

ironguides Long Distance Camp – Course Map, Description, Information

CAMP PAGE <https://www.ironguides.net/camps/>

April 2-3

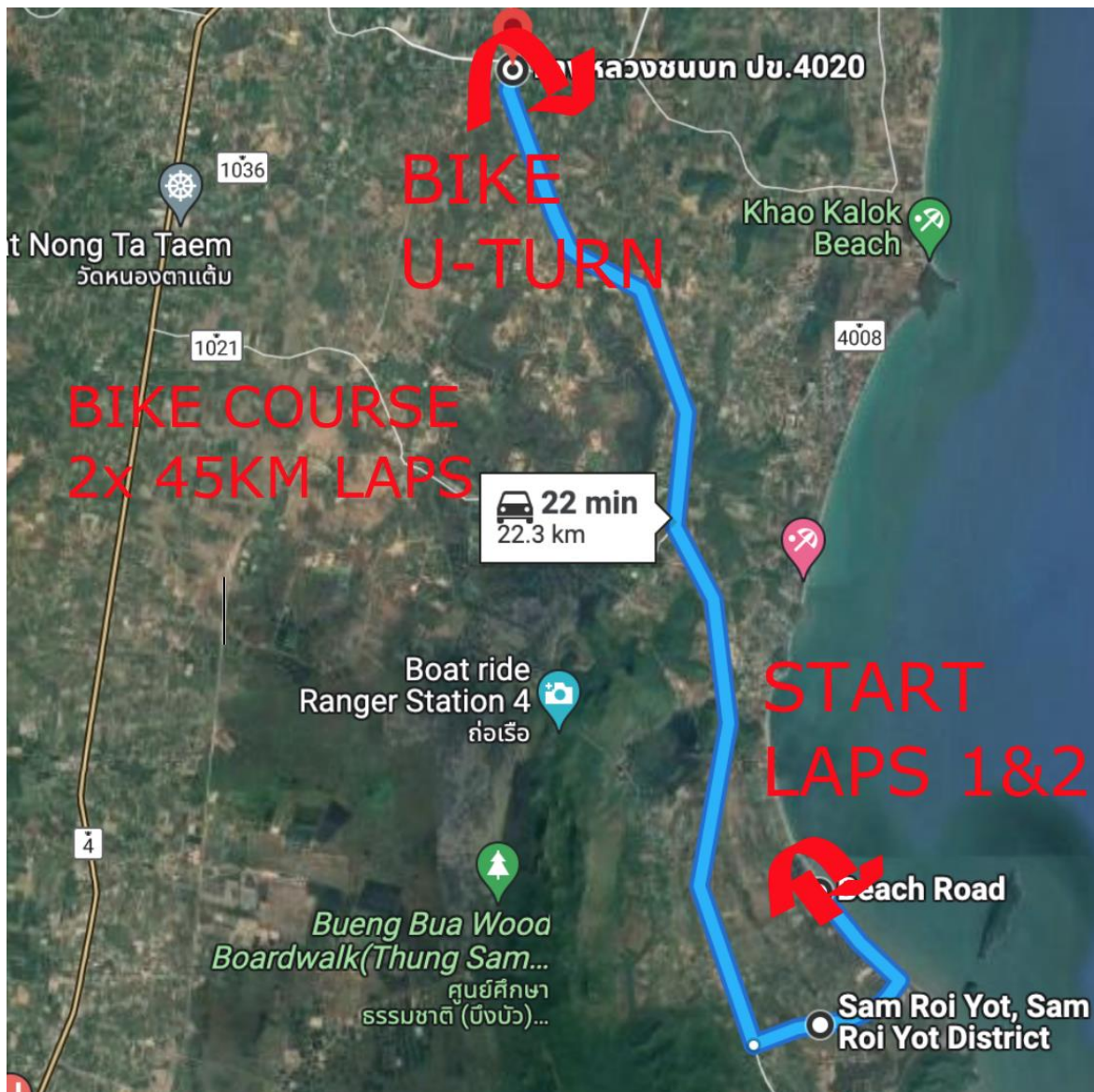
DAY 1: APRIL 2ND – RACE SIMULATION – 7.30AM
(TRANSITION SET UP 6.45AM 750M WALK FROM DOLPHIN BAY RESORT)

