



Sunday 13th October 2013, Ashton Court, Bristol

Thank you for entering the VDO RunRider – the Bristol Off Road Duathlon. We are running this event alongside the popular Oktoberfest mountain bike endurance relay event that takes place the day before on Sat 12th October. As a result, we will have access to their full venue and event infrastructure during the event on Sunday 13th October. The details below will help you get the most from your race day experience; they may however be subject to slight changes on the day. If we do need to make changes you will be told at the race briefing which will take place approximately 10 minutes before the race is due to start.

At the time of writing all the information contained in this race pack is correct and supersedes any information which has been placed on the website or other e-mail contact. If there are any urgent updates before the race we will communicate this by e-mail.

Please enjoy the race, this is where the Bike Fest and VDO RunRider team do the majority of our riding and we are delighted that you can come and share it with us. Please respect other users and the park itself as we want to preserve it and of course be invited back!

START TIME:

The Run Rider will be held on Sunday 13th October 2013.

Registration will be open from 8.00am – 9.30am

Rack your bike in the Transition area from 9.30am

There will be a competitors briefing at 9.50am on the start line, please make sure you are there!

Start time - Classic VDO RunRider: 10.00am

Start time - Standard VDO RunRider: 10.05am

Start time - Mini VDO RunRider: 10.10am

PARKING:

There is plenty of free parking on site, please follow the instructions of the car-parking marshals who will guide you to a space. The car park is only a short distance from the start/finish line so you will have plenty of time to return to the car after registering to collect your bike and make your way to transition to set out your gear.

REGISTRATION:

When you arrive at Ashton Court you will need to head straight for the registration tent by the start / finish line to pick up your race numbers, timing chip and signing on bag. There is a large marquee on site, which will be home for the registration.

Registration is open from 8am – 9.30am on Sunday 13th October.

Please bring your BTF membership card with you to prove you are a member, along with photo ID. If you don't show your membership card at registration, you will need to purchase a day licence for an extra £3. If you forget your race licence you will have to pay for a day licence too, so please, please remember to bring it.

TIMING

We have introduced chip timing for this year's event, please collect your personalized timing chip when you collect your race number at registration. Please put your chip just above your left ankle using the supplied Velcro strap. Please ensure you return the chip to registration after you've finished your race too.

CATEGORIES:

If a category has less than 5 entries then it will be integrated in the nearest available one. Any category changes will be confirmed on the day at registration.

NUMBERS:

You will receive two race numbers, you will need to fill in the emergency contact and medical details on the reverse of the tyvek paper one and then put it on the front of your race shirt, or you may use a number belt if you prefer. Please put the other plastic number on the front of your bike, making sure it is secure as this is your ticket in and out of the transition area. **You will not be allowed to rack or collect your bike without a race number which matches the number on your bike.** This is for security purposes, no one else will be allowed in or out of transition while the race is underway.

CHANGING FACILITIES:

There is a large marquee on site, which will be home for the registration and secure bag storage. The main clubhouse has changing rooms and showers and is only hundred yards or so away from registration.

SECURE BAGGAGE STORAGE:

To use the secure bag storage area in the registration tent, you will need to collect your signing on bag from registration which will contain a sticky baggage label, stick this to your bag before handing to the marshal at the secure baggage area. You will only be able to collect your bag if you have a race number that matches the bag when you go to collect it, so please do not throw this away or lose it. Please bring something warm to change into after the race, as the wind can be cold up on the top of the estate.

Please note that while we will be marshalling the secure bag storage area throughout the event, valuables should not be left and the organisers will take no responsibility for anything that is left and gets lost or broken.

TOILETS:

There will be limited portable toilets on site for during the competition. The main toilets are located in the club house. Please make sure that you avoid the queues and be at the start line on time.

SHOWERS:

The main clubhouse has changing rooms and showers and is only hundred yards or so away from registration.

CATERING:

There will be a tea/coffee/drinks available, as well as hot food from the on-site catering team before and after the event.

INCLEMENT WEATHER:

In the event of inclement weather, the race **will** go ahead. Both the running and mountain bike course are all weather courses. If you have any queries about the race on the day please contact Nige on 07885 047891.

RACE DISTANCES:

The Run Rider offers two different course lengths so that beginners and well as duathlon regulars can match an enjoyable distance to their abilities.

The Mini Run Rider

Competitors will start of with a 5.4km running route, followed by one lap of the 9km long mountain bike course followed by a further 5.4km running lap at the end.

Overall race distance: approx. 20km

Overall climbing: 445m

The Standard Run Rider

Competitors will start of with a 5.4km running route, followed by two laps of the 9km long mountain bike course followed by a further 5.4km running lap at the end.

Overall race distance: approx. 28.8km

Overall climbing: 560m

The Classic Run Rider

Competitors will start of with two 5.4km running laps, followed by three laps of the 9km long mountain bike course followed by a further 5.4km running lap at the end.

Overall race distance: approx. 43.2km

Overall climbing: 900m

RACE COURSE:

THE RUN COURSE:

The running course will be signed with BLACK arrows on a red background.

Starting on a fairly flat part of the course, the first hill is not far away. Good news, it is downhill! You will drop to the very bottom of the estate, first along a gravel path, then cross the mountain bike course at the tarmac road (this point will be marshaled and please follow their instructions at all times), and then following the fence line on the grass before you join a muddy path which is windy and very rocky so be careful. Once the trail levels out you will turn sharp right running across the grass for a short while before heading back off across the grass into the woods. From here on in it gets a bit tougher as you will be climbing back up to your start point, crossing the mountain bike track once more in the woods (this point will be marshaled and please follow their instructions at all times) You will cover a mixture of terrains again, from woods, to gravel, muddy and grassy paths before finally going up across a grass field to the transition area. As some of the course will be on short sections of tarmac, spikes are not suitable.

