



2009 Duathlon Race Kit

Brooks Victorian Duathlon Series 2009

Race 2 - Knox

Thank you for entering **Race 2 of the Brooks Victorian Duathlon Series**.

All competitors & spectators should enter the venue via “Bunjil Way” from the intersection of Ferntree Gully and Scoresby Roads. Plenty of car parking is available at the Knox Park Athletics track, which is accessible by “Bunjil Way”.

Race registration will be open from 6:00am and Transition will be open from 6:30am on race day only. We suggest you allow at least one hour to register, set-up in Transition and warm-up before your start time. Although you may have entered online, you are required to register on the morning to receive your race number, timing band and race pack.



Date: 26th July 2009
Location: Knox Athletics Track
Access: Bunjil Way, Knoxfield.
Mel Ref: 73 D7 (Enter Bunjil Way off Ferntree Gully Rd)
Parking: Plenty of Parking at the track.
Race Details: Sprint: 5km run/20km bike/3km run
Dash: 2km run/10km bike/1km run
Facilities Available: Knox Athletics Track, Onsite Amenities, Race Expo, food & Drinks available, Sausage sizzle and our world famous post race Fairy Bread!!
Contact: John Raymond - Race Director
Telephone: 0422 812 274
Email: duathlon@knoxtriclub.com

This is a **non-drafting** race for all categories and both events. Technical Officials will be on course to check competitor compliance with race rules and safety requirements. Please see a Technical Official if you would like any aspect of the rules explained to you.

Event Schedule:

6:00am	Registration open
6:30am	Transition open
7:45am	Registration closes
7:50am	Transition closes
7:55am	Dash Race - Briefing
8:00am	Dash Race - Start
8:05am	Sprint Race - Briefing
8:15am	Sprint Race—Start
10:00am	Presentations





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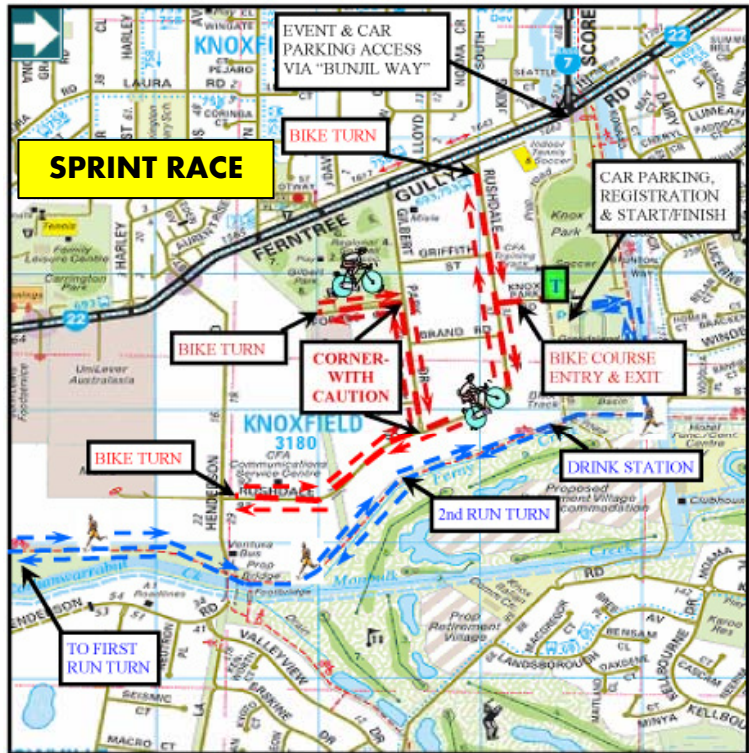
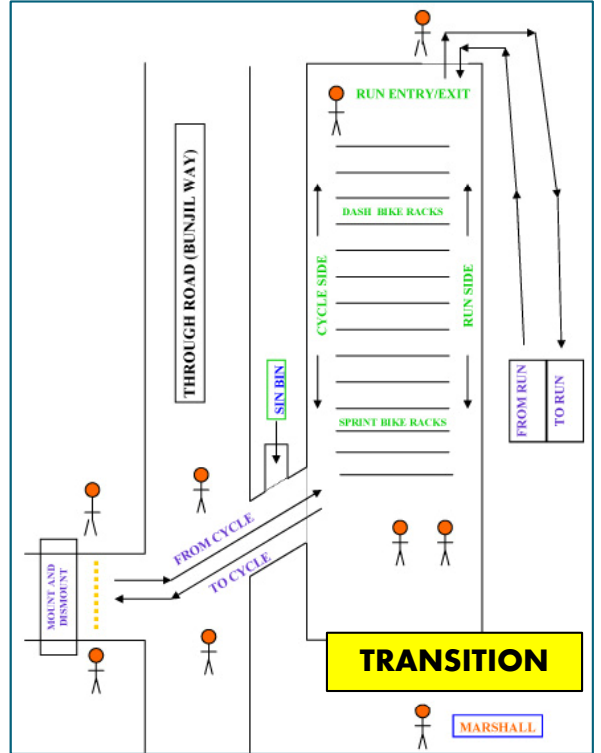
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Transition Zone

