

RACE INFO PACK



ROY NASR 12TH OCT 2019
MEMORIAL TRIATHLON

WELCOME AND INTRO

Welcome to the Roy Nasr Memorial Triathlon 2019 at Jebel Ali Resort. We must thank Jebel Ali Resorts and Hotels, the Dubai Sports Council and all our volunteers for their help and support in pulling this race together each year.

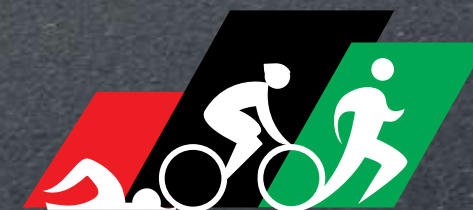
We ask that you read all the details outlined in this race information pack prior to the race and familiarise yourself with the course and the rules. Please also make sure you attend the compulsory race briefing, as it is sometimes necessary for last minute changes to be made. That is also your opportunity to ask any questions.

Best of luck for the race.



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SCHEDULED WAVE TIMES

The Roy Nasr Memorial Triathlon 2019 features race categories for all age groupers and teams.

Age groups categories for all races:

- 13-15 (10-15 for SuperSprint ONLY)
- 16-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

Super Sprint Distance Triathlon:

Super sprint distance (375m swim/10km bike/2.5km run)

Sprint Distance Triathlon:

Sprint distance (750m swim/20km bike/5km run)

Sprint Distance Team Triathlon:

Like the age groupers, teams of 3 race over the sprint distance (750m swim/20km bike/ 5km run).

There is no team category for Super Sprint

WAVE TIMES

WAVE	CATEGORY	START TIME
1	SPRINT M30-39	6.30AM
2	SPRINT M40-49	6.33AM
3	SPRINT M13-29, 50+	6.36AM
4	SPRINT FEMALE ALL	6.39AM
5	SPRINT TEAMS ALL	6.42AM
6	SUPER SPRINT ALL	6.45AM
	PRIZE GIVING	9.00AM
	BREAKFAST	FROM 8:30AM



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DIRECTIONS

JEBEL ALI RESORT

Roy Nasr Memorial Triathlon 2019 is based in and around the grounds of the JA Jebel Ali Golf Resort. The JA Jebel Ali Golf Resort is well signposted from the E11 (Sheikh Zayed Road). See the map on the right for further instructions.

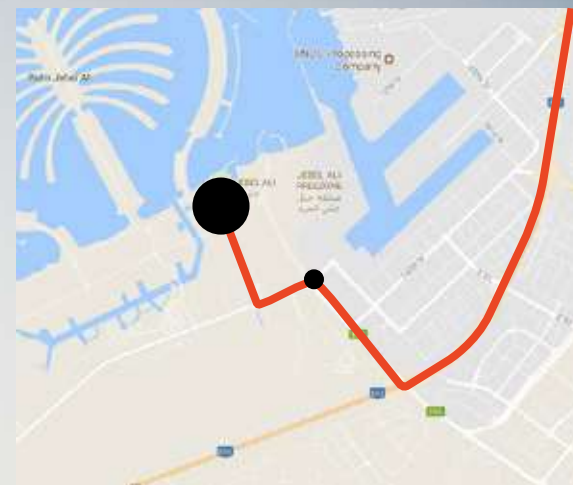
CAR PARKING:

Car parking is available on a first come, first served basis. Parking Area 3 is about 5 minutes walk from transition.

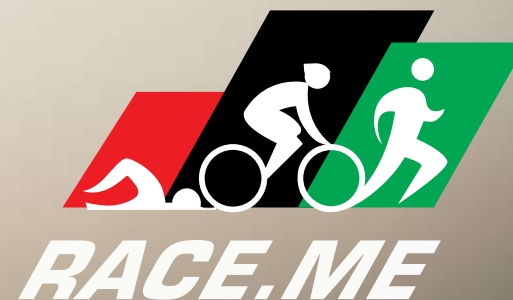
Please don't park in the main hotel car park!

FROM DUBAI:

Drive down the E11 (Sheik Zayed Road) until you have passed Jebel Ali Village and the first entrance of Jebel Ali Freezone. Take the exit that directs you to JAFZA gates 7,8 & 9 (Exit 13). Follow the road and continue straight through the traffic light crossroads until you reach the first roundabout where you make a left. Continue along the road, taking the first road on your right. Continue down this road to the turn off for access to Parking Area 3.



PLEASE USE PARKING P3 OR P4
DONT ENTER THE RESORT FROM THE MAIN GATE



BIKE RACKING & SPONSORS

5:00AM - 6:00AM

At your corresponding allocated number on the bike racks you will find your drawstring bag and race chip. If it is not there please seek a marshall.

