



SARDAR
PATEL

लौहपुरुष 70.3

BHOPAL

Triathlon



OLYMPIC DUATHLON

SUNDAY, 16TH MARCH 2025

2ND EDITION



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Welcome

Dear Participants,

We are thrilled to extend our warmest greetings to you as you join us for the **Sardar Patel लौहपुरुष Triathlon 70.3**. We welcome individuals of determination and spirit to this incredible event, with enthusiasm. Whether you are a seasoned athlete or a first-time participant, this event is an opportunity to push your limits, set new personal records and will be etched into your memory.

Bhopal Runners is a not-for-profit organization, founded in the year 2015 has since its inception, been organizing zestful races, marathons, and social welfare events across the State.

With the motto- **"You are Limitless"**, **The Sardar Patel लौहपुरुष Triathlon 70.3 and Olympic Duathlon** is not just a race; it's a celebration of resilience, strength, and the human spirit.

On 16th march, participants from all walks of life will come together to embrace the challenge of the triathlon. The event is not just about the finish line; it's about the journey, the camaraderie, and the shared passion for an active and fulfilling lifestyle.

Half-Ironman Triathlon

A thrilling race through the soulful heart of Bhopal. Begin with a refreshing 1.9-kilometer swim, followed by a breathtaking 90-kilometer bike ride and a scenic 21.1-kilometer run. The beautiful routes promise both challenge and inspiration against the backdrop of Bhopal's natural beauty.

Olympic Duathlon

A unique challenge weaving through the scenic landscapes of Bhopal. Kick off with a 10-kilometer run, transition to a 40-kilometer bike ride, and finish strong with a final 5-kilometer run. Starting and ending at Taran pushkar, this duathlon promises an exhilarating day of athleticism in the heart of Bhopal's beauty.

Your presence and commitment to the triathlon is not just a personal achievement but an inspiration to others around you.

We encourage you to embrace the spirit of the Bhopal Runners community, connect with fellow participants, and make the most of this memorable experience. It's not just a race; it's a journey of self-discovery and accomplishment.

Remember, **"You don't have to win, you just have to TRI"**

We look forward to celebrating your triumphs and cheering you on every step of the way.

"Let's meet at the starting line, and unitedly triumph over all that awaits us beyond the finish line!"

Best Tegards,

Team Bhopal Runners

Event Schedule

Bhopal's ultimate triathlon—where passion and perseverance propel you into a realm of limitless possibilities. Be a force, redefine your limits!

SATURDAY, 15th MARCH 2025, EXPO

Start/Finish Venue: MPT Boat Club, Bhopal



SATURDAY, 15th MARCH 2025, EXPO

Time	EVENT	LOCATION
10:00 AM – 5:00 PM	Expo	MPT Boat club, Bhopal
11:30 AM – 6:00 PM (Every 2 hours)	Athlete Briefing	MPT Boat club, Bhopal
11:00 AM – 6:00 PM	Bike Check-In	Transition Area at MPT Boat club, Bhopal

SUNDAY, 16th MARCH 2025, RACE DAY

Time	EVENT	LOCATION
05:00 AM	Transition Area Opens	
06:30 AM	Duathlon starts	MPT Boat club, Bhopal
12:30 PM	Race Cut-Off Time	MPT Boat club, Bhopal
12:15 PM	Award Ceremony	MPT Boat club, Bhopal
Till 02:00 PM	Bike & Gear Checkout	Transition Area at MPT Boat club, Bhopal

*Athletes should report atleast 45 min before their race starts.

PRE-RACE INFORMATION

EXPO / Athlete Check-In

It is mandatory for all participants must come to the EXPO to collect their Athletic Kit and attend the Athletic Briefing.

Date- Saturday, 15th March 2025

Time- 10:00 AM to 5:00 PM

Venue- MPT Boat Club Bhopal

Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be permitted to race.

To do checklist for Athletes

- Registration Confirmation Mail having ER Number either on your phone or printed.
- Photo ID and Registration Mail has to be shown to volunteers to receive Bib Number.
- Pick up Athlete Race Packet.
- Attend the mandatory Athletic Briefing (Every 2 Hours).
- Mandatory Bike Check-In.

Athletes have to provide the following documents to collect athletic kit

- Registration confirmation email having ER NUMBER.
- COVID vaccination certificate (both doses) or a RT- PCR Negative Report is required to collect the BIB and to participate in the event.
Supporting photo ID (Driving License, Passport, Aadhar card, or any other Government approved photo ID)

Participants will receive following during the expo:

- Official race T-shirt (your preferred size based on stock availability on a first come basis)
- Race BIB (to be worn on the run)
- Multi Sport Ankle Timing Chip
- Athlete Wristband – Must be attached at time of check-in and worn until after the race is complete.
- Bike & Gear Checkout Tickets
- Transition (Gear) Bag (1 Bag)
- Stickers for bike helmet, bike frame, bike stem
- Stickers for Transition Bag (1)
- Frame sticker should be visible on both sides of your bike. The bike stem sticker will be placed in between handle bars. The helmet sticker will be affixed to the front of your helmet. Please note that failures to affix stickers on bike & helmet will attract disqualification. The bike frame sticker cannot be altered in any fashion.

ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn immediately after it is issued till completion of race. The wristband is required for medical identification purposes and allows you access to both transitions area and post – race athlete areas.

MANDATORY ATHELETIC BRIEFING

During the Expo, Athletic briefing session (**every 2 hours, 11:30AM, 1:30PM and 4:00PM**) will be conducted at the same location (**SATURDAY, 15th MARCH**), which we urge participants to attend. The briefing will cover important information pertaining to any peculiarities of course, rules, cut-off time and most importantly any last minute changes that have may potentially occur. During the briefings athlete may ask about any clarifications.

EMERGENCY CONTACT

In case of any emergency please contact on numbers listed below:

+91 9479904444 +919479905555



Mandatory Bike Check-in

On Saturday, 15th March 2024, all athletes must check-in their bikes in the designated transition area from anytime between 10:00 AM to 05:00 PM.

Bikes will not be permitted to enter transition on race morning. Athletes will leave their bike in the designated transition areas. You will have access to transition area beginning at 5 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike leg of the race.

Gear bag detailed information

During Athlete Check-In, Athletes will receive 1 bag and numbered sticker in their athletic kit. Athletes will bring their transition bag on race day Morning.



Transition Gear Bag

Drop-Off: Race morning at designated transition area after 5AM at Taran Pushkar.

Use: Should pack your transition bag with all the gear you will need on the bike course (helmet, cycling shoes, sunglasses, etc.), run course and anything else you will need in transition race morning / post event. If you wish to change outfits facility of changing tents is available. Drop off your bag in the transition area.

Pick-Up: Designated Transition Area till 1 PM

Note :

- Make sure that you stick the numbered sticker on the bag firmly before you put your gear in them. We recommend you label your transition bag with a permanent marker in addition to using the transition bag stickers.
- Make sure that you do not mark these bags other than race number sticker.
- All gear, including cycling shoes and helmets **MUST** go into athletes' transition bag. No loose gear will be allowed on the ground next to the bikes in transition.
- Do not put any valuables including mobile phone or overfill the bag.
- Bhopal Runners is not responsible for the contents in the bag.



RACE DAY INFORMATION

- Transition opens at 5AM on race morning. Bring your timing chip, BIB & transition bag.
- Athletes should be wearing their Multi Sport Ankle Timing Chip on their left ankle, throughout the event till they cross the finish line to record time taken by the athlete.
- Athletes must wear their BIB number in front of them clearly visible on the course.
- Athletes must wear their stickered helmet on the bike, and their race bib on the run, for proper identification. Athlete wristbands must also be worn from Athlete Check-In until the end of the event.
- Separate male & female changing tents would be provided. Volunteers will be present though it is your responsibility to unpack and repack your transition bag. Your bike gear will go into your bag if you wish to change for the run. The volunteer will indicate where to drop your bag as you leave the change tent.
- Athletes may feel free to stop if exhausted during the cycling / running phase and rehydrate at the 3 hydration/aid / medical stations throughout the 5km route's loop on the bike / run course.

After the race, participants are responsible for returning the chip to Bhopal Runners staff member/ timing team member in the designated area after the finish line.

RACE TIMING AND CUT-OFFS

- All athletes will have 6 hours to complete the Olympic Duathlon. Once they Cross the starting mat in any category, anyone who does not complete the event in cut off times for Duathlon will be designated as DID NOT FINISH (DNF) in the official results. Aid station stops, transitions & any other stops will be included in total elapsed time. Splits will be recorded for each segment of the race.
- Based on permits for the roads on the course and the safety of athletes involved, cut-off times will be enforced strictly. Decision of Officials/ Race Marshal will be final and binding.
- Bhopal Runners reserves the right to remove an athlete from the course and award DNF (DID NOT FINISH) to the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (run, bike) before the posted cut-off times based on an athlete's location, time, and average speed upto that point. The decision of the race official's organizers shall be final & binding.



Run Course

Duathlon | 1st Leg -10km Run Route

The run will commence from MPT Boat Club on Lake Road, proceeding towards Van Vihar. Upon entering Van Vihar, continue running and turn back from the 5 kms mark and retrace the same path back to MPT Boat club this one lap will cover 10kms distance.



Please Note -

- Athletes may run, walk or crawl.
- Athletes must wear their bib number in front of them clearly visible at all times on the course. Intentional alteration of any kind or failure to wear BIB number is strictly prohibited and will result in disqualification.
- Athletes must wear suitable running attire, including shoes, shorts, tights, or running-specific apparel. Running with a bare torso is prohibited
- Athletes may wear hats, visors, or sweatbands, provided they do not obstruct the view of the participant or pose a safety risk to themselves or others.
- Headphones or headsets which are inserted to or covering the ears are not allowed during the event. Failure to adhere will attract disqualification.
- Cameras, phone cameras, and video cameras are prohibited. Athletes seen with a camera, phone camera, or video camera will be disqualified.
- All athletes are expected to follow traffic rules.
- The route for run leg is same as that of cycling leg.
- There will be clear signage indicating routes, turns and stations but ultimately, it is the responsibility of the athlete to make proper judgment.
- Athletes may walk if fatigued and can rehydrate or seek medical help from hydration/medical stations if and when needed.
- No individual support vehicles or non-athlete escort runners are allowed.
- The race will be complete when the runner's upper body, i.e. torso, crosses the finish line, and the time of doing so is recorded.
- Please follow Race Officials & Public Authorities directions when communicated.

