

 Jai Balaji Group
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Triathlon & Duathlon Kolkata

ATHLETE GUIDE BOOK 2025

www.jbgbergman.com



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WELCOME ALL PARTICIPANTS

Welcome Athletes,

We are thrilled to host you for the inaugural edition of JBG Bergman Kolkata – the very first triathlon and duathlon event in Kolkata, West Bengal!

Let's come together to make West Bengal proud as we celebrate this historic milestone in the state's sporting journey.

Swim in the pristine waters of Eco Park's beautiful lake,
Explore Kolkata's rich cultural heritage,
And don't forget to indulge in the city's famous sweets post-race!

Make the most of your time here by visiting some of Kolkata's iconic attractions. Looking forward to an unforgettable experience with you all!

Warm regards,

Vaibhav Belgaonkar,
Race Director

Uday Patil,
President, DSC



MESSAGE FROM OUR TITLE SPONSOR

Dear Triathletes,

On behalf of JBG Jai Balaji Group, it is my honor and privilege to welcome you to the first-ever JBG Bergman Triathlon in Kolkata.

As the title sponsor of this landmark event, we are thrilled to be part of this exciting journey that marks a new chapter in Kolkata's sporting history.

This triathlon represents more than just a race; it's a celebration of passion, perseverance, and the indomitable human spirit.

We are proud to support an event that not only promotes fitness and endurance but also showcases the beauty and vibrancy of Kolkata.

Your determination and hard work inspire us, and we look forward to witnessing your incredible performances on race day.

Here's wishing each of you an unforgettable experience and a race to remember.

Let's make history together!

Warm regards,

Gaurav Jajodia,

Director Jai Balaji Group



EVENT SCHEDULE

DATE 8 FEBRUARY 2025 SATURDAY

1. Athlete Check in Bib Collection 11 Am to 6:00 Pm (Location ECO PARK)
2. Practice swim 8 Am to 11 Am. (Location ECO PARK)
3. Sponsors & Brand Ambassadors Felicitation 5:00 Pm Onwards (Location ECO PARK)
4. Athlete briefing at 5:30 Pm
5. Bike Check In 2:00 Pm to 6:30 Pm (Location ECO PARK)

DATE 9 FEBRUARY 2025 SUNDAY

1. Parking gates will be open 5:00 Am till 6:00 Am only. (Note : - parking on your own risk once gate closes no one will be able to enter the parking area.)
2. Transition area open 5:00 Am to 6:30 Am
3. Olympic Duathlon Line Up 6:00 Am & Flag off Time 6:30 Am.
4. Bergman 113 Triathlon Line Up 6:00 Am & Flag Off 6:15 to 6:30 Am (Rolling start 10 secs 5 Athletes).
5. Bergman Olympic Distance Triathlon Line Up 6:40 Am Flag Off 7:00 Am.
(Note :- Triathlon Start Time will Vary Depending Upon Clear Visibility.
6. Award Ceremony Olympic Duathlon & Olympic Triathlon 12:00 Pm
7. Award Ceremony Bergman 113 Triathlon 4:00 Pm
8. Bike Checkout time for Olympic Triathlon and duathlon 12:30 Pm to 1:30 Pm (No bike Checkout after 1:30 Pm.
9. Bike Checkout Reopens 3:00 PM for Everyone.



ATHLETE CHECKIN

- 08th February 2025 Saturday From 11:00 Am To 6:00 Pm
- 09th February 2025 Sunday From 5:00 Am to 3:30 Pm
- Athlete Check in will not be open on race day
- If you do not check in during the designated Athlete Check-In hours you will not be permitted to race. ALL RACE PACKETS MUST BE PICKED UP BY 6 PM SATURDAY.

YOUR RACE KIT WILL INCLUDE BERGMAN TRIATHLON & DUATHLON

1. Entry to Race
2. Participation T-shirt
3. Bicycle seat post sticker & Helmet Sticker
4. Bib Time-chip
5. Swimming cap (Triathlon)
6. On course nutrition
7. E-certificate
8. Finisher's Medal
9. Special Goodie Bag
10. Transition Bag
11. Bib Belt



BIB KIT COLLECTION PROCESS

1. Bib/Kit Collection Through OTP:

- Bib/kit collection is strictly based on an OTP system for security and efficiency.

