



RAK TRI 113 + 76



RACE BRIEFING



INTRODUCTION

Thank you for joining us for the long distance RAK Tri 113 + 76 on Al Marjan Island, Ras Al Khaimah.

The following pages outline all the important information you need to know on race day.

A reminder to all triathletes that this is a community-based event focusing on allowing individuals, families, clubs and groups of athletes to experience a race environment in a social yet competitive atmosphere.



2 WAYS TO COLLECT YOUR RACE PACK

- You must have checked in and received your timing chip 30 minutes before your race start. Once you know your race number, proceed directly to the Race pack collection desk and collect your race pack.
- Race numbers will be emailed to all runners and will also be on show at Race Check-In on the morning of the race.
- Once you know your race number, proceed directly to your respective collection desk.
- When collecting your race pack, you will be asked your full name, gender and age.

Option A:

- The night before from 6-7pm, opposite DoubleTree by Hilton Resort & Spa Marjan Island.
- Warren, the Race Director is also available to answer all questions about the triathlon that you may have.

Option B:

- On Race Day on the morning of the race from 5am – 6.30am, opposite DoubleTree by Hilton Resort & Spa Marjan Island.



CHECK YOUR RACE DATA

- Please check that all your data which is printed on the label of the race pack envelope is correct.
- This includes your name, age category, gender and distance and in the event of there being any errors, please let our Race Check In staff know so we can change it for you, so you have the correct result when finishing the race.

WHAT WILL BE IN YOUR RACE PACK

- Timing Chip
- Race Bib
- Swim Cap
- Shirt & Lunch Snack is to be collected after the race



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AIDE STATIONS – RUN COURSE

- Water stations every 2/3km once you exit Transition.
- Nutrition and food stations from 7.5km and then every 2/3km for the rest of the course. This will include gels, hydration drinks, water, bananas, flat coke, salty crackers and chocolates

AIDE STATION – BIKE COURSE

- 1 x Water station at 32km and 62km.
- Branded water bottles will be handed out by marshals for those needing extra hydration.
- No gels or hydration drinks available on bike course so make sure you are stocked up with these if you need them for the bike

ON & OFF COURSE BIKE MECHANICS

- Pre-Race: VELO PRESTO mechanics will be available from the beginning of check in on race day to assist with any basic repairs and maintenance on a first-come first-served basis.
- VELO PRESTO will not be able to assemble bicycles or carry out any complex or time-consuming repairs e.g., hydraulic systems.



DIRECTIONS TO AL MARJAN ISLAND, RAS AL KHAIMAH

- Location link [here](#).

PARKING

- Parking is on the opposite side of the road to the Hilton so drive past the hotel and follow the traffic lane till you see the PARKING signage / marshals.
- Please only park in the parking lots adjacent to the Race Village. Only hotel residents may park on the hotel property.
- Allow yourself plenty of time to park, the later you arrive the further away you will park.

TOILETS

- Are available in the car park area as well as at the hotel.

AMBULANCE AND PARAMEDIC SERVICES

- These will be on site and in the event of any athletes being in trouble, please inform the closest race marshal / lifeguard to call for assistance.



RACE DAY PROGRAM

- Be checked in at least 30 minutes before the start of the race.
- There is NO on the day registration.

05h00: Race Check In Opens, Transition Set Up and Warm Up

06h30: Race Briefing for ALL on beach. Transition closes

07h00: Swim Start – 113 + 76

11h30: **Cut off Time for Bike** – if you have not yet passed transition for your final lap you will be directed in to transition as external bike route roads will open to traffic from 12h00

11h30: 113+76 Prize Giving

12h30: Transition opens

13h30: Race Cut Off Time

Please note, roads will only open at 12h30 once TRANSITION OPENS, after which you may leave the venue.

THERE IS NO BAG DROP FACILITY!



RACE DISTANCES & AGE GROUPS

DISTANCES

RAK Tri 113

Swim = 1 x lap of 1.9km

Bike = 4 x laps of 22.5km

Run = 1 x lap of 11km+ 10km

RAK Tri 76

Swim = 1 x lap of 1.9km

Bike = 3 x laps of 20km

Run = 1 x lap of 11km+ 3km

AGE GROUPS – both distances will have the same age groups for male and female. Age Groups are determined as per your age on race day – so however old you are on that day is the age group you will be racing in.

