

Sunday 8th July 2018

RACE GUIDE

Shock Absorber WomenOnly Triathlon





Shock Absorber Women Only Triathlon



EVENT DISTANCES

8th July 2018

Event Distances

- First Timer Triathlon: 200m Swim, 5.3km Bike, 2.5km Run
- Novice Triathlon: 400m Swim, 10.6km Bike, 2.5km Run
- SuperSprint Triathlon: 400m Swim, 21.2km Bike, 5km Run
- SuperSprint Relay: 400m Swim, 21.2km Bike, 5km Run
- Sprint Triathlon: 750m Swim, 21.2km Bike, 5km Run
- Challenge Triathlon: 800m Swim, 31.8km Bike, 7.5km Run
- Olympic Triathlon: 1500m Swim, 42.2km Bike, 10km Run
- Duathlon: 5km Run, 21.2km Bike, 2.5km Run
- Run: 5km Run
- Scootathlon: 390m Scoot, 390m Bike, 250m Run





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8th July 2018

START TIMES

Race briefing occurs 5 minutes before each wave starts.

Wave	Time	Category
	9.00	Scotathalon
1	9.30	5km Run
2	9.30	Duathlon
3	9.45	Olympic
4	10.20	Challenge
5	10.40	Sprint Wave U41
6	11.00	Sprint Wave 41+
7	11.20	SuperSprint Wave U50
8	11.30	SuperSprint Wave 50+ & Relay
9	11.45	Novice Triathlon
10	11.55	First Timer Wave
	13.00	Prize Giving



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GETTING THERE

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By Road

- Dorney Lake Post Code SL4 6QP
- Exit the M4 motorway at Junction 7
- Turn left onto the A4 towards Maidenhead
- Pass through one set of traffic lights and after 500m turn left at roundabout onto B3026, signposted for Dorney and Eton
- Pass back over the M4 entering village of Dorney
- On sharp left-hand bend, turn right signposted Dorney Reach
- After 400m enter Dorney Lake site through large double white gates
- Follow perimeter road to left

By Train

- Main stations for the Lake are Slough and Windsor & Eton Riverside. It is also near Burnham, Taplow and Maidenhead.



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8th July 2018

CAR PARKING

Car Parking

- Please leave plenty of time to get to the venue, bearing in mind that you need to register **AT LEAST** one hour before your wave time.
- Car parking will be at the side of the bike course. The only access will be via the **MAIN** access road. Please follow the signs as you come into the venue.
- You will have approximately a 20 minute walk to the race site, so allow yourself extra time after you have parked your car.
- Please keep off the bike course and do not cross any roped-off areas.
- Arrival and departure is possible any time.



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Shock Absorber WomenOnly Triathlon



REGISTRATION

8th July 2018

- Registration is open from 07:45 in the registration marquee.
- Register and collect your race pack which has:
 - Race numbers (to be pinned to your front or on a race belt)
 - Numbered wristband for Transition entrance/exit
 - Sticky numbers for the front of your helmet, bike and swim cap
- To collect your event pack you **MUST** show photo ID. Please ensure you have registered a minimum of 1 hour before your wave. Please attach ALL numbers before entering Transition. Bikes are racked by race number. Only competitors are allowed in Transition. All relay team members are allowed in the transition area.

Electronic Timing

Collect your timing chip from the registration marquee. Attach it around your left ankle. We will endeavour to provide all timing splits, but this is not guaranteed. Lost chip charge is £35 so secure it well. We will collect it at the finish line.





Shock Absorber WomenOnly Triathlon



RELAY TEAM INSTRUCTIONS

8th July 2018

You must tag each team member at the RACKED bike.

SWIMMER: Wear the timing chip around your ankle (either one). After your swim, run into transition. At the racked bike YOU must place the timing chip around the left ankle of the cyclist.

CYCLIST: Have your helmet on with the race number stuck on. Wait for your swimmer at the appropriate racking position. You do not wear a body race number.