2. Process for Collecting Bib/Kit:

- Athletes must approach the designated BIB Collection Counter and inform the volunteer of their bib number.
- The volunteer will send an auto-generated OTP to the athlete's registered mobile number and email address.
- Once the OTP is verified, the volunteer will hand over the bib kit.
- After receiving the bib kit, athletes will proceed to the Goodies Counter to collect their additional items, which include:
 - T-shirt
 - Bike stickers
 - Bag
 - Two transition bags
 - Bib belt

3. Participant's Presence Required:

- It is mandatory for participants to personally collect their kit.

4. No Kit Without OTP:

- Under no circumstances will a kit be handed over without a valid OTP.

5. Goodies Collection Without Athlete's Presence:

- If the athlete is unable to attend, only goodies (not the complete kit) can be handed over to an authorized person. This still requires the OTP from the registered athlete.

6. Mobile Number Changes:

- In case of a registered mobile number change, athletes must visit the Help Desk with a valid ID proof (such as from DigiLocker). Only then will the mobile number be updated.

7. No Exceptions for Missing OTPs:

- Failure to provide the OTP will result in the athlete being unable to collect their kit or goodies. No exceptions will be entertained.

We request all participants to follow these rules to ensure a smooth and hassle-free distribution process.



HOW TO REACH EXPO & RACE VENUE



SCAN THE QR CODE TO REACH THE VENUE

THE EXPO AND VENUE IS AT THE SAME PLACE
ECO PARK NEW TOWN KOLKATA

[Click to open on Google maps](#)



ATHLETE WRISTBAND

A wristband printed with your race number And Name will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed.



BIKE STICKERS

You will receive the following stickers in your athlete packet: Bike frame Seat post Helmet sticker Make sure the Seat Post sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo **MUST** be visible. The helmet sticker will be affixed to the front of your helmet. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed. We recommend you label your transition bags with a permanent marker.



BIKE STICKERS

JBG  Jai Balaji Group
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1 0 0 0

nothing can stop you

PLACE THIS STICKER AROUND THE SEAT POST
WITH THE NUMBER FACING BACKWARDS



BIKE SEAT POST STICKER

JBG  Jai Balaji Group
BERGMAN[®]

1 0 0 0

nothing can stop you



JBG  Jai Balaji Group
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1 0 0 0

PUMP STICKER

JBG  Jai Balaji Group
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1 0 0 0

HELMET STICKER

JBG  Jai Balaji Group
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1 0 0 0

nothing can stop you

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BIKE SEAT POST STICKER

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1 0 0 0

nothing can stop you



JBG  Jai Balaji Group
BERGWOMAN[®]

1 0 0 0

PUMP STICKER

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1 0 0 0

HELMET STICKER



CHECKLIST

Swim

- Tri Short , Trisuit , Swim Suit
- Bergman Swim Cap (Compulsory)
- Swim Goggles
- Towel after swim

Cycling

- Helmet
- Bike
- Sunglasses
- Shoes sock
- Water bottles
- Nutrition
- Tool Kit CO2 , Puncture kit , Pump , Extra Tubes etc
- Floor pump (pump up your tires before you leave home but leave the pump in your car just in case)
- BIB belt

Run

- Running Shoes
- Running Glasses
- Hat / Visor

Other

- Training Device (For Example Garmin)
- Transition Bag
- Sunscreen
- Chamois Cream
- Vaseline
- Big Smile For Photographs
- Post Race Warm Cloths

Please go through the checklist before the race day and be prepared.



