



**KOLHAPUR  
SPORTS CLUB**



**TRIATHLON & DUATHLON**



#FitKolhapur

# Athlete Guide

Triathlon Pioneers of South Maharashtra

**5<sup>th</sup> Edition**

**10<sup>th</sup> Sep, 2023**

[www.kolhapursportsclub.com](http://www.kolhapursportsclub.com)



# A Welcome By Kolhapur Sports Club

We are extremely overwhelmed to welcome you to KSC's Triathlon & Duathlon 2023– 5<sup>th</sup> Edition. We are very proud to have you as our participants and heartily encourage you accomplish the race. During the race day and the event you will be with good company with almost 1000 plus participants from all over globe as well as our amazing team of volunteers and race hosts. Kolhapur Sports Club's Triathlon and Duathlon has carved a special place in the hearts of triathletes to come visit the City of Kolhapur and compete in one of the grand sports event of Maharashtra. We have set a bar as the **'Triathlon Pioneers of South Maharashtra'**

What stands this triathlon out of box is the open water swimming field that is Rajaram Lake. As each one of you will stand on the start line ready to undertake this challenge, your adventure story will begin. We assure you that you will go back with happy moments, great experience and stories to share. Talking about the KSC, we are a non-profit sports club registered with the Charity Commission of Kolhapur. The club was formed by a team of athletes and triathletes from different age groups, profession and sports background, who had the passion to bring about a positive change in the society. Since 5 years, the member athletes have participated in various national and international marathons as well as triathlons and in a short span of time, most of them have achieved titles such as Ironman or Ironman 70.3, while the rest have at least achieved podiums in national events.

The motto of the club is to reintroduce people, especially the younger generation to the pleasure of playing a sport on field.

Thus, all of us being the hard-core sports enthusiasts, we look forward to providing you a memorable experience from the start line to the finish line, and we wish you a safe and successful race. See you at race!

Team KSC.

# Saturday - 9th Sep 2023

Time	Activity	Venue
7.00 to 9.00 AM	Practice Swim	<b>TBA</b>
10 AM	Inauguration of Expo	
10.30 AM to 6 PM	Check-in of Athletes & Bib Collection	
4:00 PM to 5:00 PM	Briefing Session – Q &A session	

## ABOUT EVENT:

Race Day : 10th Sep 2023

Start Hub : TBA

Sub Categories: Male / Female  
(Age 16/18 to 30 ) (Age 31 to 45 ) (Age 45 Above )

# Duathlon



Categories	Distance	Time	CutOff
Olympic Duathlon	Run 10 km , Cycle 40 km, Run 5 km	6:00 am	Run - 10 km - 1 hrs 45 Mins
			Bike - 40 km - 4 hrs 45 Mins ( Run + Bike)
			Run - 5 km - 6 hrs ( Run + Bike + Run )
			Overall CutOff -off time 6 hrs
Sprint Duathlon	Run 5 km , Cycle 20 km, Run 2.5 km	6:15 am	Run - 5 km - 1 hrs
			Bike - 20 km - 2 hrs 45 Mins ( Run + Bike)
			Run - 2.5 km - 3 hrs 45 Mins ( Run + Bike + Run )
			Overall CutOff - 3 hrs 30 Mins

