

# RACE GUIDE



**COWMAN, LONGHORN, CALFMAN & STAMPEDE**

## WHO WE ARE

Big Cow Events was started in 2003 to host multisports events in the Milton Keynes area. Over the years we have hosted a huge range of events including National Championships and our classic Cowman triathlon.

From 2017 onwards we will be partnering with Results Base Ltd to bring even more events to you and expand our portfolio of high quality events.

Big Cow's aim is to secure the safety of all athletes who are competing in our events. With this in mind we provide a team of well-trained, experienced stewards and crew, to aid your race, maintain the rules, but also make the experience an enjoyable one.

## THE COWMAN DUATHLON

The Cowman returns this October for our first duathlon. Slightly differing from the Cowman theme, this duathlon will offer four different distances: The Cowman, Longhorn, Calfman and Stampede across our tried and tested routes in the beautiful location of Emberton Country Park. For those who have completed the Cowman Triathlon, the run and the bike sections are the same...but as ALL of us duathletes will know, run, bike, run is way more of a challenge.

We will look after your every need from the time you arrive into the park to the time you leave, the rest is down to you!



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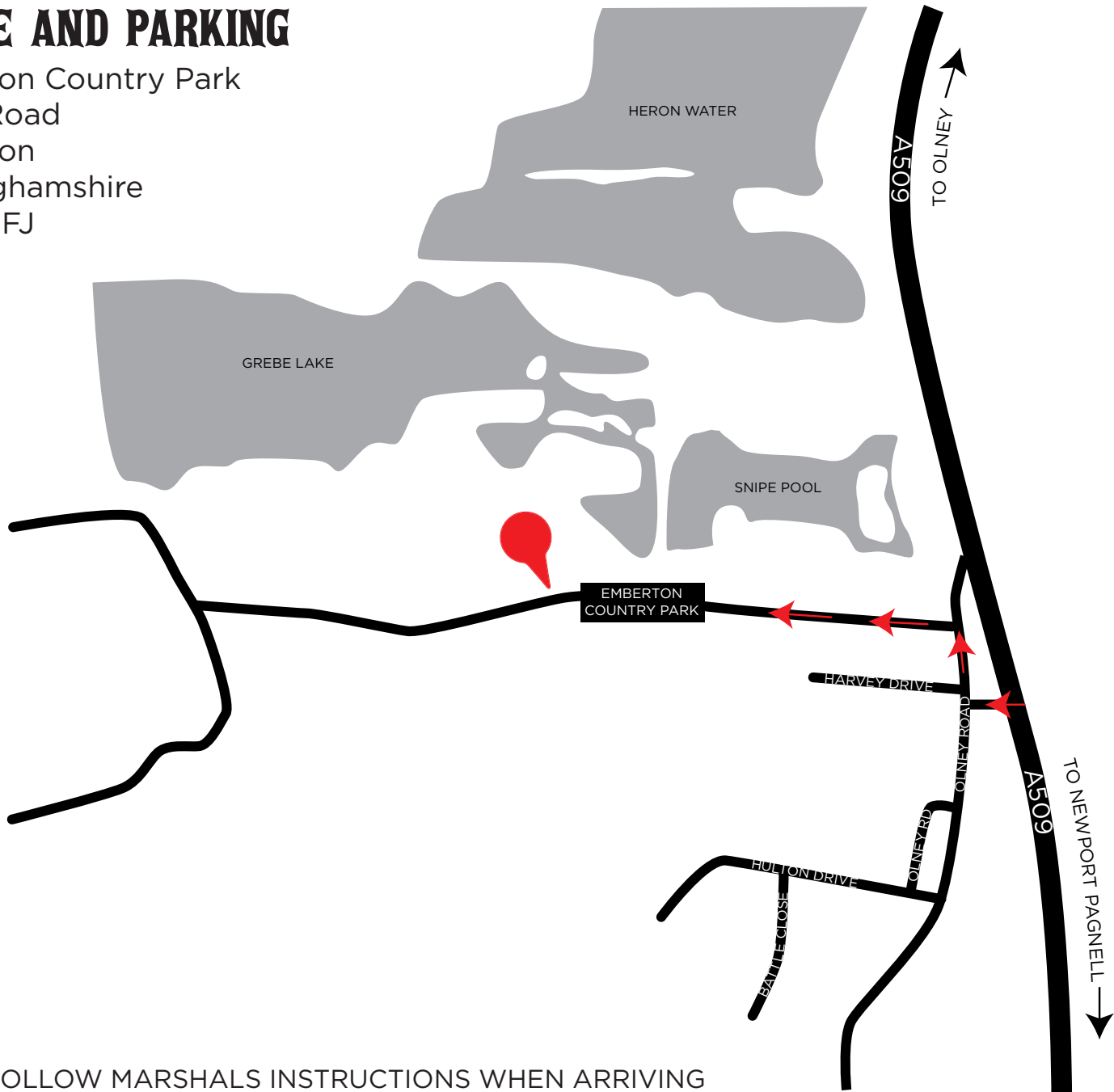
# RACE GUIDE