THE MOUNTAIN BIKE COURSE:

The mountain bike course will be signed with WHITE arrows on a red background.

Starting again on the flattest part of the course you will just get enough time to catch your breath before you are straight into it. You will be joining the Blue mountain bike trail at the beginning of the Beggars Bush section. This is where you need to keep your wits about you, as it is singletrack with lots of tight corners in amongst the trees. After 2km or so, you pop out by the Ashton Court Gate House and ride alongside the access road until you cross it by the Golf Club entrance. This point is also the first crossing point where the running course crosses the MTB track. **You will need to DISMOUNT and run with your bike for approx 40m before getting on it again and carrying on.** This point will be marshaled and please follow their instructions at all times. The course goes up a gentle gravel climb alongside the golf course, before heading back into the woods on singletrack,

at the bottom there is a bombhole, and the 2nd running course crossing point. **Again, you will need to DISMOUNT and run pushing your bike for approx 50m before getting in again.** This point will be marshaled and please follow their instructions at all times. The course continues on flat (ish) singletrack in the trees, until popping out onto a wide gravel track, then heads down left, down three switchbacks towards the bottom of the estate, before turning right at the bottom and climbing back up again, following the boundary wall until you return to the top of the switch packs. At this point, you rejoin the Blue mountain bike trail, which involves tighter singletrack (with passing places) going gently uphill. At the top, you turn right and follow the quarry fence line; this is fast and twisty with lots of berms and trees/rocks to avoid (!). Lovely to ride at a moderate speed, but testing if you really hammer it. At the end, you turn left and go up a short rocky climb to the top of the Red section of the mountain bike trial, this involves more singletrack, berms, tight corners and rocks, all rideable but testing at speed. At the bottom of this section, you turn left, and ride across the grassy field, before a final blast goes up a gravel track back to the transition area.

At the transition area, you can grab a drink before heading back out onto the bike course for laps 2 and/or 3 or into the transition to start your final run. The mountain bike course is all weather, but you will get muddy and wet on this course. It is a tough course, but we have tried to keep it achievable by people of all fitness levels. We hope we have got it right!

TECHNICAL SUPPORT:

Competitors are expected to be self-sufficient during the event, and either carry any spares or tools they may require, or leave them in the transition area. Support from other competitors is fine, but no outside help from spectators or helpers is allowed once the race has started.

DRINK STATION:

There will be a drink station by the transition zone with water available for all competitors during and after the event.

TRANSITION ZONE:

This is a secure fenced off zone which will be marshaled from 9.30am until the end of the race. Only competitors are allowed in this area, **you will not be allowed to rack or collect your bike without a race number that matches the number on your bike.** This is for security purposes, no one else will be allowed in or out of transition while the race is underway. You need to leave your bike, helmet, riding gloves/shoes, energy drink/food and any tools or spares you may need during the race here. You can lock your bike to the rack for extra security if you wish during the non-riding parts of the event, just don't forget your key! You must NOT RIDE YOUR BIKE when moving around in the transition zone, please push it!

Please note that while we will be marshalling the transition zone throughout the event, the organisers will take no responsibility for anything that is left, lost or broken.

PAIRS EVENT – Baton:

If you are taking part in this team event, you will be given a hair band per team which will act as the baton – this needs to be carried by whoever is on course all the time.

PAIRS EVENT – Changeover point:

The changeover point will be within the Transition zone, remember you must NOT RIDE YOUR BIKE when moving around in the transition zone, please push it!

PAIRS EVENT – Disciplines:

Handover to another team member is only allowed after a complete discipline has been finished – i.e. one person must do all of the first run, or all of the mountain bike stage before swapping over to the other person. You can't split within a discipline, i.e. both team members do a lap each of the mountain bike course. How you decide to split the disciplines is up to each team.

FIRST AID:

There will be at least two fully qualified First Aiders on site on the day. In the event of an accident, please inform a marshal who will notify the First Aid team. Marshals will be around the course and will be in constant contact with each other, if you are in difficulty please contact one of them. If you see someone in difficulty please inform the next marshal.

DROPPING OUT:

If you can't finish the event for any reason, please inform a marshal who can radio through to the organisers, or let the timing team know at the finish. This is important as otherwise we will be needlessly searching for you out on the course!

POST RACE:

At the end of your race you will no doubt be exhausted, please make sure that you wrap up warm as soon as you finish, even though you will feel warm your body will be cooling down rapidly in the wind on the exposed section of the estate. Please make sure that you re-hydrate as soon as possible after the event.

PRESENTATION OF PRIZES:

There will be a podium presentation at approx 1pm outside the registration team and prize giving for every category down to 3rd position. If a category has less than 5 entries then it will be integrated in the nearest available one (you will have been informed of this at registration when you sign on). We would like to thank VDO for supplying the prizes for this event.

RESULTS / PHOTOS:

We will produce a full set of results as soon as possible after the event and will endeavour to have these up on the website by Monday 14th October at the latest, sooner if we can. Photos from the event will be available to purchase from www.rightplacerrighttime.co.uk a few days after the event.

SPONSORS / HELPERS:

A big thank you to all of the volunteers and army cadets that are helping on the day. Please remember that they are giving their time free of charge to ensure that the VDO RunRider is a success; please thank them when you see them.

