



# Duathlon China - Shanghai Triathlon Club

## 两项赛 — 上海铁人三项运动俱乐部

Feel The Race. Enjoy Your Life!!

Go hard but have fun doing it!

### Shanghai Duathlon 2008 — Race Information

#### 1. Time and Place

October 12, 2008

Dishui Lake, New City of Lingang, SH

#### 2. Hosting

STC - Shanghai Triathlon Club

#### 3. Race distance and age divisions

##### 1. Standard Distance Group.

###### 1). Race distance

Total	Run	Bike	Run
57.5Km	5Km	42.5Km	10Km

###### 2). Group Divisions

###### 1). Men Age Divisions

Men: 18~29,30~39,40~49,50~59,60 years old and plus – Total 5 groups

###### 2). Women: Only one group

Note: Age divisions are based on athlete's age as of December 31, 2008

##### 2. My First Duathlon

###### 1) Race distance

Total	Run	Bike	Run
27Km	5Km	17Km	5Km

###### 2). No Group Divisions

#### 4. Policy

##### 1). Rules

Rules for this race will be adopted from the International Triathlon Union, Asian Triathlon Confederation and China Triathlon Sports Association.

##### 2). Equipment

i). Participating athletes must bring their own bicycle, helmet, and other equipment. All equipment must meet standards specified by the rules of this race.

ii). Athletes in any age division are permitted to use mountain bicycles or tri bikes. Bicycles must be examined by the race committee and must meet race safety rules.

##### 3). Race closing time

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#### Duathlon China

website: [www.duathlonchina.com](http://www.duathlonchina.com)  
email: [duathlonchina@gmail.com](mailto:duathlonchina@gmail.com)

#### Shanghai Triathlon Club

website: [www.shtri.com](http://www.shtri.com)  
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Total race time for Standard Distance Group is 4 hrs, and total race time for My First Duathlon is 3 hrs.  
No sub segments close door limited

### 5. Awards

1). Standard Distance Group Awards.

Overall Awards: 1st 2nd & 3rd place

Note: They will not be among the age division awards name lists

Age Division Awards: Men 1st 2nd 3rd 4th 5th & 6th place

Women Overall Awards: 1st 2nd 3rd 4th 5th 6th 7th & 8th place

2). Generally

Participating athletes who complete the race in the specified time will receive a “certificate of completion”

### 6. Application and registration

1). Deadline for application

Deadline: Sep. 30

2). Registration Confirmation

One “Registration Confirmation” email will be sent to your registration email address from race committee (duathlonchina@gmail.com).

3). Related Fee

Application fee: register before Sept 20th, the entry fee will be 100RMB; register between Sep. 21th and Sep. 30th, the entry fee will be 150RMB

Bus transportation fee: 30RMB/per

Note: Food, lodge, and transportation fees are not included.

September 30th is the deadline to withdraw from the race and reclaim application fee. Application fee does not apply to team leaders, coaches, or officers.

4). Registration:

a). Time and place:

Time: Race day 6:30~9:00

Place: Dishui Lake, New City of Lingang, SH

b). On the day of race, all athletes must sign an eligibility for participation and a waiver of responsibility

### 7. Food, lodge, and transportation

On the day of race, from 6:30~7:30am, committee will arrange reception station at LongYang Road subway station, please inform committee before September 30 the number of participating athletes and bicycles that reception station can provide suitable service(need pay 30RMB/per transportation fees accordingly).

### 8. Notes

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The following individuals are not fit for this race

- 1). Individuals who have not been training regularly will not be allowed to participate.
- 2). Individuals with chest pains during exercise or who have a serious coronary heart condition.
- 3). Individuals recently diagnosed with heart disease.
- 4). Individuals with all other types of heart disease.
- 5). Individuals with high blood pressure and other heart-related diseases .
- 6). Individuals with an irregular pulse.
- 7). Individuals with diabetes.
- 8). Individuals who are overweight.
- 9). Individuals who are overage or have other age-related health problems.

### 9. Others

- 1). All participants must have medical insurance which bought by yourselves. Race committee won't provide this kind of service.
- 2). Race related information not covered in this brochure and subsequent announcement will be published in website [www.ironmchina.net](http://www.ironmchina.net) for your reference.
- 3). Shanghai Triathlon Club reserves all rights on the explanation of this brochure.

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