# BIG COW

## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### VENUE AND PARKING

Emberton Country Park  
Olney Road  
Emberton  
Buckinghamshire  
MK46 5FJ



PLEASE FOLLOW MARSHALS INSTRUCTIONS WHEN ARRIVING  
WE HAVE ENOUGH FREE PARKING INSIDE THE VENUE FOR ALL CARS.



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# BIG COW

# RACE GUIDE



## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### REGISTRATION

We do not send race packs in the post. Registration will be held in the white marquee marked registration at the event venue. The times you are able to collect your pack are:

SUNDAY 06:00-08:30

### WHAT'S INSIDE?

Inside your race pack your race pack you will find:

- Race number x 2
- Bike Sticker set
- Ankle strap with chip attached (place on LEFT ankle)
- 8 pins

Any unaffiliated participants would have already pre-purchased an 'On the Day' BTF license when they entered. An electronic copy will be sent out to all participants unaffiliated which they will need to download prior to the day of the event. Failure to race without one could result in disqualification.

### TIMINGS FOR THE DAY

06:00	Registration/Transition Opens
07:15	Cowman Race Briefing
07:30	Cowman Wave Start
08:00	Longhorn and Calfman Race Briefing
08:15	Longhorn and Calfman Wave Start
08:30	Stampede Race Briefing
	Registration/Transition Closes
08:45	Stampede Wave Start



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## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### RACE INFORMATION

#### RACE BRIEFING

All of the competitors must attend the briefing prior to the start of their race, which will be by transition. In this briefing any hazards will be highlighted and explained. You must attend in order to get the correct information before the race starts.

#### RUN

The run route is on mixed terrain, firstly running around the country park. After a short spell on compacted grass, the remainder is on the road. After 1.5km you will be faced with a short off road, again on compacted grass and including a steady incline up-to the highest part of the course; the remainder of the route has the benefit of being downhill, fast and on tracks and roads. A tip for this course is to take the first run within yourself, still hurting, but not quite flat out. Make sure your race number is on your front for that photo finish!

#### BIKE

##### HELMET

A correctly fitting cycle helmet is compulsory and must be worn for the cycle section. Approved cycling safety helmets of ANSIZ90.4, SNELLB90, EN1078 or an equivalent national standard must be worn by competitors. NB: A CE mark is NOT an approval mark.

##### BIKE PASSING CONDUCT

It is the overtaking cyclist's responsibility to make the pass safely.

##### BIKE COLLECTION

Once all the cyclists are in from the bike section, transition will be open for bike collection. Please go in where directed by a marshal.



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### RACE INFORMATION

BIKE

DRAFTING

DIAGRAM 1: Distance of drafting zone for ALL competitors



DIAGRAM 2 Drafting

A has overtaken B and B is now drafting the lead cyclist A.

B must drop out of A's draft zone before attempting to repass A.

A must move to the left hand side of the road when safe.

B can only overtake A on A's right hand side.

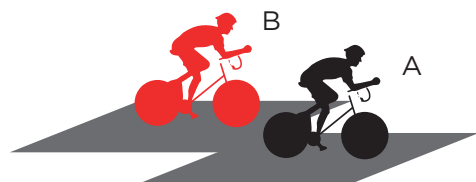


DIAGRAM 3 Drafting and not drafting

A and B are maintaining adequate separation. C is not attempting to pass B, C is drafting B. A and B are not drafting.