RAK TRI 113

18 – 29 years | 30 – 39 years | 40 – 49 years | 50 – 59 years |

60 years & Over | Relay

UAE National Top 3

RAK TRI 76

16 – 29 years | 30 – 39 years | 40 – 49 years | 50 – 59 years |

60 years & Over | Relay

UAE National Top 3



RACE BIB

- Bring a Race Belt to attach your number too as this needs to be visible in different positions throughout the race and will save you time in not having to have to pin it in different positions during the bike and run legs.
- It would be advisable to buy these belts before race day and figure out how they work.

PROCHIP TIMING TAGS

- This will be included in your Race Pack and to be worn on your LEFT ankle with the number facing outward at all times during the race.
- Once finished racing, hand your race chip and bib in and collect your branded shirt.
- Make sure the chip is fastened tightly so that it does not move or change position during the race. (TIP: If the velcro strap is not long / tight enough, use a safety pin to adjust the length to keep the strap / chip in place and tight on your leg)
- Your final time for the race will be taken when crossing under finishers arch after the run leg of the race.
- You are racing with ProChip timing chips, please make sure that you hand these in once you have finished racing, otherwise you will be charged the replacement fee for the chip allocated to you – AED250.
- Split and finish times for all legs will be available.
- No chip, No time, No result!



TRANSITION

05h00: Opens for Racking

06h30: Closes for Race Start

12h30: Opens for Departure

- Once the race has started, only racing and relay team athletes will be allowed into the Transition area .
- This is to avoid over crowding, for safety reasons and to give everyone a fair chance to transition without extra people being in the way.
- No bags will be allowed to be left in Transition – only the equipment needed for each leg.
- If you do have extra bags etc, please leave them on the pavement perimeter near transition so once you finish the race you can easily access them by not actually entering the transition area.
- Make sure all valuables are left in your car, or out of sight, do not leave on your bike.
- **Please inform your supporters that they are NOT allowed in Transition!**



BRIEFING AREA

- The Briefing Area will be on the beach to the far left of the red carpet as you face the water.
- Only a brief explanation of the race (focusing mainly on the swim) will be done in the briefing otherwise all information is in this Briefing document which will also be emailed to you to go through thoroughly.
- Everyone to remain in the Briefing Area and only move to the Start Area when your Wave is called to do so.

START PROCEDURES

- When your Wave is called to the Start Area, swimmers to self-seed themselves as below:
- Zone 1: for fast swimmers
- Zone 2: for intermediate swimmers
- Zone 3: for social swimmers.
- At the start of each Wave, Zone 1 swimmers will be followed by Zone 2 and then Zone 3
- Once the start siren goes, walk in single file over the start timing mats times.
- Once you cross over the start mats your race and time will start.
- This race will be based on chip times meaning your race time will only start once you cross the timing mats and not when the start siren goes off.

END OF RACE PROCEDURES

- When crossing the finish line, please keep moving through the finish chute, receive your finishers medal.
- Scan the QR codes in the Race Village to see your result.



RELAY TEAMS

- **SWIMMER** – starts at waters edge
- **CYCLIST** – waits at the exit of the hotel grounds near the main road close to Transition In
- **RUNNER** – waits at the exit of transition by the RUN OUT banner
- All relay teams will need to “TAG” their teammate at these respective points by handing over their teams timing chip in order for their team mate to start their leg of the race.
- All Relay Team members will be allowed to cross the finish line at the same time as the runner for their finish line photo, so swimmer and cyclist can join the runner at the start of the finish area.



FINISHERS MEDAL

- When crossing the finish line, please keep moving through the finish chute and then you will receive your finishers medal.

SHIRT COLLECTION

- You will be given a red wrist band on the finish line, hand it in and get your branded race shirt.

PRIZE GIVING

- Trophies and vouchers will be awarded to the top 3 male and females for the respective distances.
- Medals will be awarded to the top 3 male and females for the respective distance age groups.
- Overall winners will not be included in age group prizes so we can spread the prizes out amongst more people.