# Triathlon

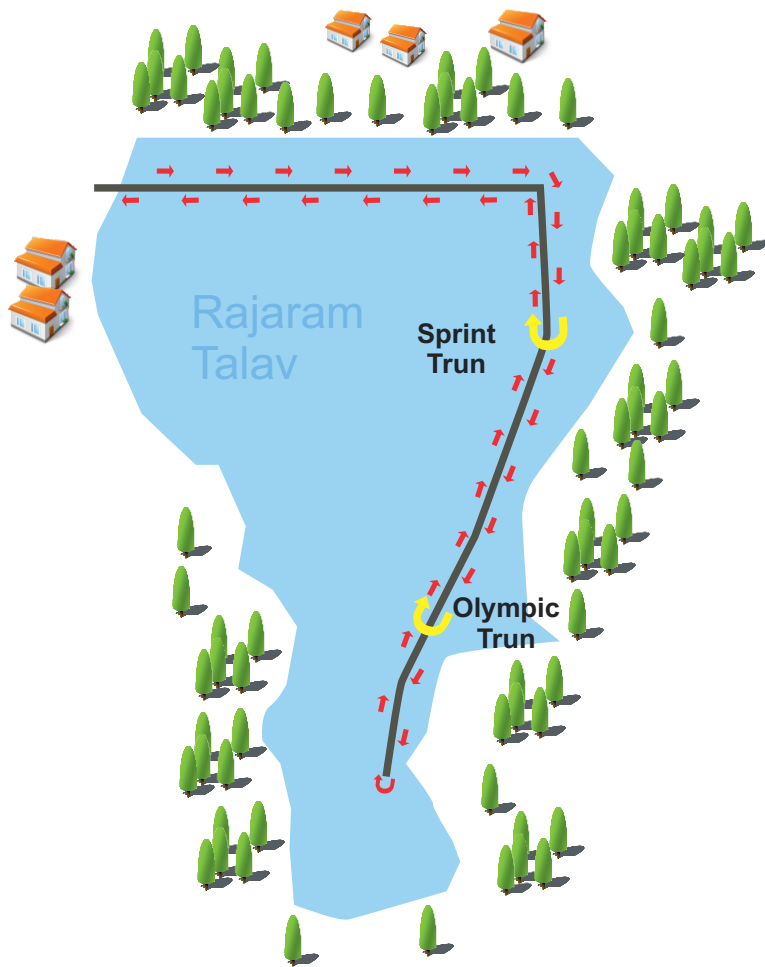


Categories	Distance	Time	CutOff
Half Iron Distance Triathlon	Swim 1.9 km , Cycle 90 km, Run 21.1 km	6:30 am	Swim - 1.9 km - 1 hrs 30 Mins
			Bike - 90 km - 6 hrs 30 Mins ( Swim + Bike)
			Run - 21 km - 10 hrs ( Swim + Bike + Run )
			Overall CutOff - 10 hours
Olympic Distance Triathlon	Swim 1.5 km , Cycle 40 km, Run 10 km	6:45 am	Swim - 1.5 km - 1 hrs 15 Mins
			Bike - 40 km - 4 hrs 30 Mins ( Swim + Bike)
			Run - 10 km - 6 hrs ( Swim + Bike + Run )
			Overall CutOff - 6 hours
Sprint Distance Triathlon	Swim 0.75 km , Cycle 20 km, Run 5 km	7:00 am	Swim - 750 mtr - 1 hrs
			Bike - 20 km - 2 hrs 45 Mins ( Swim + Bike)
			Run - 5 km - 3 hrs 30 Mins ( Swim + Bike + Run )
			Overall CutOff - 3 hrs 30 Mins
Relay Triathlon (Half Iron Distance Triathlon)	Swim 1.9 km , Cycle 90 km, Run 21.1 km	6:30 am	Swim - 1.9 km - 1 hrs 30 Mins
			Bike - 90 km - 6 hrs 30 Mins ( Swim + Bike)
			Run - 21 km - 10 hrs ( Swim + Bike + Run )
			Overall CutOff - 10 hours

# Sprint Run



Sprint Run	5 KM	7:30 am	Cutoff- 1 hour
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# SWIM



**10<sup>th</sup> SEP, 2023**

Start / Finish Point : TBA

## Please Note :

SWIM discipline will have Rolling swim start which involves a slow release of athletes in to the swim course.