AID STATIONS

Aid stations are approximately every 10 kms on the bike and approximately a 1.2km apart on the run. The general offerings are as follows:

BIKE COURSE

Water Sipper Bottle Black
 Energy Drink Fast&Up Reload Sipper Bottle
 Transprent
 Chikki
 Orange
 Banana
 Candies
 Salt
 First Aid Kid



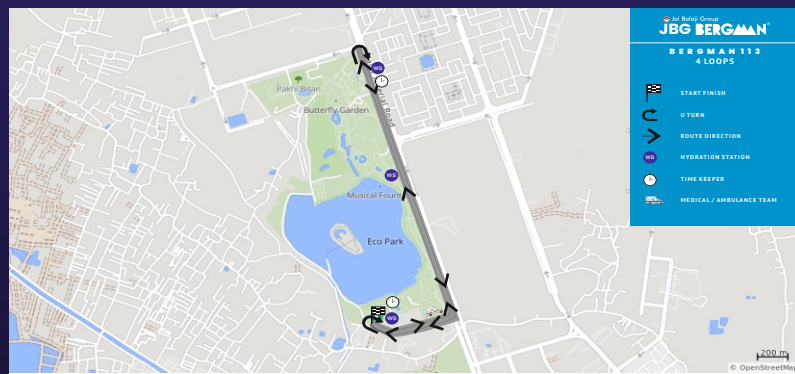
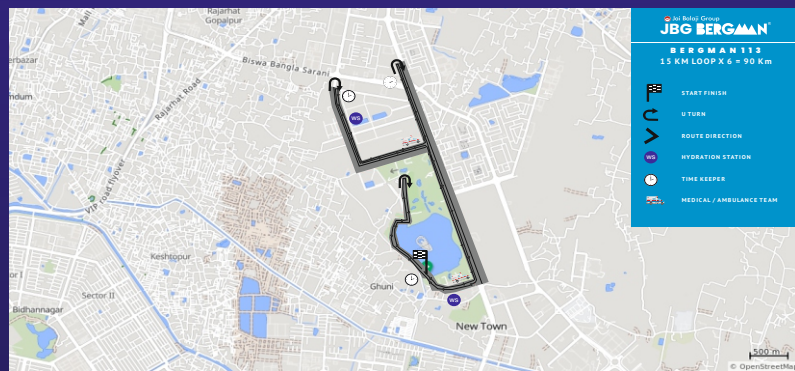
Note: Sipper bottles will be provided on the cycling course, with designated litter zones for disposal. Participants must discard empty bottles only within these zones; littering elsewhere will result in a 5-minute penalty. Please only discard bottles when empty and collect a new one.

RUN COURSE

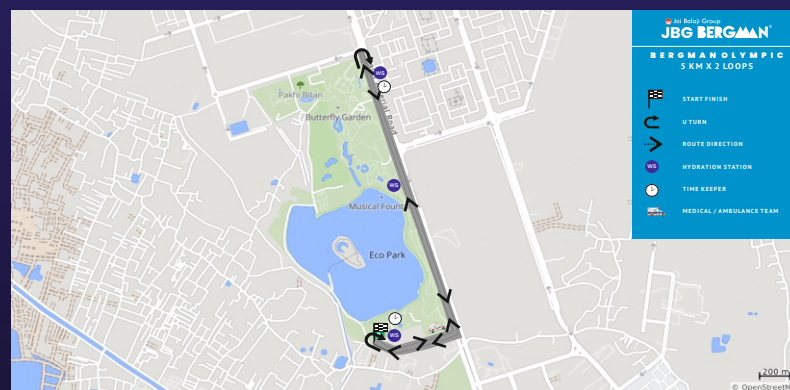
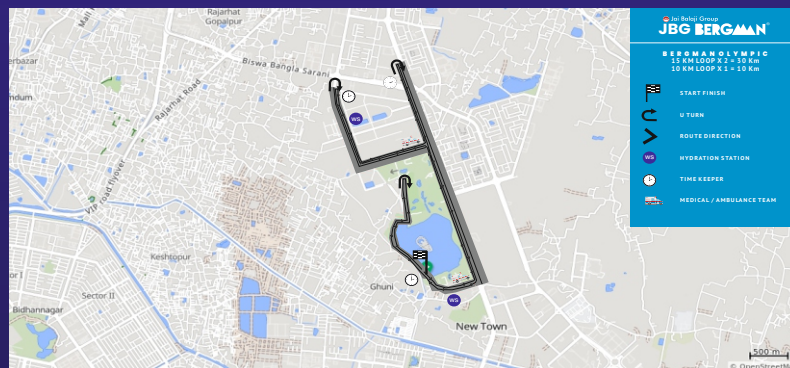
Water
 Energy Drink
 Cola
 Chikki
 Oranges
 Banana
 Watermelon
 First Aid Kid