- Any verbal abuse of marshals, race officials, organizing staff or volunteers is grounds for immediate disqualification.
- The organizing committee holds the right to change rules and course, if necessary due to unforeseen circumstances.

Run to Bike Transition

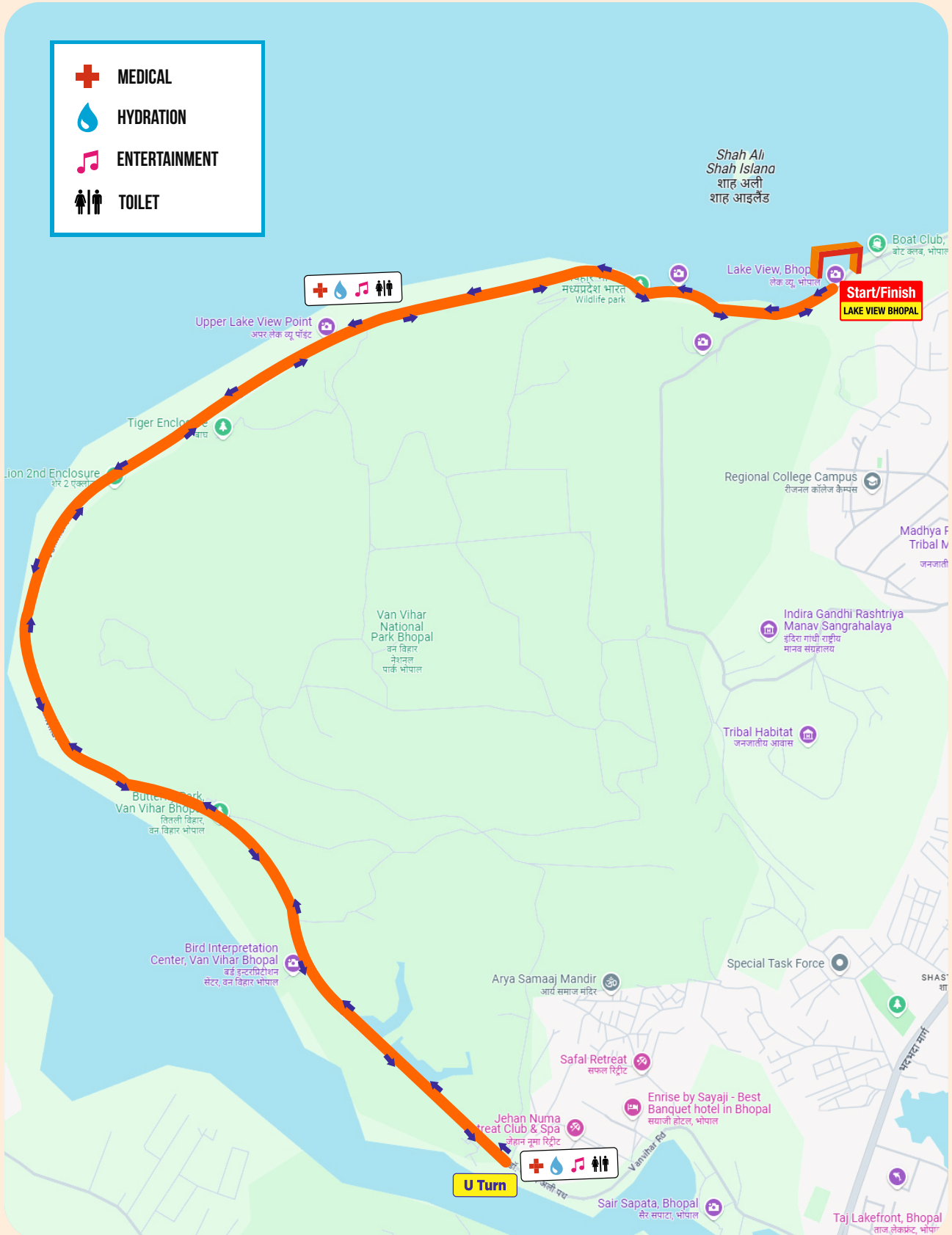
After completing run leg, pick up your transition bag & head into the change tent, if you plan to change the outfit. You need to put all your run gear into the transition bag. After completing your change, you can leave transition bag at designated transition area. You can then enter the cycling course from there.



RUN COURSE 1

RUN COURSE 10KM (5Kx1 LAPS)

-  MEDICAL
-  HYDRATION
-  ENTERTAINMENT
-  TOILET



Bike Course

2nd Leg – 40kms Cycling Route

The ride will commence from MPT Boat Club on Lake Road, proceeding towards Van Vihar. Upon entering Van Vihar, continue riding through the route and exit towards Bhadbhada Square. From there, take a right turn at the National Judicial Academy, followed by a left turn at Sakshi Dhaba, heading towards Kerwa Dam. At the Kerwa Dam police check post, turn back and retrace the same route to Boat Club.