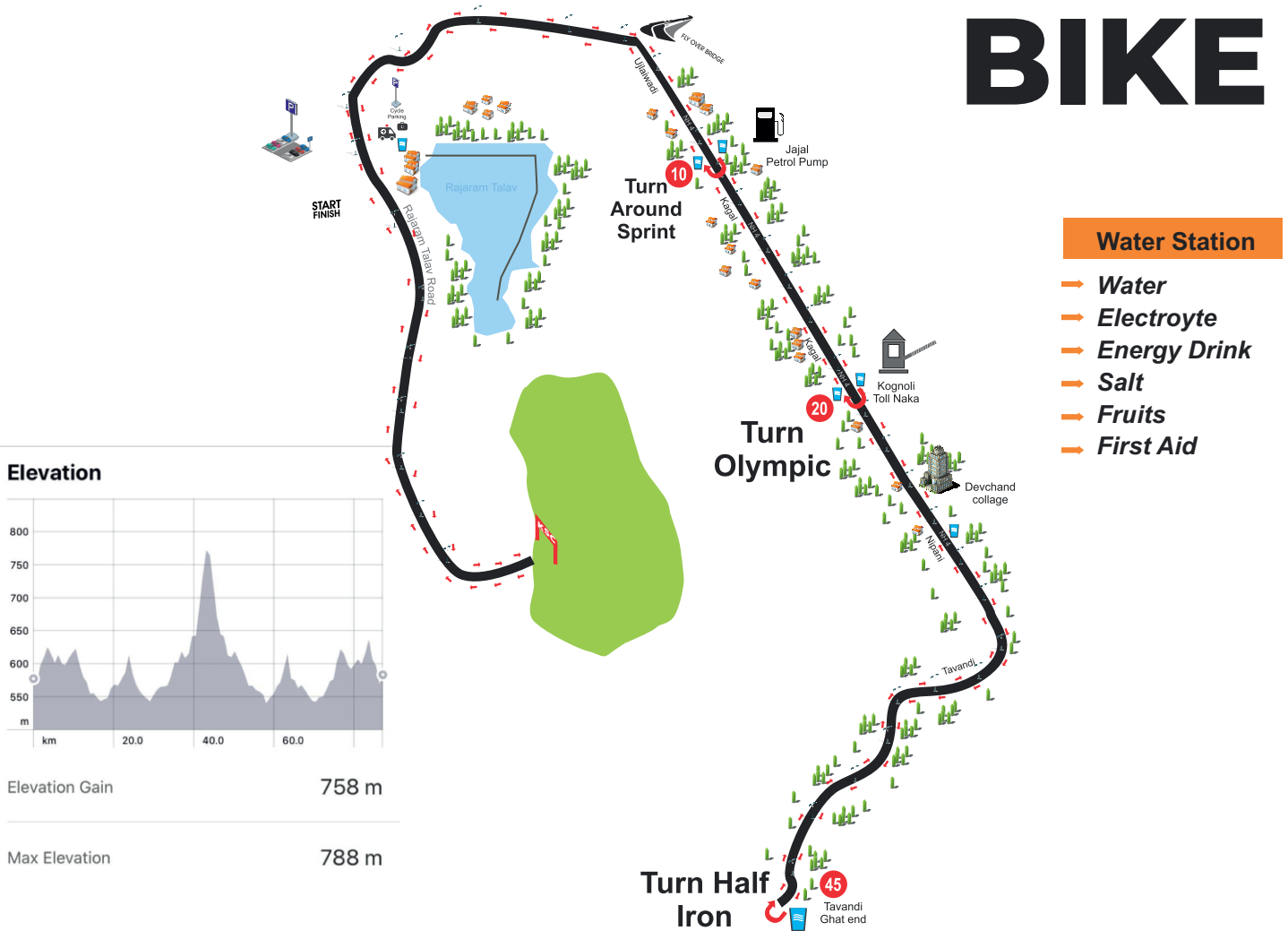
SWIM SUPPORT: There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of boats, rafts etc. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid.

1) During swimming you can hold boat/rope/kayak for a while if you are exhausted and you can again continue your swim.

2) During swimming if you are taken out of the swim by rescue team then only you are disqualified

3) Swimming Buoy is permitted to the athletes under following condition. The participant has to inform by mail or at registration counter. The participants who are using Buoy will get the Completion certificate but he will not be considered for rank in the Event.

