

Club Duathlon Series

Monday Night at Lusail

2km Run – 20k Bike – 2km run

1km Run – 10Km Bike – 1Km Run

23km Time Trial on Olympic Track



Race Information Pack

Club Duathlon Series

- Registration opens at 6.45pm and race will start at 7pm/7.05pm, please allow enough time to pick up timing chip if needed and sort out any admin issues and rack bike and warm up before the start
- ALL RACES and CATEGORIES will start at the same time, There is a MASS START at 7pm however club members are welcome to start anytime up to 7.30pm. The race time is based on when your chip crosses the start line. Timing/Race ends at 8.30pm
- If you are a new Triclub Doha member (and registered to race), your timing chip will be ready to collect before the start of the race. It will be activated and ready to go.
- Other club members, please make sure your chip is working prior to the race
- Bike Racks Can Fit 4 bikes, please be considerate to fellow racers when setting up transition
- Bring your own water and nutrition as well, Water stations will be available at run lap/finish. No littering on the course, if caught will be DQ
- Timing will be uploaded to triclubdoha.com within 2 hours of the race ending

STANDARD DISTANCE

2.0km Run (2 x 1k Lap)
20km Bike (8 x 2.5km Loops)
2.0km Run (2 x 1k Lap)

ENTICER BEGINNER/JUNIOR DISTANCE

1km Run (1 x Lap)
10km Bike (4 X Loops)
1km Run (1 x Lap)



Club Duathlon Rules

- Safety is number 1 concern; give way to moving vehicles at all times
- **BEWARE OTHER CYCLISTS ARE OUT TRAINING. KEEP TO THE RIGHTSIDE UNLESS OVERTAKING.**
- This is a Multisport event, therefore for safety normal “NO DRAFTING” rules apply (10m zone, 20 seconds allowed to pass)
- **NO LIGHTS NO HELMET = NO RIDE. WHITE LIGHTS FRONT & RED BACK LIGHT**
- For safety reasons: No IPod's/headphones to be used during the race
- Only Juniors over 12 competent riding on the open road are permitted to race
- Laps will be counted : Lap times will be available for bike and run
- Parking : Please park off the hard shoulder/asphalt on the desert, as the hard shoulder is used for transition/run.

[Map to QCF Hut](#)

The cycling hut is located near the Losail International Race Circuit,

Transition Area

The transition area will be set up in the hard shoulder.

Please park on the sand rather than the hard shoulder



Location

Google maps location

The Qatar Cycling Federation huts are located at the far side of Losail Circuit on a short 1.5km stretch of road, with roundabouts at either end. This makes it a perfect location for cycling as it's very quiet.



Course

STANDARD DISTANCE

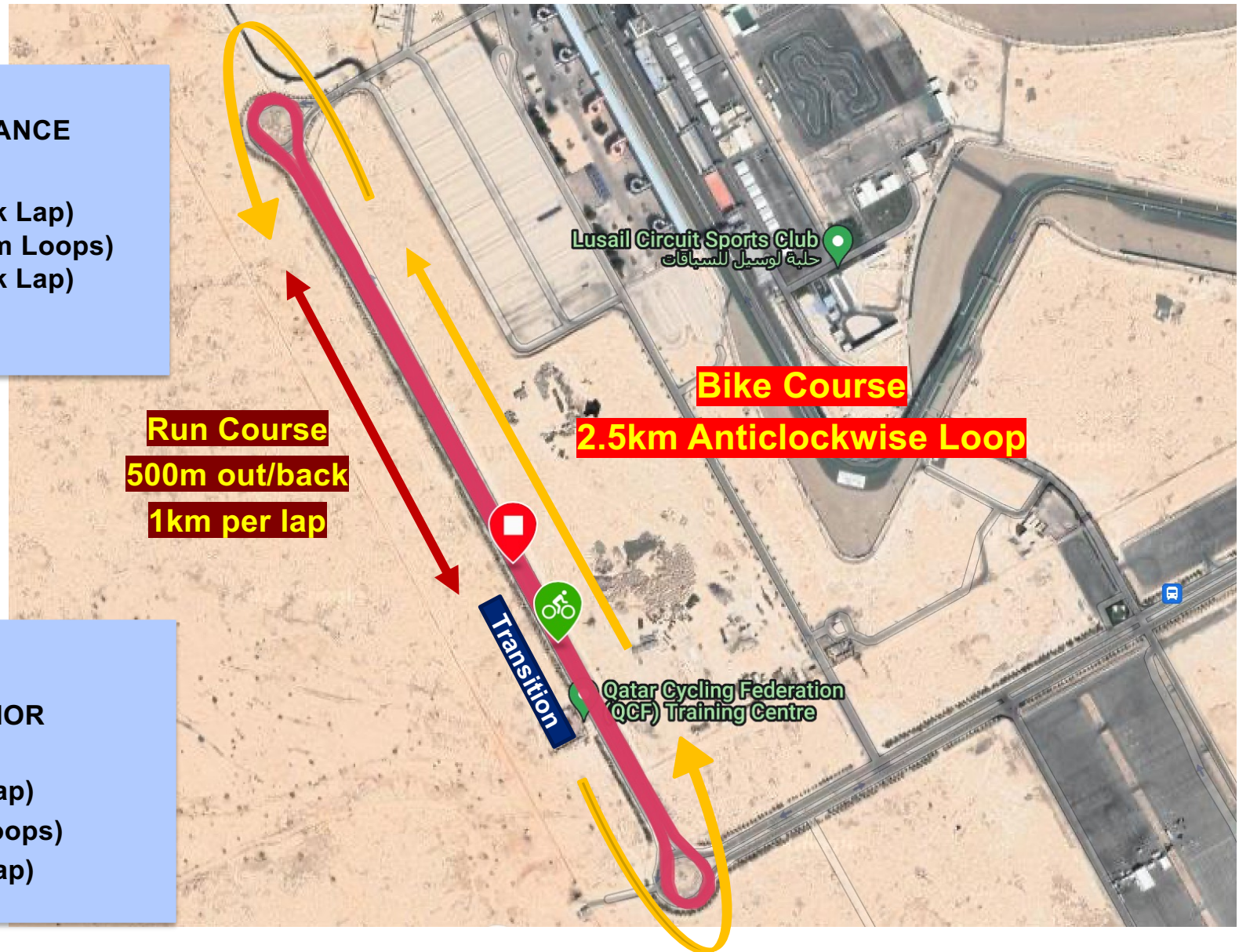
2.0km Run (2 x 1k Lap)
20km Bike (8 x 2.5km Loops)
2.0km Run (2 x 1k Lap)

Run Course
500m out/back
1km per lap

Bike Course
2.5km Anticlockwise Loop

ENTICER BEGINNER/JUNIOR DISTANCE

1km Run (1 x Lap)
10km Bike (4 X Loops)
1km Run (1 x Lap)



Transition