This one lap covers a distance of 29.8 km, and participants will complete One lap of this course and turn back from boat club and go upto 5kms mark inside the Vanvihar and return back and complete 40kms ride.

- Athletes must wear their multisport timing chip on their left ankle throughout the event till they cross the finish line.
- Athletes must wear suitable cycling attire, including shoes. Cycling with a bare torso is prohibited. No fixed-gear bikes, aerodynamic aids or any other accessories made specifically to lessen resistance are permitted.
- Helmet sticker must be visible on front side of the helmet. Bike frame stickers should be visible on both sides of bike. Bike stem sticker will be placed in between handle bars. Failure to affix stickers on bike & helmet will attract disqualification.
- Mirrors attached to the bike / helmet or body is prohibited.
- For the duration of the bike leg, including entering & exiting transition zone, a helmet with CPSC approval is required. Athletes who ride without a chinstrap that is attached or without an approved helmet may be disqualified. Modifications to hard shell helmets, which affect their integrity, are not allowed.
- Cameras, phone cameras, and videos cameras are prohibited.
- During the event, headphones and headsets that cover or intrude into the ear are not permitted.
- Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches in any distractive manner during the race.
- There will be clear signages indicating routes, turns and stations but ultimately it is the responsibility of the athlete to understand & make the proper judgment. No alteration of times or results will be provided to athletes who fail to follow the correct path for any reason.
- Athletes must comply with all traffic laws while being on the cycling route, unless specifically instructed otherwise by an official. Failure to do so may result in disqualification.
- Athletes should never put themselves or other athletes in danger. Those who will endanger themselves or other athlete will attract disqualification.
- Individual assistance / support are not permitted. There will be no bike support on route. It is the athletes' responsibility to maintain and repair their own bike.
- Athletes must to be equipped to deal with any potential mechanical issue. Race officials assistance is permitted.
- Athletes may feel free to stop if exhausted during the cycling phase and rehydrate at the hydration/ aid/ medical stations throughout the 5 KM route's loop.
- Athletes may, if necessary are permitted to walk while cycling, but they are not permitted to move forward on the bike course without their bicycle.
- Any drafting of another bike or any other vehicle is not allowed. Athletes must keep a distance of 12 m apart, except in case of overtaking. Non- compliance may lead to drafting violation.
- Any overtaking is done when the front wheel of passing athlete overcome the front end of the athlete who is passed. Non – compliance may lead to drafting violations.
- Overtaking athletes may pass on the right for up to reasonable time, but must move back to the left side of the road, after passing. Athletes may not back out of the draft zone once it is entered.



- Athletes must ride single file on the far left side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes should not impede the forward progress of other athletes.
- In case of any rule violation, you will receive a penalty or violation card. You are supposed to report the card at the finish line. Failure to do so may attract in disqualification.
- Litter of all kind must be discarded within the waste area of aid station / finish line.
- Please follow Race Officials & Public Authorities directions when communicated.
- Any verbal abuse of marshals, race officials, organizing staff or volunteers is grounds for immediate disqualification.
- The organizing committee holds the right to change rules and course, if necessary due to unforeseen circumstances.

Bike to Run Transition

After completing bike leg, rack your bike to designated transition area. Pick up your transition bag & head into the change tent, if you plan to change the outfit. You need to put all your gear into the transition bag. Bike shoes must either stay on bike pedals or be placed in the run gear bag. After completing your change, you can leave transition bag at designated transition area. You can then enter the run course from there.



BIKE COURSE

CYCLE COURSE 40KM

(30KM x 1 LAPS)
(5KM x 1 LAPS)



Run Course

3rd Leg – 5km Run Route

The run will commence from MPT Boat Club on Lake Road, proceeding towards Van Vihar. Upon entering Van Vihar, continue running and turn back from the 2.5 kms mark and retrace the same path back to MPT Boat club this one lap will cover 5kms distance.



Please Note -

- Athletes may run, walk or crawl.
 - Athletes must wear their bib number in front of them clearly visible at all times on the course. Intentional alteration of any kind or failure to wear BIB number is strictly prohibited and will result in disqualification.
 - Athletes must wear suitable running attire, including shoes, shorts, tights, or running-specific apparel. Running with a bare torso is prohibited
 - Athletes may wear hats, visors, or sweatbands, provided they do not obstruct the view of the participant or pose a safety risk to themselves or others.
 - Headphones or headsets which are inserted to or covering the ears are not allowed during the event. Failure to adhere will attract disqualification.
 - Cameras, phone cameras, and video cameras are prohibited. Athletes seen with a camera, phone camera, or video camera will be disqualified.
 - All athletes are expected to follow traffic rules.
 - The route for run leg is same as that of cycling leg.
 - There will be clear signage indicating routes, turns and stations but ultimately, it is the responsibility of the athlete to make proper judgment.
 - Athletes may walk if fatigued and can rehydrate or seek medical help from hydration/medical stations if and when needed.
 - No individual support vehicles or non-athlete escort runners are allowed.
 - The race will be complete when the runner's upper body, i.e. torso, crosses the finish line, and the time of doing so is recorded.
- Please follow Race Officials & Public Authorities directions when communicated.
 - Any verbal abuse of marshals, race officials, organizing staff or volunteers is grounds for immediate disqualification.
 - The organizing committee holds the right to change rules and course, if necessary due to unforeseen circumstances.



