

Aviemore Triathlon

Snàmh, Rothaireachd, Ruith

BY DURTY EVENTS

AVIEMORE TRIATHLON 2016 – SUN 7th AUG – FINAL COMPETITOR BRIEFING

OK, we'll try to keep this as short as possible, but there's a bit to get through....

Lots of information is either here, or on www.aviemoretriathlon.com

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Race Schedule Stuff

Critical race day times are below –precise start times will be made clear at registration and/or the briefings;

Saturday 6th August

- 1600-1800 Registration open at Badaguish Centre
1700-1900 Pasta Party at Badaguish Centre (pay-as-you-go)

Sunday 7th August

- 0700 Car Park at Badaguish Centre Open (please don't try to arrive before we open the car park, or try to use the Forestry Commission car-park at Transition 1 – you'll cause us problems!). **£3 per car parking charge – this goes to the Badaguish Centre/Speyside Trust.**
- 0700 Registration Open at Badaguish Centre.

0700 Café Open at Badaguish Centre.
0830 Registration Closes
0845 Transition (T1 and T2) Closes (you must have racked your bike and equipment by then – this applies to both Long Hard and Short Fast Durty competitors)
0845 LONG HARD DURTY Race Briefing at Swim Start Lochside
0900 Long Hard Durty START
0915 SHORT FAST DURTY Race Briefing at Swim Start Lochside
0930 Short Fast Durty START (NOTE: there are likely to be two wave starts – you will be advised of this at registration, and which wave you are in)
c.1115 Expected 1st Tri finishers

Race Stuff

Please Note: the race has a 'split transition' format....

Swim Start & Transition Area (TA) 1 are at the beach beside the Forestry Commission car park, next to Loch Morlich Sailing Club (note: not the Watersports Centre).

Transition Area (TA) 2 & Finish are at the Badaguish Outdoor Centre in Glenmore Forest

It is approximately 1.8km between the two TAs. Make sure you give yourself enough time to walk/ride to the Swim Start/TA1 area and set-up your kit. See the attached 'Key Locations' Map. **Please walk/ride from Badaguish to Swim Start** – we DO NOT want cars using the Badaguish access road, or the Lochside Car Park during the race.

SWIM

Swim water temp is likely to be 14-16degrees. Wetsuits will most likely be compulsory – this will be confirmed one way or other at the race briefing.

It will be a deep water start (though it's actually quite shallow – you'll be waist deep or so) for both races. We suggest you get in the water a few minutes before race start to acclimatise. Short Fast Durty will do one swim lap, Long Hard Durty will do two swim laps. Swim Laps are clockwise.

Water Quality is expected to be excellent – it is regularly monitored by SEPA. Results are here:

<http://apps.sepa.org.uk/BathingWaters/ViewResults.aspx?id=366986>

TRANSITION 1

Before you start the race you will need to place your bike on the racking adjacent to the loch. Please use your numbered slot. Transition will be split into 2 parts, one for Long Hard Durty, one for Short Fast Durty.

After the swim, place your wetsuit, cap, goggles and any other equipment you are not taking on the bike course into the numbered bag (you'll be provided with this at registration) and leave it at your racking slot. We will take this back to Badaguish for you to collect after the finish. **Any equipment not in your numbered bag will not be taken to Badaguish, so please take care when doing this.** Equipment not collected after the race will be disposed of, some more valuable items may be taken back to Dirty Event's offices in the Borders. You'll be responsible for collecting, or paying postage to get them back!).

Fasten your helmet and grab your bike (but don't get on it yet). The Bike Mount line will be approx. 100m from Transition and is on the 'Old Logging Track' on opposite side of the tarmac road. Take great care crossing the road and follow the instructions of the marshals. If you need to wait a few seconds for traffic to pass, well.... you'll just need to ☺

Relay Teams: Please don't hang around in transition waiting for your incoming swimmer. We'll set you up a little holding pen outside the transition area itself. Relay changeover will be passing the timing dibber from member to member.

Your friends, family, pet budgie etc. are NOT allowed in the transition area.

BIKE – See Course Maps

Short Fast Dirty: Along Old Logging Track to Glenmore, and up the hill path to the rear of Glenmore Café. Along forest roads to a junction to the east of Badaguish. You'll then head back down to Glenmore on a forest road, and do the climb for a 2nd time. You're effectively doing a lap-and-a-half of the 'Forest Road Loop'. Then into Badaguish for a lap of their new MTB trail.

Long Hard Dirty: Along Old Logging Track to Glenmore, and up the hill path to the rear of Glenmore Café. Along forest roads to a junction to the east of Badaguish. You'll then head back down to Glenmore on a forest road, and do the climb for a 2nd time. You're effectively doing a lap-and-a-half of the 'Forest Road Loop'. Then into Badaguish for a lap of their new MTB trail, then out for a lap of the 'long technical loop' in the forest.