Your bag will contain:

TIMING CHIP & ANKLE STRAP

You need to attach the timing chip to your LEFT ankle. Your chip will be collected from you at the finish line - if you don't return your chip at this point you will be liable for a fee of AED 100 - so please remember to return it! (Note that we are not using the ChampionChip system - so please use the timing chip given to you at registration - any other chip will not work).

RACE NUMBER

A race number must be clearly visible on your back for the bike, and your front for the run. Relay teams are required to pass the race number from one team member to the other in transition. PLEASE REMEMBER TO BRING YOUR OWN RACE BELT.

SWIM CAP

Each wave will start with a different colour cap. Please make sure the colour of the cap in your race pack matches the colour shown on the information board. It is compulsory to wear these swim caps in the swim.

RUNDERWEAR™



optimalTHERAPY



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TIMING, BRIEFING & RESULTS

RACE BRIEFING - 6:10AM

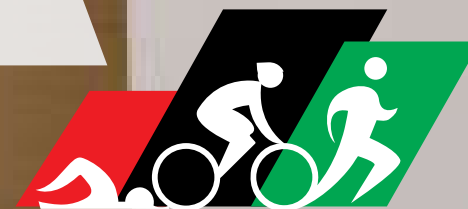
There will be a short race briefing next to the finish line at 6.10am for all athletes. Please attend this race briefing as any last minute changes will be discussed, as well as any questions answered.

TIMING

Timing antennas will be positioned at the entry to transition, and at the finish line. We'll endeavour to provide you with all your timing splits, but this is not guaranteed. Very occasionally, a timing chip may not be read or a timing antenna may fail and timing splits may not be available. You'll receive a total finish time providing we can see your race number when you cross the finish line. If you withdraw during the event please make sure you return your timing chip, otherwise we will think you are still out there racing!

RESULTS

A set of results will be available on our website **www.raceme.ae/rnmt** as soon as possible after the event. We hope they'll all be perfect – but any queries relating to them should be emailed to us by 15th of October 2019, after which time all results will be deemed as final and complete. Email us on **info@raceme.ae**



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TERMS & CONDITIONS

TERMS & CONDITIONS

The T&Cs of entry are set out on our website at www.raceme.ae/race-waiver/. In entering this event, competitors have agreed to abide with these terms and conditions.

WITHDRAWAL POLICY

Entry Cancellations are as per the terms and conditions from Premier Online. You can now register and protect your registration fee in full with our new Zero Charge Refund Cover option. Simply add the Zero Charge Refund Cover at checkout and cancel anytime / for any reason and receive a full refund of your registration fee. Also included is our extended cover which protects your registration fee (zero charges) if an event is postponed or cancelled. T&C apply.

SWIM

The swim will be a non-wetsuit swim. Only race legal speed-suits (no rubber or neoprene) will be permitted. All athletes must wear the swim cap provided and start in their allocated wave. Only swim goggles or masks are permitted. No other swim aids of any kind are permitted. Only official lifeguards on kayaks and rescue jet skis are allowed on the swim course. Swimmers may use the kayaks and jet skis for aid should they require assistance so long as there is no forward momentum, which would result in disqualification.

BIKE

Roy Nasr Memorial is a **non-draft** legal race. Please refer to the drafting section. Helmets must be worn at all times on the bike. The helmet should be securely fastened before mounting your bike. There is to be no riding of bikes before the mount line or after the dismount line. This could result in disqualification. Bikes should be racked neatly, fixed by the seat or handlebars based on the colour marker tape on the racks. Please be respectful of other athletes' space in transition. Race numbers must be worn on your back.

The roads will be open so please follow the rules of the road and be aware of traffic on the bike leg. Please ride single file on the right except when overtaking. Once past, please return to the right side of the road. No musical playing devices or headphones/in ear devices shall be permitted on the course at any point nor will any cameras; gopro/garmin or similar be allowed. Any seen being used may result in disqualification and/or confiscation until the event is over.

No Helmet No Ride!

RUN

A shirt or full-length trisuit must be worn at all times. No ipods or similar headphone devices allowed. Race numbers must be worn on your front during the run



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SWIM COURSE

SWIM

- 375m swim course starts from the beach
- 1 or 2 lap **clockwise** course – depending on whether doing kids or adults distance race.
- After completing 1 lap of the swim course, run around the turn around point on the beach, and then head back into the water to swim your second lap. After completing your second lap, run up the steps to your right. Run through the hotel grounds to transition.
- Canoes will be on hand to provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you back to the beach. If you appear to be struggling in the swim, or if you have been in the water for a long time, you may be pulled out.

