED ROAD

Drive down Salwa Road - approx 27km from Ramada Junction

Take exit for Rawdat Rashed and follow road for 10km

Approx 30 minute drive from Ramada Junction

GOOGLE MAP

<https://goo.gl/maps/hiPy5abvjEJ2>

Tip : Download Waze or Google Maps to find location

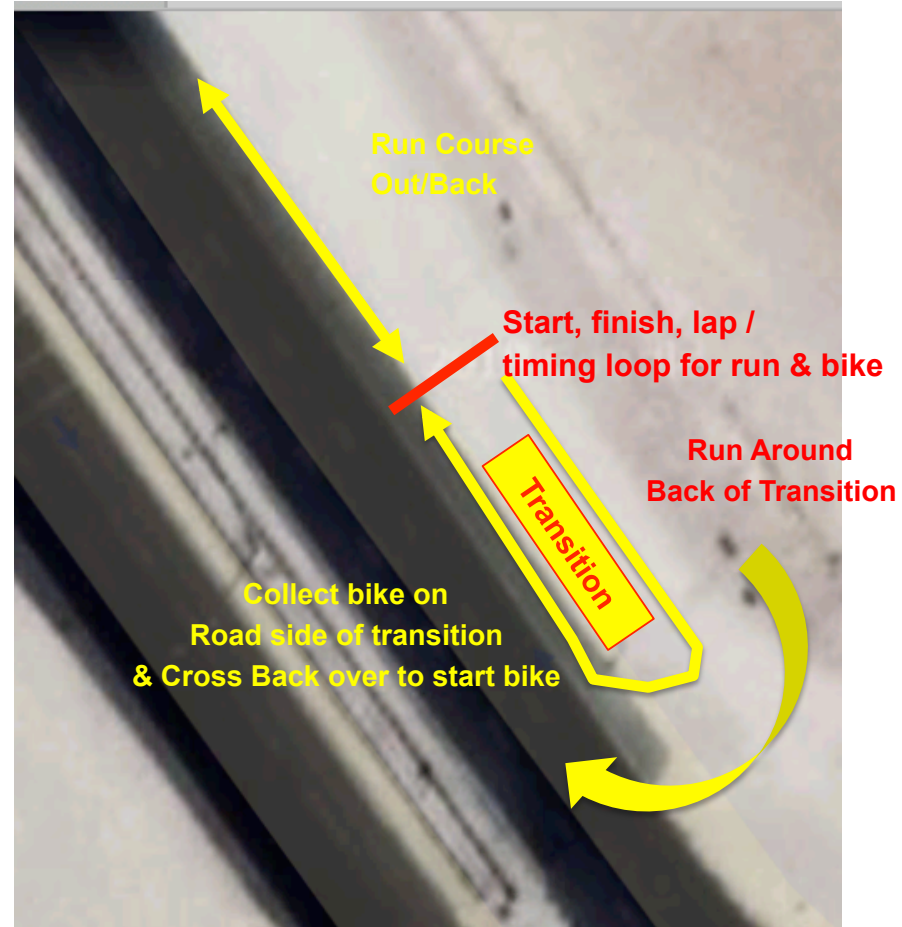
Transition Area:



GOOGLE MAP

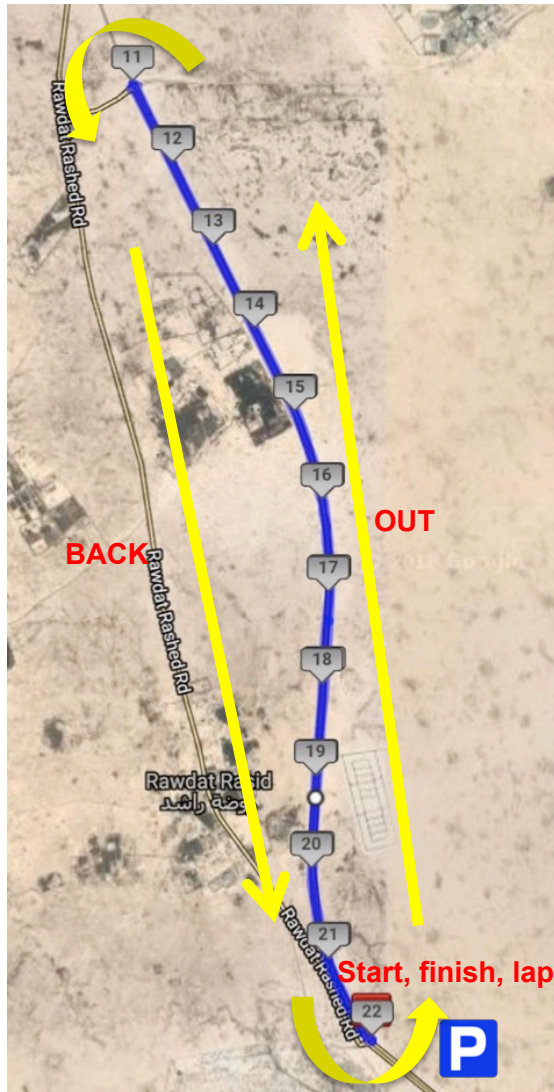
<https://goo.gl/maps/hiPy5abvjEJ2>

Run Leg



- ❑ 1km out and 1km back loop (2km) on edge of hard shoulder
- ❑ There is only 1x Timing Loop. After the Run leg 1 and bike leg, run around sand side of bike racks in transition, around the bikes to collect bikes on road side

Bike Leg



- ☐ 22km loop on 3 lane expressway
- ☐ Road is quiet, particularly on Friday morning, but is not closed
- ☐ **Stay to hard shoulder** where possible
- ☐ No drafting: self policed

Friday Race Day Timetable

6:30: Set Up

7:00: Gunshot start for Maxi & Olympic

10:00 Onwards : Sausage Sizzle BBQ

11:00 Race Finish....go home

Saturday Race Day Timetable

- 6:00: Set Up**
- 6:30: Gunshot start for Maxi & Sprint & Enticer**
- 7:45 Kids Race (200m swim, 1km run)**
- 8:15 Breakfast at Coral**
- 8:30 Announcement of Results / Winners**