There are maps of both bike and run courses linked from here: www.aviemoretriathlon.com

TRANSITION 2

You will need to set your Run equipment up in Transition Area 2 before you start the race. This will be simple areas marked on the ground with barrier tape. Choose a small area to set up your run equipment, and remember where it is!.

T2 is located at the Badaguish Centre. Get off your bike at the Dismount Line and make your way to the bike racking. Either rack your bike in the next available slot, or hand it to a marshal to do this. Make your way to where you left your Run equipment.

RUN

There is a description of both run courses linked from here:

<http://www.durtyevents.com/trail-grades-and-course-descriptions.html>

FINISH

Located at Badaguish Centre. Make sure you 'Dib' at the Finish Line (this is what 'stops the clock' for you), and then make sure you 'Download' in the nearby tent to get your result. You can collect your bike and Swim kit on presentation of your race number.

After the finish please retrieve your bike as quickly as possible. You will need to show your race number to be able to remove your bike from T2.

The courses are hilly and have occasional technical sections and other hazards – they're 'proper' MTB and off-road run routes. The medical team will be at the race to pick up the pieces. **You must take great care and ride to your abilities – you are responsible for deciding what you ride and what you don't ride. You MUST allow faster riders to pass you – if you're walking, stay off the riding line and give others plenty of space to ride.**

No Litter. Anywhere. Full Stop. This includes the car parks and transition areas, and also includes gel wrappers, banana skins, plastic cups etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!.

Registration and Timing Stuff

You'll receive your timing chip (Sport Ident 'dibber' type), race number and bike numbers at registration. You will need to 'Dib' this in the following locations;

- Transition 1 In
- Transition 1 Out
- Transition 2 In
- Transition 2 Out
- Run Turn (To Be Confirmed)
- Finish

It is possible these points will not be manned, and will instead have a 'Dibber Box' on a stake, and a red 'DIB HERE' sign. It is your responsibility to make sure you do.

Race numbers should be worn on you (either a number belt, or pinned to your front ready for the run) and please do not fold them. Chip on your wrist (lanyard for teams). Please make sure you **DOWNLOAD** and return your dibber after the finish line.

The race will be run under TS/BTF rules, and there will be a TS/BTF referee present. You are responsible for knowing the rules. Here's one that might be different from normal races;

- Drafting on the bike IS permitted, (but is next to useless to you anyway!) but not between genders (i.e. men can't draft off women or vice versa).

We have had one or two occasional problems in previous years with competitors being abusive and/or aggressive to other racers and marshals. For the avoidance of doubt – any reports of this behaviour will result in an instant DQ. Play nice with each other, and remember that the marshals are all giving up their day so that you can race.

Practical and Other Stuff

Camping: if you want to camp on site at Badaguish, this is possible. Please contact them to book (preferably before the race day). There is not fixed fee for this, but we ask that you make a suitable donation to the Speyside Trust/Badaguish Centre. The contact details etc. are here:

<http://www.accommodationatbadaguish.org/Pages/How%20to%20Book.html>

A number of the Lodges (luxury!) and Wigwams are available at Badaguish – please contact them direct as above.

The café at Badaguish will be open during race day.

Car Parking: is extremely tight. **Please share cars to come to the race site if you can. There will be a £3 parking charge per car.**

Public transport is a viable way of getting to the race. Aviemore is approx. 4 miles from the race venue, and has a train station on the Perth-Inverness line. Aviemore is also served by long distance bus services between Glasgow/Edinburgh and Inverness.

Bike Hire. You've got a few options if you need to hire. Try Bothy Bikes in Aviemore (it's buried in a small industrial estate to the North of the town - <http://www.bothybikes.co.uk/>)

Local Accommodation: if you don't fancy camping, there are many B+B's and Hotels and similar in the local towns – follow the links from this website - <http://visitcairngorms.com/>

Scottish Championships

The Long Hard Dirty race will also host the Scottish Water National Cross Triathlon Championships 2016. The race itself is open to all-comers, but the Championships are only open to those holding a Triathlon Scotland race licence before starting the race. Only those eligible for the Championships will be eligible for Scottish titles, and the cash prizes on offer for 1st, 2nd and 3rd in both Male and Female classes. Race referees will be present, so (a) familiarise yourself with the rules and (b) behave yerself!.

Triathlon Scotland rules are here:

http://www.triathlonscotland.org/files/2013_British_Triathlon_Rulebook_May_update.pdf

We will however also do the usual Dirty prizes (don't get too excited) for 'all entries'.

Sponsors

I'm really grateful to our sponsors and supporters – if you get a chance, please repay their support;

- Badaguish Centre – please check out the excellent work they do here, and make a donation to this great charity: <http://www.badaguish.org/Pages/About%20Us.html>
- PowerBar
- Forestry Commission Scotland

Phew, I think that's it. See you at the race.

Cheers

Paul McGreal

Race Organiser

Durty Events