

# June 7, 2020

## 7:30am Duathlon / 7:45 am Triathlon



**Event Location:** Rocky Gap State Park; 16701 Lakeview Road NE, Flintstone, MD 21530

**Packet Pickup:** Sunday, June 7: 5:30am – 6:30am

**Lakeside in front of the Ranger Station at Rocky Gap State Park**

### **BODY-MARKING AND CHECK-IN:**

- Body Marking will begin at 5:30am on Sunday, June 7. All participants must be wearing their wristband to get body-marked before entering transition.
- Only participants will be allowed in transition. We will have plenty of staff on-hand to assist.
- Each participant **MUST** pick up their own packet. If you do not check in during the designated check-in times, you will not be able to participate in the event. All participants, including youth (17 & under), must bring a photo ID.
- Timing chips will be available Sunday morning close to the Packet Pickup area. The timing chip is to be worn on the ankle at all times during the race. Don't lose your chip.

### **TRANSITION:**

- The transition area will be open on race day from 5:30am – 7:00am only.
- There is no bike inspection for this race. **HELMETS are required.** We strongly recommend that you have your bike inspected before race weekend in order to avoid any mechanical issues during the race. Our local bike shops, Cycles & Things and Cumberland Trail Connection, will be represented on race day to assist with bike checks.
- Bikes cannot be removed until the last competitor has started the run portion of the event – approximately 9:30am.
- You must have your wristband on to enter transition and to reclaim your bike.

### **TIMING:**

- Timing chips must be worn on the ankle at all times during the race.
- Timing chips will be removed by volunteers at the finish line. Athletes who DNF must return timing chips to the timing tent at the finish line. Failure to return timing chips will result in a charge from Racine MultiSports.
- Official timing results will be posted on Racine MultiSports, [www.racinemultisports.com](http://www.racinemultisports.com), under Results page.

### **SWIM START / COURSE:**

- The swim starts in the water with first wave at 7:45am.
- Participants should proceed to the beach area for the start no later than 7:30am.
- Be sure to listen to announcements and start in your assigned wave.
- Failure to wear the official swim cap or starting in a wave other than the one you've been assigned will result in your disqualification.
- Wetsuit usage is allowed and encouraged when the water temperature is less than 78.0F. Water temperature will be recorded and announced race day morning for USAT Wetsuit compliance.
- Follow the buoy markers to complete the approximate 0.25 mile swim. Athletes cutting any portion of the swim course will be disqualified.
- Swim course closes at 8:30am.

## **BIKE COURSE:**

- Helmets are required.
- The bike course is an out and back ride on Pleasant Valley Road.
- Volunteers will mark the exit/entrance from Rocky Gap State Park to the corner of Pleasant Valley Road where you will take a left (on the way out) and a right (on the way back).
- Support cyclists and police officers will be patrolling the course.
- Bike course closes at 9:15am.

## **RUN COURSE:**

- Race number must be worn on the run portion.
- The run course is approximately a 5K loop of part asphalt, gravel and dirt trail.
- Duathletes: FIRST run leg starts at the FINISH line and follows the parking lot out to Pleasant Valley Road where it joins the Lakeside Loop Trail. SECOND run leg starts from TRANSITION and follows the Lakeside Loop Trail to Pleasant Valley Road and back into the parking lot.
- Triathletes: Starting from TRANSITION, follow the Lakeside Loop trail to Pleasant Valley Road and back into the parking lot.
- Volunteers, signage and trail markings will help guide you.
- Run course closes at 10:00am

## **POST RACE AWARDS PRESENTATION:**

Begins immediately following the completion of the race at the FINISH line. Overall Male, Female, Team and Age Groups, Clydesdale/Athena (males 210+, Females 160+), race winners and runner ups will be awarded medals for the Triathlon. Overall male, female, team and age group winners only will be awarded medals for the Duathlon.