

Dumpling Duathlon FAQ Sheet

How does the Team entry work? To maximise participation 1 or more members can do each item eg father and son do Run/Walk, mother and daughter do Cycle and uncle does Hill Climb, or mum and children do Walk and dad does Cycle AND Hill Climb! Any variations are acceptable as long as all 3 elements are completed and children under 11 are accompanied and supervised at all times by an adult.

Where does each element start? The Run/ Walk begins at the Millennium Hall. The Cycle begins in the village Play Park and the Hill Climb begins at the foot of Duncryne Hill.

Where does the Duathlon finish? You finish back at the Millennium Hall where you started.

Where do I put my bike? All bikes need to be placed in the village Play Park before 10am on the morning of the race. We advise that you label your bikes for fear of duplications and place helmets round handlebars as HELMETS MUST BE WORN BY ALL COMPETITORS for the Cycle Race.

Where do I park? Parking will be available at the Millennium Hall Car Park and at Gartocharn Primary School on Ross Loan. You should not leave any valuables in your car as the organisers of the Dumpling Duathlon will not accept any responsibility or liability for items lost or stolen.

Will you be timing runners? No. There will be a clock at the finish line for participants to check their own times as they complete the event but there will be no official timing.

What do finishers receive after the event? Finishers will receive a medal, goody bag and refreshment.

Will there be prizes? Yes both Individual and Team Entries will have a First, Second and Third prize.

Are there any water stations? Yes there will be a water station on Mill Loan across from the Slate House, at the 2.5 km mark also in the Play Park and at the foot of the "Dumpling."

Will the roads be closed? No but Warning Signs and Marshalls will be strategically placed around the route to warn drivers of the event and to slow the traffic down.

Who are you raising funds for? We have nominated to fundraise for the following local groups: Gartocharn Primary School and Kilmarnock Millennium Hall.

Can I raise funds too? Yes. We have a "Dumpling Duathlon" Sponsor Form if you would like to help us to raise as much as possible for our Local Community Groups.

Can I run/walk with my pushchair? Yes it is ok to wheel a pushchair around the route. It is a mass participation event and all are welcome.

Can I run/walk with my dog(s)? Yes, providing they are kept on a short lead at all times and you provide a bowl to allow the dog to have a drink of water and bags to clean up any mess.

Are there toilet/changing facilities? Yes but only at the Millennium Hall.

Can I take part in Fancy Dress? Yes we would be delighted if you did!

Who can I contact for more info? Lynn McKenzie lynmck1@gmail.com or Heather Primrose heatherprimrose@hotmail.com

Thank you for your interest in the first ever "Dumpling Duathlon." This event is being held to bring the local community together in a fun and healthy way whilst raising much needed funds for our Community Groups. Although we anticipate some healthy competition we hope that all ages and abilities will enter either as individuals or as a team and enjoy the spectacular scenery and beautiful countryside, here on our doorstep.