

Monster Racing

Good Day Athletes,

Thank you for entering the Monster Mojo & Mojito, on Sunday the 5th May 2019. Please read this pack to ensure you are familiar with the structure and rules relevant to this event.

Please consider bringing a cycle jacket/jersey, gloves and a warm top – in previous years the lake has been quite warm (given the time of year) but it's been very windy and numerous athletes have suffered on the bike course with their body temperature. We believe that this race is an ideal early season build up to your main half or full distance racing this season. Please do not let this opportunity be lost because you didn't come prepared for colder conditions. Putting on extra clothing may be an investment, not something that slows you down...

The race has been sanctioned by Triathlon England and will be run under the rules of British Triathlon. There has been some update to the rule book for 2019 and athletes are reminded that they are required to be conversant with the rules. Ignorance is no defence! A copy can be downloaded [here](#). Triathlon England Technical Officials will be on site throughout the event to assist in ensuring the event is safe and will be enforcing the rules. For safety we will be working with Street Leisure, and RayNet will be in attendance to aid the smooth running of this event. On your way round we would appreciate a massive amount of support for our marshals – without them this event would not go ahead.

Registration

The race is based at Peterborough Rowing Lake, Nene Park, PE3 6LN.

Camping and parking can be found at the Rowing Lake

The registration desk will be at the Rowing Club House on Saturday and Sunday.

Parking: will be located in the designated car parks, if we need an overflow cars will be directed onto a field alongside the rowing lake. Please follow marshal directions.

Timetable

Saturday 14:30	Registration opens
Saturday 16:30	Registration closes
Sunday 05:00	Registration and transition opens
Sunday 06:30	Registration closes
Sunday 06:40	Transition closes for Monster Mojo
Sunday 07:10	Transition closes for Monster Mojito
Sunday 06:45	Monster Mojo briefing
Sunday 07:00	Monster Mojo start
Sunday 07:15	Monster Mojito briefing
Sunday 07:30	Monster Mojito start

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Sunday 12:00

Monster Mojito top 3 and AG, plus Monster Mojo top 3 prize presentation (Estimate)

Sunday 14:00

Monster Mojo AG prize presentation (Estimate)

Sunday 16:00

Transition closes (Mojito entrants will be able to recover their bikes during the Mojo race, all Mojito entrants must have completed the bike part before any bike leaves T)

Registration: Collect your race numbers (to be worn to the front when running and on the back when cycling, so a race belt is best) and helmet & bike sticker. For insurance purposes you are required to be in possession of either a current valid TE License or for non TE members a Day License purchased specifically for this event. All athletes who are members of the TE must produce their TE race licenses at registration. If you forget your license, or you have not paid the TE levy due with your application, you will have to pay £5 for a TE day license at registration even if you claim to be a TE member. Your license is the **only acceptable proof** of your insurance. There will be maps to clarify the course and TE rules available.

Race Numbers: Mojito athletes will be 1 to 149. Mojo athletes will be 150 onwards.

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Timing chips: Provided by Jaguar Timing Systems. Results will be available immediately at their tent and will be published as soon as possible after the event. There will be timing mats at various points of the run and bike ensuring that all athletes complete the required laps.

Swim Safety: Monster Mojo / Mojito athletes will be wearing bright swim caps. Please be aware of obstructions near the banks and wildlife. The water is approximately 4 feet deep across the lake. If you get in trouble you can stand up, try and make it to the bank, otherwise roll onto your back and wave your hands in the air. The course will be clearly marked by buoys. The swim safety will consist of kayakers and bank walkers.

Cut off times apply for the Monster Mojo. They are:

Swim	1 hour 10 minutes	running time 1 hour 10 minutes	actual 08:10
Bike	4 hours 20 minutes	running time 5 hours 30 minutes	actual 12:30
Run	3 hours	running time 8 hours 30 minutes	actual 15:30

If you have any queries please ask us, we are only too happy to assist – no question is too stupid...

Nutrition: There will be one aid station on the bike, just before the end of the lap. At this location there will be water available. On the run there will be an aid station approximately half way through the 5km lap. This will have Hammer Nutrition Energy Gels and water. At the finish line we will have a whole host of goodies!

Terms and Conditions of Entry: Are clearly stated on our website www.monsterracing.net. In making the application competitors have agreed to abide by these terms and conditions of Monster Racing events and abide by the regulations of the governing body and the Highway Code.

Trade Stands

Catering: will be set up ready to serve from 06:00. There is no need for you or your spectators to go hungry or thirsty!

The Course

Competitor Conduct: Competitors are reminded that they share both the facilities and the highway with other people who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate disqualification from the

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event and a ban from all future events hosted by both the venue and Monster Racing. Please try to remain courteous on the road even if some other road users may not offer you the same respect. No MP3 players, iPods or music devices (including mobile phones) or headphones (either singly or in both ears) to be worn when competing.

