

# FAQ and RULES for the TR<sup>3</sup> Duathlon

If you are new to multi-sport events, below is a list of questions that we have encountered while producing and participating in events. The safety of athletes is our #1 priority!

## **INSURANCE:**

The process to get a multi-sport event insured is extensive to say the least. We must meet a long list of requirements before a company will insure an event. We always provide the highest degree of safety we can. We have produced races for the last 9 years, so our history speaks for itself. This insurance coverage is always secondary to your own individual health insurance.

## **RULES:**

The USAT rules apply with these exceptions: On single track, the 3 bike length rule does not apply. If you need to pass, ask to get by. If someone behind you asks to get by, LET THEM BY. These same passing rules apply for trail running. Always pass on the left.....The bottom line is BE COURTEOUS to your fellow racers!

## **PRE-RACE**

### **What do I need to do after I register?**

Besides train, which is obvious, we recommend you make a list for packing the night before the big day. The reason for this is that someone always forgets an item or two. Here is a quick list of items that you might bring with you: glasses, bike, cycling shoes, helmet, running shoes, and race clothing.

### **What time should I arrive at the race?**

The transition area will open 2 hours before the event. You should arrive sometime within an hour or two before.

### **What do I do when I arrive?**

Go to check in and packet pick-up area. Upon entering that area you will need to find the athlete list board. Locate your name and be sure that your information is correct. Please remember your race number! From that point, a volunteer will take care of you. You will receive your Race Number, along with all of your race goodies from sponsors and donors. Your number must be securely fastened to the front of your jersey when crossing the finish line and throughout the race.

## **TRANSITION AREA**

### **What is the transition area?**

This is the staging area for the event. This is where you'll rack your bike and place all your race needs, such as your helmet and shoes, etc.

### **How do I rack my bike?**

You place the tip of the seat on the top of the rack bar so the bike HANGS by the seat. Please be aware that there may be many other bikes on the same rack, so be careful not to damage anyone else's equipment.

**Will my bike be secure?**

Yes. We have staff and volunteers in the transition area. Only participants are allowed in the transition area. Of course, if someone wants something bad enough they will get it. There are hundreds of races throughout the country on any given weekend and very few cases of bikes being taken.

**What should I use in the Transition area?**

Most athletes will use a small towel to place their items on; this will go below your bike. You can put anything you need on that towel.

**What should I do in the transition area before the race?**

You need to study the maps of the course and get a clear picture on where you are in the transition area. Look for run in/out and bike in/out out chutes.

**Can I ride in the transition area?**

No, you may not ride in the transition area. You must walk your bike completely over the line before you can mount. You must dismount before the line and then walk back to your spot on the rack. Your helmet must be buckled before you mount, and must remain buckled until you are off the bike.

**When will I know what to do before the race?**

If you are not sure what to do, either ask a race staff member, or ask another more experienced racer.

## **MOUNTAIN BIKE**

You must wear your helmet at all times. No helmet, no race. Remember - YOU are responsible for knowing the course and not anyone else.

**What should I wear?**

Be prepared for any kind of weather, then wear what is comfortable to you.

**Can I wear IPOD, MP3 Players, headphones on the bike or run course?**

Absolutely not! Not at any time during the race. You must be aware of your surroundings at all times and wearing a musical device is a large distraction that is dangerous not only for you but for others as well.

**Can I have a friend hand me a bottle or food while racing on the course?**

No. No outside assistance allowed.

**What if I have technical problems on the bike?**

You may not get any outside help. You must fix the bike yourself. If a race provides a mechanical tent they may only assist you. If your bike cannot be fixed, either continue on with your bike, or get to the next course Marshall and let them know you are dropping out of the race.

**Are there aid stations on the bike?**

Not on a course of this length. If you or another rider are badly injured and need immediate medical attention, get help right away. Call 911 if you have a cell phone in your gear, or ask a race volunteer to do so.

**How will I know where to go?**

Again, it is the athletes' responsibility to know the course, you should have a map from the online maps provided on the website, or at pre-race packet pickup. The course will be marked with chalk, paint, cones, volunteers, signs, etc.