SWIM COURSE = 1.5k (2 laps)

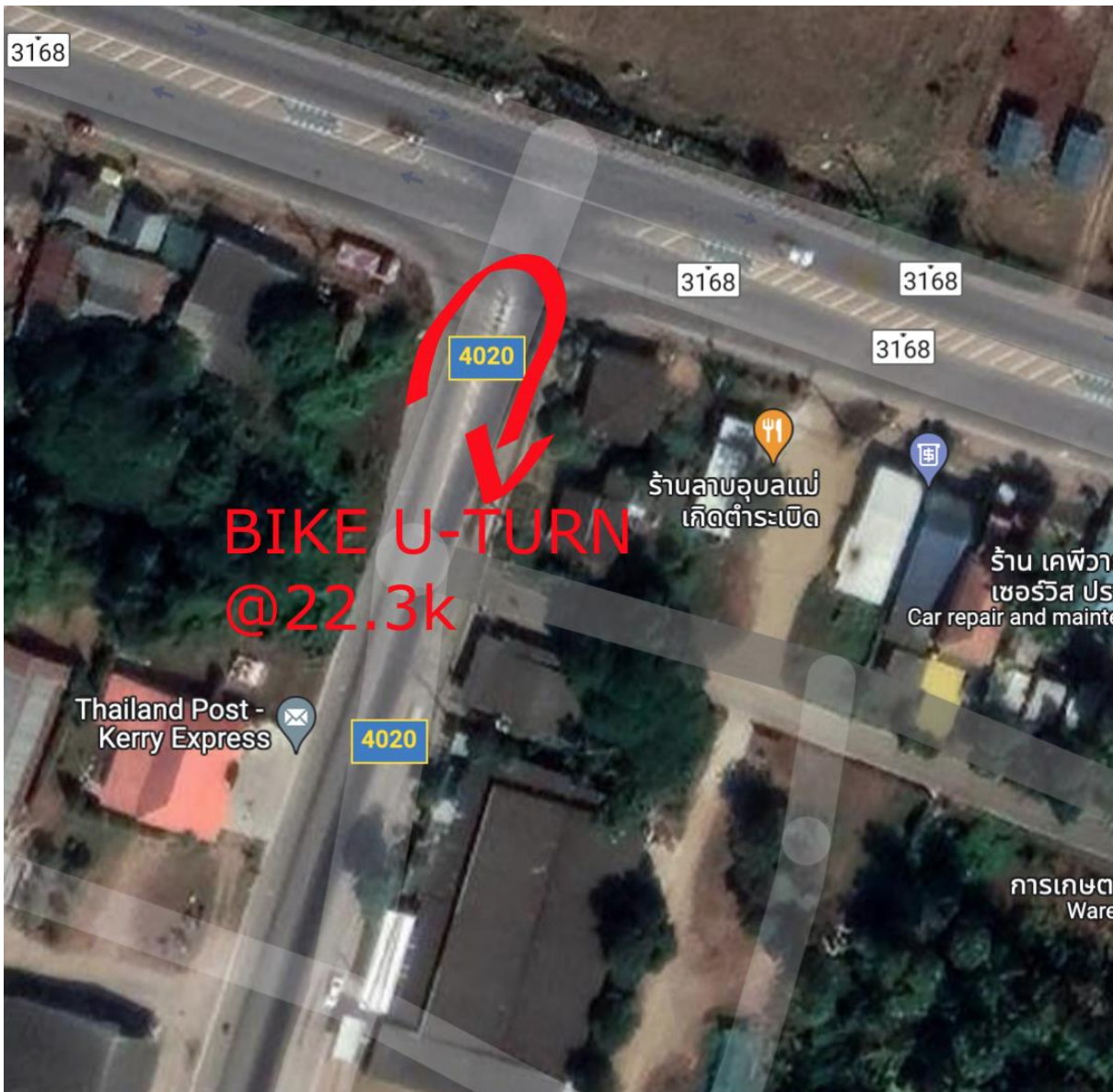


SWIM COURSE DESCRIPTION: Each lap will have approx. 750m, clock-wise.

