







غرفة التجارة والصناعة والزراعة في طرابلس ولبنان الشمالي

ATHLETE

EXPO DOUBLE DUATHLON 19.05.24

Q TRIPOLI, MAARAD

the Expo Double Duathlon Race

Welcome to the adrenaline-fueled world of the EDD Race, where athletes converge to test their mettle on an international stage, all while adhering to the highest standards of fairness and competition.

This **federation-certified race** is a true test of endurance and skill, combining the disciplines of running and cycling in a thrilling showcase of athleticism.

Athletes of all ages and abilities are invited to participate, with a variety of categories tailored to suit their individual strengths and ambitions. The Adults Race offers a challenging course for seasoned competitors. Young athletes shine in the Youth Race at the Lebanese Duathlon Championship, while the Kids Race introduces little ones to double duathlon, fostering early sports enthusiasm.

The EDD Race celebrates unity and sportsmanship, bringing athletes together to push limits, support each other, and inspire the next generation.



See you on the 19th of May, as athletes and spectators alike gear up for a day filled with excitement, camaraderie, and the pure joy of pushing physical boundaries in the ultimate test of athleticism—the Double Duathlon Race.



the Directional Info

Directions to the Parking Area=

https://maps.app.goo.gl/u84BmK8RQSmTQPidA?g_st=iw

Direction towards the Transition Zone=

https://www.google.com/maps?q=34.4388899,35.8274302&z=17&hl=en

the Course Map

- Throughout the course, rest assured that safety is our top priority!
- Dedicated volunteers and medical personnel will be stationed strategically along the route to provide support, guidance, and assistance whenever needed.
- As you cross the finish line, take a moment to bask in the sense of accomplishment that comes from conquering the Double Duathlon course. Whether you're a seasoned competitor aiming for a personal best or a first-time participant seeking to push your limits, the course layout offers an unforgettable experience that will leave you exhilarated and inspired.



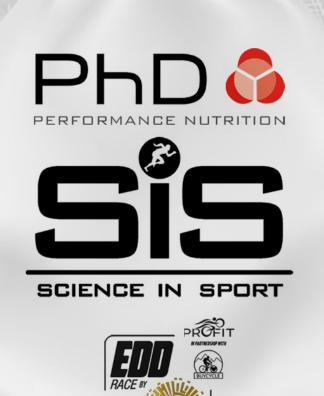
the Race Info

Race Pack Collection:

- Race Packs can be collected from Race Check-In on the morning of the race from 5:15 am 6:15 am.
- You must have checked in and received your race pack 60 minutes before your race start. Once you know your race number, proceed directly to the transition area and set yourself up.

What Will Be in Your Race Pack:

- Race Bib
- Bike and Helmet Stickers
- SMART Protein Bar and SIS Gel from PhD
- Shaker from PhD for adults
- Free bike rental voucher







- Please check that all your data printed on the label of the race pack envelope is correct.
- This includes your name, age category, gender, and distance. If there are any errors, please inform our Check-In staff so we can correct it for you to ensure the correct result when finishing the race.

the Race Day Program

Race Schedule:

Be checked in at least 60 minutes before the start of the race.

There is NO on-the-day registration.

- 05h15 - 06h15 Race check-In Opens, Transition Set Up, and Warm-Up.

- All competitors need to be checked in before <u>06h15</u> as roads leading to the start/finish area will be closed as of <u>06:15</u>

- 06h30: TRANSITION CLOSES

- **06h40**: Race Briefing

- 07h15: Wave 1: Adults Individual & Relay

- 09h00: Wave 2: Youth Lebanese Duathlon Championship

- 10h00: Wave 3: Kids Lebanese Duathlon Championship

- 11h30: PODIUM CEREMONY



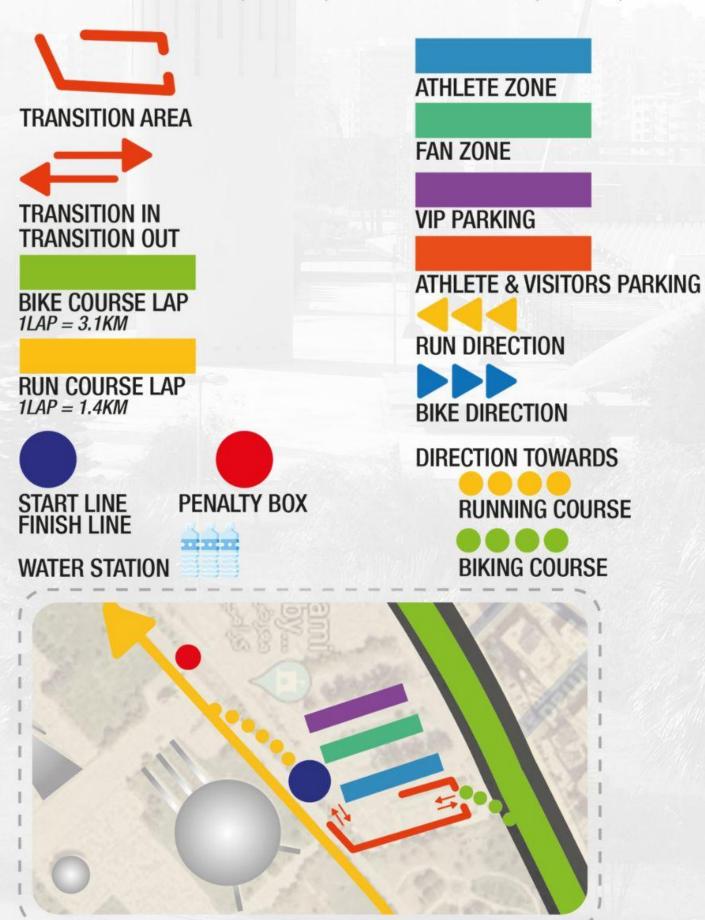


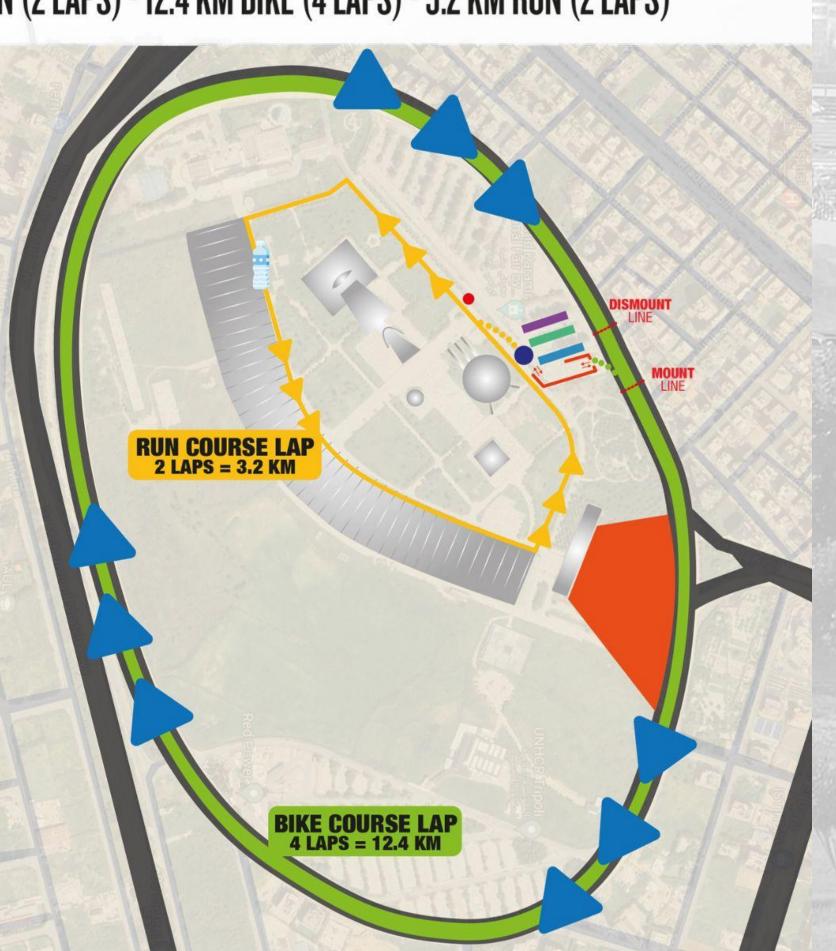
the Adults EXPO Double Duathlon

COURSE MAP LEGEND

ADULTS & RELAY RACE

3.2 KM RUN (2 LAPS) – 12.4 KM BIKE (4 LAPS) - 3.2 KM RUN (2 LAPS) - 12.4 KM BIKE (4 LAPS) - 3.2 KM RUN (2 LAPS)







The adult race in the Double Duathlon event promises an exhilarating challenge that combines running and cycling in a dynamic format known as Run-Bike-Run-Bike-Run.