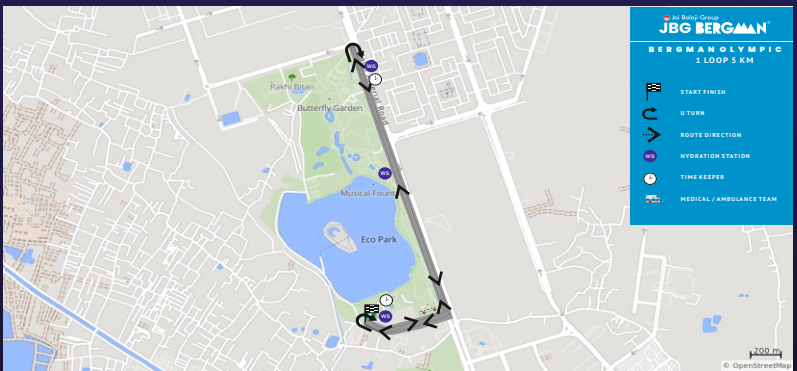
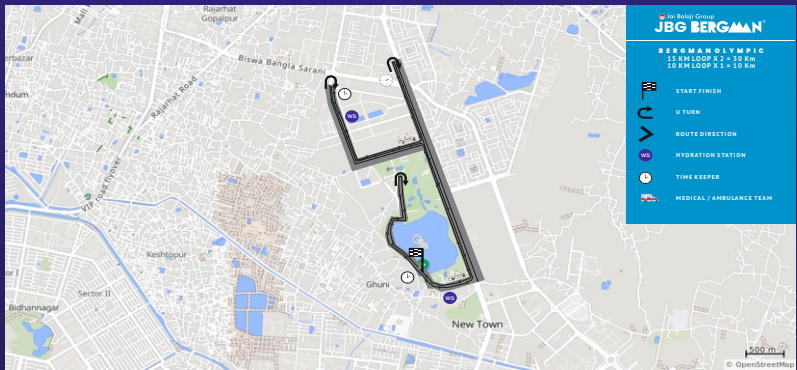
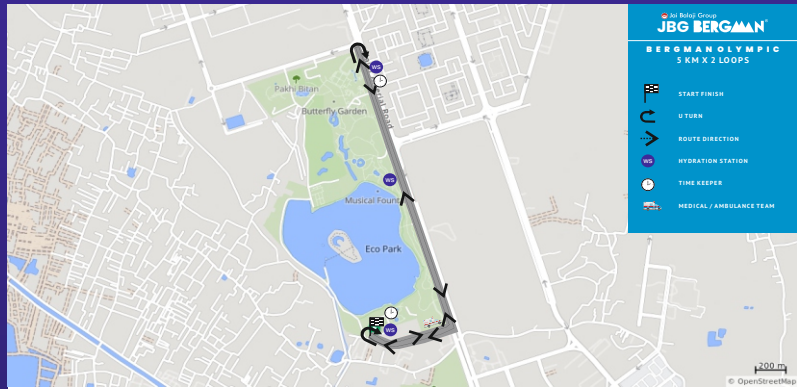
Course Maps - Bergman 113 Triathlon



Course Maps - Bergman Olympic Triathlon



Course Maps - Bergman Olympic Duathlon



CUT OFF TIMINGS

- BERGMAN BERGWOMAN 113 Triathlon Swim 1:10Hr From Individual Start time – Bike 5:30Hr From Individual Start time – RUN 8:30 Hrs From Individual Start time
- Bergman & Bergwoman Olympic Distance Triathlon Total 5:00 Hrs
- Bergman & Bergwoman Olympic Duathlon Total Cut Off Time 5:00 Hrs

Please note that the cutoff times for each category are strict. If a participant does not finish within the allotted time, they will receive a DNF (Did Not Finish) result and will not be awarded a medal. No exceptions or requests will be accommodated.