# BIKE

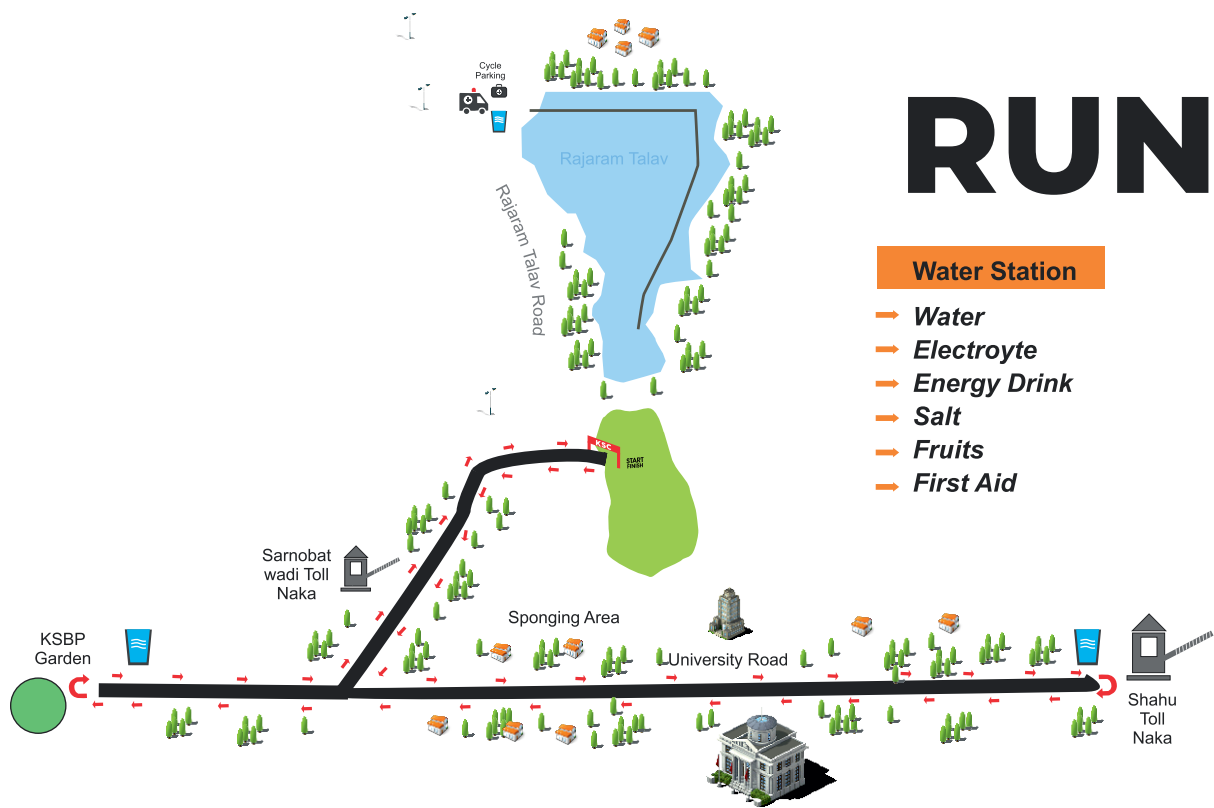


## Please Note :

BIKE NOTE : Helmet is compulsory for each and every participant for their own safety, you wouldn't be allowed to ride the bike if you have no helmet. Majority of the Bike Course will be a closed one, but will have managed live traffic crossing points with priority given to participants.

Keep a specific distance between you and the cyclist in front of you in order to avoid any mishap.

Riding on the right side of an athlete without passing or riding on the right hand side of the bike lane when clear of other athletes. Drafting is strictly prohibited.



## Please Note:

- 1) There will be loops for running, after completing every loop you will receive a band. Make sure you collect all your bands.
- 2) There will be 3 Aid Stations on the route.

**RACE REQUIREMENTS:** Triathlon Cloths – Top & Bottom, Sunscreen, Running Shoes, Bike Tire Pump, Bike – air checked tyres, Bike wrench, Bike Carrier, Tire changing supplies, Bike Shoes, Extra pair of socks, Swim Goggles, GPS watch, Wetsuit – Swimsuit, Race belt, Bike Helmet, Plastic bag for wet swimsuit, Sunglasses, Visor or Hat, ID, Sport Guard, Water / Hydration, Extra pair of cloths, Nutrition – gel packets, Energy Bars, Medications, Vaselline, Transition bag, Smile.