This unique structure requires participants to showcase their endurance and versatility as alternate between they running and cycling segments throughout the course.

the EDD Race - Youth Super Sprint Duathlon Lebanese Championship

PROFIT IN PARTNERSHIP WITH BUYCYCLE

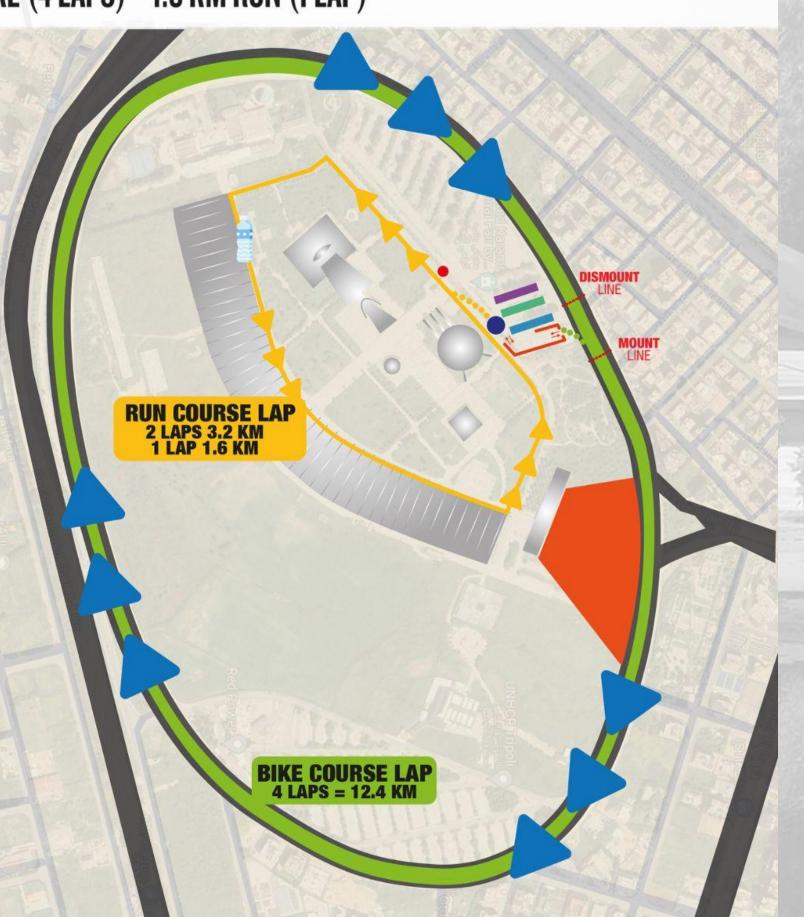
in collaboration with LTF:



COURSE MAP LEGEND SUPER SPRINT DUATHLON LEBANESE CHAMPIONSHIP

3.2 KM RUN (2 LAPS) + 12.4 KM BIKE (4 LAPS) + 1.6 KM RUN (1 LAP)





The Youth race in the Double Duathlon event promises an invigorating challenge that combines running and cycling in a dynamic format known as Run-Bike-Run.

This engaging structure allows young athletes to demonstrate their endurance and adaptability as they alternate between **running** and **cycling** segments throughout the course.

the EDD Race - Kids Lebanese Championship

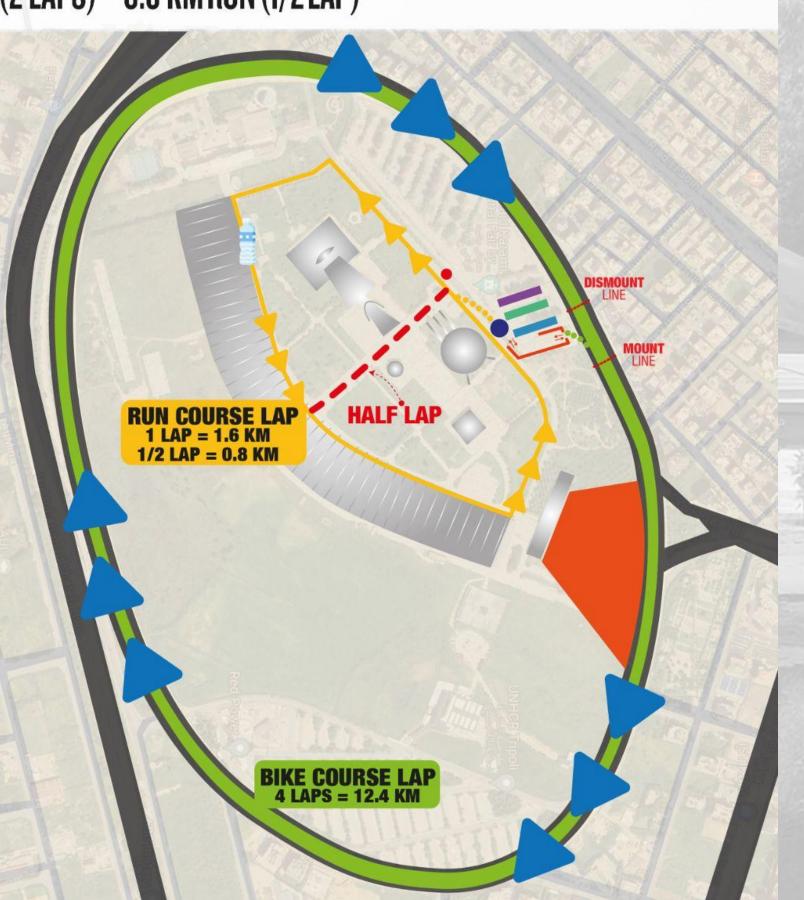


in collaboration with LTF:



COURSE MAP LEGEND KIDS DUATHLON LEBANESE CHAMPIONSHIP 1.6 KM RUN (1 LAP) + 6.2 KM BIKE (2 LAPS) + 0.8 KM RUN (1/2 LAP)





The Kids' race in the Double Duathlon offers race delightful opportunity children to immerse themselves in a fun and engaging mix of running and cycling.

Following the Run-Bike-Run format, kids will enjoy a dynamic course designed to active keep them and entertained throughout the race.

the Transition

Transition Area Schedule:

- 05:15: Opens for Racking.

- 06:30: Closes for Race Start.

- 07:15: Opens for Departure.

Guidelines:

- ONLY participants will be allowed into the Transition area.
- Please rack your bike and lay your gear out at your respective bike rack number, which is the same as your bib number, as quickly as possible to avoid overcrowding, and then make your way to the start line for the Briefing.
- Once the race has started, only racing and relay team athletes will be allowed into the Transition Area. This is to avoid overcrowding, for safety reasons, and to give everyone a fair chance to transition without extra people being in the way.
- No bags will be allowed to be left under your bike only the equipment needed for each leg.
- Make sure all valuables are left in your car, or out of sight; do not leave them on your bike.