RUN COURSE 2

RUN COURSE 5KM (2.5KM x 1 LAPS)

-  MEDICAL
-  HYDRATION
-  ENTERTAINMENT
-  TOILET



POST RACE DAY INFORMATION

Bike and gear check-out

Transition area will open at 5 AM on the race day morning. Checkout bike & transition bag till 2 PM in the designated transition area.

Bhopal Runners will not be responsible for any items left after 2 PM on Race Day. You must have your athlete wristband on in order to enter transition.

If you are unable to personally claim your bike and gear, a family member or friend can retrieve your items using the Bike Check-Out & Gear checkout tickets provided in your race packet. We recommend following this practice as it will save you time and energy when you have finished.

Refreshment

Athlete post-race refreshment area opens at 9 AM. The athlete post race refreshment area is for athletes only and your athlete wristband provide you with access.

Physiotherapy

At the finish line, a physiotherapist will be on hand to provide support for participants' post-race recovery. This is a complimentary service available on first come first basis.

Medical Tent

At the finish line, a medical aid station will be available for athletes to provide any assistance if required.

Competing in a Sprint Duathlon can take a toll on the body, and a proper care before-during-post event is vital. Bhopal Runners is not responsible for individuals' health issues.



Finisher Certificate / Timing Certificate

SMS and Timing Certificate will be provided to eligible athletes. Athletes who have tagged at all the timing mats will be eligible for timing certificates. Participants failing to tag on a mandatory timing mat will be disqualified and shall not be provided timing certificate of any type.

The provisional timing results are displayed on the website within 8 hours of the close of the event. Final Race timing results would only be available on the event website in 14 days from the date of the event. Participants are advised to download them from the website. Athletes who find any discrepancies in the published results or any corrections in the e-certificate can write us an email at runbhopalrun@gmail.com with sufficient proof, which has to be submitted within 7 days. A jury will be formed with the technical committee to discuss the discrepancies and share the final results after verification of the facts. The jury can cancel or disqualify the results of the participant if any discrepancy is found in the activity or in the provided documents.

Finisher certificate can be availed on <https://timingindia.com/result-RUN-BHOPAL-RUN-2023.html> in results section.



PRIZES

Olympic Duathlon

A. Open Category

Finish Position	Amount in INR	
	Men	Women
1st	Trophy & Certificate	
2nd	Trophy & Certificate	
3rd	Trophy & Certificate	

B. AGE CATEGORY

AGE CATEGORY WINNERS			
Men & Women	16 years - 30 years	31 years - 45 years	46 years and above
1st	Trophy & Certificate		
2nd	Trophy & Certificate		
3rd	Trophy & Certificate		

PRIZE RULES:

- Total time will be calculated on the time taken by the individual with respect to the chip and not gun-shot time. (All stops, transition time, aid stops will be included).
- For Open Category, BR Trophy and Certificate will be awarded for the first three rank holders (least time taken net) for men and women separately. For every Age Category - Awards and Certificates will be given out. (ID Proof will be mandatory for all winner's verification.)
- SMS and Timing Certificate will be provided to eligible participants - participants who tag at all the timing mats will be eligible for timing certificate.
- Participants failing to tag on a mandatory timing mat will be disqualified.
- The provisional timing results will be published by 09:20 AM at Transition Area, if any protest/discrepancies will be entertained by race officials till 9:50 AM.
- Duathlon results will be announced by 10:00 AM.
- A jury will be formed with the technical committee to discuss the discrepancies and share the final results after verification of facts.
- Jury can cancel or disqualify the results of the participant if any discrepancy found in the activity or on the provided documents.
- Winners declared may be required, at the sole discretion of the Event Promoter, to submit a certified true copy of documents of proof of identity and/or date of birth, as may be required, for disbursement of prize money. Refusal of submission of adequate and relevant documents or submission of false documents will entail to the athlete's participation to be disqualified from the Event.
- RBR has the final authority to declare the final decisions.

OVERALL GUIDELINES

The Sardar Patel Olympic Duathlon is a combination of run – bike – run, in order with 2 transition points in between the three legs.



- Athletes are expected to go through the guidelines, rules and regulations for the Sardar Patel Olympic Duathlon and the leg-specific regulations for individual athletes.
- Individually, Duathlon will be considered complete only if an athlete meets the following criteria:
 - Tagging at every timing mat throughout the course route
 - Not been disqualified by the technical officer for any improper action
 - Has followed all the rules and regulations.
- Athletes are required to attend the race-briefings which will be conducted on Saturday, 2nd March 2024 between 3 PM to 4 PM, in at Taran Pushkar, Bhopal which will cover important information regarding course, rules, clarifications and last minute changes if any, due to unforeseen conditions.
- The waiver form must be read and duly signed by all the participants.
- It is mandatory to go through the health advisory.
- The participant must recognize that participation in the event is a potentially hazardous activity and he/she is willingly accepting all risks associated with such participation, including, but not limited to, falls; contact with other people, or vehicular or other traffic; the effects of the weather, including heat and/or humidity, wind, cold, and wet or slippery surfaces; physical injury from the act of running itself, terrorist threats; and all other risks associated with a public event. Bhopal Runners and its officers, representatives, or any other associate will not be responsible for any claim, loss, or liability for any injury to person or property that participants may suffer resulting from any cause during the event.
- There will be clear signage indicating routes, turns and stations but ultimately it is the responsibility of the athlete themselves to make the proper judgment.
- 3 Medical/Aid stations, on cycling / running course are being provided for assistance & aid.
- Your safety and health are of utmost importance to us. If you face any difficulty during this challenging event, please seek support. Medical aids, support, ambulances, marshalls, are available at Medical/Aid Stations, on the route at designated spots and at the start/finish line of the course.
- Medical officials shall have final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.
- Participants need to know that the organizers cannot be held responsible for any incident due to medical negligence of the athlete.

