

SINGAPORE *Duathlon*



2019

20 JANUARY 2019
ANGSANA GREEN
EAST COAST PARK
RACE GUIDE

Jointly Organised by



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Event Details

Date & Time : 20th January 2019, 5.30am – 11.00am
Venue : East Coast Park Area E2, Angsana Green
Website : www.singaporeduathlon.com
Enquiries : enquiry@singaporeduathlon.com
+65 6274 9868
Event Hotline: +65 9388 1084

GETTING THERE

By Taxi

The nearest drop-off is the East Coast Lagoon Food Centre at Car park E2, which is accessible by Laguna Flyover, Marine Parade Flyover, Fort Road and East Coast Park Expressway heading towards Marine Parade and City (Exit 10B).

By Car

The nearest car park to the main event site is at E2 & E3. Availability at these carparks are on a first-come-first serve basis. Do note that carpark charges may apply to some carparks. For Participants starting after 9am, it is recommended to park at Carpark E1 and ride over to the main event site.

Road Closure

Part of East Coast Park Service Road will be closed to traffic on event day from 5am to 1pm. This is to facilitate the cycling leg of the event. The closure will commence from East Coast Park Expressway towards Bedok (Exit 7A) until the turning point of the cycling route (National Sailing Centre).

Participants are advised against parking their vehicles at the carparks within the road closure areas, Should you park in those carparks (Carpark F1, F2 and G), your vehicle will not be allowed to leave the carpark until the road is reopened to traffic. Any vehicle found along the road closure within the road closure timing will be towed to Carpark F3 & H.

RACE SCHEDULE

Time	Wave	Category	Age Group	Gender	Bib Range
5.30am	Event & Transition Area Open				
STANDARD: 10KM RUN – 36KM BIKE – 5KM RUN (Cut-off Time: 4 Hours)					
6.20am	Elite	Elite	All	Mixed	01-30
6.40am	1	Individual Standard	18 - 29	Male	1XX
6.45am	2	Individual Standard	30 - 39	Male	2XX 3XX
6.50am	3	Individual Standard	40 - 49	Male	4XX 5XX 337-340
6.55am	4	Individual Standard	50 & above	Male	6XX
7.00am	5	Individual Standard Team Relay Standard	18 & Above/ Open	Female	7XX 55XX
30 Mins Break					
SPRINT/JUNIOR: 5KM RUN – 18KM BIKE – 2.5KM RUN (Cut-Off Time: 3 Hours)					
7.30am	6	Individual Sprint / Junior	16 - 39	Male	10XX
7.35am	7	Individual Sprint	40 & Above	Male	11XX
7.40am	8	Individual Sprint / Junior Team Relay Sprint	16 & Above/ Open	Female/ Mixed	12XX 88XX
30 Mins Break					
MINI/YOUTH: 1.5KM RUN – 12 KM BIKE – 1.5KM RUN (Cut-Off Time: 2 Hours)					
8.10am	9	Individual Mini	16 & Above	Mixed	15XX
8.15am	10	Individual Mini (Youth)	12 - 15	Mixed	16XX
45 Mins Break					
KIDS: 800m RUN – 6KM BIKE – 800m RUN (Cut-Off Time: 1 Hour)					
9.00am	11	Individual Kids	8 - 11	Male	17XX
9.05am	12	Individual Kids	8 - 11	Female	18XX
10.00am	Prize Presentation - Standard				
10.15am	Prize Presentation - Sprint / Junior Sprint				
10.30am	Prize Presentation - Mini / Youth				
10.45am	Prize Presentation - Kids				
11.00am	End of Event				

EVENT INFORMATION

Race Categories

STANDARD DISTANCE 10km Run + 36km Bike + 5km Run					
Individual Age Group					
Male		Female			
18 – 29		18 – 29			
30 – 39		30 – 39			
40 – 49		40 – 49			
50+		50+			
Team Relay 18+					
SPRINT DISTANCE 5km Run + 18km Bike + 2.5km Run					
Individual Age Group					
Male		Female			
20 – 39		20 – 39			
40+		40+			
Team Relay 16+					
JUNIOR SPRINT DISTANCE 5km Run + 18km Bike + 2.5km Run					
Individual Age Group					
Male		Female			
16 - 19		16 - 19			
MINI DISTANCE 1.5km Run + 12km Bike + 1.5km Run		YOUTH DISTANCE 1.5km Run + 12km Bike + 1.5km Run		KIDS DISTANCE 800m Run + 6km Bike + 800m Run	
Male	Female	Male	Female	Male	Female
16+	16+	12 – 13	12 – 13	8 – 9	8 – 9
		14 – 15	14 – 15	10 – 11	10 – 11