REFEREE FOR THE DAY:

PAUL HESTER



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## RACE INFORMATION

### ALL DISCIPLINES

- Competitors are responsible for their own safety and for the safety of others.
- Competitors must take responsibility for knowing the technical and competition rules and for abiding by them.
- Competitors must ensure they are properly prepared for the event and ensure their equipment is suitable and fit for its intended purpose.
- If your race contains laps it will be your responsibility to count these.
- Timing chip must be worn on your left ankle. No chip, no time.

### TRANSITION RULES

- All our races are non-drafting events (time penalties apply)
- Officials and competitors are the only people allowed in transition
- Bike labels/numbers must be on bikes and helmets before entering transition
- Race numbers must be on the front for the run and on the back for the bike
- No marking positions in transition
- You must rack your bike in the allotted space
- iPods, MP3 players, other music players or mobile phones are prohibited during the race
- No bikes will be allowed out of transition until all the competitors have completed the bike section of the race. An announcement when bikes are available will be made from the race director.
- No nudity in transition
- Glass containers must not be used in transition
- Your race number and your bike number must be the SAME in order to remove your bike



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### RACE INFORMATION

#### SPECTATORS

The run is on public pathways, if you do wish to spectate on the run course then please do so without obstructing any runners.

The bike is on open public roads, we ask that for your safety and the safety of riders you do not try to drive on to the course to spectate. You will be able to view riders from immediately outside Emberton Park.

Things to help us make our race safe, help competitors and not obstruct them:

- Please don't block entrances or exits to transition.
- Please don't lean on barriers for health and safety reasons.
- If you need to cross the course please look both ways and respect the steward if they ask you to wait.
- Dogs are welcome but PLEASE keep them on leads in the main field. Also remember to bring enough supplies to clear up after your dogs, this is a country park.
- The main thing to remember is SHOUT loudly and CHEER as much as you can.

#### LOST PROPERTY

All lost property found must be handed in to registration. The team will place it into a box. If we haven't had it handed in by the time you go home please contact our event team on the email address below. Anything returned by post will be at the charge of postage only and receipt on being sent.



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### HEALTH AND SAFETY

#### RISK ASSESSMENT

A copy is held at registration for your viewing. These assessments are carried out every year and checked before each race for your safety and comfort.

#### LOST OR FOUND CHILDREN

All stewards and crew members are fully briefed on how to deal with these situations. If you, as a member of the public, get into a situation of finding a child without a parent or guardian, or yourself have lost a child, please contact the nearest member of the Big Cow team who will assist you with your needs.

The Big Cow team can be recognised by their BIG COW t-shirts and a high visibility vest or yellow lanyard with the wording 'MARSHAL' on it.

#### FIRST AID AND EMERGENCIES

For all issues with athletes or spectators, whether it is an emergency or not please contact Race HQ through one of the stewards or crew members. Our Event director will take care of contacting relatives and paperwork regarding the incident.

#### PERSONAL MEDICAL DETAILS

The rear of your race bib is printed with space for you to fill out any pre-existing medical conditions. Please fill this in with any pre-existing medical conditions, or if there are none then just write N/A. This allows our medical team to provide you with the correct treatment as quickly as possible.

#### MEDICAL COVER BY:

Acute Ambulance Medical Service (AAMS)



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## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### HELPFUL INFORMATION

#### CATERING

There will be a catering vans and a licensed bar available with a selection of food and drinks.

#### WASTE AND LITTER MANAGEMENT

We will provide black refuse sacks and recycling bags at the race venue, please use these to place all litter in. If you use energy bars or gels, please take these to the end with you, or drop them in the designated litter zone by the water stations. Littering on-course is a violation of the rules and can result in a penalty.

#### TOILET FACILITIES

Portaloos will located at the race venue opposite transition.

#### TIMING AND RESULTS

Your results will be streamed live online and will be available from our timing partner Results Base at: [www.resultsbase.net](http://www.resultsbase.net). For any timing enquiries please contact them directly.

#### PRIZES

Stampede Prize Giving	11:15
Calfman Prize Giving	11:55
Longhorn Prize Giving	12:25
Cowman Prize Giving	13:00

Awards will be given to the 1st/2nd/3rd Male and Female across all events.