Don't remove your bike from the rack until your swimmer has tagged you by placing the timing chip around your ankle. After the cycle, you must rack your bike in its original position.

RUNNER: Wear the body race number on your front. Wait for your cyclist at your racking position. After the bike has been racked, take the timing chip from your cyclist's ankle and place it around your ankle (either one) and then proceed on your run. Make sure your race number is visible on your front as you cross the finish line.





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**RACE
LICENCE**

8th July 2018

Race Licence and ID

- This event is affiliated with the BTF, so please remember to bring your triathlon race licence (if you have one) and some form of photo identification. This will speed up registration. This event is licensed by British Triathlon.
- If you are not a member of Triathlon England, Triathlon Scotland, the Welsh Triathlon Association or equivalent, then you will have to pay the £6 day membership fee (£3 for Youth & Juniors). Cash only, no card payments.

For more membership information and benefits [click here](#).

For the latest weather at Dorney, [click here](#).



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THE COURSE

8th July 2018

FIRST TIMER

- 200m Swim (1 lap)
- 5.3km Bike (1 lap)
- 2.5km Run (1 lap)

SUPER SPRINT

- 400m Swim (1 lap)
- 21.2km Bike (4 laps)
- 5km Run (2 laps)

NOVICE

- 400m Swim (1 lap)
- 10.6 km Bike (2 laps)
- 2.5km Run (1 lap)

SPRINT

- 750m Swim (1 lap)
- 21.2km Bike (4 laps)
- 5km Run (2 laps)



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THE COURSE

8th July 2018

CHALLENGE

800m Swim (2 laps)
31.8km Bike (6 laps)
7.5km Run (3 laps)

OLYMPIC

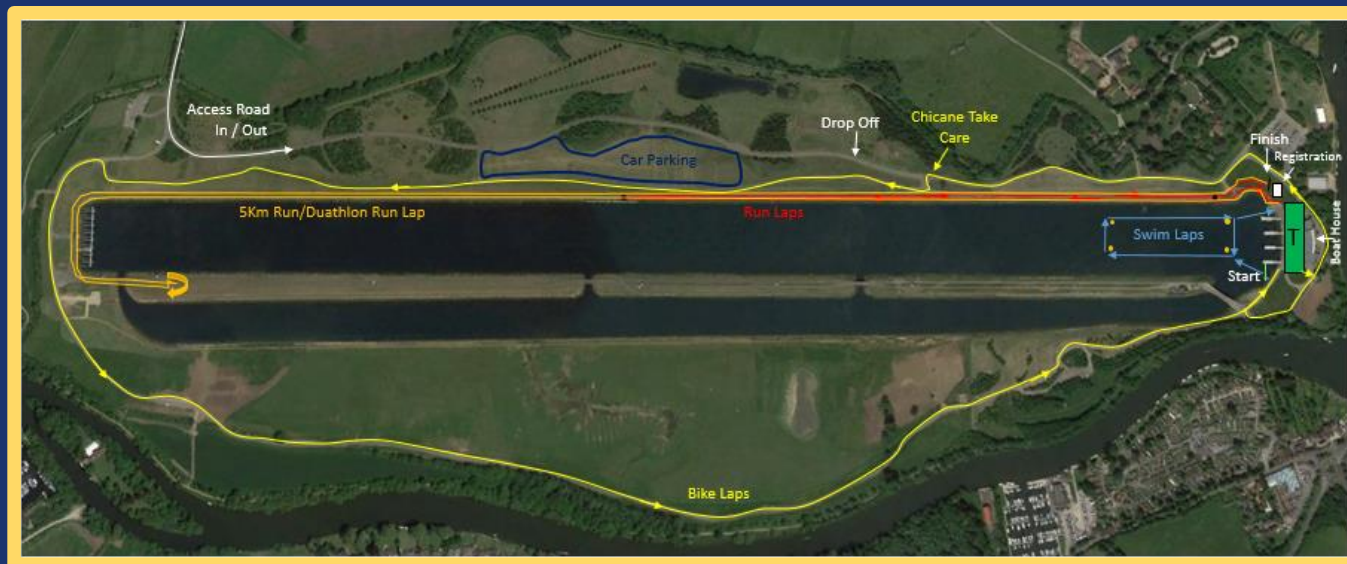
1500m Swim (2 laps)
42.2km Bike (8 laps)
10km Run (4 laps)

