



EQUESTRIAN ENDURO DUATHLON

Don't Fear the Dirt!

NEWS

New Off Road Duathlon in Sydney - Sunday 27 June 2010

Sydney International Equestrian Centre – Horlsey Park.

Triathlon NSW will be staging a duathlon with a difference in Sydney's backyard!

Designed with triathletes in mind the ride course will feature a mix of dirt paths and tracks as well as some bitumen. It will incorporate parts of the Equestrian cross country course used at the Sydney 2000 Olympics.

The course is described as fun, fast and physically demanding but low on technical ability meaning you won't be jumping over logs or riding off big dropoffs. Along with the Enduro there will be a Sprint distance race and a Teams category. Any type of mountain bike will get you around the course.

Like the ride the scenic run will also be on similar dirt paths and grass.

The Enduro will be Round 1 of the Australian Duathlon Series and also Round 2 of the NSW Duathlon Series.

Can the mountain bikers beat the triathletes?

Are you up for the challenge?



EVENT INFORMATION

The race is a Duathlon, which is a run followed by a cycle, then a second run. It's a great and budget way to stay fit over the cooler months too!

For the Enduro the run is 2 laps of a 2 kilometre course (4k), the cycle is 4 laps of a 6.3k course (25k) and then this is followed by another 2 laps (4k) of running.

The Sprint race uses exactly the same course but it is a one lap run (2k), a 2 lap cycle (12.5k) then a 1 lap run again (2k).

Teams can take part in either the Enduro or the Sprint race and are made up of 2 or 3 people with each person completing 1 or more legs.

The race is primarily on dirt paths, tracks and grass with some bitumen sections as well.

WHEN - 27 June 2010

WHERE – Sydney International Equestrian Centre, Saxony Road, Horsley Park. Next to the M7. Enter off Wallgrove Road ONLY, park as directed.

FACILITIES – Toilets, parking, food.

TIMING – Registration will commence at 8:00AM and take place in the Indoor Arena approximately 150 metres from transition. Walk or ride your bike there.

Registration will close at 9:40AM.

Transition will be open from 8:00AM to 9:40AM.

Race Briefing will be held at 9:40AM. Be ready to go immediately after the briefing.

Races start at 10AM.

COURSE FAMILIARISATION

The run and ride courses will be open for familiarisation from 8:00AM on race morning. It will take around 25 minutes at an easy pace to ride the course. You can also ride the run course in around 10 minutes or walk it in about 20 minutes.

THE COURSE

The transition area utilises a bitumen carpark.

The run is conducted primarily on hardpack dirt footpaths with some grass running. Please follow the course markers and do not take shortcuts.

The cycle incorporates a mixture of dirt footpaths and tracks, grass and some bitumen. There's even a shallow creek crossing. There are many changes of direction and you will, in a number of places, be able to see other competitors racing on another section of the course. The course will be clearly marked. Do not take shortcuts.

SPECTATING

This is a spectator friendly venue. Much of the run is visible from vantage points near the transition area. Part of the ride course also passes by the parking area which is also near transition. It is easy to move about the Equestrian Centre and watch from a number of places. Please stay off the competition course if you do walk around.

ENTRY

Entries are open:

Enduro: \$40 individual (Tri NSW member)

Enduro: \$50 individual (Non-member)

Sprint: \$20 individual (Tri NSW member)

Sprint: \$30 individual (Non-member)

Team Enduro \$58 (relay team – all Tri NSW members)

Team Enduro \$70 (relay team – part or all non-members)

Team Sprint \$38 (relay team – all Tri NSW members)

Team Sprint \$47.50 (relay team – part or all non-members)

Included in your entry fee:

- Race numbers
- Parking
- Toilets
- Water
- First Aid
- A great day out

Entry Deadline: 5pm 23rd of June 2010 unless the maximum number of competitors is reached beforehand. Enter early to avoid disappointment.

Individual Categories:

The following categories are available for both men and women. Age is determined as age at 31 December 2010.

15 - 19 yrs

20 - 29 yrs

30 - 39 yrs

40 - 49 yrs

50 - 59 yrs

60 +

Team Categories:

Male team, Female team and Mixed team.

CONTACT US

Any questions? Contact – glenn@trinswrace.org