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## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### RUN ROUTE

CLOCKWISE DIRECTION

#### COWMAN

RUN 1: 4 LAPS  
RUN 2: 2 LAPS

#### LONGHORN

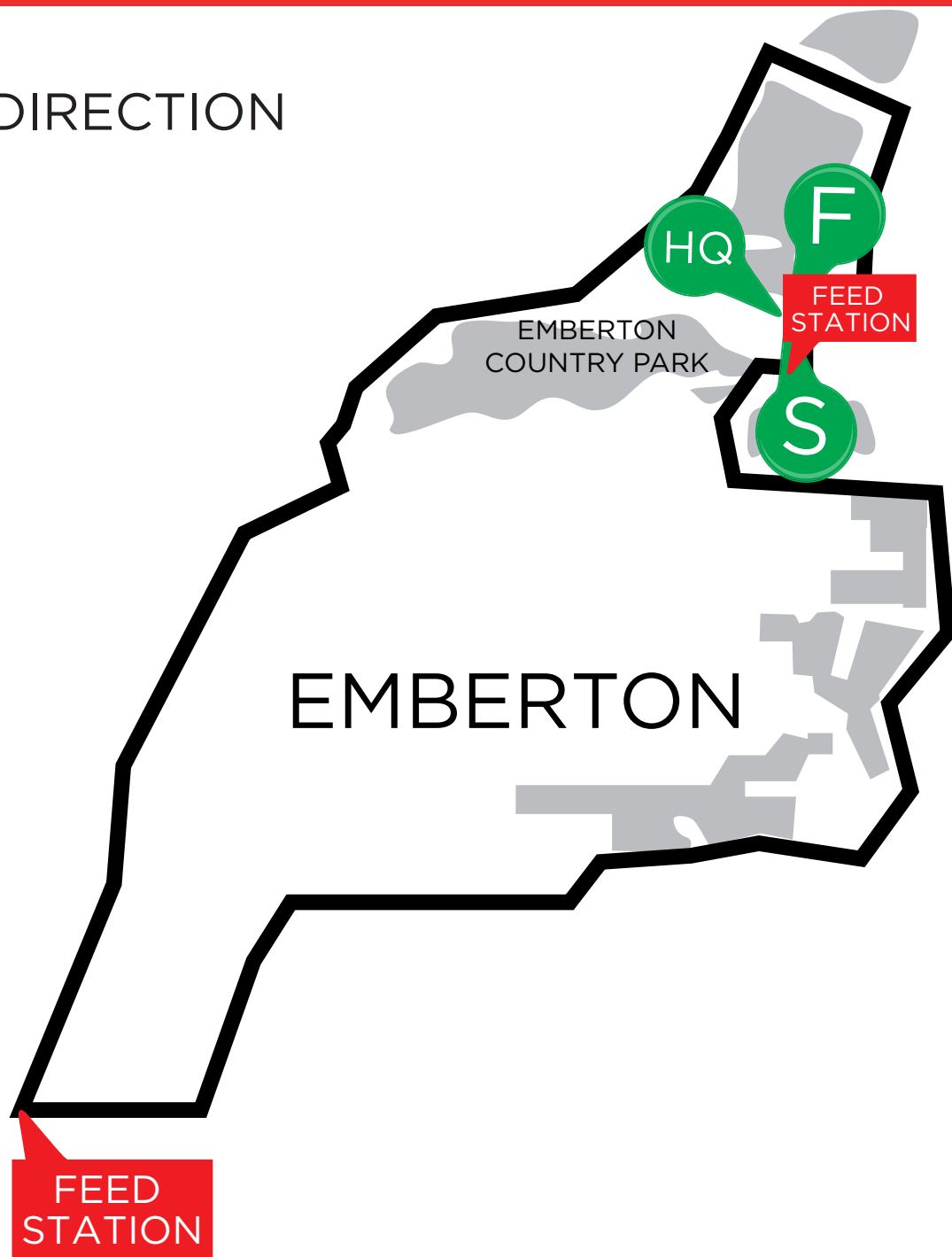
RUN 1: 2 LAPS  
RUN 2: 2 LAPS

#### CALFMAN

RUN 1: 2 LAPS  
RUN 2: 1 LAP

#### STAMPEDE

RUN 1: 1 LAP  
RUN 2: 1 LAP



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## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### CYCLE ROUTE COWMAN AND CALFMAN ONLY