## **AID STATIONS**

Aid stations will have Water, Energy drink, Banana, Orange, Dates, salt, Chips, etc

Bike Course - 4 Aid stations

RUN Course - 3 Aid Stationd

1. Post swim - Transition
2. Lakshmi Tekaddy(10km U-turn)
3. Kognoli Toll Naka(20km U-turn)
4. Nipani Flyover
5. Tawabdi Ghat(45km U-turn)
6. Ksbp Chowk
7. DOT Climb
8. Shahu Toll Naka
9. Main Hub



# Disclaimer

KSC Triathlon & Duathlon (henceforth referred to as "The Race") will be governed by the Race Committee and the Race Director. We shall have complete discretion in formulating and applying all rules and penalties. These rules may be modified or altered at the sole discretion of the Race Committee and the Race Director at any time. The official language of the race are English and all competitors are responsible for reading and understanding these rules, race signs, directions and any oral instructions given before and during the race. Race Committee reserves the right to impose time penalties or to disqualify athlete, for conduct in violation of these rules and contrary to the best interest of the Race. The decisions of the Race Committee are final and cannot be appealed except for the protest. All decisions by the Race Director regarding the results and the prizes will be final and binding on all the race participants. It is MANDATORY for all the athletes to collect Race Kit before race. Please carry proof of registration such as a payment receipt / e-receipt or e-mail printout to collect Kit bag. If you are unable to collect your race kit personally, you can send a person with the Authorization letter, duly filled in and signed by you, to collect it on your behalf along with receipt .No Race kit will be given on Race day. All rights, title and interest including but not limited to the Intellectual Property Rights, in the promotional material(s) / the race and in any and all entries received shall vest solely and exclusively with RACE COMMITTEE / ORGANIZERS at all times. RACE COMMITTEE / ORGANIZERS or any person or entity permitted by RACE COMMITTEE / ORGANIZERS in this regard shall be entitled to use the entries received or any information in connection with the entry in any media for future promotional, marketing, publicity and any other purpose, without any permission and/or payment to the Participant. Under no circumstance, shall RACE COMMITTEE / ORGANIZERS and/or their directors, employees, officers, affiliates or subsidiaries, be liable to the Participant and/or any third party for any lost profits or lost opportunity, indirect, special, consequential, incidental or punitive damages whatsoever, even if RACE COMMITTEE / ORGANIZERS has been advised of the possibility of such damages. The Participant specifically agrees not to file in person/through any family member and/or any third party any applications, criminal and/or civil proceedings in any courts or forum in India against RACE COMMITTEE / ORGANIZERS and/or their directors, employees, officers, affiliates or subsidiaries to claim any damages or relief in connection with the Race and shall hold harmless RACE COMMITTEE / ORGANIZERS, its affiliates, its group companies, their employees, officers, directors or any other person and/or sponsors from any claim/liability/losses (including legal fees) arising out of and in relation to any injury/damage/harm/loss/ death/ mental or emotional trauma suffered by the participant(s) in any manner whatsoever in connection with the Race. RACE COMMITTEE / ORGANIZERS shall not be liable to perform any of its obligations under the Race where it is unable to do so as a result of unforeseen circumstances or circumstances beyond its reasonable control. RACE COMMITTEE / ORGANIZERS excludes all liability whatever for any costs, expenses, damages, liability, injury or disappointment suffered by you arising out of or in any way connected with the Race. RACE COMMITTEE / ORGANIZERS are empowered to take a decision on any case not covered under these Rules and Regulations. Photographs & Videos taken during the briefing and on race day can be used for the purpose of promoting the event and email data and contact number of participants can be used for promotional purpose. Participants should be Physically Fit with No Personal History of any Disease Incapacity him to undergo the physically challenging RACE. Participants should have a life insurance. The Race Director has the right to disqualify any participant on grounds of indiscipline or indecent behavior or any such action that is detrimental to the conduct of the race. Once the final results are declared; no protests, arguments or any such action will be entertained. The Race Director can alter, amend or change the course of the race as well as the rules and regulations without any prior notice and would be binding with immediate effect. All decisions by the Race Director regarding the results and the prizes will be final and binding on all the race participants. Prizes will depend upon the number of participants registered in the category. For all 3 prizes to be available for claim, the minimum number of registration in that respective sub category should be 10 . If number of entries in sub category is between 5 to 10 ,then only the first and second position will be awarded . If the number of entries in a respective category is below 5, then only the first position will be awarded. Please note that the result announced on Event day is a provisional result, final results will be declared in couple of days. All the trophies and certificates will be delivered to winners in 15 working days after race. All decisions by the Race Director regarding the results. Protest will be entertained on Email to kolhapursportsclub@gmail.com within 4 days after event.

**Please make sure fellow athletes and volunteers are respected by each and all. No littering.**



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# Thank You

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