

2020 Adult Triathlon/Duathlon Guidelines

Parking is available at Crossroads Church. For the safety of all race participants, please do not park along the course.

Check in at the tennis course parking lot between 6:45 and 7:15 AM. During this time, you will:

- Pick up your race packet
- Receive your body markings
- Set up your area in the transition zone

We will have a final pre-race briefing at 7:30 AM. Please maintain social distancing during this time.

Swim start: You will be seeded for the swim based on your submitted 100-meter swim time. Ideally, the fastest swimmers start first, and progress through the field in order of fastest to slowest swimmers.

SWIM RULES

1. Athletes may wear caps.
2. Kickboards are allowed, if necessary.
3. Swim goggles or facemasks may be worn.
4. There will be bidirectional traffic in the middle 3 swim lanes. The swimmer will need to stay on the left-hand side of the swim lane at all times (keep the lane ropes next to your left arm). The first and last lanes will have swimmers going in one direction only. We will demonstrate this in the 7:30 AM race briefing.

BIKE RULES

1. **The bike course is 2-laps.** Pass a sign with balloons that reads **PASS THIS SIGN TWICE** two times before you enter the transition zone.
2. There will be arrows, street markings, and volunteers to help guide you, but ultimately it is your responsibility to know the course.
3. There will be a clearly marked "Bike Mount" line and a clearly marked "Bike Dismount" line. As you exit the transition area, you may not get on your bike until you have crossed the "Bike Mount" line. After you have finished the 2-lap bike course, you must get off your bike at the "Bike Dismount" line just prior to entering the transition area. No athlete should be riding their bike in the transition area (for obvious safety reasons).
4. Athletes must obey all traffic laws while on the cycling course.
5. A helmet is required during the entire bike portion including in and out of the transition area.
6. Athletes may walk bike, if necessary, but may not make progress on bike course unaccompanied by their bicycle.
7. A water station will be set up along the course.

RUN RULES

1. No form of locomotion other than running, walking or crawling is allowed.
2. The sole responsibility of knowing and following the prescribed running course rests with each athlete.
3. Earphones are allowed on the running course.
4. A water station will be set up along the course.

DUATHLON RULES

1. Those participating in the duathlon will start from the transition zone area after the last swimmer has transitioned to the bike portion of the triathlon. Athletes will start one at a time so we can capture their time.
2. All bike and run rules above apply.

WHAT TO BRING

Following is a checklist of items you may want to bring to the event.

1. swimsuit, goggles, towel, cap, sunscreen
2. bike, helmet
3. shorts, shirt, shoes, socks, sunglasses
4. Mobile device for music (for running segment)
5. stopwatch (we will calculate total race time, no splits)