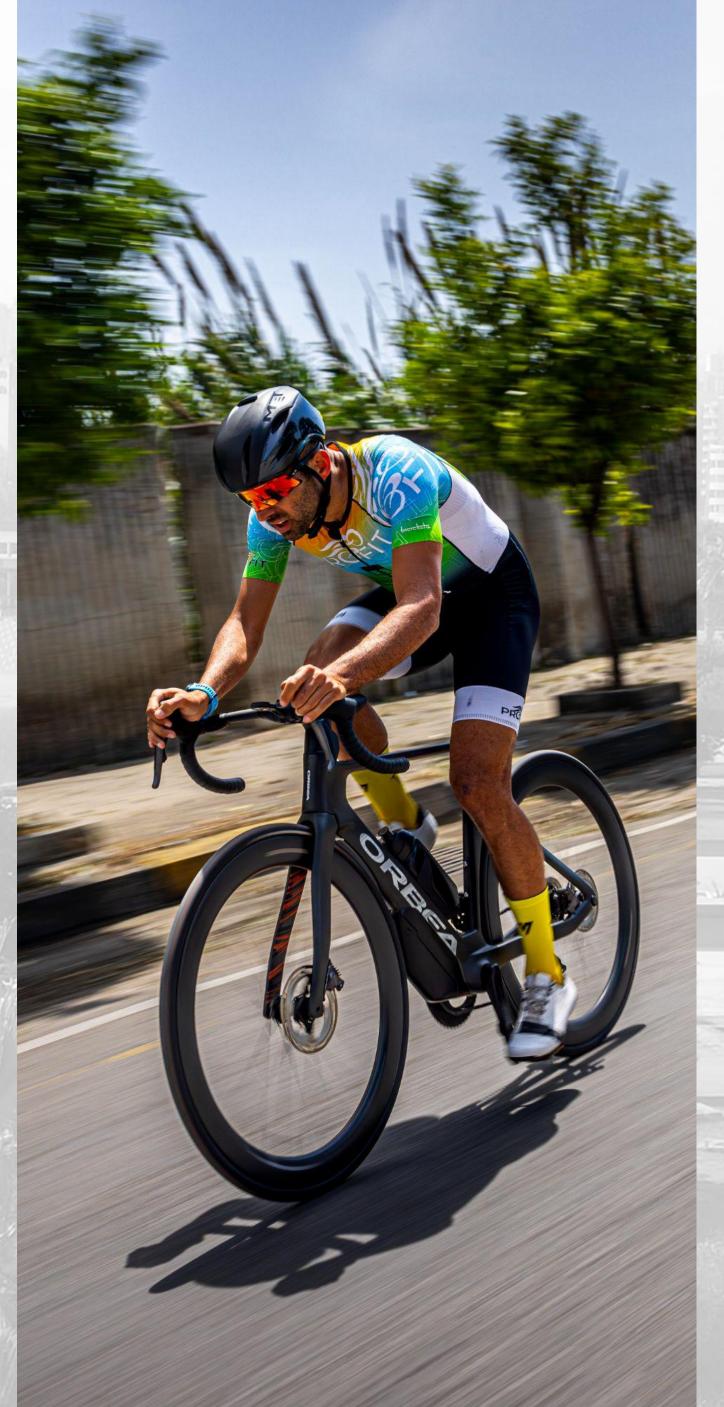
the Run Rules

- Your race number has to be facing away from your body and on the front side of your body, waist height.
- Your upper body must be covered at all times on the run portion of the race.
- Shoes are compulsory.
- 1 Water stations will be provided on the course.
- Earphones & cell phone during the race are not allowed
- No Help from outside (family, friends, coaches) in the transition zone & race
 course = DISQUALIFICATION (DSQ)



the Bike Rules

- Bike direction will follow the normal traffic direction and 1 lap will be equivalent to 3.1 KM
- No headphones allowed on the bike.
- Before exiting transition, your race number has to be facing away from your body and on the back side of your body, waist height.
- All participants shall wear a protective helmet, undamaged and unaltered.
- The helmet must be fastened before the participant first mounts the bicycle; at all times when the participant is on the bicycle and must not be unfastened until the participant has dismounted.
- Triathlon time trial bikes are allowed, as well as conventional road bikes, mountain and gravel bikes
- Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The 10 meter (X 1.5m) draft zone rule will apply.
- Passing on the LEFT SIDE
- Drive on the RIGHT if speed is less then 30 km/hr.





the Penalty

- All Infringements will be served in Penalty Box.
- Location: Before the finish line
- Information: White board to show race numbers and letters to indicate violations.
- Athletes need to read the board
- Procedure: 30 seconds time penalty for draft infringements and 10 seconds time penalty for all other infringements served on any lap of the run.
- Athletes have to stop at the penalty box and serve the penalty before the finish line. Not stopping will result in multiplying his penalty(ies) x2 on crossing the finish line.

TAKING A SHORTCUT, MISSING A LAP or OUTSIDE ASSISTANCE will result in DSQ = DISQUALIFICATION on crossing the FINISH LINE

Violations Abbreviations:

Dismount Line	D
Mount Line	М
Swim Behavior	S
Bike Behavior	В

Behavior	R
pment outside the box	Е
r violations (drafting)	V
, ,,	

For example:

12 D

athlete #12 received a time penalty for a dismount line violation





the Age Categories

AGE GROUP ARE CALCULATED BY YEAR OF BIRTH

ADULTS RACE

- MEN = 17-18, 19-23, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & ABOVE
- WOMEN = 17-18, 19-29, 30-44, 45 & ABOVE

LEBANESE DUATHLON CHAMPIONSHIP

YOUTH RACE - SUPER SPRINT DUATHLON

- MALE = 12-13 ,14-16
- **FEMALE** = 12-16

KIDS RACE - KIDS DUATHLON

- BOYS = 8-9, 10-11
- GIRLS = 8-9, 10-11









the Race Day Program

Finishers Medal & Vouchers:

- When crossing the finish line, please keep moving through the finish line, and then you will receive your finishers medal.
- You will also receive vouchers for a Breakfast pack, a healthy nourishing drink, and ice tea.







Prize Giving:

- Money prizes will be offered to the Top 3 Overall Men, Women, Relay
 Men, Relay Women, and 1st Youth & kids from each category
- **Trophies** and **vouchers** will be awarded to the top 3 males and females for the respective distances and all age groups.
- Overall winners will not be included in age group prizes to spread the prizes out amongst more people.

the Race Day Program

RACE RESULTS

 Full results will be available on the Profit_lb Instagram page as soon as possible.





PHOTOS

- When you see the cameramen, remember to give them a smile or a thumbs up, especially when you cross the finish line.
- Photos can be found on our Profit Facebook page.
- Photos will be available 48-72 hours after the race has finished.
- Relay: All teammates may join their runner on their final stretch to the finish line lap in order to finish together and for your finish-line photo.



the Race Day Info

Water Stations:

- These will be supplied by volunteers on the Run course as well as one at the finish line.
- A water station is available in the transition area.
- No water stations will be available on the bike course.
- Participants may bring their own beverages as long as they are consumed within the transition area.

Toilets:

These are available outside and next to the transition area.

Ambulance and Paramedic Services:

• These will be on-site and at the Finish line, and in the event of any athletes being in trouble, please inform the closest race volunteer to call for assistance.

Off-Course Bike Mechanics:

• Pre-Race: BIKE ZONE station will be available from the beginning of check-in on race day to assist with any basic repairs and maintenance on a first-come, first-served basis.





the Athletes' Zone

Welcome to the Athletes Zone, your exclusive sanctuary adjacent to the Run/Bike transition zone, reserved for EDD Race participants. A bag drop is available here.

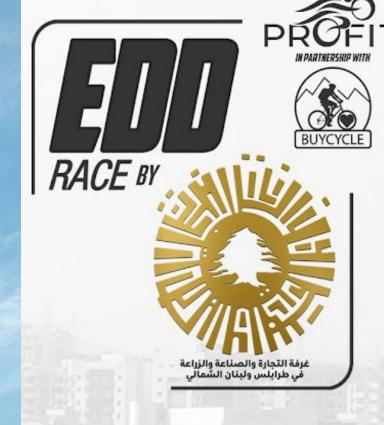
In the Athletes Zone, you'll feel the focused energy, a space to prepare both physically and mentally.

 Home-trainer stands are ready for warm-up rides to loosen your muscles and find your rhythm.

The zone also features:

- Physio massage station for last-minute tension relief and optimization
- Medical tent for swift care, ensuring your health and safety are top priorities.