RULES & REGULATIONS

1. The Organisers reserve the right to limit and refuse entries.
2. The Organisers reserve the right to remove any participant deemed physically incapable of continuing the race.
3. The Organisers reserve the right to amend the Rules and Regulations without prior notification.
4. The Organisers reserve the right to amend the race course with prior notice to participants.
5. It is the Participant's responsibility to fully understand the rules and avoid infringements.
6. The entry and bib number is not transferable or refundable under any circumstances.
7. Organizers has right to cancel any offline registration without any prior notice and the amount paid will be refunded back to the participant.



WEATHER DISCLAIMER

1. In the event of inclement weather, the Organisers reserve the right to delay the start of the race, shorten the race or modify the course.
2. Unless otherwise pre-approved by the Event Director no athlete shall intentionally cause the physical forward progress of another athlete on any part of the course during the Race. The penalty for this will be disqualification.
3. Should inclement weather persist after the delay, the Organisers reserve the right to cancel the race without any refund of registration fees.
4. In the event of dangerous open water conditions only, the Organisers reserve the right to replace the swim with a run.
5. The use of banned substances with the intent to improve performance, eliminate the sense of fatigue or for any other purpose is not allowed at any time and doping tests may be performed at random on participants.
6. Participants must not refill hydration or nutrition outside the designated aid stations provided by the Organisers.
7. Participants must respect rules and be respectful to the volunteers, spectators, and the Organiser throughout the event.
8. Participants are not allowed to throw away their waste outside the litter-zones and garbage bins provided throughout the event.
9. Participants must refuse any outside help during the race (e.g., support, supplies, technical assistance)
10. Participants are not allowed to leave all or part of their race equipment outside the Transition Zone
11. Nudity outside the changing tents is not allowed.
12. Wearing headphones is not allowed at any time.
13. Participants must be familiar with the entire course, and it is their responsibility to follow the correct route



RACE ENTRY RULES

1. The race is open to athletes of all nationalities.
2. On-the-day entries will not be accepted.
3. Participants must be 18 years old on race day.
4. All entries are non-transferable to other participants or to future BERGMAN events.
5. No changes between race distances are permitted
6. Participants racing under an assumed name or age or giving false information will be disqualified and risk suspension or expulsion from other BERGMAN events.
7. Prior to race day, in the event of inclement weather, force majeure or other hazardous conditions, the Organizers reserve the right to reschedule or cancel the race without any refund of registration fees.
8. The Organizers will not be responsible for any disputes arising from incomplete and/or incorrect entry details given by the participants.
9. Participants found to have interchanged their timing bib tag with another individual, will be disqualified from the event and shall not be allowed to apply or participate in the subsequent edition of the event.

ATHLETE CHECKIN RULES

1. Participants must proceed to check-in during the allocated times and attend the compulsory race briefing.
2. Participants must rack their bicycles during the allocated times. Participants failing to adhere to this rule are prohibited from starting the race.
3. The timing chip must be worn throughout the entire race around the left ankle.
4. In the event that the timing chip is lost or malfunctioning it is the Participant's responsibility and will be disqualified.
5. Start numbers may not be reduced in size or altered and must be always visible.



BIKE CHECKIN RULES

1. Participants must proceed to check-in their bicycle at the transition area within the designated times only.
2. You must bring your helmet with you to bike check-in for a safety inspection. Note: smart helmets are not allowed.
3. Athletes need to check-in their bike (with bike sticker attached) and rack it in its designated place.
4. During the check-in Participants are allowed to leave their helmets and bike-shoes so long as they are attached to their bicycle (small equipment such as tool box, bike bottles and bento boxes are also permitted). All other gear can be brought race morning.

SWIMMING RULES

1. All swimmers are required to wear proper swimming attire during the entire swim course.
2. Trisuits should not extend past the elbow or knees.
3. All swimmers must wear the swim caps provided by the Organiser.
4. Swim goggles may be worn.
5. Fins, paddles, snorkels, Pool Buoys or any other swimming aids are not allowed.
6. Wetsuits and Float Buoys are allowed to use.
7. Support crews are not allowed. Any assistance, other than medical aid received during the swim will result in immediate disqualification.
8. No person other than the participants and officials are permitted in the swim course.
9. Swimmers in difficulty shall signal by raising an arm to the escorting boats/canoes for assistance.
10. Once assistance is rendered, the competitor must retire from the competition.