- Athletes who are unable to maintain the pace and finish the event in the stipulated time can take the sweep vehicle. However, this will lead to elimination and timing certificates of such athletes will not be issued.
- Athletes should inform race officials if they withdraw from the race at any time. It is the responsibility of the athlete to return the timing chip.
- Athletes are expected to follow directions and instructions of race officials and public authorities.
- Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches in any destructive manner during the Race. Using a communication device during the Race will result in disqualification. However bike computers & radars are allowed.
- Cameras, phone cameras, and video cameras are strongly prohibited. Athletes seen with a camera, phone camera, or video camera will be disqualified.
- An athlete cannot physically assist the forward progress of another athlete on any leg of the Duathlon. This would lead to disqualification of both athletes.
- All registered athletes are required to acknowledge and abide by Bhopal Runners Anti-Doping Rules.
- All athletes are requested to honor sportsmanship, follow rules of the event, and respect fellow athletes, volunteers and race officials. Athletes are strictly prohibited from using foul, harsh, or abusive language towards either each other or event officials. Failure to do so may lead to penalty and/or disqualification.
- It is the athlete's individual responsibility to fully understand the rules & avoid penalties. The decision of the race official / organization is final in case of violations.
- Race officials shall have authority to disqualify any athlete.

A helpdesk will be set up to address the queries of athletes at the Start / finish venues.

- Organizers will also hold the right to shorten/omit the swimming course due to but not limited to weather, unforeseen circumstances for triathlon.
- The organizing committee holds the right to modify guidelines, policies and routes if necessary.
- Participants have to follow the existing COVID-19 state Advisory and keep themselves and others safe.



