



Duathlon China - Shanghai Triathlon Club

两项赛 — 上海铁人三项运动俱乐部

Shanghai Duathlon 2008 – Race Schedule (tentative)

Standard Distance (Age Groups)

Date	Time	Venue	Activity	
Oct. 11	14:00–19:00	Giant Bike Shop at 2070 Zhangyang Road (Close to Metro Line6 North Yangjing Rd station)	Q&A, sign Participant Statement, pick up race packages with effective identification, etc (details please refer to the newsletter about the race on www.duathlonchina.com web site)	
Oct. 12	6:30–7:00	Metro Line2, Longyang Road subway station	Gathering place for athletes with bikes who need transportation (suggest to place the race numbers on the bikes before hand)	
	7:10	Longyang Road. → Dishui Lake	The trunk loaded with bikes leaves for Dishui Lake	
	7:30–8:30	Longyang Road. → Dishui Lake	7:30: Bus leaves Longyang Rd at 7:30 on time 08:30: Bus reaches Dishui Lake	
		Dishui Lake	Special Notice: athletes driving to Dishui Lake from outside of Shanghai who cannot pre-check in on Saturday must arrive at Dishui Lake before 8:30 and check in.	
	8:30–9:10	Dishui Lake (HuanHu #1 Road @ Lingang Avenue)	Opening Ceremony (brief explanation of race rules)	
			Race venue check (cycling one loop around the lake)	
			Exchange Area open (safety check on bikes and helmets, bike placement in exchange area)	
	09:10–9:30	Dishui Lake	Warm-up	
	9:30		Race Begins (1 st segment – running 5km)	
	9:50		2 nd segment – biking predicted to start (total 42.5km)	
	11:00		3 rd segment predicted to start (10km)	
	11:40		Top finisher predicted to arrive at the finish line	
	13:30		Race closes (gate time: 4 hours)	
	13:30–13:50		Recovery time	
	13:50–14:30		Awards ceremony	
	14:30		Dishui Lake → Longyang Road	Leaves Dishui Lake for Longyang Road
	15:30		Longyang Road	2008 Duathlon Race successfully completes

Duathlon China

website: www.duathlonchina.com
email: duathlonchina@gmail.com

Shanghai Triathlon Club

website: www.shtri.com
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My First Duathlon

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	7:30–8:30	Longyang Road. → Dishui Lake	7:30: Bus leaves Longyang Rd at 7:30 on time		
		Dishui Lake	08:30: Bus reaches Dishui Lake		
	8:30–9:10	Dishui Lake (HuanHu #1 Road @ Lingang Avenue)	Opening Ceremony (brief explanation of race rules)		
			Race venue check (cycling one loop around the lake)		
			Exchange Area open (safety check on bikes and helmets, bike placement in exchange area)		
		09:10–9:30	Dishui Lake	Warm-up	
				9:35	Race Begins
				11:40	Top finisher predicted to arrive at the finish line
				12:35	Race closes (gate time: 3 hours)
				12:35–13:50	Recovery time
				13:50–14:30	Awards ceremony
				14:30	Dishui Lake → Longyang Road subway station
	15:30	LongYang Road	2008 Duathlon Race successfully completes		

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