EVENT INFORMATION

Duathlon Race Course & Distance

RUNNING

Starting and ending off with the run, athletes will be taken along the paths of East Coast Park, Singapore's oldest and longest coastal park. The Run Course will be mainly shaded with lush greenery lining the route and will take you past the numerous beaches along the park. At least 3 drink stations will be placed along the course for hydration. Distance markers will be placed for Standard and Sprint Distance only.

RUN COURSES



Category	Distance	Remarks
Standard	10 km (1 st Run) + 5 km (2 nd Run)	2 Loops + 1 Loop x 5km
Sprint/Junior	5 km (1 st Run) + 2.5 km (2 nd Run)	1 Loop x 5km + 1 Loop x 2.5km
Mini/Youth	1.5 km (1 st Run) + 1.5 km (2 nd Run)	1 Loop + 1 Loop x 1.5km
Kids	800m (1 st Run) + 800m (2 nd Run)	1 Loop + 1 Loop x 800m

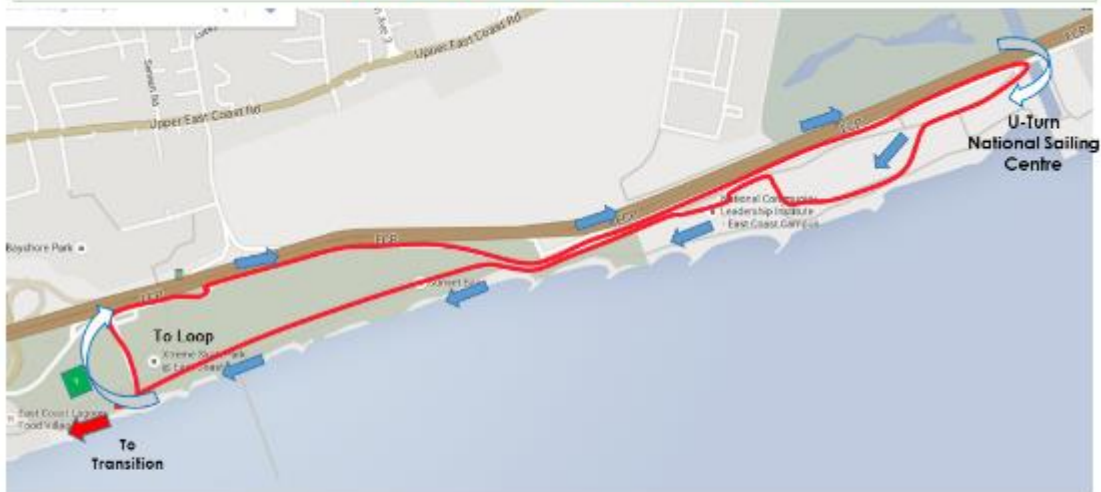
EVENT INFORMATION

Duathlon Race Course & Distance

Cycling

The bike leg course take you out onto East Coast Park Service Road with full road closure and re-entering the park to complete a loop. This will be a fast course with little incline and only 4 turns to navigate. There will be no aid stations along the course. All athletes are reminded to have at least 1 bottle of 700ml and above for this leg.

BIKE COURSE



Category	Bike Distance	Loops
Standard	36km	6 loops
Sprint/Junior	18km	3 loops
Mini/Youth	12km	2 loops
Kids	6km	1 loop