Route: The legs are a [1.9km swim](#), [82km bike](#) and [20km run](#) for the Monster Mojo. And [1.5km swim](#), [38km bike](#) and [10km run](#) for the Monster Mojito. The run route consists of laps around Nene Park. For the Mojo you will complete 4 full laps and for the Mojito you will complete 2 full laps. A wrist band will be handed out on each lap to help you keep count.

You can view the routes by clicking on them and if you have Google Earth installed on your computer if you click the 3D button on the map you can fly through the course – now that is really cool....

Rules Governing Riding on the Highway: You are reminded that the cycle (and run) section is on open roads/public paths, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in disqualification. It is also illegal and may result in a prosecution by the Police.

Please recognize that race marshal's are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshal's are there to give direction only and not instruction. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop! You must take the utmost care at junctions and should note that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. **DO NOT take risks to save two seconds.**

Non-Drafting: This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race. The draft zone is a 10 metre area with no side delineation which surrounds every cycle and vehicle on the cycle course. The front edge of the front wheel defines the beginning of the draft zone. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. The rules allow a maximum of 25 seconds to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 25 seconds, the overtaking cyclist must drop back. Time penalties and disqualifications will be issued by the Technical Official for infringements. Technical Officials are not required to warn of a drafting infringement. Please do not jeopardise either your safety or the future of this event by riding recklessly or without due care to other road users.

*****Draft Busters will be patrolling the bike route – you have been warned*****

Littering: Please do not litter the site or the course route and this includes throwing or discarding race clothing and equipment. There are bins provided. If you carried it full, you

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can carry it empty!! Anybody caught littering during the event will be penalised – you have been warned....

Transition

Is based at the head of the lake and will be secure for the duration of the event. There are to be no MP3 players, iPods, music devices, headphones (either singly or in both ears) or mobile phones used in transition.

The mount / dismount line will be clearly marked and marshalled; it will be the speed hump on the road.

Transition will close at 4pm on Sunday, please collect your equipment before this time, afterwards it will not be secure. You will need your race number to recover your bike from transition after the race. The layout will allow all Mojito racers to remove their bikes once all Mojito athletes are on the run course. Please be aware that Mojo athletes will still be using transition and the course, do not obstruct their race.

Helmets: ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked. The helmet strap must be a snug fit and checks will be made before you enter transition to ensure this is the case. Any competitor seen with a loose helmet strap during the race will be stopped and required to tighten it before progressing further regardless of how long this takes.

Bikes: Please note **Only Road Bikes, Hybrid and TT Bikes are permitted in this race.** Athletes arriving at the event with Off Road Bikes, Mountain Bikes or equivalent will not be permitted to race. It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by Triathlon England.

Stickers: You will be provided with two stickers, one for your helmet and one for your bike. This security measure allows us to keep your bike safe.

Teams: There are relay teams entered. If you are the next person in the relay you need to identify yourself to a transition marshal early and they will tell you where to take a handover of the timing chip. Once you have handed over your chip please do not obstruct other athletes.

Time Penalties & Appeals: If you have a query over any results please inform us immediately on the day. All appeals must be lodged with the Technical Official within one hour of your finish or the penalty being awarded whichever is later. A fee of £35 is payable to the Technical Official which will be returned if the appeal is successful. Remember there is no duty on the Technical Official to tell you if a penalty has been awarded, the penalty sheet will be located near registration.

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Toilets: Can be found at the Rowing Club House as well as porta loos placed at various locations on site.