Please ensure you are familiar with the course for your race, especially the Transition entry & exit points for the run and bike, and in which direction you should head. If you are unsure, please ask one of the friendly Course marshals before you race.

The run is flat and in the format of an out & back course on a public pedestrian/bike path. There will be one drink station on the run course and plenty of course marshals to direct you.



The cycle course is also flat and will operate on roads closed to vehicle traffic. In case of entry by an emergency vehicle, please listen to course marshals and give way. There are a number of U-turns and corners on the cycle course. **Please take CARE when cornering.**

Each lap of the cycle course is 4km and will require 5 complete laps (20 km) for the Sprint distance and 2 laps (8 km) of the course for the Dash.

 **RUN COURSE: 1st LEG = 5 Km**
2nd LEG = 3 Km

 **BIKE COURSE: 5 LAPS = 20 Km**

 **TRANSITION ZONE**



Rowville Physiotherapy



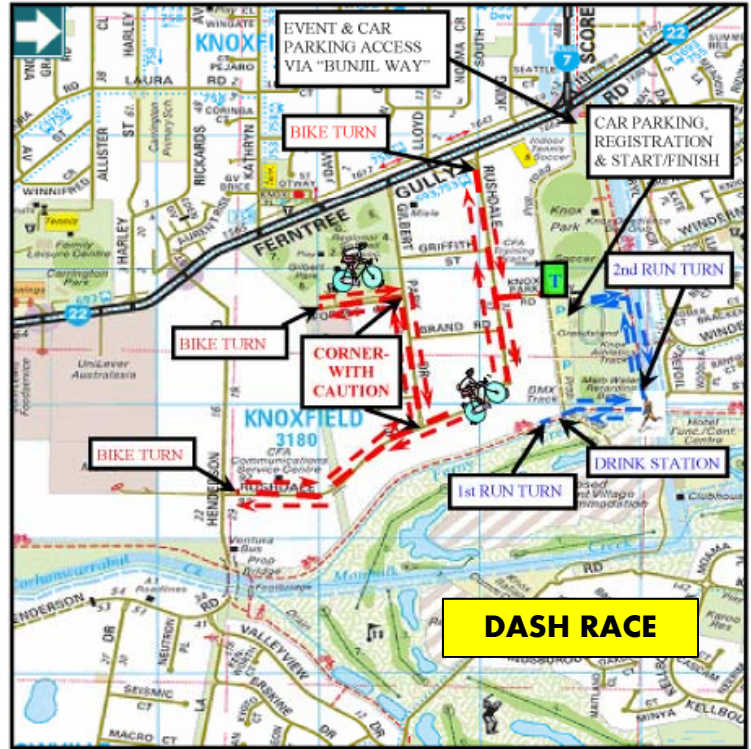
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Competitors are responsible for counting their laps to complete the designated course and race distance. An accurate odometer on your bike is recommended.

After your race, please enjoy our post-race refreshments and join us for presentations and lot's of spot prizes and giveaways. **Enjoy your Race!**



	RUN COURSE: 1st LEG = 2 km 2nd LEG = 1.5 km	
	BIKE COURSE: 2 LAPS = 8 Km	
	TRANSITION ZONE	