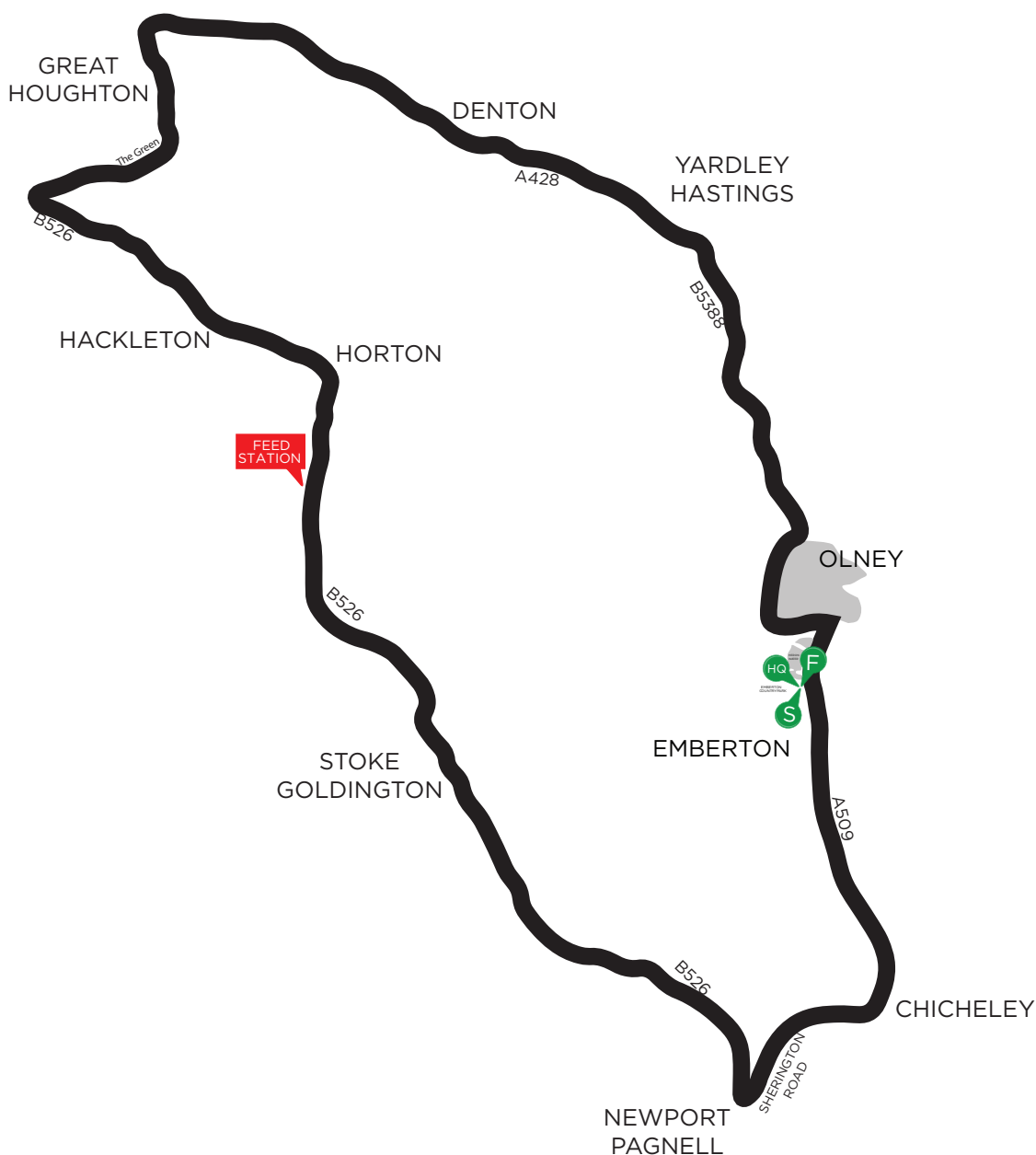
ANTI-CLOCKWISE DIRECTION

**COWMAN**

2 LAPS

**CALFMAN**

1 LAP



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## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### CYCLE ROUTE LONGHORN ONLY