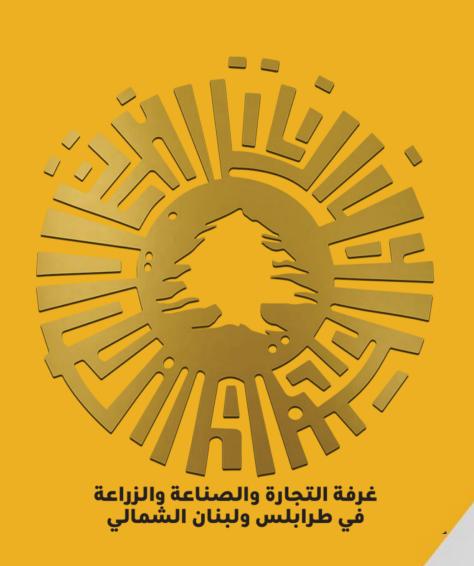


the Fan zone & Entertainment

Feel the beat and let the DJ's tunes uplift your spirits in the **FanZone**. Enjoy a curated playlist that sets the perfect mood, making every moment a celebration.

• Explore various stations with interactive games, challenges, and photo booths. Engage with sponsors to learn about the latest products and services, collect giveaways, and discover exclusive offers.

The FanZone is open to athletes and families pre- and post-race, offering a space to relax, refuel, and celebrate achievements together. Join the festivities and create unforgettable memories with loved ones by your side.

















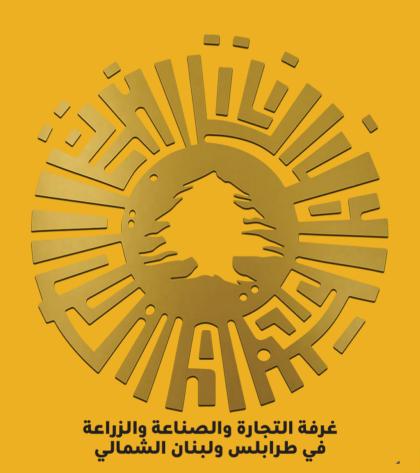








Chamber of Commerce



About: The Chamber of Commerce, Industry, and Agriculture of Tripoli and North Lebanon is a public utility institution and a member of the Lebanese Federation of Chambers of Commerce. Established under Decree No. 36/67, the chamber addresses all economic affairs and advocates for the interests of companies and entrepreneurs in trade, industry, and agriculture. It plays a leading role in the Lebanese national economy by promoting the highest interests of the private sector. The chamber has about 20,000 affiliates, with 7,000 members renewing their membership annually.

Contact: +9616425600

Instagram: tripolichamber

Facebook: Chamber of Commerce Tripoli LB

Website: www.cciat.org.lb





Fidelity Assurance & Reinsurance Company S.A.L.



About:

Established in 1967, Fidelity maintains an impeccable financial standing and is backed by top-rated reinsurance companies and administrators. Their team of professionals upholds the highest quality standards with integrity and respect at the forefront of their values. Fidelity offers a diverse portfolio of products tailored to meet the needs of both corporate and retail sectors, delivered through a dedicated and professional sales force.

Contact: +96171474050

Instagram: fidelityinsuranceco

Facebook: Fidelity Assurance & Reinsurance Co. SAL

Website: www.fidelity.com.lb



WHO CARES?

We do, because we are aware of the crisis that our country is facing, and we have the capacity and the know-how to do something about it.

Right after the Beirut blast, and while people had lost all their trust in financial institutions, Fidelity was a pioneer in paying claims without waiting for the official reports.

With the near collapse of the medical sector, and while social security was, and still is, covering a fraction of the cost, we stood by our customers and covered their medical treatments in full.

Over and above, we gave our Life Insurance clients the option to alter their payment method and/or duration with an additional 6-month grace period, on top of the two months mandated by law, in order to keep their policies in force.

Last but not least, throughout the lockdown period and political turmoil, we never stopped serving our clients and staying by their side 24/7.

At Fidelity we went far to stay close, because today, what the world needs most is caring.



About:

With a commitment to fitness excellence, XFIT Gym is dedicated to helping individuals achieve their health and wellness goals. Their state-of-the-art facilities and expert trainers provide a dynamic and supportive environment for fitness enthusiasts of all levels. Join us in thanking XFIT Gym for their generous support and get ready for an event filled with energy and excitement!

Contact: +9613223402

Instagram: xfitgym.lb

Facebook: Xfit Gym

Website: www.xfitness.skedda.com/booking









Since 1881, Al Hallab has been a pioneer in the world of Lebanese sweets, originating from the ancestral city of Tripoli. Their legacy continues with "Kasr El Helou," one of Tripoli's most renowned landmarks, visited by people from all over the world.

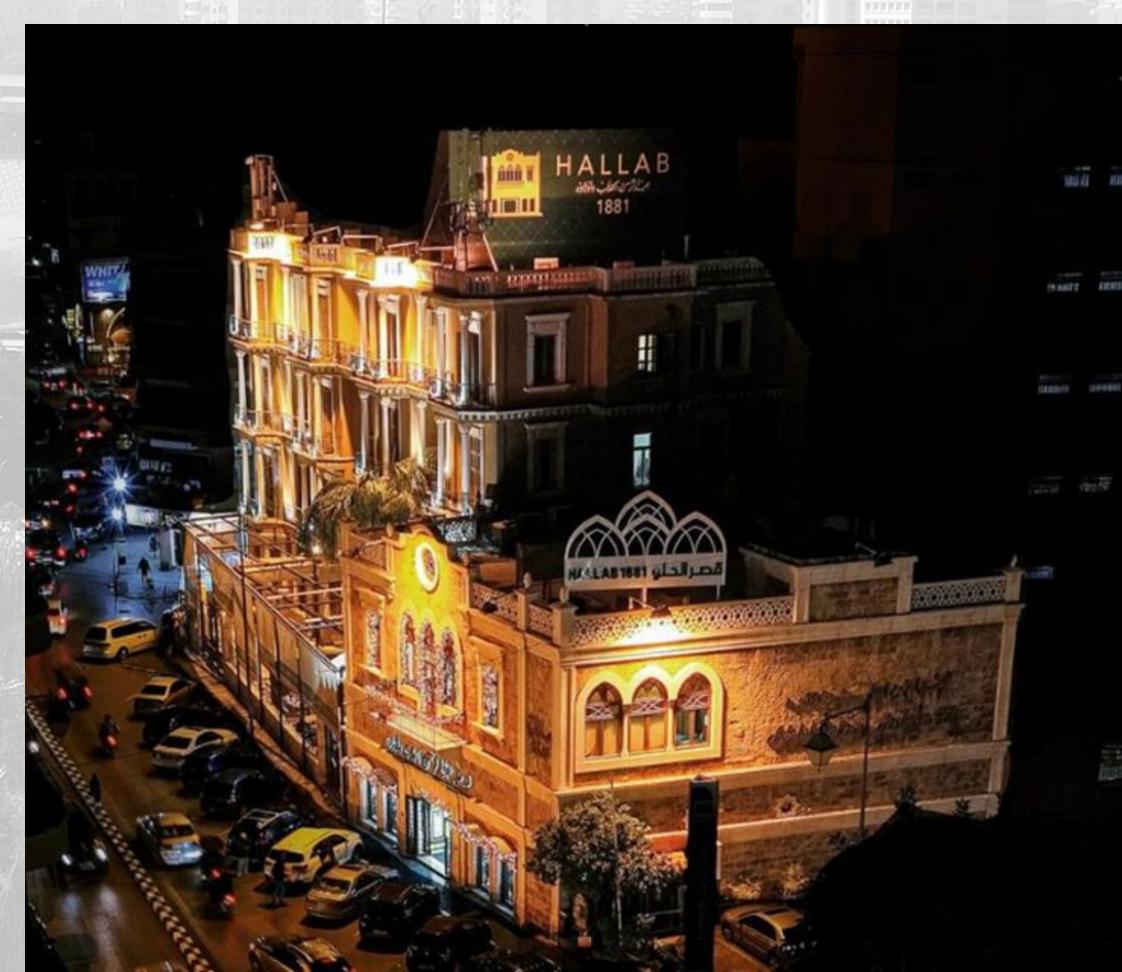
Contact: +9616444445

Instagram: arhallab1881

Facebook: Abdul Rahman Hallab & Sons

Website: www.hallab.com.lb









At PhD, we believe in maximizing what you can do, instead of punishing yourself for what you can't. Whether it's an extra rep or a recovery day, we know that small choices drive big impact. That's why we've spent years optimizing our range, scrutinizing the science behind every ingredient, and creating products that work smarter and taste better, to help you get more out of each day. From your morning boost to your evening refuel, we make it easier for you to upgrade your everyday.