EVENT INFORMATION

Race Information

1. On-the-spot entries will not be accepted.
2. The Organisers reserve the right to limit and refuse entries without giving any reason.
3. Completion of the entry form, including online registration, evidences the participant's agreement to abide by the rules and regulations of Singapore Duathlon 2019.
4. Once the registration form has been processed, there will be no fee refund for the participants who, for whatever reason, eventually do not take part.
5. The Organisers will not be responsible for any disputes arising from incomplete and/or incorrect entry details given by the participants.
6. The race registration will be only confirmed when full payment of race registration fee has been made.
7. Race entries are non-transferable. Any person doing so will be held responsible in case of an accident arising from or provoked by the other person during the race. The Organisers reserve the right to exclude both parties from future events.
8. The Organisers reserve the right to close registration before the said closing date should participation reaches its capacity before the said date.
9. Age category is determined by the participant's age on 31st December 2019.
10. Participants below the age of 18 are required to seek parental/guardian consent and fill up the relevant indemnity declaration forms as deemed necessary by the Organisers upon online registration or in-person registration. Failing which, the Organisers reserve the right to refuse entry to any participant.
11. Participants who opt to be matched agree to be matched according to selection criteria deemed fit by the Organiser. Disputes and appeals must be submitted to the Organiser in written form, including electronic mail within 7 days of matching-result release. The Organisers reserve the right not to entertain any disputes or appeals 2 weeks before race day.

EVENT INFORMATION

Race Information

CYCLING

1. Participants must ensure that their Bib Numbers are clearly visible on their adorned apparel at all times.
2. No bare torso is allowed at all times.
3. Participants are to ride in single file on the left side of the road except when passing another participant and are reminded to observe traffic rules at all times.
4. All participants will be required to perform their own repairs if their bicycles should break down.
5. Support vehicles and crews are not permitted.
6. Helmets must be worn from the time the participants remove their bicycle from the rack.
7. The helmet must stay on the participant's head until he/she has placed his/her bicycle at the allocated spot on the bicycle rack.
8. It is the participants' responsibility to ensure that their bicycles and bicycle brakes are in good working condition.
9. Wearing headphones is not allowed at all times. Communication or entertainment devices of any type are strictly prohibited during competition.
10. **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 meters.
11. **Ensure the handlebar DOES NOT exceed 60cm in length.** Participants found using handlebar exceeding 60cm in length will be asked to change, or they will be disallowed to continue the race.

EVENT INFORMATION

Race Information

CYCLING (Continue)

Types of bicycle allowed



Conventional bicycle



Road Bicycle



Triathlon bicycle



Time trial bike



Folding bicycle

EVENT INFORMATION

Race Information

CYCLING (Continue)

Types of bicycle not allowed



Modified mountain bike



Fixie bike

EVENT INFORMATION

Race Information

RUNNING

1. Participants must wear their Bib Numbers clearly visible on their adorned apparel at all times.
2. Support vehicles or pacers are not allowed.
3. Participants must run on the designated path for the entire route. Failure to do so may result in disqualification.
4. No bare torso is allowed at all times.
5. Wearing headphones is not allowed at all times. Communication or entertainment devices of any type are strictly prohibited during competition.
6. Please note that the route will still be opened to public users. Kindly be mindful of public users during the race.

TRANSITION

1. Participants are required to keep their transition space as neat as possible. All items must be kept within a 50cm x 50cm space around their allocated space so as not to impede the safe movement of other participants. All non-essential bags or items must be brought out of the transition area and stored at the baggage counter.
2. No public nudity is allowed as any breach will result in disqualification.
3. Each participant must have the bike helmet securely fastened on their head prior to un-racking their bike to commence the bike leg.
4. Each participant must have their bike helmet securely fastened on their head until they have racked their bike prior to commencing the run leg.
5. Bikes must not be ridden in transition at any time.
6. Wrist bands must be worn at all times within the transition area. Any one found without a wristband will be ushered out of the transition area.
7. All relay team members must report to the team holding area within the transition area to do the exchange of the timing chip from one member to the next.

EVENT INFORMATION

Rules & Regulations

GENERAL

1. The Organisers reserve the right to amend the Rules and Regulations without prior notification.
2. The Organisers reserve the right to amend the race course with prior notice to participants.
3. In the event of inclement weather, the Organisers reserve the right to delay the commencement of the race, shorten the race or modify the course.
4. Should the inclement weather persist after the delay, the Organisers reserve the right to cancel the race without any refund of registration fees.
5. Organisers reserve the rights to cancel, postpone or change the date, venue and time of the event. There will be no refund of registration fees or any associated cost if the event is cancelled due to unforeseen circumstances or security and safety issues.
6. The Organisers reserve the right to use any photograph, motion picture, recording, or any other record of this race and its participants for any legitimate purpose, including commercial advertising.
7. The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race. Medical personnel have the ultimate and final authority to remove a participant from the race if the participant is judged to be physically incapable of continuing the race without the risk of serious injury to themselves or others. Medical transport of any participant will result in disqualification.