ANTI-CLOCKWISE DIRECTION

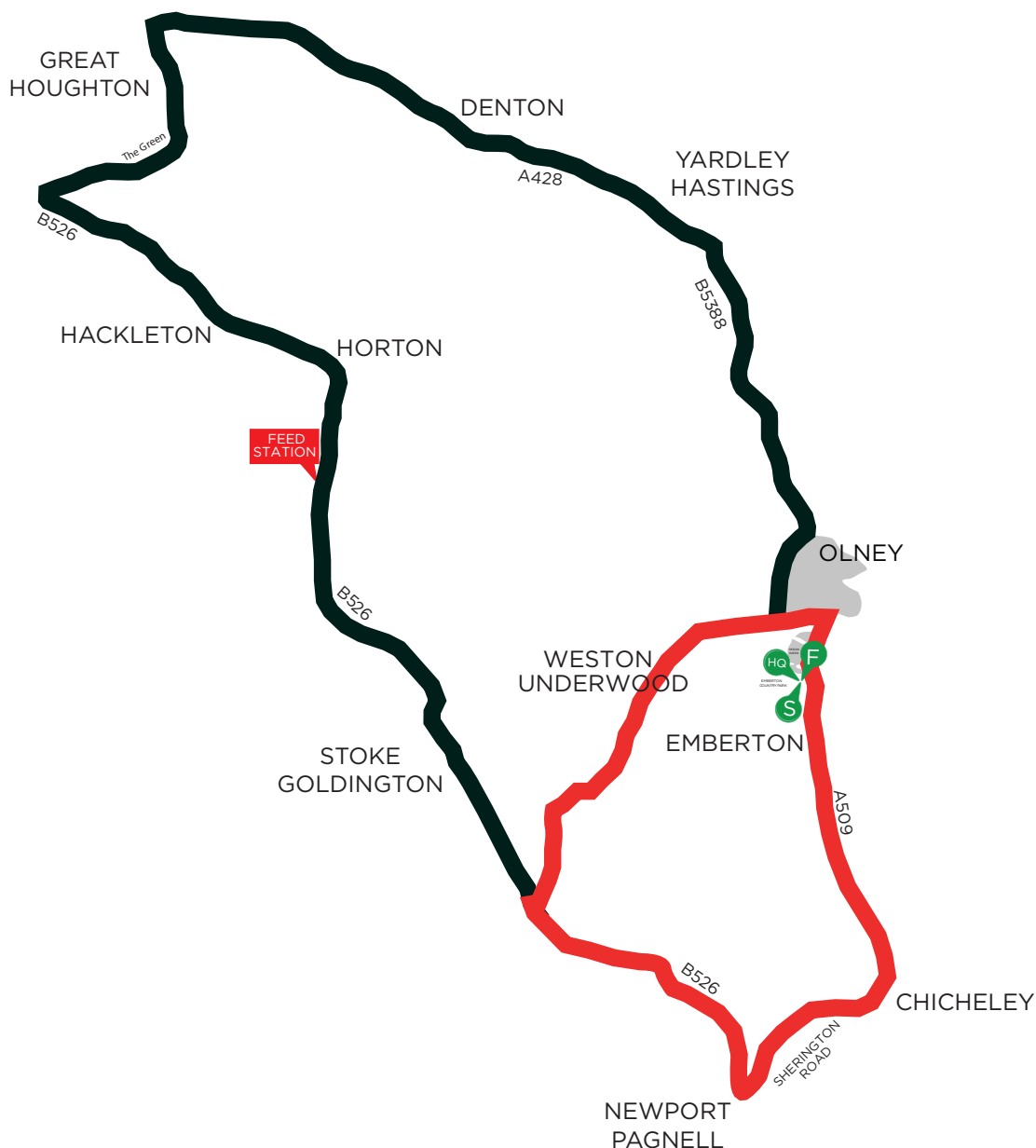
#### 1 COWMAN LAP

(BLACK)

FOLLOWED BY

#### 1 STAMPEDE LAP

(RED)