Contact: +96176794679

Instagram: phdnutrition.lb

Facebook: PhD Nutrition

Website: www.phd.com/eu/about-phd





PrimeClad

About:

Elevating architecture with aluminum, stainless steel and building envelope solutions. Specialists in cladding, curtain walls, and beyond

Contact: + 96176677531

Instagram: primeclad

Website: www.primeclad.com

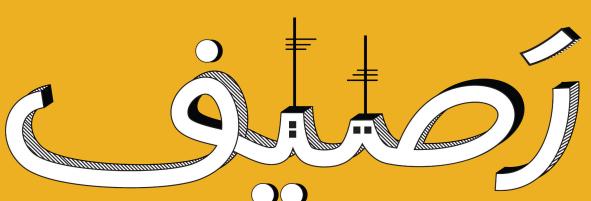




18+ YEARS securing homes

TOP NOTCH cladding expertise

Rassif





Your one-stop culinary destination "Morning bliss, artisanal bakes, gourmet delights, and sushi by monmakiamoi.

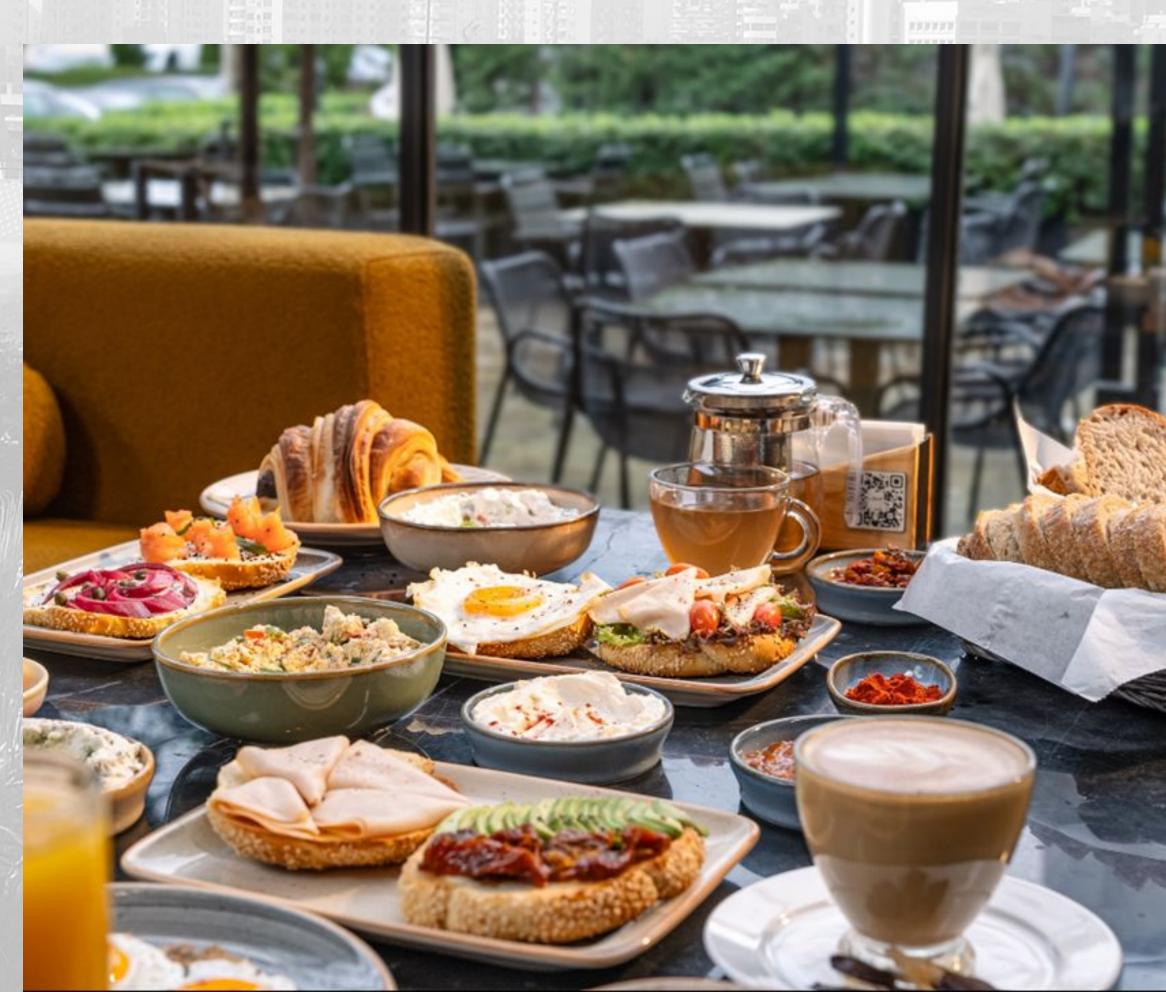
Contact: +96179161769

Instagram: rassiflb

Facebook: Rassif café

Website: www.rassif.online





Kyoto Japanese Restaurant



About:

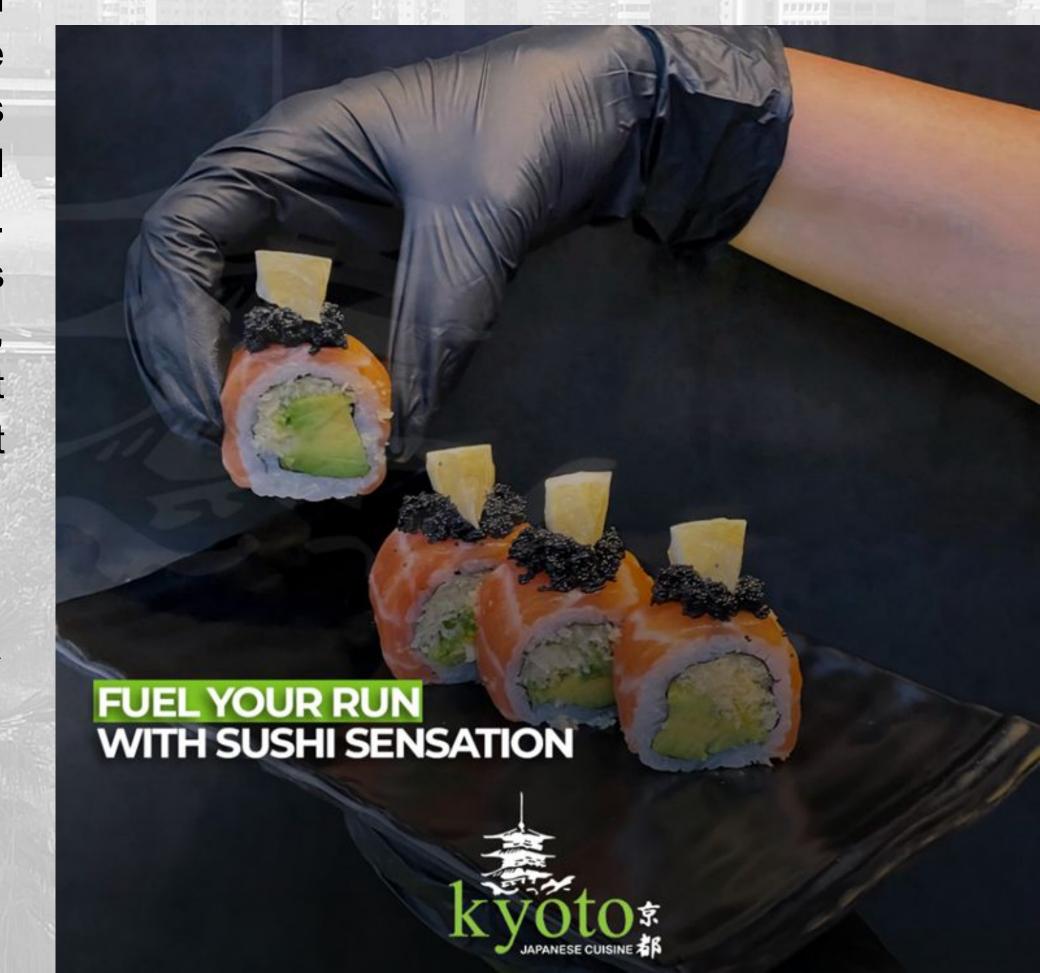
Kyoto is a well known japanese cuisine inspired from the heart of kyoto city in japan, importing the same quality of products since 2019 till now such as imported salmon, vietnam & thailand shrimp and caviar as well as the premium quality of crab. providing the same taste and premium products through all our branches: amshit, zouk michael, chekka, daher al ain, tripoli, zgharta. it has the best speciality asian sauces and dishes also, hot appetizers and salads.