**Can I use a speedometer on the bike course?**

Yes

**Can I use a cyclo cross bike on a mountain bike course?**

No, nor can you use a road bike. This is a mountain bike course. The rule is MOUNTAIN BIKES ONLY.

**Are there portapotties out on the bike course?**

Not on a course this short.

**Will the course be closed to traffic?**

Although this event has been posted at the park entrances, this course is open to the public, and you may encounter other hikers, bikers or even horses. In this day and age even closed courses have had incidents so always pay attention out there!

**What do I do if I go off course?**

You need to turn back around and go back on the course the exact same way you went off. If you cut the course in any way heading back on course you will be disqualified. There will be no time adjustment. Again, its your responsibility to know the course.

## **TRAIL RUN**

**Where do I put on my running shoes?**

This is typically takes place in the bike rack area, however, there are usually port-a-potties in the vicinity of the transition area if you need to change.

**What should I wear?**

Same as the bike question, it's up to you.

**What do I do when I am ready to run?**

You will head out on the run-out chute. It will be clearly marked.

**Are there aid stations on the run course?**

No, not on a course this short

**Are there water stations on the run course?**

Not out on the course. There will be a station at the TA, this station will also have HEED electrolyte sports drink in an igloo cooler.

**How will I know where to go?**

Again, it is your responsibility to know the course. The course will be marked with cones, chalk, flagging, chutes, signs, arrows, etc.

**What if I get into trouble out there?**

Most volunteers at aid stations will be able to either assist you or get you to EMS. Race marshals on the course will have communication to race officials as well as EMS.

**Can I have a family member or friend run with me?**

No. This event is a test of the human spirit, a test of the individual only and is to be completed without outside assistance in any fashion, which includes running with you.

## **MISC.**

### **Can I have a family member hand be a water bottle or food?**

No outside assistance allowed.

### **Can I use a heart rate monitor or pacing device during the run?**

These items are worn on the wrist and are allowed.

### **What do I do when I cross the finish line?**

Volunteers will make sure they have your Race Number correct, then you may proceed to the race headquarters area for refreshments. There will be ice cold water and HEED electrolyte fluids and a variety of snacks. It's up to you what you do at this point. The event will have a prize drawing before the awards ceremony. This will not begin until the last finisher crosses the finish line.

### **How do I get my results?**

There are preliminary results posted in the results area near the refreshments. The final official results will be posted on the website usually by the Wednesday following an event.

### **Why is my time not in the results?**

These are athletes that have slipped through the registration process without providing an age, or better yet, the wrong age, or sex. This is a common problem and can be prevented if you fill out every part of the registration and double-check the athlete list board to be sure all the information is correct. If its not, find an individual from check-in to assist you.

### **Why is one of my splits missing?**

This can happen for any number of reasons. If you came across the line with a number of other racers, it is possible that your number was missed. Please insure that timers can see your race number as you enter and exit the course. We do our best, but if this occurs, please don't let it ruin your experience.

### **What do I do if I was in the top three in my age group?**

You must be present in order to receive your award. We will, under no circumstances, mail your award. Sorry, but we have tried it, and have decided we just can't do it.

### **What if I left after the race and found out later I placed in my age group winning an award?**

First off, congratulations! We do not mail awards for any reason. You must be present to get your award.

### **What if I can't race or the race is cancelled?**

We will refund half your entry fee until October 7th. There will be no refunds of any kind after October 7<sup>th</sup>. The event will go on rain or shine unless circumstances beyond our control dictate otherwise. Again, there will be NO REFUNDS after October 7th.

## **RELAY TEAMS**

### **How many people for a relay team?**

Two people. One to do the running, and the other to ride the mountain bike. If your runner is unable to run the second leg, the biker may do so for them.

### **How do we "pass the baton" to our team mate?**

Obviously, there is no baton, but what you must do is actually touch your team mate where your bike is racked.

**Is there an age limit for the relay?**

NO, as long as the individual is able to successfully and safely complete their discipline. Minimum age is 16.

**Can males and females race together in a relay?**

Yes, you may have any mix of age and gender. All relay teams will be in the same division. Minimum age is 16.