



June 17, 2017

Race Day Timeline:

- 7:00am - Transition area opens for **duathletes** who have race packets
- 7:00am - Packet pick up begins for **duathletes**, **5K** and **Fun Run** (*inside airport terminal*)
- 7:00am – Chip distribution at transition for **duathletes**
- 8:30am - Chip and packet pick up closes
- 8:30am - Mandatory pre-race meeting for **duathletes** and **runners**
- 8:40am - National Anthem and Prayer
- 8:45am – **Fun Run Start**
- 8:50am - Last chance to return to transition for **duathletes**
- 8:55am - Transition area closes for **duathletes**
- 9:00am – **Bike Time Trial** packet pick up begins at time trial start area.
- 9:00am - **Duathlon** Individual males start
- 9:02am - **Duathlon** Individual females AND team runners start
- 9:10am - **5K Runners start**
- 10:00am - **5K Awards**
- 10:00am – Food served
- 10:15am - **Bike Time Trial** start (*see start times posted at packet pickup for exact times*)
- 11:00am – (*approx.*) Transition area opens for **duathletes** to retrieve bikes
- 11:15am - Giveaway prizes: *prizes will be given away in waves with all participants eligible for the “grand prizes”!*
- 11:30am – **Duathlon** & **Bike Time Trial** awards

General Information:

- ◆ No parking on Hwy 71B!
- ◆ A MANDATORY PRE-RACE MEETING WILL BE HELD NEXT TO THE ANNOUNCER'S TENT AT 8:30 AM.
- ◆ Courses are marked, but it's the racer's responsibility to know the courses
- ◆ Water, Gatorade, oranges and bananas will be available as each racer finishes
- ◆ There are two aid stations on the run course - at the turnaround point and the transition area
- ◆ Giveaways will begin as soon as the last competitor crosses the finish line
- ◆ Duathlon award presentations will begin immediately following the prize giveaways
- ◆ Neutral Bike service will be provided before the race and at the mandatory bike check-in for duathlon competitors by Lewis & Clark Outfitters
- ◆ **Bike Time Trial** bike check will be performed at time trial start house. USA Cycling rules apply.

Timing Chip – Duathlon:

- ◆ This event is timed with an electronic chip, which is mounted on an ankle bracelet for duathletes that will be worn around a participant's ankle. Each participant (team or individual) must wear the ankle bracelet. NO CHIP, NO TIME. Lost chips or chips not returned will result in a \$45.00 replacement fee. If you elect not to finish the race (DNF), please return your chip to the FINISH LINE immediately.

Timing Chip – 5K Runners

- ◆ This event is timed with an electronic chip, which is to be secured to the shoe laces with a twist tie (provided). Each participant must wear the chip. NO CHIP, NO TIME. Lost chips or chips not returned will result in a \$35.00 replacement fee. If you elect not to finish the race (DNF), please return your chip to the FINISH LINE immediately.

Race Numbers (Qty 4) - Duathlon:

1. Bike frame number – attach to the seat post (see onsite example)
2. Helmet number (FRONT of helmet)
3. Bib number must be visible when you start the run AND must be worn on the front
4. Body Tattoos for race number.

Race Number (Qty 1) – 5K / 1 Mile Walk:

1. Bib number must be visible when crossing finish line

Race Numbers (Qty 2) – Bike Time Trial

1. Back of uniform on the right side above the pocket (bottom of the number should be placed along the side seam of the back of the jersey).
 - Do not pin through the holes. Use 7 safety pins (1 in each corner and 1 in each of the middle sections of the bib's top three sides)
 - DO NOT WRINKLE NUMBER.
2. Bike Frame number – attach to the seat post (see onsite example).

Transition Area - Duathlon:

- ◆ 4 bikes per side or 8 bikes per section.
- ◆ Bike rack position in the Transition Area is on a first-come basis with your personal items on the LEFT of your bike as your facing the racks. Do not move someone else's equipment.
- ◆ There is a limited area available for athletes to rack their bike and set-up a transition site. Please keep your gear to a minimum and organized throughout the event. Remember, NO GLASS CONTAINERS, are allowed in transition.
- ◆ No one may remove their bike from transition until the transition coordinator opens the area.

Body Marking – Duathlon only:

Athletes will be marked as follows:

Left Upper Arm	Race #
Right Calf	Race #
Left Calf	Racing Age <u>or</u> Team Code (TM – Men, TW – Women, TC – Coed)

Groups/Waves – Duathlon only:

Wave:	Time:	Group
First	9:00am	Duathlon individual males
Second	9:02am	Duathlon individual females AND team runners

Rules - Duathlon:

- ◆ All 2017 USA Triathlon rules are in effect.
- ◆ Do not leave personal gear or equipment on the racecourse.
- ◆ **See USA Triathlon “Note from Head Referee” rules.**

RELAY TEAMS - Duathlon:

- ◆ Chip Timing: team members will transfer the ankle bracelet to their team member upon completing their particular event(s).
- ◆ **If there are two separate runners, the team must use a race belt.**
- ◆ After the run starts, the relay members are allowed back in transition and they wait at the bike. When the runner comes to the bike, they pass off the chip then the biker puts on their helmet and unracks their bike. When the biker returns to the transition area AND after the biker racks the bike, then the chip is passed off to the runner.

First and Second Run Courses are the same – duathlon & 5K – 3.1 miles:

- ◆ Markers and volunteers will direct runners.

1 MILE RUN/WALK Course:

- ◆ Turn around point is marked. Volunteers will direct

DUATHLON Bike Course – 18 miles:

- ◆ Helmets will be checked to make sure they are Consumer Product Safety Commission (CPSC) approved before you enter the transition area.
- ◆ Chinstraps must be buckled at all times while on the bike before, during and after the race.
- ◆ Bar end plugs will be checked. Lewis & Clark Outfitters will provide them at no charge, but you have to replace them yourself.
- ◆ THE MOUNT / DISMOUNT LINE IS LOCATED ON SOUTH SIDE OF TRANSITION AREA! NO RIDING IN THE TRANSITION AREA.
- ◆ Both motorcycle and race support personnel will be acting as draft marshals on the course.
- ◆ Bike cutoff time is 1.5 hours.
- ◆ See map for details.

Final Run Course (duathlon only) – 3.1 miles:

- ◆ Bib number must be visible at all times AND must be worn on the front while running. It is MANDATORY during both runs and when you cross the Finish Line.
- ◆ Water and Gatorade will be available on the final run course.
- ◆ Run cutoff time is one hour.
- ◆ See attached map and course directions for details.

TIME TRIAL Bike Course – 17 miles:

- ◆ Bike time trial start house will be located just north of the airport terminal in the “General Dentistry” parking lot at the intersection of Roadrunner Lane and Hwy 71B.
- ◆ Bike Time Trial **finish line** is located south of Greenland on 71B in the eastern most lane (number 1). The finish line will be marked by large orange cones, tape on the road, 1K & 200 meter signage and a timing clock. PLEASE LET OFFICIALS KNOW YOU'RE A TIME TRIAL PARTICIPANT WHEN CROSSING THE LINE!
- ◆ Stay to the right after crossing the line as duathletes competitors will be coming up on the left.
- ◆ Make sure to not interfere with duathletes turning back into the airport parking lot.

GOOD LUCK AND HAVE FUN!!!