

Chevy's Challenge

Event Information

Welcome

Thank you for entering my duathlon challenge at Birmingham. I look forward to meeting you and helping you to get the most from your duathlon experience. My helpers will be on hand at all times to advise and guide you on the day but this information pack is designed to help you and your supporters prepare and also to advise you know where to go, when and what to expect. By reading the information carefully and thoroughly you will have taken a big step towards preparing properly so that you can concentrate on the main objective for the day - **having a great time!**

Best wishes for a great day.



Chevy

Venue

I can be found at the **National Exhibition Centre, Birmingham B40 1NT** at the hub of the UK motorway network, enabling visitors to travel directly from the M6, M1, M40 and M42. It is also served by Birmingham International Rail Station.

Event Programme

Midday Registration Opens

1.00pm 1km Toddle Waddle for 0 – 3 year olds and their parents/carers

1.20pm 2km Nursery Fun Run for 4 – 7 year olds and their parents/carers

1.30pm Briefing in Transition Area or in Registration if the weather is bad

2.00pm Chevy's Duathlon Challenge

Car Parking

Extensive car parking is available at a cost of £6.00 per car. Please follow the car parking signage and any directions from the car park officials.

Registration

This is where you let me know that you have arrived and where my helpers can pass on information and various things that you will need.

Registration will take place at the main Reception, immediately in front of you as you enter the Piazza (located between Hall 1 and Hall 5). It will open at Middday.

At registration you will be collect your challenge number, a helmet sticker, a bike sticker and a wristband.

- **Challenge Number** – this should be worn on the front of the shirt that you will be wearing for the cycle and the run.
- **Bike Sticker** - this should be stuck on your bike frame so that it is easily seen
- **Helmet Sticker** – this should be stuck on the front of your helmet
- **Wristband** – this can be worn on either wrist. This will allow you to enter the Transition Area

Once you have registered, stick your bike and helmet stickers on immediately so that you don't lose them and put on your wristband. You are now ready to go to the Transition Area.

Transition Area

This is where you collect your bike after the first run and where you return your bike at the end of the cycle section before heading out onto the second run. It is a fenced area with different “gates” for you to pass through depending on which discipline you are finishing or about to begin. It is located on the car park area adjacent to Hall 5. It is quite a busy area because of all the comings and goings but by spending a bit of time studying the course map and also looking at Transition when you arrive everything should be quite clear.

As Transition can get quite hectic only you will be allowed in – your supporters will have to stay outside. However, my helpers will be on hand to assist you to placing your bike in the correct position and sorting out the things you will need to leave in transition and the things you will need to take with you to the run start.

In Transition you will see lines of bike racking where you can rack your bike. However, if your bike is too small or if you find it difficult to rack your bike you may prefer to either:

- Lay your bike on the ground
- Lean your bike on the fencing or
- Use your own bike stand fitted to your bike

All of these are ok – just remember to take care that you don't leave things for other competitors to trip over.

While you are in Transition make a note of the “gates” – 1) where you will be coming in from the first run 2) where you will be going out with your bike 3) where you will be coming back in with your bike and 4) where you will going out on the run.

Two very important things to remember:

1. You are not allowed to cycle your bike in Transition. You must run with your bike to the MOUNT LINE where you can get onto your bike on the way out. At the end of the cycle you must get off your bike at the DISMOUNT LINE before running with your bike into Transition.

2. You must put your helmet on and fasten it up before picking up your bike and not unfasten it and take it off until you have put your bike back.

When you have completed the challenge you can collect your belongings from the Transition Area – but please remember to have your challenge number and wristband with you to gain access.

Briefing

This is a talk given by one of my helpers to give you any last minute instructions and also to let you ask and questions. It is important that you attend the briefing and listen carefully.

Course Description

Run 1: Tristar Start (8 years old) – 400m = 1 lap
Tristar 1 (9/10 years old) – 1200m = 3 laps
Tristar 2 (11/12 years old) – 1600m = 4 laps

Please report to the start line at least 5 minutes prior to your start time.

Start opposite entrance 5.6 for Hall 5. Head towards island at the Piazza – keeping to right hand side of road. Go around the island and head back towards start.

Tristar Start go straight into Transition (400m).

Tristar 1 and Tristar 2 go to turnpoint opposite entrance 5.7 and go around again for additional laps. TS1 do 3 laps (1200m) and TS2 do 4 laps (1600m) before entering Transition.