375 / 750M



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BIKE COURSE

BIKE

- Super sprint: 10km (1 lap)
Sprint: 20km (2 laps)
- Your race number should be visible on your back for the bike section of the race.
- Do not get on your bike until you have exited transition. Please run past the bike mount line.
- The bike course uses the road outside the hotel, which will remain open to traffic. Whilst we don't anticipate there being much traffic on the road at this time, you must take the utmost care whilst riding (including at junctions and roundabouts), and note that you will not have right of way at some of the junctions. Usual road rules apply. Don't take risks that might only save you a couple of seconds!
- Once out on the main road, sprint distance competitors will ride 2 laps, and super sprint distance competitors will ride 1 lap, before retracing your route back to transition.

10 / 20KMS



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SPRINT RUN COURSE

RUN

- The run course takes place in the grounds of the hotel and the marina using a new and technical loop.
- Athletes will exit the transition and turn right coming back through the adjacent carpark towards the tennis courts and marina. The runners will then continue back towards the athlete carpark (Parking P3) where they will then turn around at the turning point. The runners will then follow the same route back towards the beach and continue to the end of the marina for the next turning point.
- Pass the turning point **2** at the Marina Breakwater 2 times, pass the turning point **1** at Golf Course 3 times. Do NOT head to the finish line after your 1st Lap. Marshalls are there to direct you NOT to count how many laps you have completed.
- There will be 2 drink stations: one on the course and another one at the finish line

5KMS



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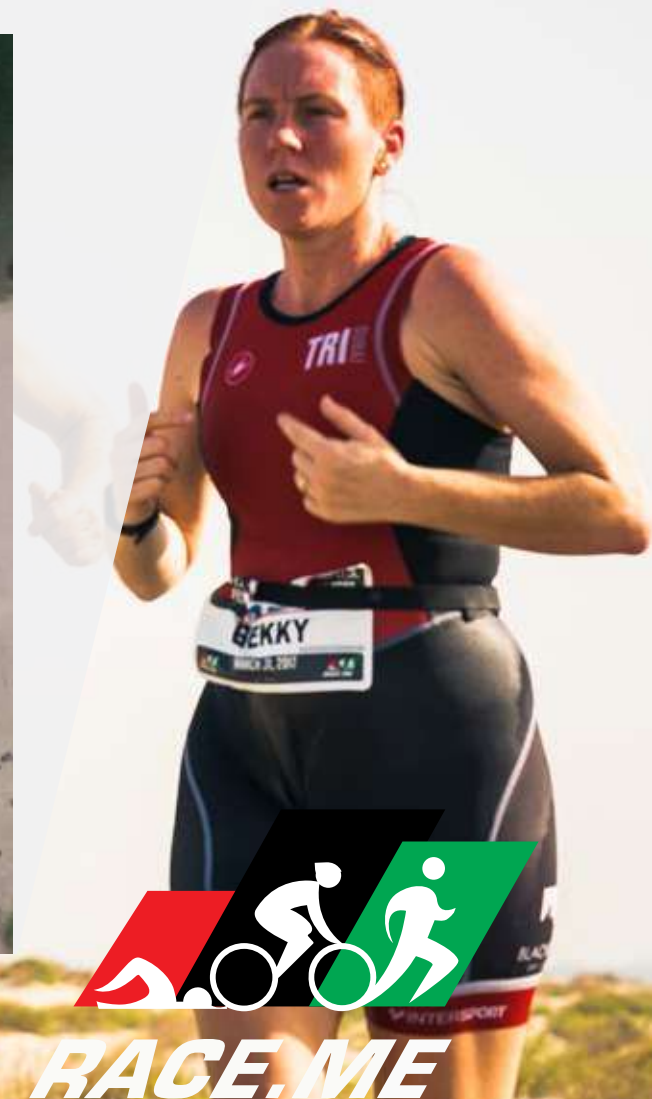
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SUPER SPRINT COURSE

RUN

- The run course takes place in the grounds of the hotel and the marina using a new and technical loop.
- Athletes will exit the transition and turn right coming back through the adjacent carpark towards the tennis courts and marina. The runners will then continue back towards the athlete carpark (Parking P3) where they will then turn around at the turning point. The runners will then follow the same route back towards the beach and continue to the end of the marina for the next turning point.
- Pass the turning point **2** at the Marina Breakwater once, pass the turning point **1** at Golf Course twice. Do NOT head to the finish during your 1st Lap. Marshalls are there to direct you NOT to count how many laps you have completed.
- There will be 2 drink stations: one on the course and another one at the finish line

2.5KMS



RACE FINISHERS

RETURN YOUR ANKLE STRAP

Congratulations on finishing the race! Make sure you return your chip to one of the race volunteers - if you don't return your chip at this point you will be liable for a fee of AED 100 – so please remember to return it!

