



triandrun Ballbuster

Saturday 21 March, 8am

8 mile run, 24 mile bike, 8 mile run



Thank you for entering the Spring Ballbuster.

The race takes you over "the Hill" a total of five times, twice on foot and three times in the saddle. It is a severe test of stamina and should not be taken lightly. It is the equivalent of a marathon and should be treated with the utmost respect. Many fail each year!

Conditions are always challenging. Over the years, the weather has been bitterly cold, damp and cool, warm and sunny, and we have had rain all day. Make sure you dress accordingly. triandrun have a number of specialist products for racing in all sorts of weather.

Ring triandrun 020 8500 4841 for clothing advice.

Extreme care must be taken in all aspects of the race. Marshals, first aid and support back-up services will be available. **Please read the following briefing carefully.** If you don't understand any areas then please ask at the help desk on race day. For important queries, phone 07885 964 664 between 11am and 6pm.

DIRECTIONS

To get to Box Hill, exit the M25 Junction 9 and follow signs to Dorking along the A24. After 3 miles, Box Hill is signposted on your left. You must make your way to the top of Box Hill to the National Trust Centre, which is the race HQ and transition area. There is a large car park at the top for 400 cars, which is free for competitors. However, the general public must also use these car parks; therefore, your car will be **blocked in until the event** is finished i.e. around midday.

Important; Please make sure you are there by 7.00am. We will start on time- 8am.

Spectators must pay the £3 parking fee. Please do not park on the bike route, as you will be a hazard! Any cars parked outside the official car parks will be towed away and charged.

REGISTRATION (please bring some identification along)

Register as soon as you arrive and collect your BB race shirt. You will also get your race number and sticky bike label (put on top tube) and helmet label (put on front). NON BTF members must pay the non member levy of £5. BTF members please show your licence.

Walk your bike and gear to the transition area and rack your bike. There is a café, (take away only) which will be open from 6.30am, which is next to the car park and toilets. Unfortunately there are no changing and showering facilities. At 7.45am there will be a last minute briefing.

Race number

You will be given 1 number, please wear the number on your FRONT AT ALL TIMES. (If it is cold a cycle top can go over it) The number must not be folded, cut or mutilated in any way. One small sticky number is to go on your top tube as a security measure, and the other is for the front of your cycle helmet.

RACE STRATEGY

Try and complete the two run sections at the same even pace, even if you have to slow down during the first run. Many people go far too hard on the first run and have nothing left for the final run. You have been warned.....

THE FIRST RUN

Run anticlockwise around the loop. There will be one drinks station at the 4 mile mark where water will be provided.

Take the first run at a comfortable even pace. Try and run both the first and second runs at the same pace.

Make sure you drink enough! Have a full bottle of your own energy drink ready after the run.

We recommend you use SiS energy gels.

THE BIKE (3 laps)

No cycling is allowed in the transition areas. You must walk your bike in and out and your helmet must be fastened at all times until your bike is racked. If not, you will be penalised for a helmet violation.

The bike is 3 loops of the tarmac road.

It is up to you to check you know the route and you must adhere to the **Rules of the Road. Please do not cross the central white line or make any dangerous manoeuvres. Any violations spotted by a marshal will be penalised by time penalties or disqualification.**

Extreme care must be taken on this hard and technical bike course. At this time of the year there will be a lot of grit, leaves, mud and animal droppings on the road, so please be extra cautious on the bike loop especially on the bends. You need to complete the 3 loop bike leg by 11am or you will not be allowed out to do the final run. This is the cut off time.

Make sure you put on an overjacket or gilet as you start the bike, also put on gloves that cover your fingers - you have been warned - we have had hypothermia cases in previous years! You should wear adequate warm clothing for the bike as you will get very cold on the descents.

Don't forget to eat and drink on the bike.

Have a full bottle of your own energy drink ready on the bike. We recommend you use SiS energy gels.

THE SECOND RUN

This takes you once more round the 8-mile loop. Save some energy, otherwise it's a long walk!

The trick is to try and run both runs at an even pace.

Your number must be clearly visible on your front for both runs. First aid and marshal cover will be available until 12.00pm (4 hours) and then withdrawn.

If, in the opinion of the race director, weather or road conditions become unsafe for competitors i.e. ice and snow, then a 16-mile running race will take place instead of the Duathlon. The decision will be final and no appeals will be considered.



PRIZEGIVING

Prizegiving will be at 12.15pm near the café.

One prize per person only.

Prizes will be awarded to:

Male & female overall: 1-5; male & female 40-49: 1-5;

male & female 50-59: 1-3; male & female 60+: 1-3.

POST EVENT

When you leave, please drive in the direction of the race - anticlockwise. It's safer and means you don't go down the narrow zig zag.

Post race meal: Reload at the Smith&Western restaurant (first building on the right 500m after the start). Show your race number or race shirt and get a 10% discount on the whole bill. American style catering with big portions. Park at the back. Discount available till 3pm.

See: www.smith-western.co.uk

Finally, enjoy the race. The marshals are there for your safety and the occasional thank you does wonders.

We are honoured to hold the race in such a beautiful environment. Please respect the area, keep it clean and tidy. Take your rubbish home and smile at the locals!

Human Race Events coming up:

16 mile Kingston Breakfast Run: 5 April.

Eton Sprint Triathlons: 23 & 24 May.

SteelMan Triathlon: 5 July

BananaMan Triathlon: 12 July

Ballbuster: 7 Nov 09

Merrell Mudman off road run & MTB Duathlon: 21 Nov

Please regularly check the website for upto date information, road works, weather etc.
good luck and see you soon.

www.humanrace.co.uk

John Lunt and the Human Race Team



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