DUATHLON

5km (1 x 5km lap)
21.2km Bike (4 laps)
2.5km Run (1 x 2.5km
lap)

RUN

5km Run
(1x 5km lap)



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TRIATHLON RULES

8th July 2018

- No mobile phones, personal stereos, MP3 players or iPods to be used in Transition or during the event itself at any time.
- It is forbidden to mark your position in Transition.
- Your cycle helmet is to be on and fastened before you touch your bike and remain on and done up until after your bike is racked.
- It is forbidden to cycle in Transition.
- Drafting is forbidden on the bike. Drafting is cycling too closely behind another cyclist and gaining an advantage. The drafting zone is 7m, so keep at least 7m behind the cyclist in front, unless you are overtaking over a 20 second period.
- For the Team Time Trial you are allowed to draft behind your team mates and work together to achieve a fast time.
- The wearing of wetsuits in triathlon is governed by British Triathlon rules and is totally dependent on a water temperature reading one hour before the event start.

Water Temperature	Wetsuit Rule
Water temperature less than 14 °C	Wetsuits are COMPULSORY
Water temperature between 14 °C and 22 °C	Wetsuits are OPTIONAL (i.e. you can choose whether to wear one or not)
Water temperature above 22 °C	Wetsuits are BANNED





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SAFETY

8th July 2018

Safety

- Medical teams and ambulances will be on standby in case of accidents. If you see an incident, please report it to the nearest marshal who will alert the medical team.
- For your safety in the water, water based safety teams will be positioned along the swim course as well as shore based lifeguards.

IMPORTANT: Please write any medical details on the back of your race number and put a small indelible red cross on the front of your number to indicate a known medical issue. Whether you have a medical condition or not, if you feel unwell - don't race!





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8th July 2018



EVENT NUTRITION



Our Official Sports Nutrition Partner, Optimum Nutrition, will be providing a range of Informed Choice products to enhance your performance. This will include:

- Gold Standard BCAA Train + Sustain mixed drink servings available on the run course which will reduce tiredness and support your immune system
- Following your triathlon, you will be able to pick up a Gold Standard 100% Whey Protein Shake to support you recovery. Gold Standard 100% Whey protein is easily digestible ensuring fast delivery of protein to muscles to help repair and rebuild.



Please note, Nutramino Carbo Energy Gels are not available for purchase.



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Shock Absorber WomenOnly Triathlon



PRIZES & FACILITIES

8th July 2018

Prizes

- Redeemable prize coupons will be awarded to the first three finishers of each wave (not individual age categories). These will be emailed out after the event.
- If you race outside of your age category in another wave, then you are not eligible for a prize.

Facilities

- There will be onsite catering, toilets, changing and shower facilities.
- All participants will have a small space next to their bikes within transition to keep their bag.
- All bags are left at your own risk, please leave all valuables in your car.



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SHOCK ABSORBER

8th July 2018



[Shock Absorber & Boobydoo](#) will be there ready to get you fitted for a new Shock Absorber bra and give you any sports bra advice that you need on race day!

A properly fitted sports bra, that is quick drying and doesn't chafe, is so important to your performance and comfort.

Use the code **MYRACE20** to receive 20% off at Boobydoo [now](#).