Contact: +96176087877 Zgharta - +96181392920 Tripoli - +96181497608 Amshit +96181364888 Zouk - +96178880411 Chekka - +96176494990 Daher Al Ain

Instagram: kyotolebanon

Facebook: Kyoto





MEDCO



About:

It all started in 1910 by the late Georges N. Chammas, a successful young entrepreneur who left a huge impact in the fuel industry. We are the oldest Lebanese Importer and distributor of quality refined petroleum products. Serving you all over Lebanon at all our stations. Our mission is to move people from one station to another in their lives during all seasons, day and night, 24/365. We are committed to world-class customer service and quality as we excel for the mutual business of our customers, human energies and partners. We are committed to working toward excellence and continuous improvement

in everything we do.

Contact: +9613621247

Instagram: MEDCO_SAL

Facebook: MEDCO SAL

Website: www.medco.com.lb



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About:

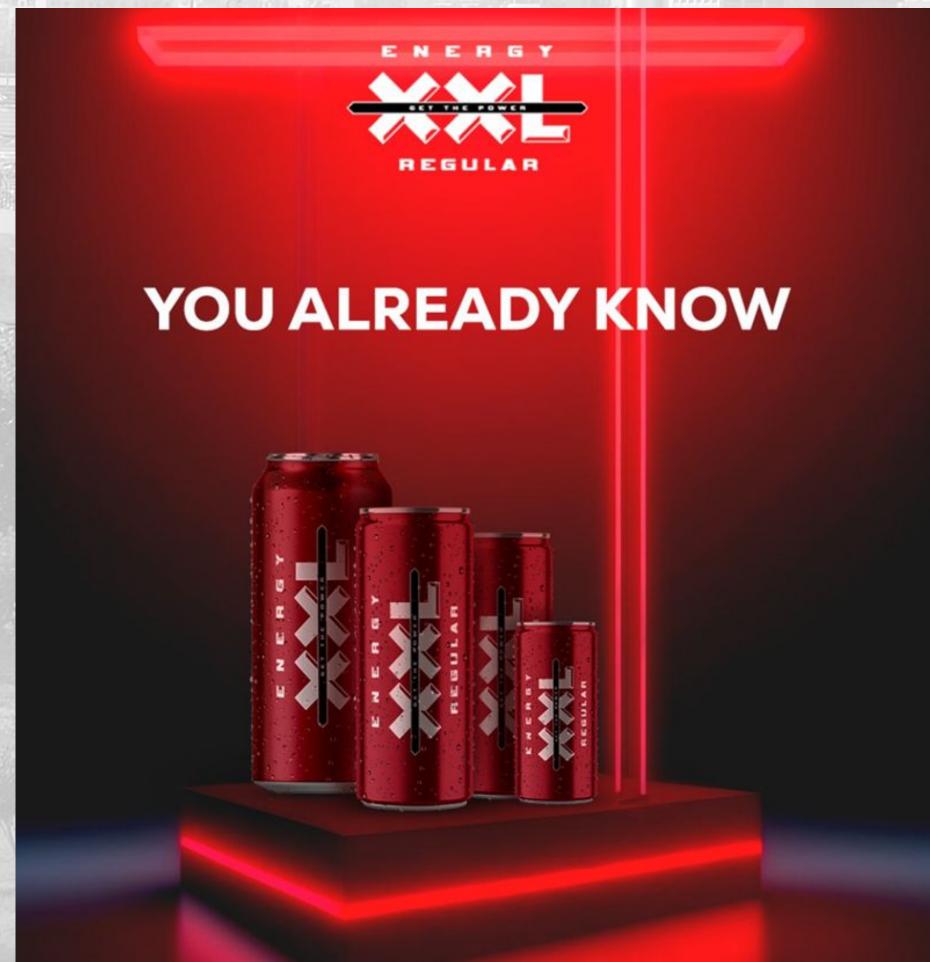
Fuel up with XXL Energy, a delicious drink mixture with 0% alcohol. Experience the power of diverse flavors that boost your mind and enhance your spirit. Made in Germany, XXL Energy is your ultimate source of vitality.

Contact: +96176406974

Instagram: xxlenergylb

Facebook: XXL Energy Drink LB





LaMunia





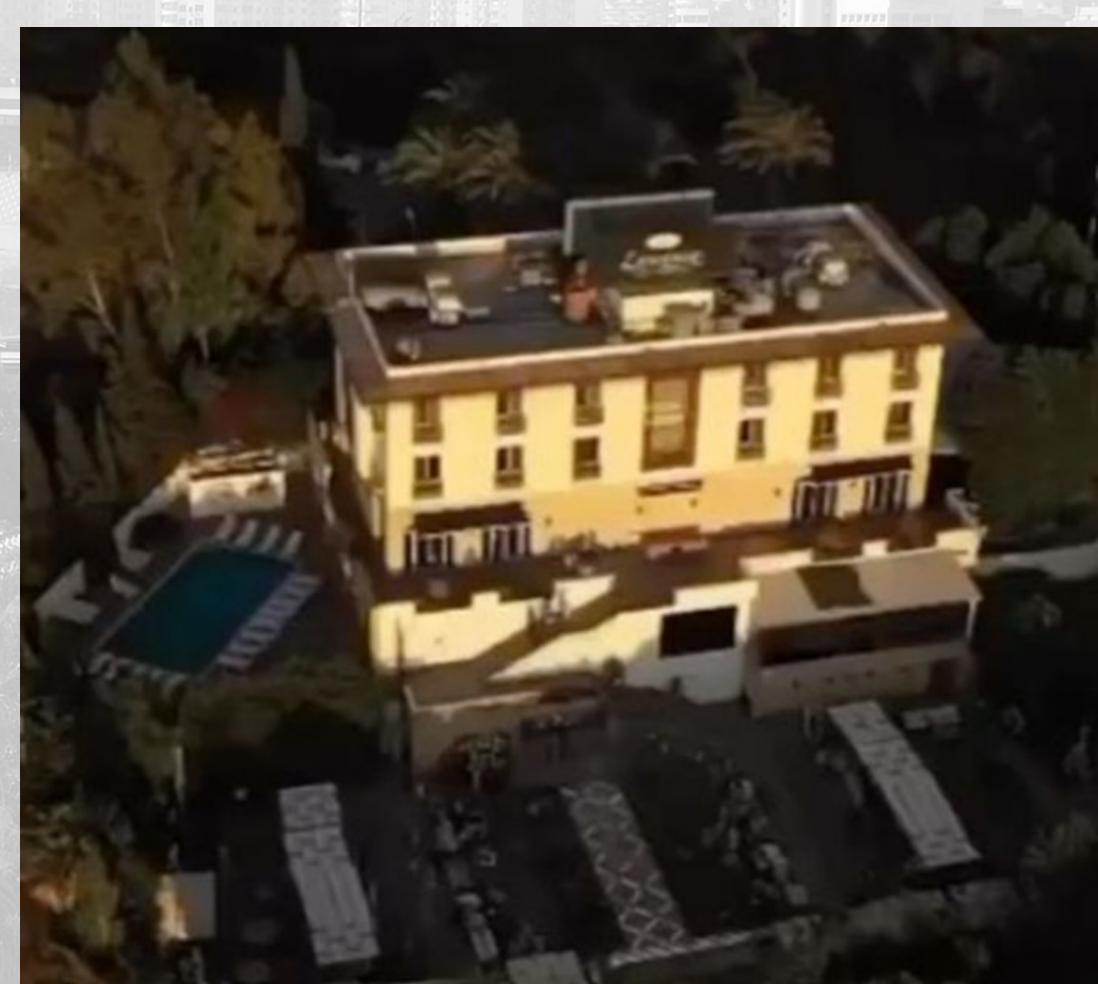
The only boutique hotel in North Lebanon, Lamunia blends Lebanese generosity with French elegance. Nestled in the Qalmoun area with stunning sea and mountain views, Lamunia offers a unique getaway just minutes from the beach and city. Indulge in luxury and tranquility with our 24 rooms and suites, and unwind at Lamunia Pool Lounge with delightful cocktail drinks. Elegance, quality, and satisfaction are our priorities. Whether for business or relaxation, Lamunia Hotel & Wellness Spa has it all.