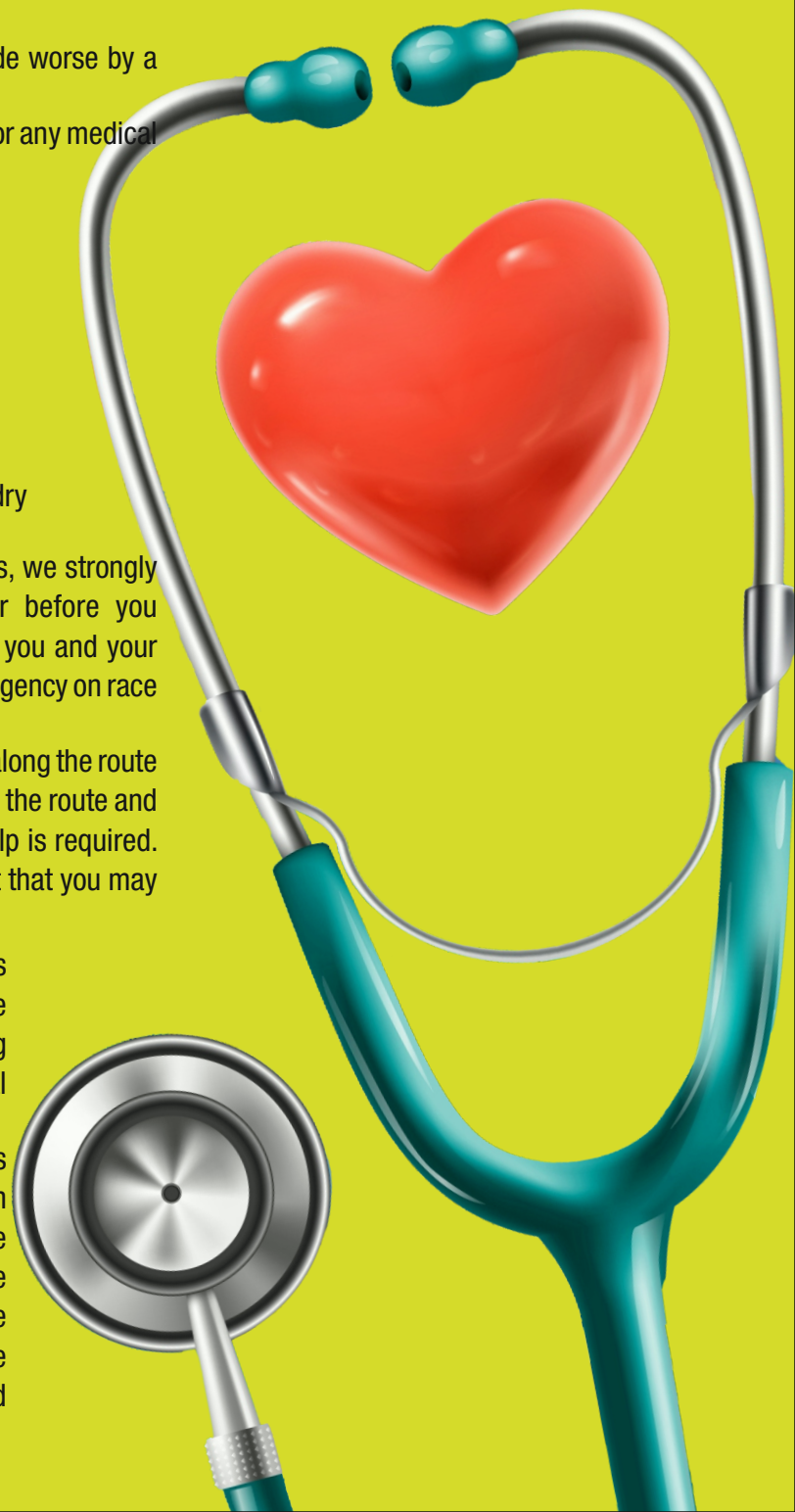
HEALTH ADVISORY

We strongly advocate the safety of every participant & those around you. Please be aware of the latest COVID-19 advisory & protocols by regularly checking updates from the WHO in addition to state public health authorities.

HEALTH PRECAUTIONARY

We strongly urge all the participants to review following questions and consult physician before participating:

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain/ heaviness in your chest when you do physical activity?
- Have you had chest pain when you were not doing physical activity?
- Do you experience palpitations?
- Do you have shortness of breath?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Are you on any prescribed drugs for your blood pressure or any medical condition?
- Do you have family history of heart disease?
- Have you had severe covid 19?
- Are you on post COVID medication /treatment?
- Are you above the age of 55 years?
- Are you pregnant?
- Do you have insulin dependent diabetes?
- Do you know of any other reason why you should not do physical activity?
- Do you have difficulty in breathing, especially in cold and dry weather conditions?
- If you have answered YES to any of the above questions, we strongly recommend that you seek advice from your doctor before you participate. Do not run if you feel unwell. It is unfair to you and your family to risk serious illness and/or suffer a medical emergency on race day. Please stay home and be safe.
- The medical support stations are next to the aid stations along the route and start & finish venue. There will be ambulances along the route and start & finish venue, in case any emergency medical help is required. Please ask for medical help if you have the slightest hint that you may need it.
- Full disclosure of medical condition(s), within the previous 12 months is required. Medical consultation/clearance may be necessary from a physician prior to participating in the event. In all cases, the final decision of medical consideration is at the discretion of the organizers.
- The event is planned and organized with medical services for the safety of all athletes. A large team of doctors, health professionals provides medical support for the participants. Medical stations will be identified by the signage with the Red Cross symbol & are located on the route at the designated areas and as well as at the start/finish line venue (Taran Pushkar) & on course aid stations.



TRI - Smart Checklist

PRE-RACE

- Identification (Photo ID)
- Attend Expo / Athletic Check -In
- Bike Services Tune Up
- Attend Athlete Briefing
- Study Race Courses
- Create a Dietary Plan
- Ensure good heart health
- Train Similar Distances
- Study the route to reach the start venue and plan your travel.
- Familiarize yourself with course and race rules.
- Bike Check –In with stickers on

