

FALLSTON DUATHLON ITINERARY

Thank you for signing up to participate in the 2011 Fallston Duathlon! The following information is very important so please read through it thoroughly in order to ensure a safe, successful, and enjoyable experience for all. Should you have any questions please contact the race director, Shawn Loper, at shawn@eliteracemanagement.com.

Friday April 29th:

- **5:00 PM - 7:00 PM**
 - Packet Pick Up (all athletes must fill out and sign a USAT waiver before receiving a packet either now or on race day)
 - **USAT members must have their cards and a valid photo ID**
 - **Packets must be picked up by the athlete – NO PROXY PICKUPS**
 - Voluntary Bicycle Safety Inspection – bring your bike if you would like a complimentary safety inspection (brakes, gearing, assessment of critical points)
 - Located @ Bicycle Connection - 10435 York Road Cockeysville, MD 21030 (410) 667-1040

Saturday April 30th:

- **12:00 PM - 4:00 PM**
 - Packet Pick Up (all athletes must fill out and sign a USAT waiver before receiving a packet either now or on race day)
 - **USAT members must have their cards and a valid photo ID**
 - **Packets must be picked up by the athlete – NO PROXY PICKUPS**
 - Voluntary Bicycle Safety Inspection – bring your bike if you would like a complimentary safety inspection (brakes, gearing, assessment of critical points)
 - Located @ Bicycle Connection Express – 2203 Commerce Road Forest Hill, MD 21050 (410) 420-2500

Sunday May 1st (Race Day):

- **5:15 AM** Park Gates open
- **5:30 AM - 6:50 AM**
 - Packet Pick-up (all athletes must sign a USAT waiver before receiving their packet)
 - **USAT members must have their cards and a valid photo ID available**
 - **Packets must be picked up by the athlete – NO PROXY PICKUPS**
 - Voluntary Bicycle Safety Inspection (brakes, gearing, assessment of critical points)
 - Bike Racking
 - Body marking will be available at either end of the Transition area
 - Bicycles will be marked with a sticker number (corresponding to bib #s) to attach before entering transition.
 - Each competitor will have an assigned transition spot marked on the racks according to bib #s.
 - ****only competitors & event staff are allowed in the transition area at any time**
- **7:00 AM** Mandatory Pre-Race Meeting in the transition area
- **Race starts at 7:30 AM sharp!!!!**

Individual Racer Information:

Each athlete will have a designated timing chip that will be used to time all parts of the race including transition times. Chips will be collected upon completion of the event. Failure to return a chip will result in a \$100.00 charge to the participant.

➤ **5 Kilometer Run # 1**

- Leaves from the parking lot starting line and enters the trail (asphalt / wood / cinder surfaces)
- From the 1 mile to the 2 mile marks athletes must stay on the right hand side of the trail
- Arrows, signs, and course marshals will be on the course to direct participants. A water station will be located at the halfway mark. The finish line is in the same location as the start

➤ **Transition #1 (T1)**

- After crossing the finish of the first 5K the following will occur:
 - U-Turn toward the left will put participants into a closed off section of the parking lot where bikes will be staged (everyone will have a designated rack location)
 - After prepping and removing bikes from rack athletes will proceed ON FOOT through the transition area to the Mount / Dismount area
 - Bicycle Helmets are REQUIRED and MUST be fastened securely on participants head before ANYONE mounts their bike and should not be removed until after dismounting. Failure to do so will result in disqualification from the race and removal from the course per USAT rules.

➤ **Bicycle Ride (Helmets Required!)**

- All competitors must ride as far to the right hand side of the road as safely and comfortably possible
- Passing a rider is only allowed on the left of another competitor
- USAT Drafting Rules ARE in effect
 - Riders cannot ride side by side for any length of time
 - Riders should not be within 5 bike lengths of a competitor in front of them unless moving to pass
 - Riders overtaken should allow a 5 bike length gap to occur behind a passing competitor within 15 seconds before attempting to retake the position.
 - Passing riders must continue to establish a 5 bike lead on the overtaken rider within an additional 15 seconds
 - Any safety violations will be subject to a penalty of a three minute addition to the overall time of a competitor (there will be several officials at various points on the course).
- 3 Caution Areas
 - Steep Downhill on Engle Rd leading up to the intersection with Charles Rd. where a hard left turn is
 - Left turn from Charles Rd. onto Rt. 152. Police will be present, competitors must adhere to their direction
 - Steep Downhill on Smith upon returning to the park and transition area. A speed bump located close to the bottom of the hill must be managed with control.

*Keep your bike under control and pass with extreme care on all downhills when riding at high speeds

➤ **Transition #2 (T2)**

- Athletes will dismount their bike in the same area that they mounted and proceed on foot into the transition area to rereack their bike
- Helmets cannot be removed until competitors are off of their bikes
- Athletes will remove any unnecessary equipment and retrieve their running equipment at their predetermined location.
- After re-racking bike and preparing for the second run participants will proceed through the transition area and make a right hand u-turn to begin running the final leg.

➤ **5 Kilometer Run # 2**

- Participants will finish the Fallston Duathlon by completing a second run on the previous course

➤ **Relay Team information:**

- Relays will follow the same rules and guidelines as the individuals so please read the information above.
- Runners will wear Bib #s throughout the entire event – it is not necessary to exchange them.
- Runners will start out with a timing chip located on the ankle to start the race. Upon completion of the first 5k run, runners will be required to go into transition and find their teammate in the location provided based on the bib # in order to exchange the timing chip.
- The cyclist will then leave transition before mounting the bicycle in the marked zone (Helmet must be properly placed and secured on athletes head before mounting the bike). Then they will ride the course and return to dismount the bicycle before re-entering the transition area.
- Cyclist will go directly to their transition location again where they will reunite with the running teammate in order to exchange timing chip again.
- Runners will leave transition and complete the race with the final 5k on the same course as previously run.

10:00AM – 11:00AM: Post Race Refreshments and Awards Ceremony

Without the support of our sponsors there would not be a 2011 Fallston Duathlon:

