

# TriClub DOHA

- Presents -



## Olympic Cycle Track SUMMER *DUATHLON*

**Olympic Cycle Track  
Race Information Pack  
Wednesday 1<sup>st</sup> July 2020**

# Race Distances & Timing

- Come join us for the first post-lockdown event and first Summer Duathlon. These are great friendly races and an opportunity to use them as race training.
- TriClub members only timed Duathlon event. Free signup at [googledoc](#)
- Don't forget your timing chip – no sign up required just turn up and race. Check your chip is working before the race at Brendan's car. We'll have some rental chips spare if needed.
- Wave Starts of groups of 6 every 15 minutes to comply with social distancing requirements. Enter transition to set up and start within your 15 minutes window. No loitering around transition before and after the race.
- Time-trial style event; timing starts when you cross start line. This is a club friendly timed event, competition is optional, but its your chance to beat the clock. No Medals or Podium.
- Self-Sufficient : Bring your own water, no water stations will be available on run route; set up own water in transition, no littering on the course. Bring own tools and pump – no sharing
- Results link & lap times will be emailed and posted online <http://www.triclubdoha.com/en/results/live-timing>

## SPRINT DISTANCE

2km Run ( 1 x Lap)  
20km Bike ( 1 x Lap)  
2km Run ( 1 x Lap)

## ENTICER DISTANCE

0.7km Run ( 1 x Lap)  
10km Bike ( 1 x Lap )  
0.7km Run ( 1 x Lap)

# Safety & Hygiene



## Safety is number 1 concern

- **BEWARE OTHER CYCLISTS ARE OUT TRAINING.**
- **KEEP TO THE RIGHTSIDE UNLESS OVERTAKING.**
- **GIVE WAY TO OVERTAKING AND APPROACHING CYCLISTS AT U-TURN**
- **NO LIGHTS NO HELMET = NO RIDE. LIGHTS FRONT & BACK**
- This is a triathlon event, therefore for safety normal "NO DRAFTING" rules apply (10m zone, 20 seconds allowed to pass).
- For safety reasons: No IPod's/headphones to be used during the race.
- Only Juniors competent and confident riding on the open road are permitted to race. There are no marshals.
- Turn at the correct marker: Splits will be checked on strava

## Race Smart During Covid-19

### **Social Distancing & Density Reduction**

- We will be starting in waves of 6 every 15 minutes
- If your wave time is 18:15-18:29, you can enter transition to set up at 18:15, and must start your race by 18:29
- Be mindful and give way to other people entering transition during their race ... keep required distance
- Participants are requested to retrieve their gear/bike from transition immediately after the race and return to their cars rather than loiter around transition or the finish line allowing groups to form

### **Hygiene**

- Hand sanitizer will be readily available at Transition
- Volunteers will be wearing coverings and gloves to be used while working in all athlete-facing areas, eg. Chip checking, instructions

### **Touchpoint Minimization**

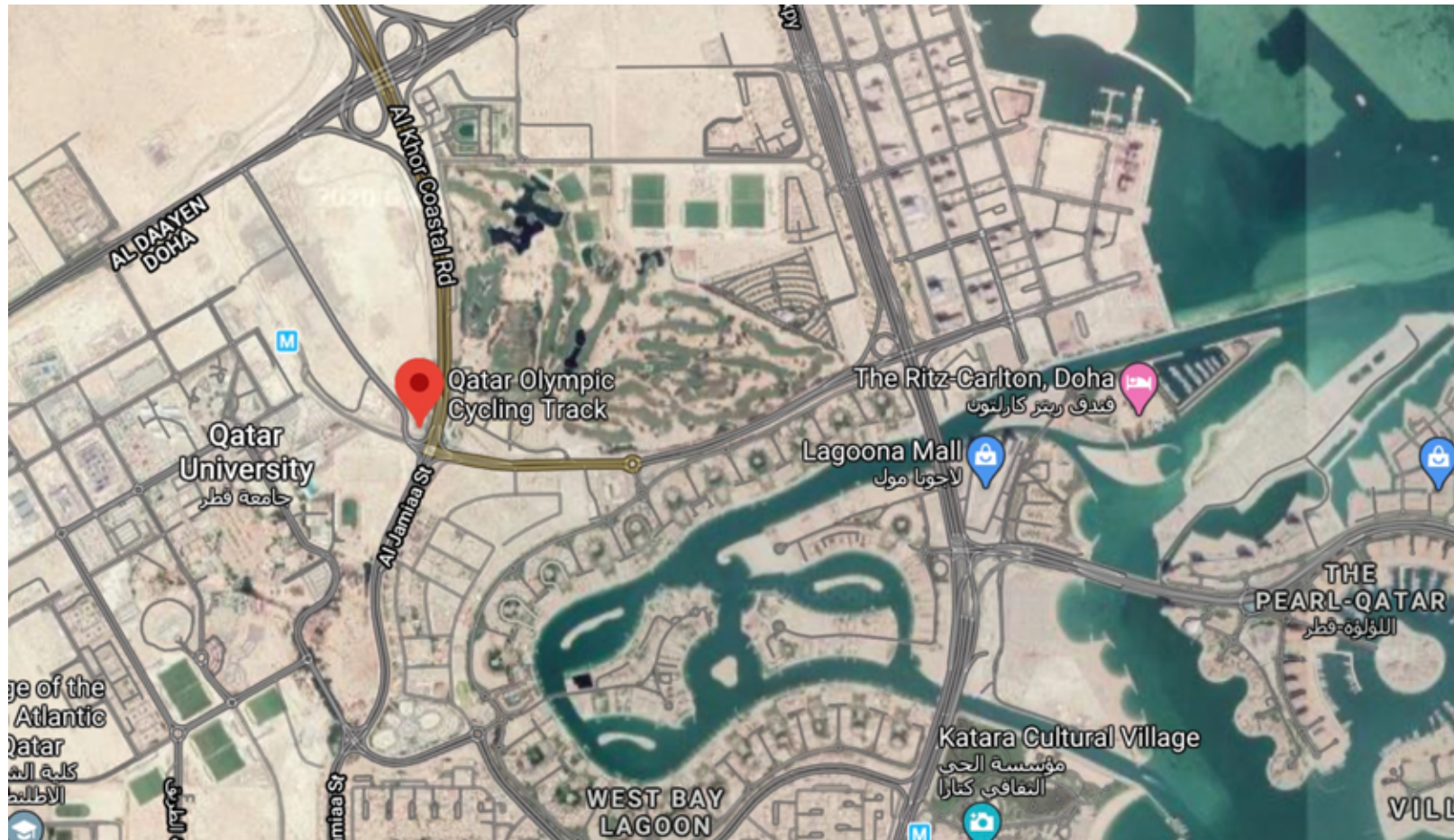
- We will be reducing or removing touchpoints and points of interaction. Brendan and Hesham will be available to help with timing chips at their car, not in transition area.

### **Self-Reliance**

- Athletes are expected to carry everything they need eg. Water, nutrition, pump, so will not rely upon other participants for assistance.

# Race Location / Coordinates

25.3785469,51.4985727



GOOGLE MAP

<https://goo.gl/maps/7VQZiri52rXfTCsb8>

Tip : Download Waze or Google Maps to find location



# Transition Area



Timing Loop at OM marker

## **T1 - Run to Bike Transition**

Follow Blue Line -----

Run Leg timing finishes at OM marker

Turn Left towards golf club and follow path around pillar to enter transition from backside

Collect bike and proceed to Bike Leg

## **T2 - Bike to Run Transition**

Follow Green Line -----

Bike Leg timing finishes at OM marker

Return bike to transition

Turn Left at backside of transition towards golf club and follow path around pillar to reach OM marker to start Run leg 2

**No U-Turn in Transition - No Short-Cuts**

# Sprint Run Leg – 2km

<https://www.strava.com/segments/23621797>



- ☐ 1km out – Turn at 1,000M marker – 1km Back
- ☐ Run on Left-Side of track ie. Facing oncoming cyclists
- ☐ No cone / marker at U-Turn
- ☐ Beware of oncoming cyclists at U-Turn



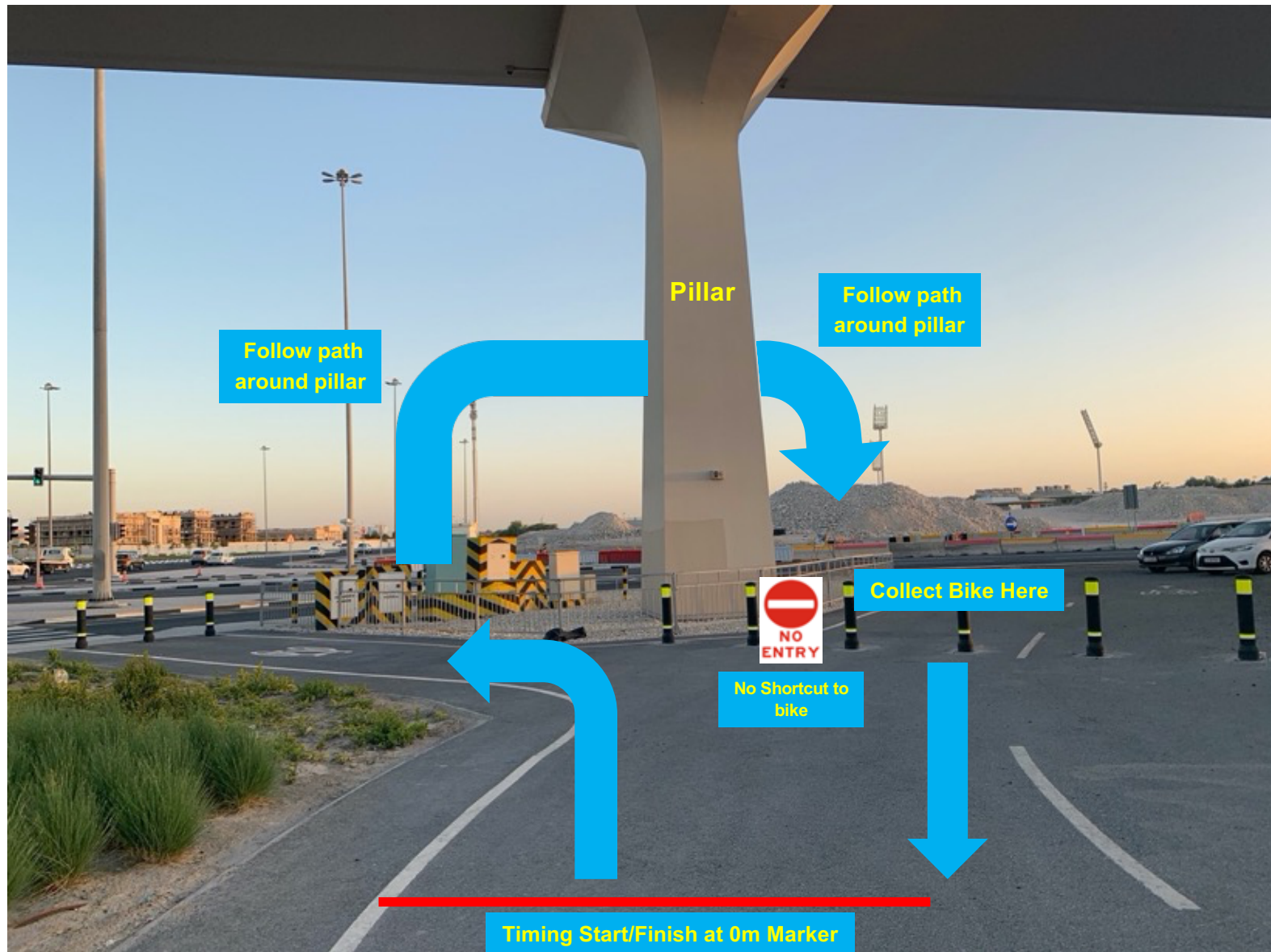
Turn at/after 1,000m marker  
Beware of oncoming cyclists

TriClub Doha Strava Leaderboard at June 24<sup>th</sup> 2020

Join TriClub Doha on Strava : <https://www.strava.com/clubs/triclubdoha>

Rank	Name	Date	Pace	HR	Time
1	jonathan baron	4 Mar 2020	4:46/km	143bpm	9:22
2	Ewan Cameron	24 Apr 2020	5:09/km	157bpm	10:08
3	Daniela Sposi	22 Feb 2020	5:34/km	170bpm	10:57
4	Fahad Al-Groon	14 Apr 2020	5:54/km	161bpm	11:36
5	Louise Duff	13 Mar 2020	7:36/km	155bpm	14:56
6	Hatem El-Safty	21 May 2020	11:17/km	115bpm	22:10

# Transition 1 : Run 1 to Bike Flow



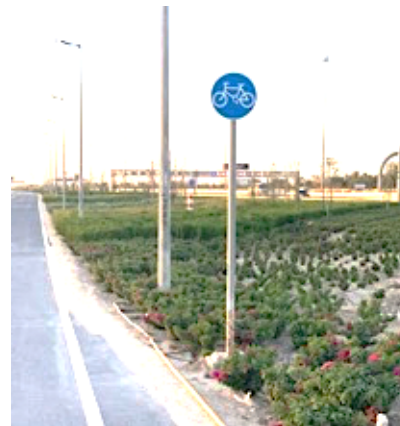


# Enticer Run Leg – 650m

<https://www.strava.com/segments/23621851>



- ❑ 320m – Turn at Blue Sign at end of path/shoulder – 320m back
- ❑ Run on Right-Side of track in path / shoulder
- ❑ No cone / marker at U-Turn



Turn at blue sign  
when the walking  
Path/Shoulder ends  
**Watch for  
oncoming runners  
and cyclists**

TriClub Doha Strava Leaderboard at June 24<sup>th</sup> 2020

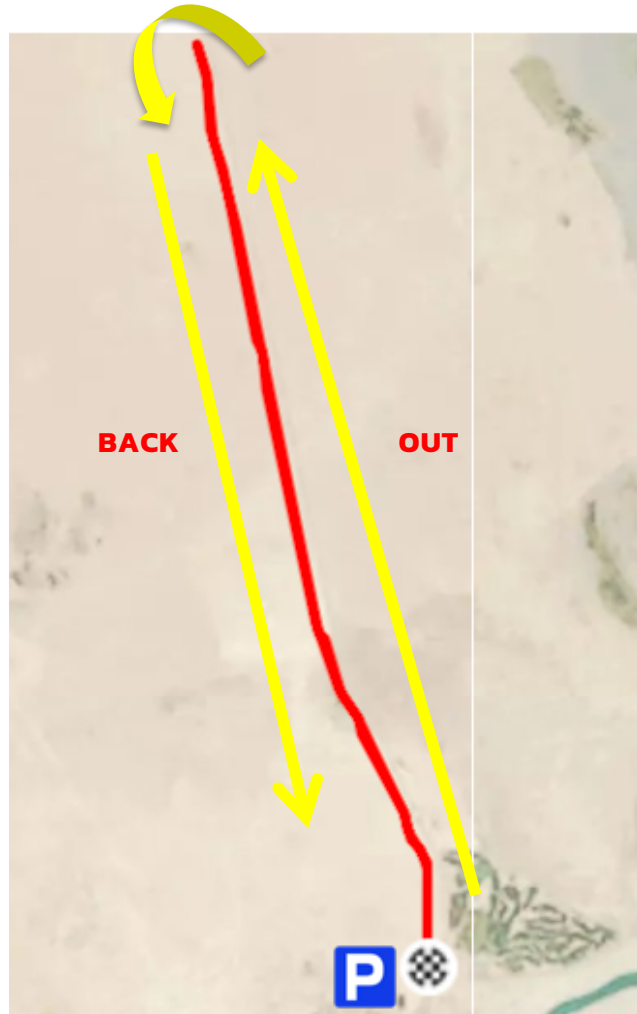
Join TriClub Doha on Strava : <https://www.strava.com/clubs/triclubdoha>

Rank	Name	Date	Pace	HR	Time
1	 Chad Simpson 	Mar 18, 2020	4:21/km	137bpm	2:51
2	Michelle Grainger	Apr 18, 2020	5:17/km	157bpm	3:28
3	Fahad Al-Groon	May 15, 2020	6:15/km	169bpm	4:06
4	Ewan Cameron	May 1, 2020	6:21/km	146bpm	4:10



# Sprint Bike Leg – 20km

<https://www.strava.com/segments/23353162>



- ☐ 10km out – Turn at 10,000M marker – 10km Back
- ☐ Turn before reaching Losail Circuit
- ☐ No cone / marker at U-Turn
- ☐ Beware of oncoming / overtaking cyclists at U-Turn
- ☐ No drafting: self-policed