BIKE COURSE – 90k (2 laps of 45km)



BIKE COURSE DESCRIPTION: Ride South, towards Dolphin Bay resort, after 2km (TOA Triathlon) the road will take you to the left, after another 3km, you will get to the main road 4020, make a right, then its all the way to the u-turn. On the way home, once the road narrows, that is when the left entrance is, heading towards the beach road.



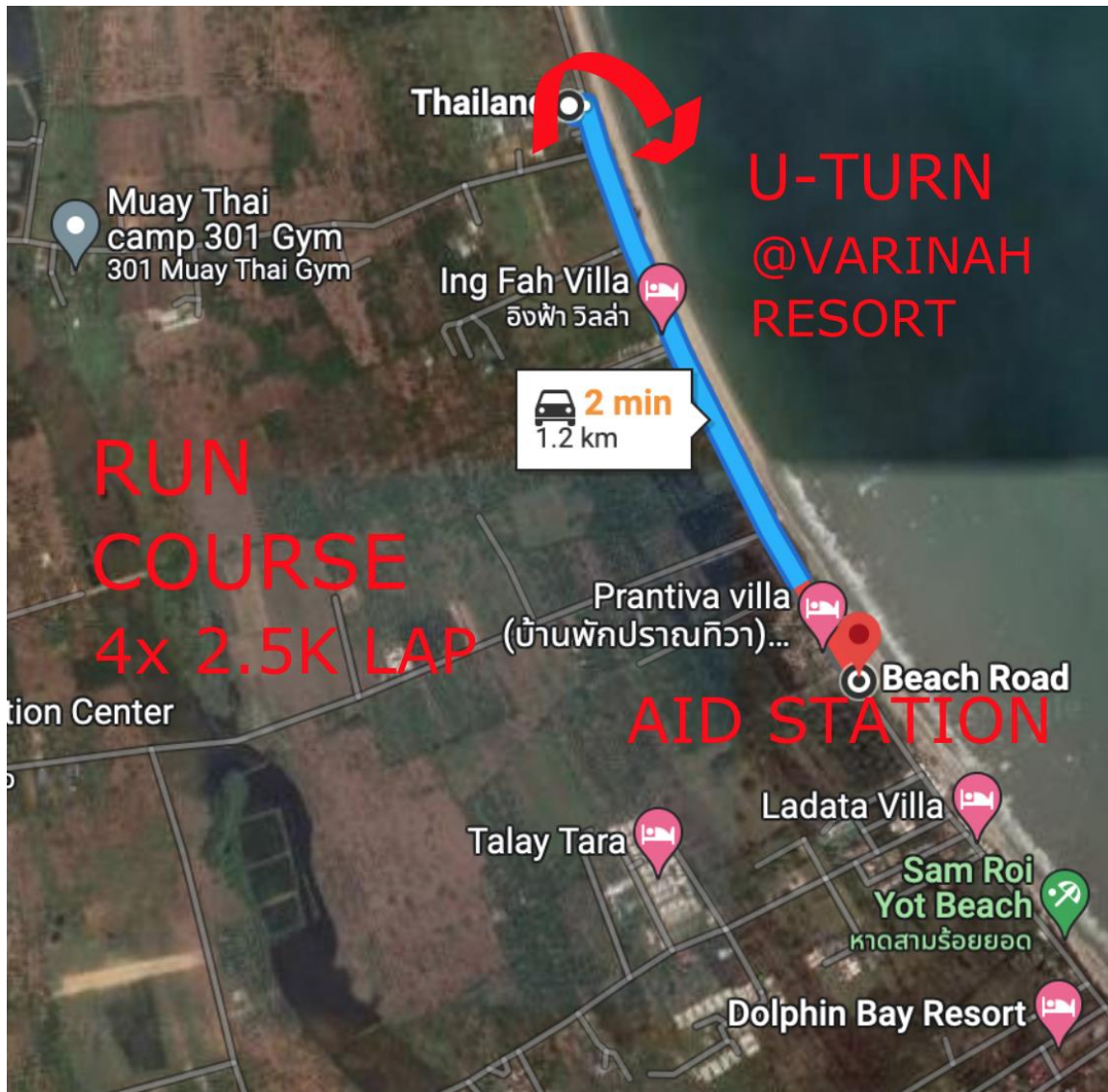
Bike U-Turn