Make your way to the transition area making sure not to remove your race number so you can check out your bike, remembering to return the ankle strap to us if not done before.

ATTEND THE PRIZE GIVING

This will take place at 9.00am. Trophies will be awarded to the 1st, 2nd and 3rd placed finishers in each of the categories.

BREAKFAST

Breakfast from 8.30am on the lawn in the usual spot. You will need a wrist band to enter. You can purchase additional wrist bands on the day but we have limited capacity. It is best to order through Premier Online.



MEDICAL ADVICE

UAE CLIMATE

It is essential that you are aware of the weather conditions during the race. It is expected to be hot with very little, if any, shade. We will have ambulances on standby throughout the duration of the race but you must take care to race sensibly in such conditions. If you start to get headaches, feel dizzy and nauseous then you may be suffering from heat exhaustion and need to seek medical advice. Listen to your body. Talk to the nearest volunteer who will be able to help you get attention. The common symptoms of heat exhaustion include: confusion, muscle cramps, heavy sweating, headaches, nausea/vomiting and dizziness. If you become aware of these symptoms then seek medical help immediately.

SUFFICIENT HYDRATION

Please stay hydrated and drink plenty of fluids in the days leading up to the race and remember to continue to take on fluids on the morning before the swim start. During the bike and run try to drink about 500ml of fluids per hour. There will be water available from aid stations but please make sure you have sufficient fluids of your own on your bike.

SUN LOTION

Please make sure to protect yourself from the sun.

TRIDE
LIFE
RIDE
GIANT

RACE NUTRITION

Load up your guns, glutes, tris & thighs.

Created with health in mind STEALTH advanced nutrition products have all been developed for optimum performance.

At Secret Training, we are constantly creating and developing products to provide athletes with the sports nutrition they need to train and perform to the very best of their ability. Whether you're an experienced sportsperson or beginner, our products keep you one step ahead and help you maximise your potential.

Stealth Super Hydration drink mix contains a balanced mix of electrolytes to keep you hydrated when you need it. Advanced hydration carbohydrate combination which is suitable for vegans



Stealth Advanced Isotonic energy gels contains multiple energy substrates including sticky rice starch and fructose. Provides a quicker supply of energy to the working muscles than a non isotonic gel. It is easily digestible and light on the stomach, and can be consumed without water.



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SIGNED UP YET?



2019/2020 Season

Event	Date	Day	Type	Distance
Cigna Park Run	TBD	TBD	Run	2.5km / 5km
Cigna Park Run	06-Jul	Sat	Run	2.5km / 5km
Cigna Park Run	03-Aug	Sat	Run	2.5km / 5km
Cigna Park Run	07-Sep	Sat	Run	2.5km / 5km
Cigna Park Run	05-Oct	Sat	Run	2.5km / 5km
Roy Nasr Memorial	12-Oct	Sat	TRI	S/SS
Mile Swim	25-Oct	Fri	Swim	1 Mile
DFC - HALF MARATHON	01-Nov	Fri	Run	1km / 5km / 10km / 21.1km
Cigna Park Run	02-Nov	Sat	Run	2.5km / 5km
Trifest	08-Nov	Fri	TRI	TBC
CBD Palm Run	22-Nov	Fri	Run	1km / 5km / 10km / 21.1km
Cigna Park Run	07-Dec	Sat	Run	2.5km / 5km
JLL 1	07-Dec	Sat	TRI	S/SS
DFC - SANTA	13-Dec	Fri	Run	1km / 3km / 5km
Cigna Park Run	04-Jan	Sat	Run	2.5km / 5km
Oceanic 1	18-Jan	Sat	Tri	Short/Classic
Relay Run	30-Jan	Thu	Run	TBC
Cigna Park Run	01-Feb	Sat	Run	2.5km / 5km
JLL 2	15-Feb	Sat	TRI	S/SS
Dubai Canal Run	28-Feb	Fri	Run	1km / 5km / 10km / 21.1km
Cigna Park Run	07-Mar	Sat	Run	2.5km / 5km
JLL3	21-Mar	Sat	TRI	S/SS
Oceanic 2	27-Mar	Fri	Tri	Short/Classic
Cigna Park Run	04-Apr	Sat	Run	2.5km / 5km





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GOOD LUCK!



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