Contact: +96171181881

Instagram: Lamunia_hotel

Website: www.lamuniahotel.com







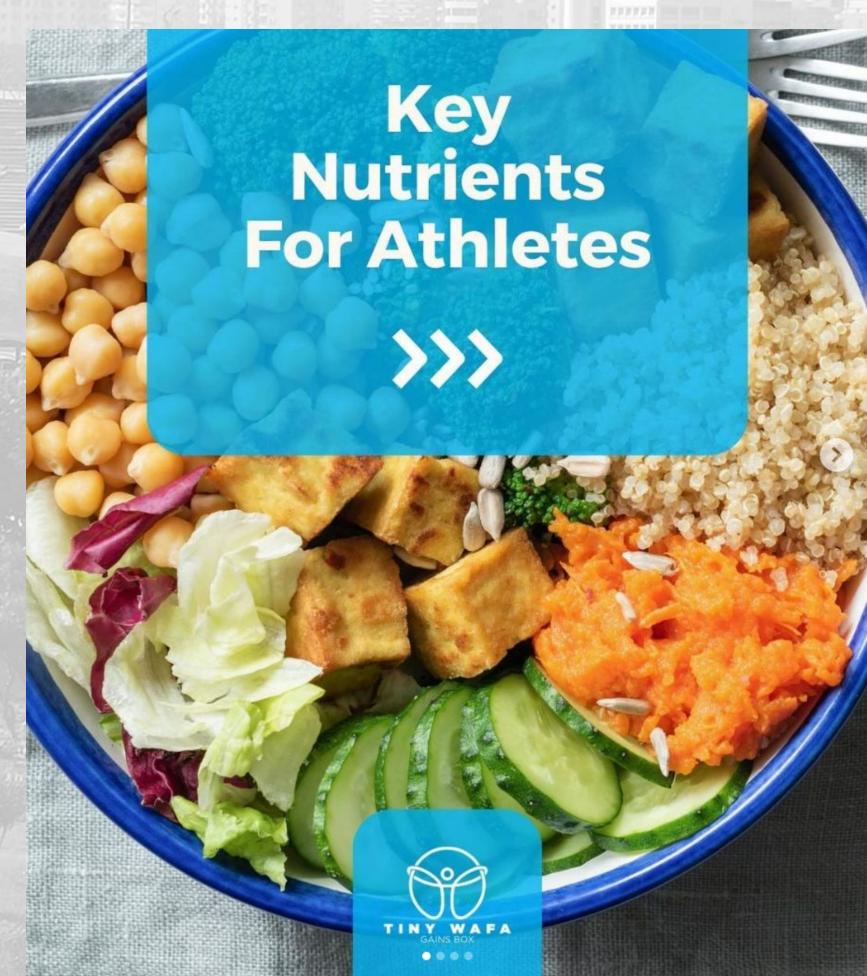


Transform your diet with Tiny Wafa! Specializing in weight loss, weight gain, and athlete nutrition, we're your go-to meal prep center for achieving your fitness goals. From tailored plans to delicious meals, we're here to support your journey to a healthier, happier you. Let's make every bite count!

Contact: +96170260553

Instagram: tinywafa





Viva La Vida Coffeeshop



About:

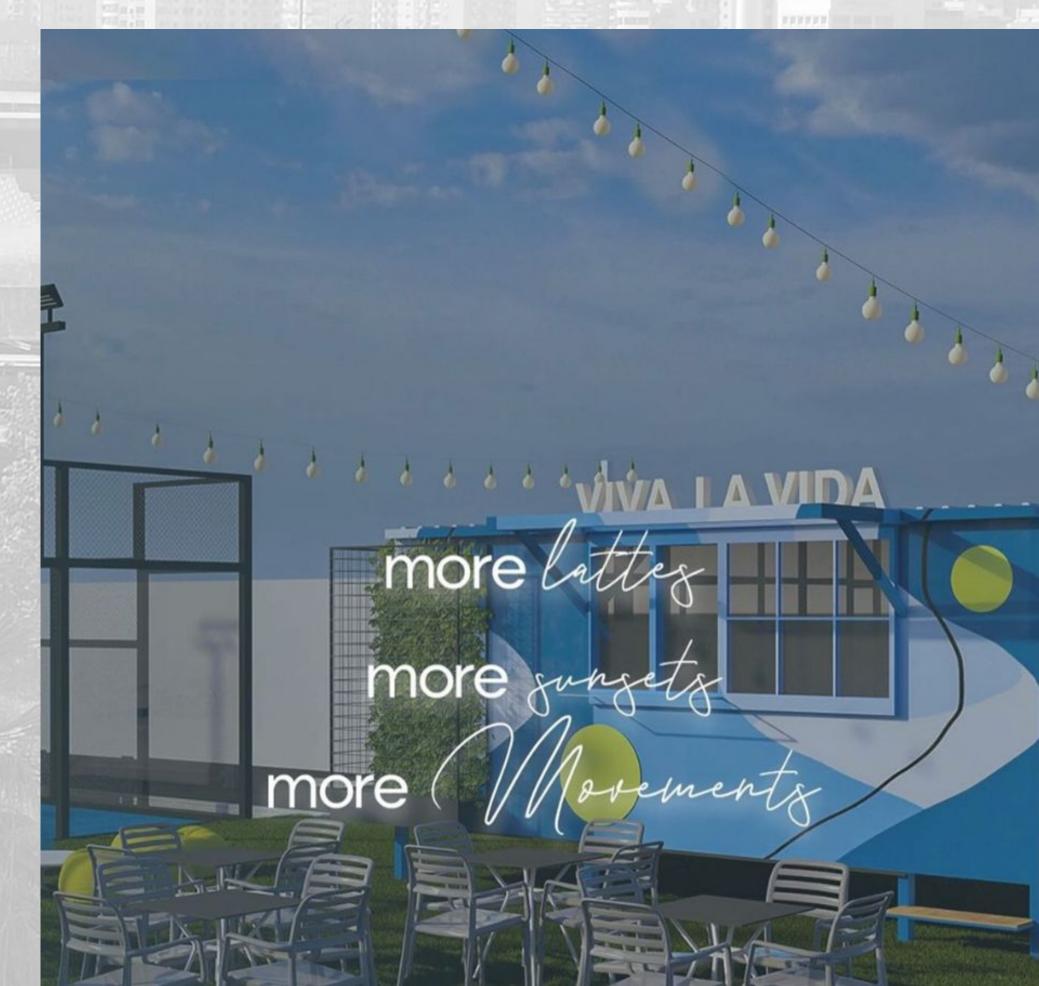
Your cozy boutique coffee shop, nestled in the heart of Tripoli, spreads nothing but positive vibes and energy.

Contact: +96181434243

Instagram: Viva_La_Vida_Coffeeshop

Facebook: LA Vida





Dr. Hayat Tountounji Mikati





About:

Smile brighter with our Dr. Hayat in Tripoli! Located conveniently at Naji Center on Azmi Street, their expert care ensures your dental health shines. From routine check-ups to specialized treatments, trust them for a confident smile.

Contact: +9613422686

Instagram: hayattoutounjimikati



Khan el Saboun



About:

Discover the legacy of beauty craftsmanship with KAS, boasting over five centuries of expertise. From our roots in Tripoli to destinations worldwide, our commitment to organic luxury ensures every product delivers comfort and indulgence. Join us in spreading the joy of Mediterranean beauty, touching lives from toddlers to elders across the globe, and keeping the magic of every season alive.