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8th July 2018

DORNEY RECORDS COMPETITION

There are some fantastic prizes on offer for triathletes who set the fastest times at our Dorney Lake events throughout 2018. The **Swim.Bike.Run.Champion** competition will run across both Sprint and Olympic distances, male and female participants with the following prizes awarded at the end of the year:

Swim – fastest swim time – Zone3 Advance wetsuit

Bike – fastest bike time – £100 voucher for Sigma Sports

Run – fastest run time – TomTom Spark 3 sports watch

Fastest overall time – Royal Windsor Triathlon 2019 entry

Fastest T1 time – Erdinger transition backpack and case of Erdinger Alkoholfrei





Shock Absorber WomenOnly Triathlon



TRIATHLON CHECKLIST

8th July 2018

[Sigma Sports](#) have put together this handy Triathlon Checklist to make sure there are no surprises on race morning...

SWIM:

- Wetsuit: [click here](#)
- Goggles: [click here](#)
- Bodyglide: [click here](#)
- Tri Suit: [click here](#)
- Swim Accessories: [click here](#)

BIKE:

- Bike: [click here](#)
- Helmet: [click here](#)
- Cycle Shoes: [click here](#)
- Sunglasses: [click here](#)
- Tools: [click here](#)
- Spare Tubes: [click here](#)
- Puncture Repair & Pump: [click here](#)
- Race Number Belt: [click here](#)
- Bottles & Hydration: [click here](#)
- Watch / GPS: [click here](#)

RUN:

- Elastic Laces: [click here](#)
- Cap: [click here](#)



Sigma Sports are offering discounts on your next order – simply enter the codes below at the online checkout to receive the following discounts:

HR20 for £20 off all orders over £200
HR15 for £15 off all orders over £100
HR10 for £10 off all orders over £60



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8th July 2018



EVENT VILLAGE



Stop off at the Optimum Nutrition Recovery Zone after you cross the finish line for some much deserved Gold Standard 100% Whey Protein Shake!



You can hire a Zone3 wetsuit for the season [here](#). Plus get any last minute swim supplies from their tent on the day.



Try an [ERDINGER Alkoholfrei](#) natural, isotonic sports recovery drink after you cross the finish line.



Get a last minute tune up of your bike gears at the [VONCRANK](#) tent. Don't want to leave it that late? Download their [app](#) to book an appointment with a mechanic.



Hiring a bike from British Bike Hire gives a great range of options, as well as delivery to the event and fitting by a team of expert mechanics all inclusive in the price. Book yours [here](#).





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8th July 2018

Feel Corsica

Corsica is a Mediterranean French island renowned for both its geological and sporting diversity - the perfect location to take your triathlon training abroad. Whether you're hiking along a beautiful coastal trail or mountain-biking through secluded forests, you'll soon realise that Corsica is the perfect playground for outdoor adventurers and sports enthusiasts of all types.

SWIM

Corsica is the perfect place to prepare for your open water swim training with a wide variety of wild swimming options, including lakes, rivers and the Mediterranean Sea. Water-lovers can also windsurf, waterski and jet-ski to their hearts' content from any of the coastal resorts.

BIKE

Corsica is ideal for cycling! Cross the interior of the island or venture down the west coast in the footsteps of the 100th Tour de France (2013). There are scenic routes around Cap Corse, Castagniccia and Alta Rocca. Corsica's long-distance cycling trails are also some of the best in Europe. Take a short detour via the Cuscione plateau, an area popular with top-level cyclists.

RUN

Trail running is growing in popularity in Corsica (a region also well known for its hiking) with a busy calendar of events: the 69-kilometre Restonica run in July, along the mountainous central spine, is the island's most challenging and only for the superfit!

TRIATHLON TRAINING IN CORSICA



Find out more about Corsica's [best trail events](#) and the [Great Outdoors of Corsica](#)





Shock Absorber Women Only Triathlon



8th July 2018



GOOD LUCK!

"We wish all our participants the best of luck and we can't wait to share your tales and experiences on the finish line. We look forward to seeing you there."

The Human Race Team

Why not try another Human Race Triathlon? Still to come this year...



8th + 9th Sep



16th Sep