Cycle: Tristar Start – 1 lap
Tristar 1 – 2 laps
Tristar 2 – 3 laps

Exit Transition by island between Halls 5 and 9. Cycle on left. Straight out and back course to turnpoint at 1km.

Tristar Start do one lap and head straight back into Transition (2km)

TS1 & TS2 go round island by Transition and go out for subsequent laps.

TS1 do 2 laps (4km)

TS2 do 3 laps (6km)

Run 2: Tristar Start – 200m
Tristar 1 – 400m
Tristar 2 – 600m

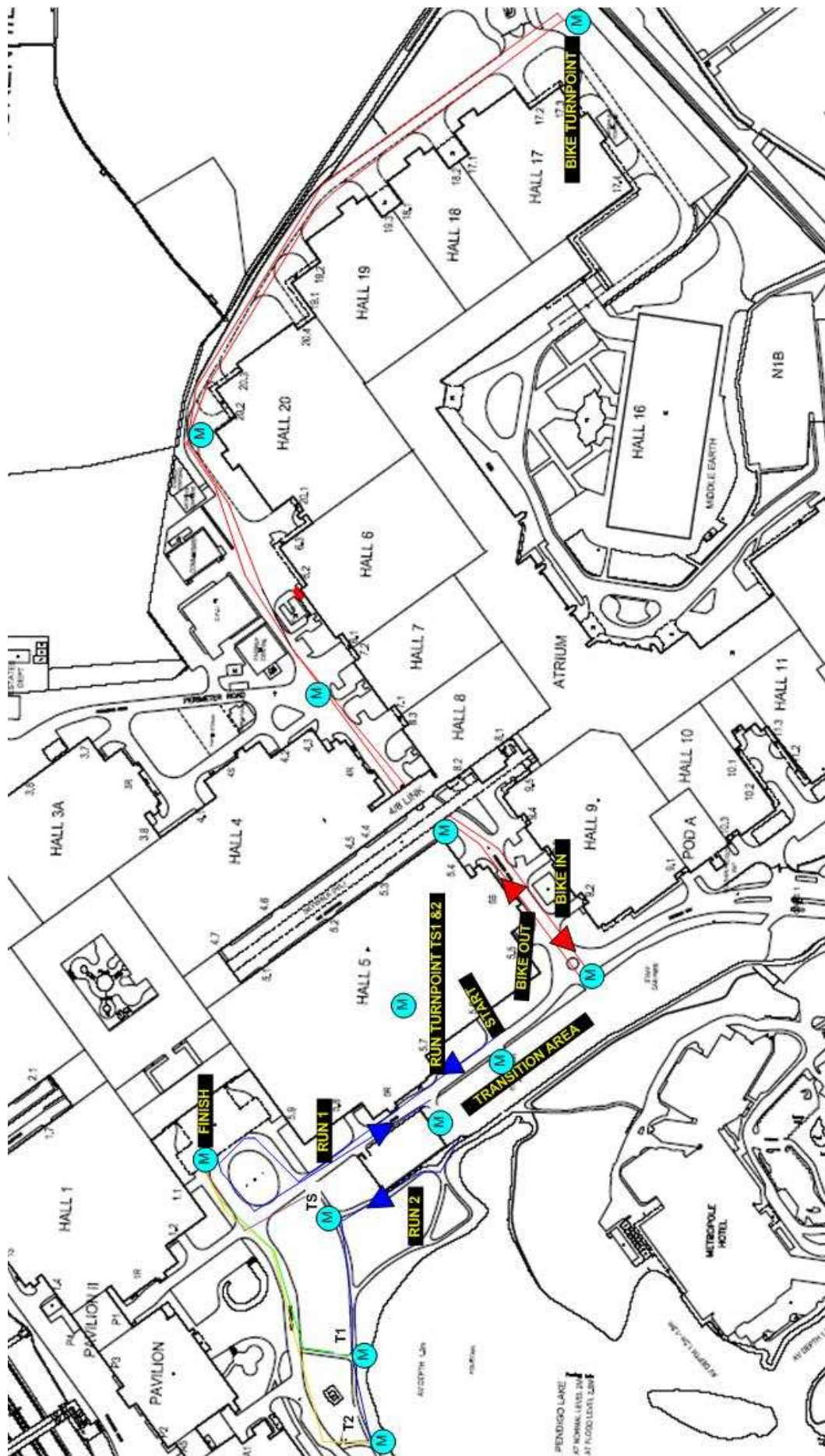
Exit Transition as per the adult course. Follow path alongside car parks (heading towards the Arena). Take appropriate path towards Finish as per course map.

