

### Scottish Student Sport Virtual Duathlon

**Dates:** 26th October – 8th November

**Cost:** £3

**Format:**

This event will consist of 3 elements - a 5km run, a 20km cycle and another 3km run. The three components can be completed independently of each other and you can post multiple attempts of each element to get your best time. All disciplines can either be completed outside or indoors and must be posted on Strava.

**How to Compete:**

Step 1 - Join the Scottish Student Triathlon Strava Group: <https://www.strava.com/clubs/ssstriathlon>

Step 2 - Sign up on Azolve:

Step 3 - Upload your activities to Strava the relevant activity name:

SST Virtual Duathlon - 5km Run

SST Virtual Duathlon - 20km Cycle

SST Virtual Duathlon - 3km Run

You can do these activities in any order at any time over the 2 week period.

We want everyone to have fun and play fair so there are the following rules in place:

- Run - We would like everyone to complete their runs on as flat a course as possible, downhill runs are discouraged and any run that the finishing elevation 25m lower than the starting elevation will be discounted
- Cycle - The cycle should ideally be completed outside on the road as an individual effort (no drafting). We will also accept activities completed on indoor trainers, provided they calculate speed from Power (i.e. Wattbike)

**Rankings:**

Entries will be monitored on Strava daily, a leaderboard will be shared with the clubs at the end of each week.

**COVID-19/SGB guidelines:**

We want everyone to have fun and compete safely. Please follow the latest guidance from your Institution as well as the guidance from Triathlon Scotland: <https://www.triathlonscotland.org/covid-19/>