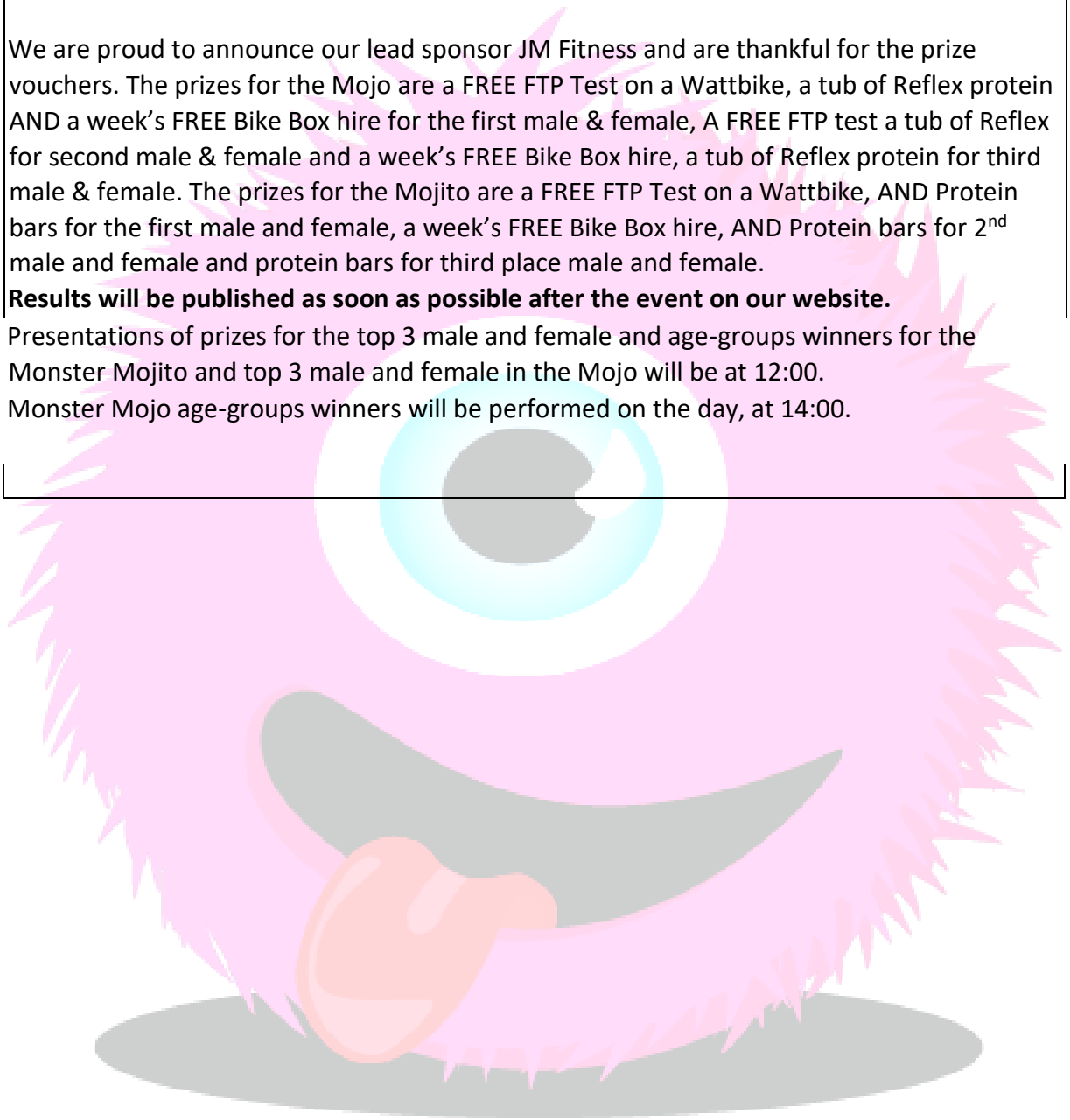
Prizes & Goody Bag

We are proud to announce our lead sponsor JM Fitness and are thankful for the prize vouchers. The prizes for the Mojo are a FREE FTP Test on a Wattbike, a tub of Reflex protein AND a week's FREE Bike Box hire for the first male & female, A FREE FTP test a tub of Reflex for second male & female and a week's FREE Bike Box hire, a tub of Reflex protein for third male & female. The prizes for the Mojito are a FREE FTP Test on a Wattbike, AND Protein bars for the first male and female, a week's FREE Bike Box hire, AND Protein bars for 2nd male and female and protein bars for third place male and female.

Results will be published as soon as possible after the event on our website.

Presentations of prizes for the top 3 male and female and age-groups winners for the Monster Mojito and top 3 male and female in the Mojo will be at 12:00.

Monster Mojo age-groups winners will be performed on the day, at 14:00.



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Merchandise

All merchandise will be available at the event. Our jerseys will be at a discounted price of £45, and the hoodies discounted to £35.



We have a sale on our other kit; older style Hoodies £15 (only limited pink XL available), Arm Warmers £10, Buffs £5, Lanyard £2.50.



You can pre-order by emailing team@monsterracing.net, just let us know what garment you would like along with the size is applicable and we'll have one set aside for you. (We have a limited supply available)

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Photography

[Shoot to Thrill](#) will be present throughout the day. Once the photos are online a link will be posted on our [Facebook](#). The prices are as follows...

1 image £5, 2 images £9, 3 images £12, all images of one competitor £15. Payment via PayPal.

High res images available via email or USB stick and prints are also available, prices are on the website.

Mike takes great pictures and they are a bargain so make sure you check them out.

Volunteers

Without volunteers we would not be able to provide these races. If anybody is travelling with you and they would like to assist then please get in touch. You may also be interested in our volunteer benefits, check them out it could work in your favour.....

Details can be found on our website under 'Volunteer' – it's that easy.....

Events & Feedback

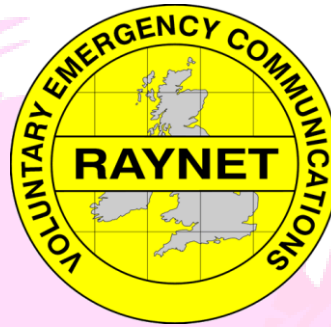
If you have any questions or wish to give us any feedback, then please do not hesitate to get in touch through our website www.MonsterRacing.net

See you on the finish line.....The Monster Racing Team

Monster Mojo & Mojito sponsored by Zone3

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