EVENT INFORMATION

Rules & Regulations

GENERAL

8. Whilst every reasonable precaution will be taken by the Organisers to ensure participants' safety, participants participate at their own risk and the Organisers shall not be liable for any loss and/or damage, whether personal or otherwise, and howsoever arising. Participants are strongly encouraged to go for a medical examination and/or consult their medical practitioner prior to registration and before the actual race day.
9. All Participants shall collect their Race Entry Packs that include the Bib Number, Timing Chip, Event T-shirt and other goodies at the Race Pack Collection. If participants are unable to collect their Race Entry Packs in person, they may authorize a representative to collect on their behalf.
10. All participants must fasten their timing chips with the provided chip tie before beginning any race.
11. Only the team relay timing chip must be returned at the end of the race. Any team that loses the chip or fails to return the chip within 2 weeks of the event date will be charged \$50 for a replacement.
12. The Organisers will not be responsible for any inaccuracy in participant's race timings.
13. The details on the reverse side of the Race Bib must be filled in to enable the Organisers to contact participant's next-of-kin in case of emergency.
14. Participants who commence before and after the actual start time of his/her Race entered for will be disqualified. (Please refer to start time of each race.)

EVENT INFORMATION

Rules & Regulations

GENERAL

15. A grace period of 15 minutes after the commencement of the race will be given for latecomers. Anyone who reports later than this grace period will not be allowed to participate in the race.
16. The Transition Area will be opened at least 1 hour before the commencement of the race. Participants have to place their gear at their designated location in the transition area. All participants shall be ready and assembled at the Start Holding Area 15 minutes prior to the start.
17. Participants in the relay categories are responsible for passing their timing chip to their teammates at the designated areas after their respective legs.
18. For prize winners or potential prize winners, disputes and/or appeals must be made on-the-spot within 15 minutes from the published results; which will be pasted on the notice board at the information counter; or immediately after prize presentation with a \$50 deposit, which will be refunded if the appeal deem successful.
19. For all other participants, disputes and appeals regarding the results must be submitted in a written format, including electronic mail within 7 days of race day. After which, the Organisers reserve the right not to entertain any dispute or appeal.
20. Any dispute arising from the participation in the Event shall be referred to Arbitration to be conducted in Singapore under the law of the Singapore Arbitration Court.

MEDICAL SAFETY

You might have read our medical advice previously, we do urge that you read it again. Gaining awareness of the health risks involved during exercising in a tropical climate is the best prevention against serious injuries!

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 diarrhoea. 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. Diarrhoea 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.

MEDICAL SAFETY

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
- Blurry/ Tunnel vision

Medical Condition

If you have a medical condition that may affect your safe participation in exercise, please ensure that you have explained your exercise plans to your doctor and sought his/her clearance. You should not be taking part in this sports event unless this medical clearance has been given to you. Fill out the PAR-Q questionnaire on the following page to be sure.

MEDICAL SAFETY

PAR-Q & You

Before you take part in any physical activity, please answer this Physical Activity Readiness Questionnaire (for people aged 15 and above).

Please answer the questions honestly and consult your doctor before taking part in the race if you answer YES to any of the 7 questions.

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs for your blood pressure or heart condition?
- Do you know of any other reason why you should not do physical activity?

For more information about taking part in sports safely, visit the Singapore Sports Council website.

RACE PREPARATION

Things to do before starting your race

1. Arrive on site at least 1 hour before your scheduled start time.
2. Wear your wrist tag before entering the transition area.
3. Put your essential race items at allocated slot within the transition area and deposit any non-race bags at the baggage counter.
4. Locate the Bike In/ Bike Out and Run In/ Run Out Gantry to get a good orientation from your parking area.
5. Hydrate before heading to the start line.
6. Do your warm ups at the allocated warm up area.
7. Listen out for your bib numbers to start the race.
8. Be at the start area at least 15 minutes before your start time.
9. Enjoy the race and see you at the finishing line to receive your finisher medal!

Bike plate to be visibly attached



Helmet tag to be visibly pasted



Race bib to be worn on the front for the running leg



Wrist Tag to be worn at all times



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