

Members Duathlon Series

General

- Duathalons are free of charge
- Duathlons are a **Training Session** open to LTC Members / Triathlon Ireland Members **ONLY**
- No pre-registration necessary
- All races will be timed and results posted on LTC website

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Registration

- Race Numbers have been allocated to club members and this will remain your number for ALL club Training Sessions
- Enter TI Number (if not already entered)
- Guests **MUST** be TI members and present a valid TI membership card (*No Valid Membership Card, No Race*)
- Guests will be allocated a Race Number
- Members and Guests **MUST** Sign Registration Form
- (*See insurance for more information*)

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Transition

- Only road worthy bikes will be allowed in transition
- Bike racks are not marked – first come, first served
- Standard race rules apply in transition
- From T1 – once your helmet is in place and clipped **ONLY** then may you remove your bike from its racked position
- From the bike return T2 – rack bike fully & correctly and **ONLY** then remove your helmet

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Run

- Run 1 – 3.22km (2 Short laps of Mall)
- Run 2 – 1.9km (1 Long lap of the Mall)
- The run section is **NOT** on closed grounds and in certain sections the run and bike courses overlap. Please take care and maintain a safe road position to allow cyclists to pass
- **YOU** are responsible for your own safety
- Run times will be taken at the Transition entrance, exit and finish line

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Bike

- Bike section consists of 15km loop (via Kiernan's Forge, Caghna Cross & Longford Bypass)
- You must have your helmet secured in place at all times
- No cycling through transition
- Mount/Dismount lines will be strictly enforced
- Roads are **NOT** closed so Rules of the road apply throughout
- The Bridge at the Mall is a **Neutral Zone** – **no overtaking zone**
- Once you have returned from the cycle section, rack your bike and **ONLY THEN** unclip your helmet. Failure to perform this procedure will result in penalties

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Insurance

Cover for the club training:

Cover for club training sessions is as per the standard Triathlon Ireland cover and includes Public Liability, Professional Indemnity.

What constitutes a club training session?

Training is deemed to be official organised training only. Duathlons are officially organised LTC Club training events.

How do we deal with new members who are just trying out a session (sign on sheet)?

No guests are allowed participate, members only.

What are the consequences of someone training regularly with a club, but not joining Triathlon Ireland, if a loss event occurs?

No cover operates for that individual whether it is injury to a third party or themselves. They are personally responsible for any losses incurred. Cover only operates for registered members of TI. Therefore guests will be asked to Join LTC and Triathlon Ireland when they have attended 3 or more training sessions.