

Rise and Raise Dbayeh Olympic Duathlon 2026

Date: July 26, 2026 | **Format:** 10 km Run – 40 km Bike – 5 km Run

Eligibility & Registration

- **Minimum Age:** Participants must be at least 16 years old as of December 31, 2026.
- **Fitness:** Athletes confirm they are in excellent physical condition and possess the training required for an endurance multisport event.
- **Categories:** The event is open to individual competitors and relay teams (Male, Female, Mixed).

General Competition Rules

- **Conduct:** The event adheres to World Triathlon rules. Unsportsmanlike conduct, abusive language, or aggressive behavior toward officials or fellow athletes will result in immediate disqualification.
- **Instructions:** Athletes must strictly follow the directions of race marshals, technical officials, and traffic authorities at all times.
- **Withdrawal:** If an athlete abandons the race, they **must** notify the nearest marshal and report to the timing team at the finish line.
- **Course Awareness:** Athletes are responsible for memorizing the course layout and keeping an accurate count of their completed laps.
- **Attire:** A torso-covering top must be worn at all times during both the run and bike segments.
- **Race Numbers:** Must be worn according to World Triathlon standards:
 - **Bike:** Number must be visible on the **back**.
 - **Run:** Number must be visible on the **front**.

Course Structure

- **Run 1:** 3 laps of 3.3 km (10 km total)
- **Bike:** 8 laps of 5 km (40 km total)
- **Run 2:** 2 laps of 2.5 km (5 km total)

Cycling Rules (Non-Drafting)

- **Helmets:** Helmets are mandatory. The strap must be securely fastened **before** the bike is unracked and must remain fastened until the bike is re-racked.

- **Drafting:** This is a non-drafting race. A draft zone of 10 meters must be maintained between the front wheel of the following bike and the rear wheel of the leading bike.
- **Support:** No personal support vehicles, pacers, or external mechanical assistance are permitted.
- **Traffic Laws:** Athletes must obey all local traffic laws and ride in a safe, controlled manner.

Running Rules

- **Pacing:** No outside pacing or unauthorized "escort" runners are permitted.
- **Course Compliance:** Any athlete failing to complete the full course distance or cutting a corner will be disqualified.

Transition Rules

- **Access:** Only registered competitors with a race number may enter the Transition Zone.
- **Equipment:** Bikes must be racked in their designated slot. Helmets must remain fastened from the moment the bike is unracked until it is re-racked.
- **Orderliness:** Personal items must be kept within the designated space to avoid impeding other athletes.

Penalties & Timing

- **Penalty Box:** A designated Penalty Box will be located on the run course.
- **Notification:** If a penalty is assessed, the athlete's number will be displayed at the Penalty Box.
- **Compliance:** Athletes are responsible for stopping at the Penalty Box to serve their time penalty before crossing the finish line. Failure to serve a penalty results in automatic disqualification.

Liability Waiver & Agreement

By registering, the participant agrees to the following:

- **Medical Fitness:** I am medically cleared and adequately trained for this event.
- **Assumption of Risk:** I acknowledge that endurance sports involve inherent risks, including injury or death, and I participate at my own risk.
- **Liability:** I waive all claims against the organizers, sponsors, local authorities, and volunteers, except where prohibited by law.

- **Equipment:** I am solely responsible for the safety and security of my equipment and personal belongings.
- **Media Rights:** I grant the organizers and partners the right to use photos or videos of me for promotional purposes.