

2019

BirdsHillDuathlon.com



WTC Birds Hill Duathlon in the Park Info Sheet

Welcome

WTC Birds Hill Duathlon in the Park is Manitoba's premier duathlon series. Races are held on the **last four Tuesday** evenings in May.

This **Run + Bike + Run** race series has been held annually for over 35 years. It starts & ends in the "East Beach" parking lot. Organized by Winnipeg Triathlon Club, all races will feature great on-site prizes and refreshments for all participants.

Brought to you by



Highlights

- ▶ **Pre-register for all four races** before 11:59 PM CDST Saturday, April 20th, 2019 and receive a \$20 gift card from Woodcock Cycle Works.
- ▶ Timing provided by Steve from Results Canada. Note there is a \$40 charge if you lose your timing chip.
- ▶ Online registration for each race **closes at 11:59pm CDST** on the previous **Saturday**. Walk up registration is available for an additional \$5 if the race is not sold out.
- ▶ BBQ will be held at the last race, weather permitting. Grand Prize Draws will occur at the last race no matter what the weather.
- ▶ Gift certificates, generously donated by Woodcock Cycle Works, will be awarded for category winners.
- ▶ \$20 Woodcock Cycle Works gift certificates will be given to 3 randomly selected racers at each race.

Race Distances

Ages are based on the end of this year (Dec 31)

- ▶ Adult Short (Ages 16+) **2km Run + 13km Bike + 2km Run**
- ▶ Adult Long (Ages 18+) **4km Run + 24km Bike + 4km Run**
- ▶ Kids of Steel Short (Ages 6-11) **200m Run + 2km Bike + 400m Run**
- ▶ Kids of Steel Long (Ages 12-15) **200m Run + 13km Bike + 2km Run**

You can switch events without penalty on race day when you pick up your race bib. Note doing so takes some time so plan accordingly. Registration cannot be transferred between racers or race dates. **No refunds will be given.**

All racers must have Triathlon Manitoba insurance to race in any of the Birds Hill Duathlon in the Park events. You are insured if you are a Tri Manitoba member. If it cannot be established that you are when you register for a race, you will be charged **\$10 for Tri MB 1 day insurance**. A refund will be made if it is later established that you were a member on race day. Note that Tri MB insurance does not provide any personal injury coverage.

Important Times

5pm Registration Opens	6pm Walk-Up Registration Closes	6:15pm Pre-Registration Check-In Closes	6:30pm Pre-Race Meeting
6:45pm KOS Short Course Start	7:05pm Adult Long Course Start	7:10pm Adult Short Course Start	7:12pm KOS Long Course Start

Fees

Adult

Online price:	\$20
Walk-ups (non pre-reg)	\$25
Non Tri MB members:	add \$10

Kids of Steel (KOS)

Online price:	\$10
Walk-ups (non pre-reg)	\$15
Non Tri MB members:	add \$10

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Continuing From Last Year

- ▶ Only pre-registered/paid racers have until **6:15pm** to sign in and pick up their timing chip and race bib. You will not be permitted to race otherwise.
- ▶ On site registration booth opens at 5:00pm and **closes at 6:00pm**. Any new walk-up registrations not in line by 6:00pm, will not be processed or permitted to race. We encourage online registration to save yourself time and the \$5 walk-up fee.
- ▶ Race bibs are not required on the bike course. Forward facing race bibs are **MANDATORY** on the run course. Race belts are encouraged.
- ▶ Cash or cheque (payable to **Winnipeg Triathlon Club**) only at walk up registration.

General

Food

Bananas, oranges, cookies, and refreshments will be available after each race, but only enough to help tell a few war stories. Fruit is generously provided by **Vic's Fruit Market**.

New & Notable

- ▶ **Para-athletes:** Please contact the Race Director, John Gray, at du.in.the.park@gmail.com as soon as possible so we can make arrangements.
- ▶ A race may be canceled by the Race Director/Tri MB Officials if conditions (e.g., severe weather) dictate doing so. Racers are not entitled to a refund or a gratis entry in a subsequent race if a race is canceled for reasons beyond the Race Director's control.

Cutoff Times

For the safety of volunteers, race staff, and racers, there is a bike cutoff time in the Adult Long race. If any part of a racer's bike has not crossed the dismount line within **1 hr 25 min** of the start of the race, the racer will not be permitted to start the second run. The racer will be assigned a DNF (did not finish) in the race results.

Our Sponsors



Join WTC

You can join the Winnipeg Triathlon Club for \$50 (renewing members pay \$25 – KOS pay \$10).

Club membership includes Tri MB membership until March 31, next year. Email wppgtriclub@gmail.com for more information.

Grand Prizes

Gift Card from City Park Runners

\$200/Adult Male + Female

\$150/KOS Male + Female



\$350 Bike Fit with Woodcock Cycle Works



How are the Grand Prizes Drawn?

When a name is drawn at the final event, you **MUST** be present to win a prize; otherwise there will be a re-draw.

1. At each of the 4 races in the series, 7 names will be randomly drawn from the day's race participants and placed into the perpetual hat. These names will qualify for a chance to win at the final draw. If a name is drawn more than once, there will be a re-draw.
2. One additional name qualifier will be drawn each race from the early bird 4-race bonus registrants.
3. A total of 32 names will be drawn over the 4 races.
4. At the last race, one winner will be drawn after the adult races are complete. You must be present to win a prize; otherwise there will be a re-draw.

Prize Money

▶ There are 2 series winners (one male and one female) for each of the 4 race series (KOS Short and Long, Adult Short and Long). That's 8 winners total. Each winner will be mailed a \$25 Woodcock Cycle Works gift certificate.

▶ The points earned by the winner of each of the age group will be compared (**best 3 of 4 races**). The racer with the most points wins their category of race series. In the event of a tie (e.g., each racer has 150 points), the racer with the fastest time in any of the series races will be the winner.

▶ Point Values

1st	2nd	3rd	4th	5th
50pt	40pt	31pt	23pt	16pt

- ▶ In the event of a tie within an age group, the racer with the fastest time in the last race the tied racers raced head to head, will be declared the winner.
- ▶ Decisions made by the Race Director regarding all aspects of the race series are final.