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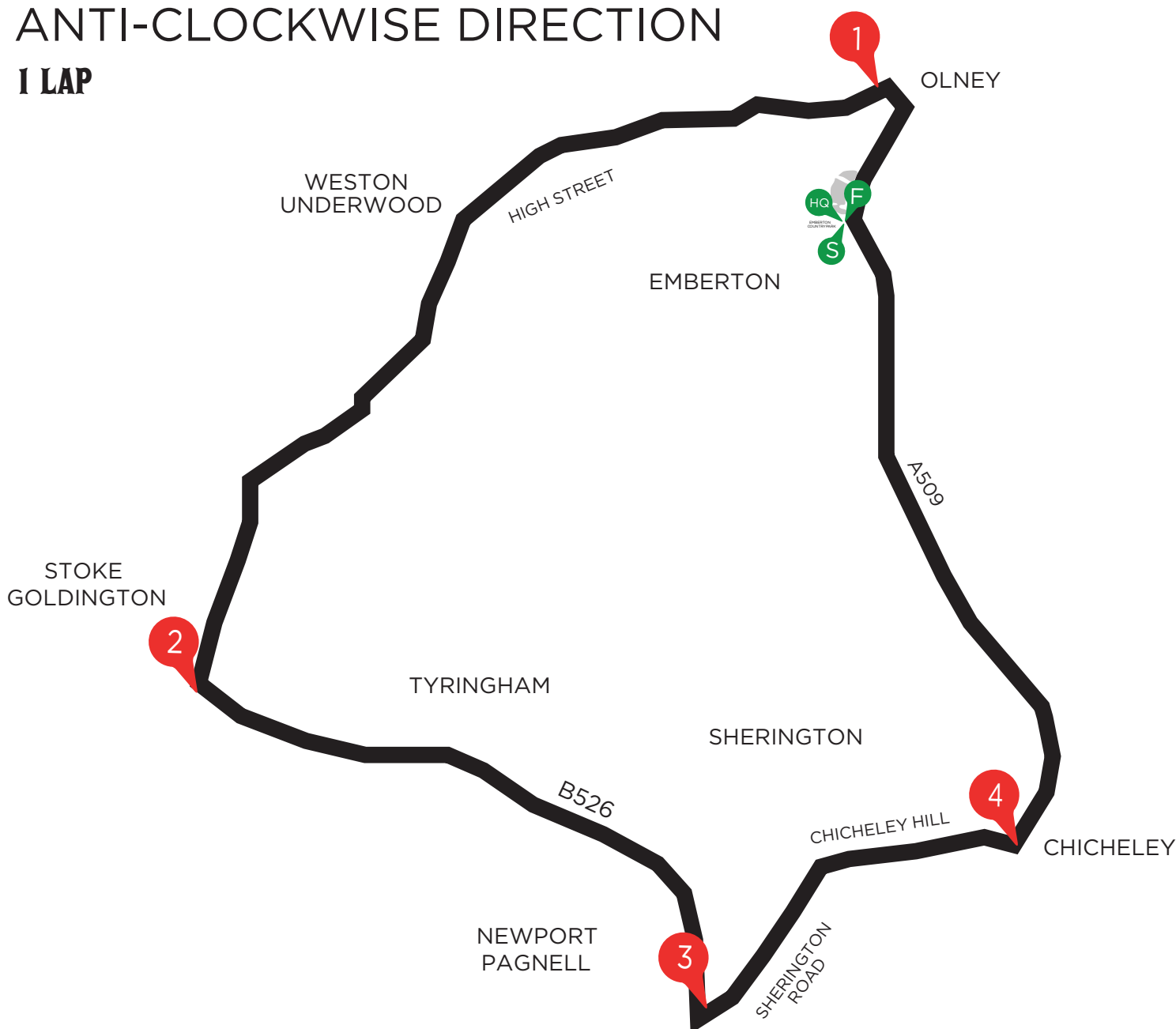


## COWMAN, LONGHORN, CALFMAN & STAMPEDE

### CYCLE ROUTE STAMPEDE

ANTI-CLOCKWISE DIRECTION

1 LAP



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## THE RACE...STEP BY STEP

1	Arrive at Emberton Country Park
2	Park your car sensibly so you can get everything out
3	Make your way to the registration tents
4	Get your license ready! One will be sent to you if you do not have one.
5	Collect your race pack
6	Place your medical information on the back of your race bib in case of an emergency
7	Attach your sticker set to your seatpost, bike and helmet
8	Head to transition with your bike, helmet and race bib.
9	Find your numbered space on the racking
10	Sort all your bits and pieces out
11	Get to the race briefing
12	RUN, BIKE, RUN (again!)
13	Be chuffed, eat some food and drink some fizzing
14	Print off your times at the ticket printer
15	Enter next years event!



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