Contact: +96170000519

Instagram: khanalsabounlebanon

Facebook: Khan Al Saboun Lebanon

Website: www.khanalsaboun.net





Talaya/1750



About:

Embark on the journey of purity with Talaya. Since 2009, we've been on a mission to capture Lebanon's cleanest, purest mountain water—perfect for nurturing a healthy body, mind, and spirit. Sourced from pristine, snow-capped peaks and bottled at our state-of-the-art facility in Tarshish, our commitment to purity is unwavering. From our touch-free bottling technique to introducing glass gallons in 2016, we've continually raised the bar for quality and innovation. With Talaya, everyone can enjoy the goodness of clean, healthy mineral water—because our water starts natural and stays natural, all the way to you.

Contact: +9613177273

Instagram: talayawater and 1750water

Facebook: Talaya Water

Website: www.talayawater.com



Boutique Rania





Elevate your style at Boutique Rania! Discover the finest selection of women's clothing to upgrade your wardrobe. From chic essentials to statement pieces, we've got you covered for every occasion. Step into fashion and let your style shine!

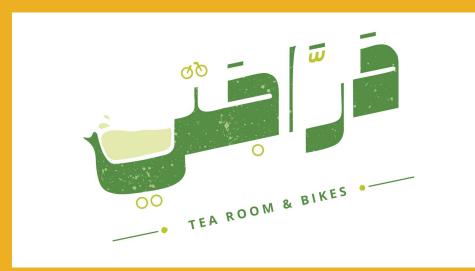
Contact: +9613423056

Instagram: btq_rania





Darrajatea



About:

Sip, savor, and cycle at DarrajaTea! Indulge in authentic teas and homemade bites at our cozy hub, where every brew is a journey in itself. Join us for a refreshing pit stop or pedal through while enjoying our freshly brewed blends on wheels. Cheers to the perfect blend of taste and adventure!

Contact: +96170965816

Instagram: Darrajatea







About:

Step into a world where fashion ignites passion. At WinnerForce, we're not just about style, we're about sparking a movement. Join us as we celebrate the symphony of success, where innovation meets inspiration and limitless possibilities unfold. Together, let's redefine fitness, shaping a legacy that echoes through the ages. The stage is set, the journey awaits—unlock your potential and soar towards your dreams with WinnerForce.

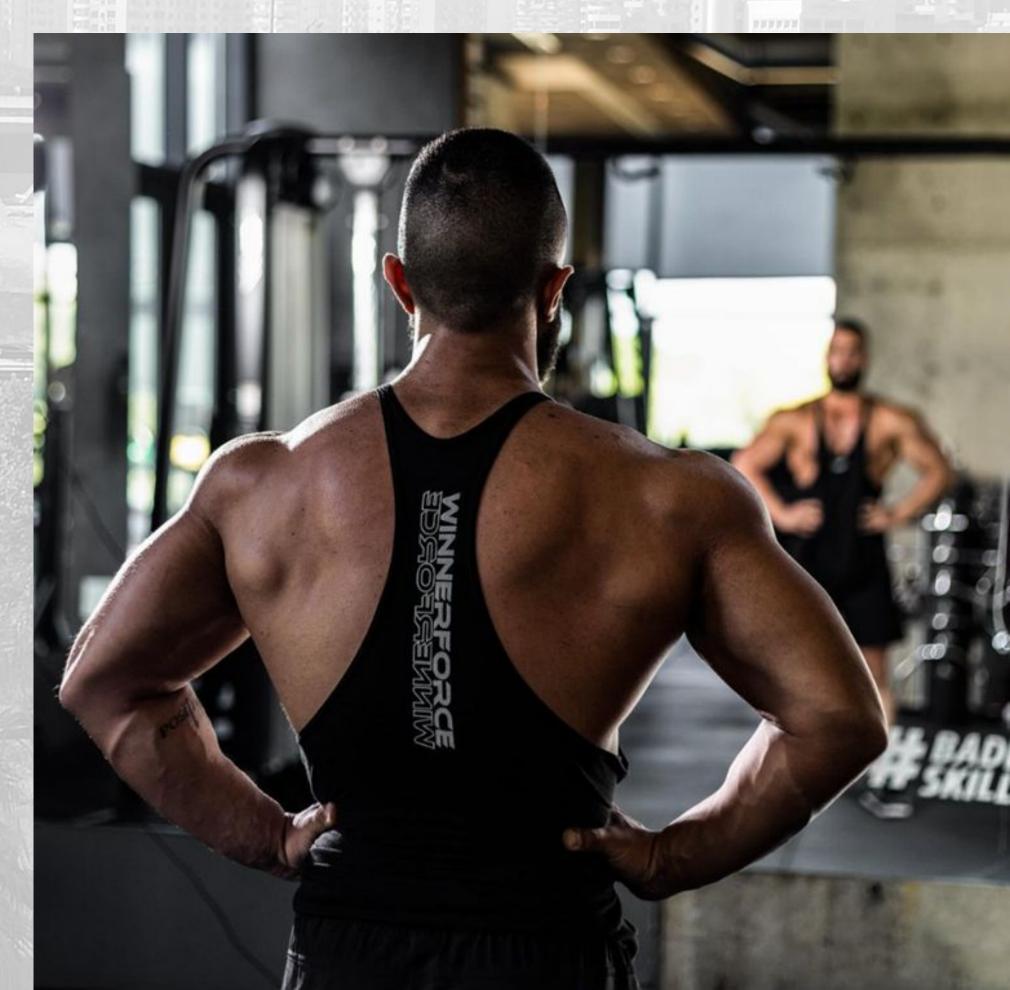
Contact: +9613055044

Instagram: WinnerForceOfficial

Facebook: Winnerforce

Website: www.winnerforce-lb.com





eTouch Clinic





Discover the healing touch at E-Touch! Specializing in pain management and physical rehabilitation, our medical center is dedicated to restoring health and vitality. Let us guide you on your journey to recovery and wellness.

Contact: +96171399204

Instagram: etouch.me

Website: www.e-touch.me





Don't Live With That Sport Injury Another Day!

Let Us Help You Get Back On Your Feet



About:

Pedal into adventure with BikeZone! Your premier bicycle shop dedicated to spreading the passion of cycling. From beginner to pro, we've got everything you need to fuel your ride. Let's hit the road together!

Contact: +96178840845

Instagram: BikeZoneLebanon



Islamic Charity Hospital





About:

In 1945, led by Prime Minister Abdul Hamid Karameh, the Islamic Charitable Hospital was founded to serve Tripoli's needy. Opened in 1952 and funded by community contributions, it moved to Azmi Street in 1955. During the Lebanese Civil War, it became the sole operational hospital in the region, prompting expansions. In 2003, a major extension was funded by Prince Talal Ibn Abdul Aziz. Recognized as a "4 Stars" hospital in 1992 and a public utility foundation in 1990, it continues to provide free medical services to all.

Contact: +9616205875

Instagram: ichtripoli

Website: www.islamichospital.org



Elite Running Club



About:

Elite Running Club: Lebanon's premier academy for running and triathlon. Join them to train, compete, and excel in a supportive community. From beginners to pros, they offer expert coaching and resources to help you reach your full potential.

Contact: +96170825268

Instagram: elite_runningclub



Lebanese Succour Organization





LSA is guided by the following principles and values: professionalism, humanitarian, neutrality, and collaboration (with the Lebanese authorities and other national and international entities), to serve people regardless of their gender, religion, affiliations, and ethnicities.

Through its commitment to these values and principles, LSA is creating a peacebuilding culture and sets of values among youth through volunteerism and appreciation of human rights and human ethics.

Contact: +9616433833

Website: www.lsa-lb.org







About:

Ruwwad Al Tanmiya in Tripoli is a community empowerment organization dedicated to fostering social change through education, youth leadership, and community engagement. They provide resources, support, and opportunities to help individuals and communities thrive. Join them in making a positive impact and driving sustainable development in Tripoli.

Contact: +9616394070

Instagram: Ruwwadlb





About:

Minaty Recycling Organization in Tripoli is committed to promoting sustainable waste management and environmental conservation. They focus on recycling and educational programs to raise awareness about the importance of reducing, reusing, and recycling. Join them in their mission to create a cleaner, greener Tripoli for future generations.

Contact: +9616433833

Instagram: Minaty