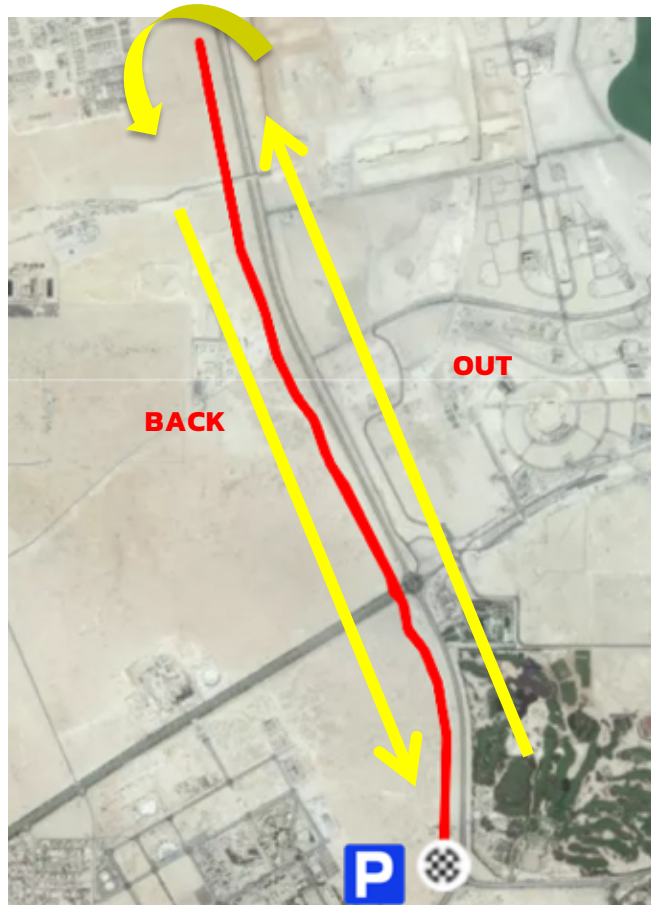
TriClub Doha Strava Leaderboard at June 24<sup>th</sup> 2020

Join TriClub Doha on Strava : <https://www.strava.com/clubs/triclubdoha>

Rank	Name	Date	Speed	HR	Power	Time
	 Stefan Parsons	15 May 2020	38.9km/h	-	264W 	30:51
2	Ewan Cameron	15 May 2020	37.1km/h	166bpm	209W 	32:22
3	Baris İLÇEL  	18 Apr 2020	35.2km/h	151bpm	167W 	34:05
4	Andrea Stadler	2 May 2020	34.1km/h	123bpm	161W 	35:13
5	Sam Knight	25 May 2020	32.4km/h	131bpm	199W	37:05
6	Alex Generalis	25 May 2020	32.2km/h	-	-	37:20
7	Abdul Nassar	13 Apr 2020	31.3km/h	145bpm	196W	38:24
8	Chris Parkinson	13 Mar 2020	28.6km/h	173bpm	155W	42:02
9	Craig Lamshed 	28 Feb 2020	28.0km/h	125bpm	159W 	42:51
10	Babar Rais	3 Jun 2020	25.6km/h	149bpm	-	46:56
11	Daniela Sposi	26 Feb 2020	24.5km/h	124bpm	221W	49:05

# Enticer Bike Leg – 10km

<https://www.strava.com/segments/23574040>



Kids can do 6km bike if they prefer. Turn at 3000M marker

- ☐ 5km out – Turn at 5,000M marker – 5km Back
- ☐ Immediately after a bridge beside Lusail Stadium
- ☐ No cone / marker at U-Turn
- ☐ Beware of oncoming / overtaking cyclists at U-Turn
- ☐ No drafting: self-policed



Approach to 5,000m marker and U-Turn on downhill after bridge



Turn at/after 5,000m marker  
Beware overtaking/oncoming cyclists

TriClub Doha Strava Leaderboard at June 24<sup>th</sup> 2020

Join TriClub Doha on Strava : <https://www.strava.com/clubs/triclubdoha>

Rank	Name	Date	Speed	HR	Power	Time
1	 Stefan Parsons	15 May 2020	38.7km/h	-	283W 	15:32
2	Ewan Cameron	24 Apr 2020	33.6km/h	154bpm	179W 	17:52
3	Andrea Stadler	16 May 2020	32.0km/h	117bpm	138W 	18:45
4	Cara Cameron	13 Jun 2020	13.6km/h	-	-	44:08

# Transition 2 : Bike to Run 2 Flow