1st BIKE U-TURN DESCRIPTION: The u-turn is when the road ends, it meets a bigger road (3168), u-turn around the curb on the middle of the road.

2nd BIKE U-TURN DESCRIPTION: Ride back towards transition area, when you get there, there will be marks and cones to u-turn in from of transition area. **YOU MUST STOP** to cross the road and refill your drinks. We do this to slow you down for safety as traffic is open for cars, as well as to ensure everyone gets a refill of drinks.

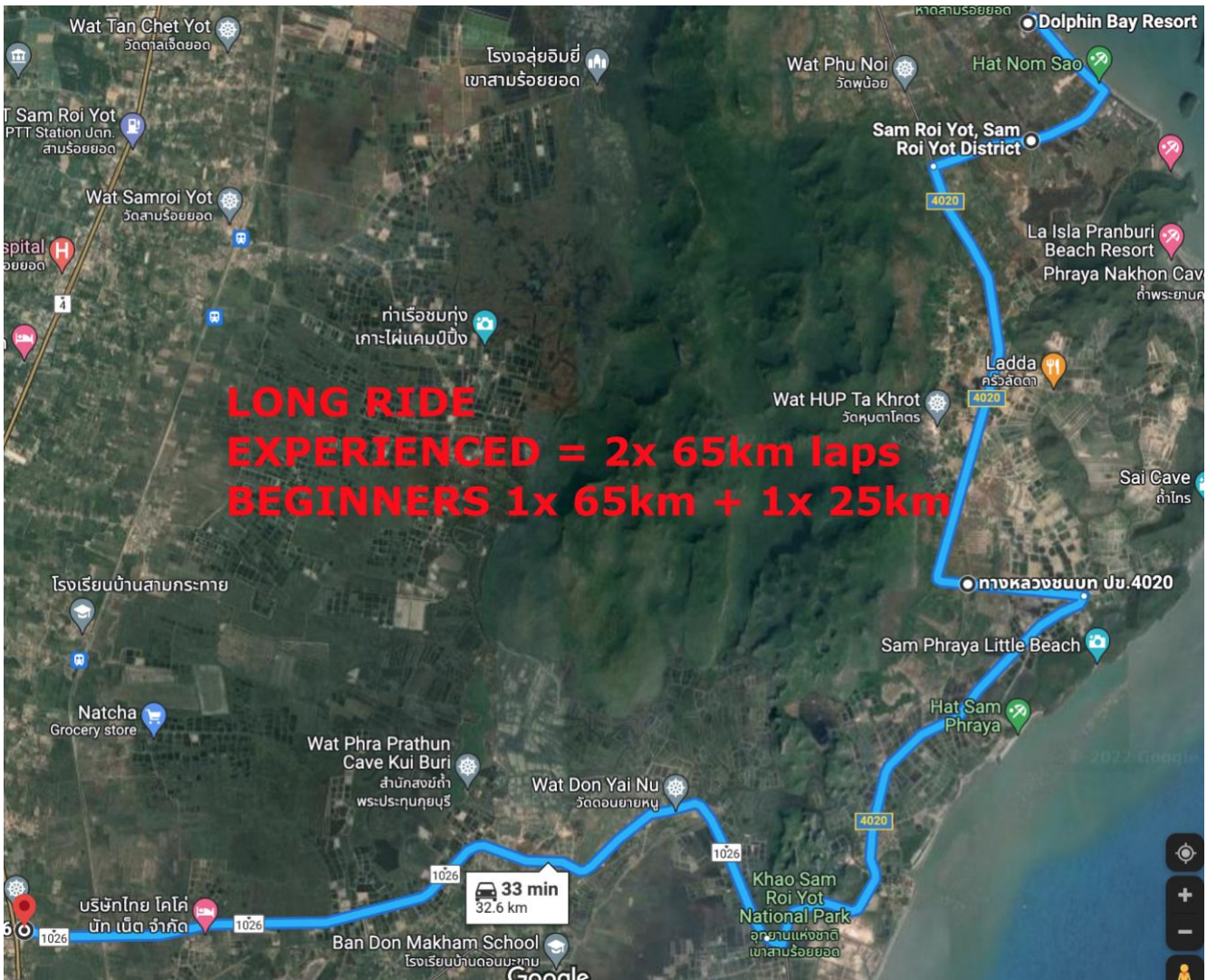
RUN COURSE – 10k (4x 2.5k lap)

