



## Dunbar Dolphins – TRY-ATHLON

### Terms & Conditions & Disclaimer

1. I declare that I will abide by the rules of this event. I agree it is my responsibility to know and understand these rules.
2. The event organisers (DASC) and their associates (Foxlake) are not liable for any damage, claim or expense which may arise as a consequence of my participation in this event.
3. I understand and agree to abide by Highway Regulations at all times. Roads are open to traffic during the event.
4. I am in good health and compete at my own risk.
5. I will notify organisers of any medical conditions or feeling unwell before or during the event.
6. I understand that any published cut-off times for sections of this event will be applied and it is my responsibility to ensure I am fit and capable of meeting these times in order to complete this event.
7. I have read and understood the withdrawal policy below regarding this event.
8. This is an outdoor event and is therefore at the mercy of external elements beyond the control of the organisers. The course may be affected by (but not limited to) extreme weather, road closures, flooding, accidents and other incidents and changed at short notice.

### Race Withdrawal

In the event that you decide to withdraw from this race there will be no refunds - all proceeds are going to charity.

Notify Dunbar Dolphins prior to the event if you wish to give your entry to a friend or team mate. We can do this up to one week before the event. The new entrant will need to fill out our online form giving all their details.

**Entry fees of £10 per adult entrant should be paid by cash or Cheque on the night of the event.**

### **What do I need?**

- Swimming costume, swim shorts, towel and spare set clothes, warm hoodie
- Swimming goggles
- Road worthy bike
- Cycle helmet (compulsory)
- Trainers
- Running shorts & T shirt

A wetsuit is compulsory, Foxlake will provide you with one.

If you prefer to wear your own then that is fine.

### **How does the swim section work?**

We will start everyone off in the water.

- Wave 1 - All Senior Challenge Swimmers
- Wave 2 – All Non Club entrants

The reason we break the waves down into smaller groups is to prevent overcrowding during the swim.

### **Why do I need to be at the swim start earlier than my start time?**

We ask for you to be at the swim start, in wet suit a full 15-20 minutes before your wave start time, so you can listen to the full Race Safety Brief.

Once you have been given your Race Safety Brief you should then be allowed to get into the water, this will get you ready for your swim and to acclimatise to the water.

### **What's the best place for me to start from?**

Depending on your swimming strength be careful where you start, if you are a strong swimmer then get to the front, if you're not so strong then find space in the water further back so you can swim at your own pace.

The race starter will instruct you to gather between the swim start buoys, once the air horn blasts, you start your swim.

When you have completed the right amount of laps for your swim course you make your way to the swim exit (this will be clearly marked)

The swim course will be marked out, this will be on our website, in your competitor race notes and during your race brief you will be told which way the course goes.

## **Do I need a specific type of bike to take part?**

Yes, a hybrid or mountain bike are best. This must be in a road worthy/legal/safe condition.

This route will be off road on tracks around Foxlake. We have access to a few extra bikes, if you require one please call 07891020253 – Sharon Humble

## **Helmets**

You must have a cycle helmet. – **No helmet - No entry!**

The strap must be in working order and the helmet itself must not have any cracks on it.

## **Where do I put my bike when I am swimming or running?**

Your cycle will be racked in the cycle transition area before you start the event.

## **What is the cycle transition area?**

The cycle transition area is where your cycle is kept whilst you are swimming/running. There will be space in there for you to rack your cycle. There is also space for you to leave a bag (ideal for putting goggles or wet swim towel etc).

## **The Run**

**Once you have completed your cycle place your bike in the rack and head out on your run. There will be marshals to guide you on your running route**

## **Marshals**

The Edinburgh University Triathlon team have kindly agreed to be on hand for the evening marshalling and helping with the event. They will be stationed around the course to keep you right.

## **Event Times**

**17.30 registration**

**18.15 safety brief**

**18.30 Start – swim**

## **Race order – Swim – zipline- swim –cycle – run**

**as this is a Try – Athlon we have added a fun element to it....if you choose not to do the zipline you will be asked to wait 10 minutes so you don't have a race advantage!**

**Cut off times - we reserve the rights to change these times on the night**

**30 mins swim – 19.00**

**45 mins run – 19.45**

**45 mins cycle – 20.30**

**By entering the event the participant consents to – having their photos taken and images being used by Dunbar ASC, Foxlake, Oaklands School to promote their club, business or share on their social media sites.**

**This event is a fun TRY – ATHLON and is non – competitive, therefore we will not be issuing official times but anyone wishing a time should use their own tracking device.**

**There will be prizes for first male & female club member and first male and female non club member across the finish line.**

**All participants will receive a participation medal.**

**If you require further information please contact us via email at [coaches@dunbarasc.org](mailto:coaches@dunbarasc.org)**

Or call 07891020253

Sharon Humble

Head Coach

DASC - Dunbar Dolphins