RACE RESULTS

- Please scan the QR codes in the Race Village to view your result once you have finished.
- Full results will be on the Super Sports website as soon as possible at www.supersportsuae.com – Race Results.

PHOTOS

- When you see the cameramen, remember to give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on your results page by clicking on the CAMERA icon and then doing a bib or selfie search.
- Photos will be available 6 hours after the race has finished.
- All team-mates may join their runner on their final stretch to the finish line lap in order to finish together and for your finish-line photo.



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SWIM RULES

- All swimmers to wear swim caps supplied by sponsor out of respect for them sponsoring the race and also for identification and safety reasons.
- WETSUITS allowed for this race.
- The swim direction will be in anti-clockwise direction from the start.
- Any swimmer wearing any artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind shall be disqualified.
- Swimmers may use any stroke to propel themselves through the water and may tread water or float.
- A participant may stand on the bottom or rest by holding an inanimate object such as a buoy, boat, rope or floating object.
- A swimmer experiencing difficulty and in need of assistance must raise an arm overhead, pump it up and down and call or seek assistance.
- Swimmers who have received assistance whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress.
- No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.



BIKE RULES

- Bike direction will follow the normal traffic direction.
- No headphones allowed on the bike.
- Before exiting transition, your race number has to be facing away from your body and on the back side of your body, waist height.
- All participants shall wear a protective helmet, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC).
- The helmet must be fastened before the participant first mounts the bicycle; at all times when the participant is on the bicycle and must not be unfastened until the participant has dismounted.
- Triathlon time trial bikes are allowed, as well as conventional road bikes, mountain and gravel bikes.
- No tandems, recumbent and fairings or any add-on devices designed exclusively to reduce resistance are allowed.
- Solid disc wheels are allowed.
- Any new, 'unusual' or prototype equipment will be subject to a determination of legality by the Chief Race Referee.
- Athletes must be individually responsible for the repair and maintenance of their own bike. Assistance by anyone other than technical support officials will be grounds for disqualification. Each cyclist should be prepared to handle any possible malfunction.
- Technical support DOES NOT include the normal changing of flat tyres. You may not receive a spare wheel if yours breaks.
- Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
- All Athletes must mount and dismount in the marked zones at the transition area.
- Under no circumstances may a participant ride his/her bike inside the transition area.



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BIKE RULES (continued)

DRAFTING:

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- The 10meter (X 1.5m) draft zone rule will apply.
- Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
- All passing takes place on the left.
- A violation of the Drafting rule will result in Marshalls verbally informing you and showing you a “drafting warning” card immediately when cited during the race and your race number will then be written down to be compared with other Marshalls’ citings.
- 2 or more citings will result in a 3 minute penalty for each and every citing.

PASSING:

- All passing takes place on the left.
- When you want to pass the cyclist ahead of you, you MUST move 1.5m to the LEFT before entering the 10meter Draft Zone.
- You have 15 seconds to get your front wheel in front of the front wheel of the athlete that you are overtaking.
- The athlete, just overtaken, then has 15 seconds to see to a 10m gap between him/her and the bike that just passed.
- Failure to do so is a drafting violation.

BLOCKING:

- Athletes must ride in a single file on the far RIGHT side of the cycling course lane, except when passing another rider.
- Should they ride on the left side of the road and not be in the process of following the Passing rule protocol (see paragraph above) they are blocking the cycling course for faster riders coming up from behind and they will be penalised for blocking.
- When in doubt as whether to move left or right when cyclists are approaching from behind, the best is to keep your course in a straight line and let the cyclist behind choose on which side to pass you.
- Never ride two or more abreast.
- You must have plugs in the ends of your handlebars



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RUN RULES

- Running will be in an anti clockwise direction so all athletes need to stay on the right hand side of the running track.
- Before exiting transition, your race number has to be facing away from your body and on the front side of your body, waist height.
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory.
- No form of locomotion other than running, walking or crawling is allowed.
- 2 Water stations will be provided on the course.



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