Your best is our business.™



RUN COURSE DESCRIPTION: Run clock-wise (North), the u-turn will be marked by both cones as well as spray paint 1.25k from transition area, it's almost in front of Varinah resort. Aid Station every lap at 2.5k. Beginners can opt to cut this short, just let us know so we know who to expect. Note there is also a cut off (info below)

DAY 2: APRIL 3RD – LONG RIDE – 7.30AM FROM DOLPHIN BAY RESORT
EXPERIENCED 130KM / BEGINNER 90KM

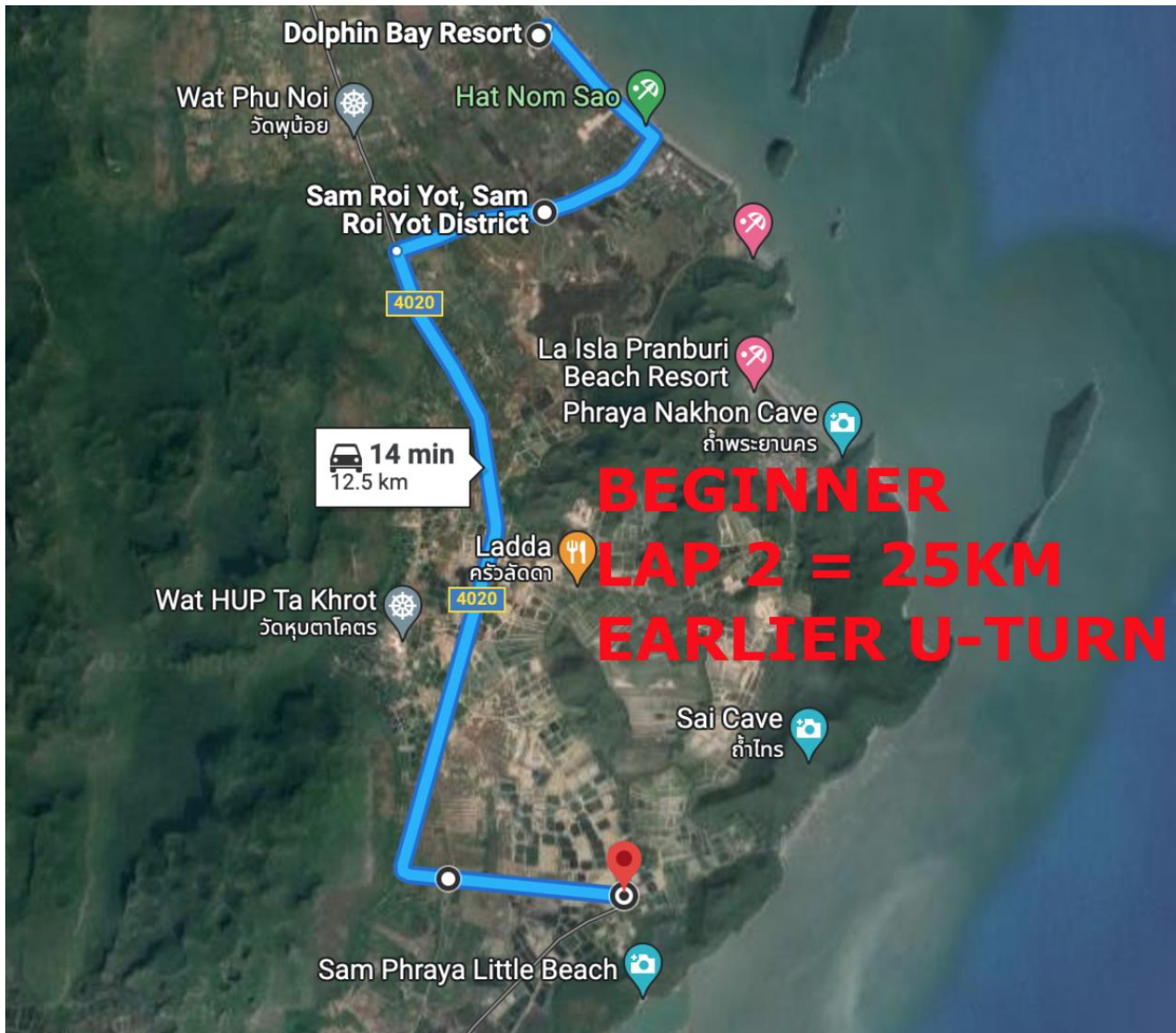


BIKE COURSE DESCRIPTION: The first 5km is identical to the race simulation day before, however on the main road 4020, this time you turn left, heading South. It's a straight ride, 20km into the ride, if you stay straight, the road changes to 1026, if you make a left, you stay on the 4020. Then its straight to the u-turn, similar to the day before, the u-turn is when you get to the main HIGHWAY #4, just come back. To Dolphin Bay and refill your drinks at the aid station to start lap 2.

Experienced group, the exact same lap. Beginners, you come back early, after 12.5km from Dolphin Bay. We will do some pacing exercises on this long ride

We will provide support vehicle if anyone gets a mechanical and we will have 2x staff on the course





FAQ

Safety disclaimer. Above all, remember that this is a club race, a race simulation. The goal is to use this event to have a goal and something to train for. The course is very safe and quiet however not close to traffic, pedestrian, bicycles. We will have staff helping at the key parts of the course, however understand we are not liable for any accident

Where is the race & where should I stay? All events happens at or in front of [Dolphin Bay Resort](#). Transition area is 750m towards the left facing the beach

Is there a cut off? Yes, Must start lap 3 of the bike within 3 hours or start the run, must start lap 2 of the run within 4h15. Failing to do so, athletes must cut the race short (60km bike and or 5km run). Finish line cut off 5 hours (no aid station or finish line)

Is there any prize? A symbolic prize money will be given to the first 3 overall of the full distance event (1200, 800, 500THB). Women will have 30min deducted from their finish time and compete against men.

What's included in the camp?

- 3 Sessions (race simulation + 2 coached)
- 1 lecture & QA with Head Coach
- 1 group email from Head Coach before the event with race day tips & guidelines
- Support during race simulation and long ride (mechanic, aid station every 45k bike, 2.5k run with water)

Not included: Dinner during QA, all means and accommodation must be paid direct by participants

What is the Cancellation Policy?

- Cancellation Insurance (must be purchased together with camp package) = Full refund minus insurance value of 300thb up to 24h before the start of the camp, must notify via email (info@ironguides.net)
- By default, there is no refund for all other packages
- Covid-19 Special – Full refund up 24h before the start of the camp for Covid restrictions (interprovince travel and gatherings banned).