RACE DAY- RUN

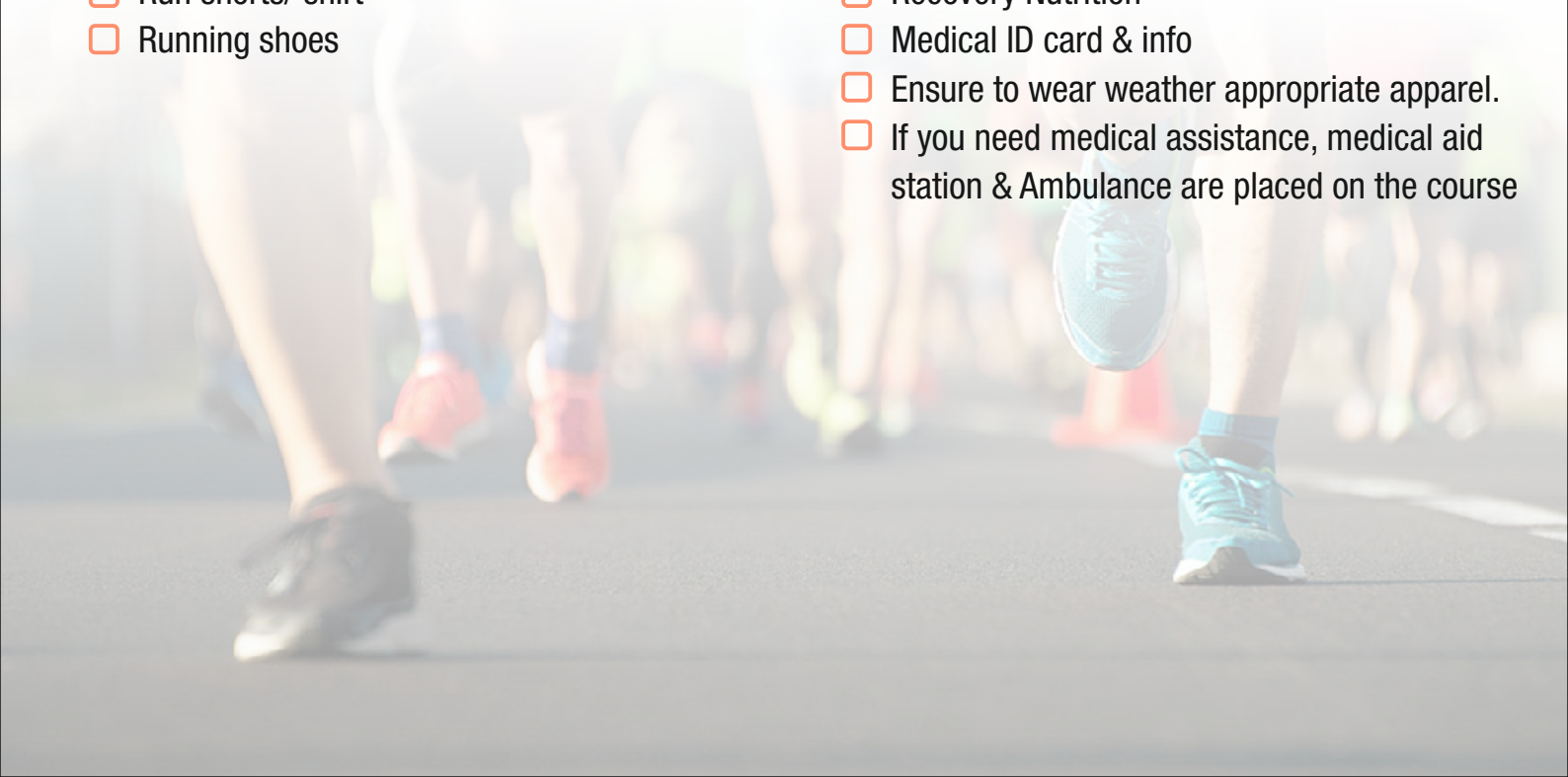
- Fuel Belt if needed
- Race Belt or Safety Pins
- Bib Number
- Hat - Visor Running Shoes
- Socks
- Sunglasses
- Water Bottle
- Run shorts/ shirt
- Running shoes

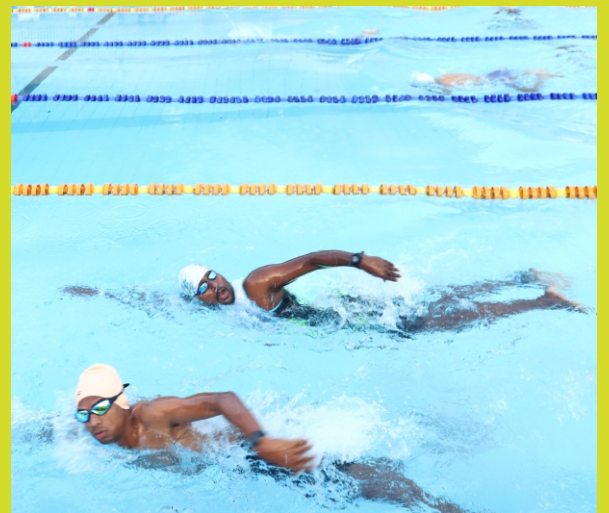
RACE DAY – BIKE

- Bike Pump
- Extra Nutrition
- Extra Bottles of Water
- Sunscreen
- Gloves
- Helmet
- Sunglasses
- Bike Shoes
- Socks GPS Observer or Bike Computer
- Tool bag with spare tubes and repair tools
- BIB

MISCELLANEOUS

- Body Glide
- Antibacterial
- Heart Rate Monitor & Chest Strap
- Hair Ties
- Post-Race Clothing
- Race Map
- Energy bars, gels S Fluids
- Recovery Nutrition
- Medical ID card & info
- Ensure to wear weather appropriate apparel.
- If you need medical assistance, medical aid station & Ambulance are placed on the course





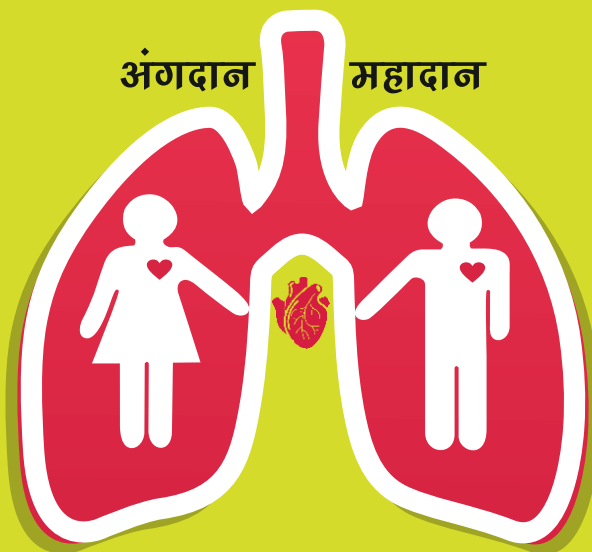


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