Tristar Start - 200m

TS1 – 400m

TS2 – 600m

PS Don't forget to practice your lap counting - and get your supporters to practice too!



Awards

My challenge is to take part and enjoy yourself – it is not about trying to go faster than other people – so you can go as fast as you like. I will time you for interest but everyone who takes part and does their best is a winner and will receive one of my T-shirts and medals.

Food

Food and snacks will be available throughout the afternoon from the Piazza. A great way for you to refuel after your effort and for your supporters keep up their energy levels so they can shout louder.

Bike Support

There will be helpers who can give advice/support for any problems with your bike or bike helmet.

And finally, some frequently asked questions

I've just entered my first event and I'm really excited! What can I expect on the day?

Wow - where to start! Well, lots of other equally excited kids and their supporters.

Nerves Are Good!

You might even feel a little nervous - and if you don't, maybe your supporters might! That's OK 'cos nerves are normal and are a good sign: it means this is important to you and you want to do the best you can - so welcome any butterflies you might feel - it simply means you are ready! Remember, plenty of other people will be equally nervous and excited - you just might not be able to tell from looking at them! One helpful thing you can do is to remind yourself that you ARE ready to do your best today - and to imagine how GREAT you'll feel afterwards!

How Will I Know Where To Go?

Before the challenge

Read the event information with an adult before the day. This will tell you where you need to be and at what time. Read it a few times and try and remember the really important points. Get your supporter to test you!

On Challenge Day: Listening

You will be given some more instructions when you register that you have arrived and are ready! You will also need to be at a Pre-Challenge Briefing with everyone who is taking part. Here, Chevy's helpers will tell you all about the event. You will also be able to ask questions. There will also be instructions given by loudspeaker throughout the event. It is important that you listen to these carefully and do what they ask. If in doubt, ask any one of the race day helpers who are easy to spot in their bright T-shirts and are always happy to help.

On Challenge Day: Looking

Have a look around the course yourself with your supporters. You may have a map of these enclosed with you Race Day Instructions. There will also be a map at Registration - so a chance to practice your map-reading skills!

Go and see where the start will take place, have a look at the bike course and where you will keep your bike, look at the run course and where you will finish. Your supporters can also check to see where they will watch and cheer you from.

You might have time to watch children taking part before you. This is a great opportunity to see how the course works - as well as practicing your cheering!

Can I Bring Some People To Help Me?

YES! While you will be the one running and cycling, it's a good idea to have people to help you get ready and to look after you afterwards. If it's your first race then it's a VERY special occasion and having people to share it with makes it even better!

If you have brothers or sisters or other friends who are coming with you, then one idea is to ask one of them to help you with one part of your race. For example, your brother could help you get ready for your run - your Chief Run Helper - your friend for the bike ride, and so on.

Make Some Noise!

There will be plenty of places where your family and friends will be able to see you and cheer you on. Cheering is REALLY important! One idea is to ask someone to be your Chief Cheerleader - make banners, bring some of those Huge Hands, balloons and even drums, whistles etc. so you have your own colourful and noisy Support Team! Imagine how great you'll feel when you go past them in your race! WOW!!

What Should I Eat Before My Race?

You can't do well on an empty stomach! So make sure you have a good breakfast at least 2 hours before your race. Things like cereal, toast, a banana, yogurt, boiled egg will give you lots of energy.

What Is The Best Thing To Drink?

WATER! You will be doing 3 sports in one so will be sweating quite a bit! It is important not to feel too thirsty during your event, so drinking a glass of water before you go to bed the night before, and having a glass of water when you wake up before breakfast are important. Take some bottles of water with you and drink a little and often in the 2-3 hours before you race - and a big drink afterwards as well! Your Support Team will also need some water!

Do I Need To Do Any Practice Before My Race?

Apart from being able to run and to ride your bike without falling off you might like to practice your "transitions" ie changing from run to bike and from bike to run.

Once you have finished your first event, you may want to do another one - and this time go a little faster - in which case some more practice might be helpful.

Do I Need Any Special Clothes or Equipment?

Apart from your bike and your bike helmet - **NO!** Your normal trainers and T-shirt will do just fine.

What **IS** important is that you remember to bring some dry and warm clothes to change into afterwards!

And Finally...

Your first event is very special - so be proud of having a go at something you've never ever done before! I believe that all anyone can ever ask of you is that you do the best you can and encourage the other people around you taking part. Take time to thank the people helping you and wear a **BIG SMILE** at the finish: **ENJOY YOUR DAY!**