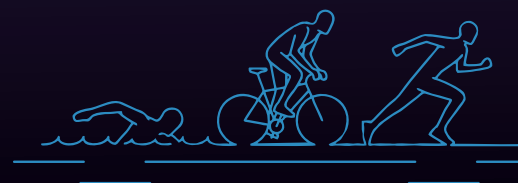


CYCLING RULES

1. Support vehicles or pacers are not allowed at any time.
2. All athletes must obey traffic rules while on the cycling course unless otherwise directed by a race official.
3. Wearing of headphones is not allowed at any time.
4. Drafting is not allowed at any time (the draft zone is 14 metres from front wheel to front wheel or 7 bike lengths).
5. No bare torso is allowed at any time.
6. Support vehicles or pacers are not allowed.
7. Helmets must be worn from the moment the bike is removed from the rack, until after it is replaced after the cycle leg.

RUNNING RULES

1. Runners must always wear their race numbers clearly visible at the front of their adorned apparel.
2. Support vehicles or pacers are not allowed.
3. Runners must run on the designated path for the entire route.
4. No bare torso is allowed at any time
5. Wearing headphones is not allowed at any time



TEMPERATURE

RACE DAY TEMPERATURE

1. LOW TEMP 4 AM TO 6 AM BETWEEN 18 DEGREES TO 21 DEGREES.
2. THE TEMPERATURE RANGE WILL BE 18 DEGREES TO 32DEGREES FROM 4 AM TO 3 PM.
3. CHANCE OF PERCEPTION IS 0%.
4. WATER TEMPERATURE RANGE 6 AM TO 8 AM WILL BE TENTATIVE 21 TO 24 DEGREES.
5. SUNRISE WITH VISIBLE LIGHT EXPECTED BY 6:40 AM.
6. VISIBILITY ON SUNDAY WILL BE PERFECTLY CLEAR WITH A VISION OF 13 TO 22 KMS.
7. WIND SPEED ON SUNDAY WILL BE 5 TO 8 KPH WITH GUSTS UPTO 20KPH.
8. WIND SCALE IS LIGHT BREEZE TO MODERATE BREEZE .
9. UVI WILL BE 7 HIGH FROM 9AM TO 3PM.
10. HUMIDITY EXPECTED TO BE 50% TO 80%

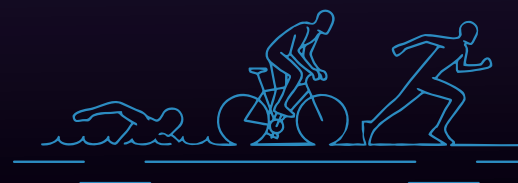


PLACES TO VISIT IN KOLKATA

Kolkata, known as the "City of Joy," is rich in history, culture, and heritage. Here are some must-visit tourist attractions:

- 1. Victoria Memorial – Iconic marble monument and museum**
- 2. Howrah Bridge – Engineering marvel and city symbol.**
- 3. Dakshineswar Kali Temple – Revered Hindu temple by the Hooghly River.**
- 4. Belur Math – Serene spiritual site blending architectural styles.**
- 5. Eco Park – Urban oasis with water activities and replicas of landmarks.**
- 6. Indian Museum – Oldest museum in India with diverse collections.**
- 7. Kalighat Kali Temple – Sacred pilgrimage site.**
- 8. St. Paul's Cathedral – Gothic-style cathedral.**
- 9. Tagore's House – Museum dedicated to Nobel laureate Rabindranath Tagore.**
- 10. Park Street – Hub for nightlife, restaurants, and cafes.**

Kolkata's rich culture, history, and warmth make it a destination like no other!



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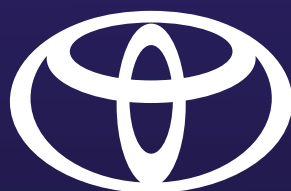
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