

14th ANNUAL
VIRGINIA DUATHLON

March 29th, 2015

9:00am

Chippokes State Park, Surry Va.
virginiaduathlon.mettleevents.com



Race Management and Chronotrack Timing by **MettleEvents.com**

**PLEASE THANK A VOLUNTEER TODAY
THE GENEROSITY OF OUR VOLUNTEERS
MAKES THIS EVENT POSSIBLE**

RACE INFORMATION

Thank you for participating in the Twelfth Annual Virginia Duathlon. The following information about the race is important.

Please read carefully.

- All USA Triathlon rules will be strictly enforced. It is the responsibility of each athlete to be familiar with those rules. There will be USA Triathlon officials present if you have any questions. No outside assistance is permitted at any time during the race. One rule that will be under the greatest scrutiny is that all bike riders must ride to the right side of their lane except when passing. This is a safety issue for this multi-loop bike course. Please obey and be safe!
- **All riders are to stay to the very right hand side of their lane unless passing. Riders found not adhering to this rule will be assigned penalties for blocking by USAT roving officials.** This infraction carries a 2-minute penalty. A second infraction will result in immediate DQ and being pulled from the course. For safety sake please keep this in mind.
- This year's race will be timed using Chronotrack chips attached to the ankle via neoprene bands. These chips need to be returned at the end of the race.
- Food and beverages will be provided by Mobile Picnic at the finish of the race at the post race party.
- The awards ceremony will begin as soon as possible after the conclusion of the race.

PACKET PICKUP:

- Packet pickup will be available at the transition area at Chippokes State Park on **race day only** Sunday March 29th from 7:00 AM to 8:30 AM.

RACE MORNING:

- Please allow yourself extra time for entering into Chippokes State Park through the main gate. There is a \$5 charge per vehicle for entry into the park.
- The transition area will open at 7:00 a.m. Pick up your timing chip upon arrival. Present your race number for chip pick up.
- There will be a mandatory pre-race meeting at 8:45 a.m. The race will start promptly at 9:00 a.m. The wave assignments for the start will be posted at registration.
- We recommend that you arrive no later than 8:00 a.m. so that you have plenty of time to get your equipment set up for the race.
- Cars will not be allowed into the race site after 8:45 a.m.

TRANSITION:

- You must place your bike in your assigned rack and return it to the same spot after the bike portion of the race. Improperly racked bikes are subject to USATF time penalties.
- Bike frame numbers shall be placed on the bicycle in a manner that is visible and shall be attached before you enter the transition area.
- Do not bring glass into the transition area.
- Only registered participants will be allowed in the transition area.
- Once the race has started, do not re-enter the transition area or cross any timing mats for any reason other than competition. Crossing the mats at any other time will result in timing errors.
- **YOU MUST WALK OR RUN YOUR BIKE IN AND OUT OF THE TRANSITION AREA.** Once you leave the transition area, a volunteer will tell you when you may mount your bike and begin riding. When you return to the transition area, there will be a clearly marked dismount zone. Athletes not off of their bikes by the end of the zone will be penalized.
- The run-in and run-out will be from the back of the transition area. The bike-out and bike-in will be from the front of the transition area.
- There will be a water table located at the exit of the transition area as you begin the run.
- All bikes will remain in the transition area until the last runner has started the 2nd run.
- To remove your bike at the end of the race you must present your run number. It must match the number on your bike. Please ensure your timing chip is removed prior to entering the timing area to pick up your bike.

RUNS (5K):

- Race numbers must be worn facing front at all times on the run course.
- No headphones are allowed. USAT will assess penalties to everyone wearing headphones, so beware.
- There will be volunteers to direct you to stay to the right along the out and back course.
- Water stations will be at the approximate 2-mile mark and at the beginning of the run just outside the transition area.
- Make sure you cross the timing mat at the finish line. Do not re-enter the transition area.

BIKE (23M):

- Take the time to get to know the bike course. Watch for the occasional pothole and rough road surfaces on the course. It is smooth and nice for the most part, but it is rural Surry. Keep an eye out for farm equipment entering the highway and potential debris on the road. Bottom line it is a race, but please take precautions and be safe first and foremost.
- This is a USA Triathlon sanctioned event. Please read the flyer provided by the Head Referee as a reminder regarding the bike rules. There will be USA Triathlon officials on the course to enforce the drafting rules.
- Stay to the right side of the road at all times while on the bike except when passing. **A two-minute blocking penalty will be assessed by USAT officials to all who disobey this important safety rule.** A second infraction will result in immediate DQ and being pulled from the course.
- The bike number must be visible on the bike and easily read.
- Only **helmets** approved by the US Consumer Product Safety Commission (CPSC) may be used in **USAT**-sanctioned races Helmets must be worn any time you are on your bike, which includes your warm up.
- Be sure your bar ends are plugged. If your bar ends are not solidly plugged, your bike does not conform to USA Triathlon rules, and the penalty for an illegal bicycle is disqualification. **East Coast Bikes** will have plenty of bar end plugs if needed. **East Coast Bikes** will be located near the transition area to offer any last minute bike assistance.
- The course **will not** be closed to traffic. Surry Police will control the major intersections.
- Volunteers will be at all intersections. However, it is still your responsibility to know the course and watch for traffic.
- There will be no water stop on the bike course so you must carry your own fluids. Do not plan on filling bike water bottles at the race. Please do that before you arrive.
- Because of problems in the past, please, please, please do not throw trash on the course. And please refrain from doing anything that may be undesirable to the residents that live along the course.

RELAYS:

- The relay exchange will take place at the bike rack of the relay team's number.
- The exchange/tag between team members will be done by transferring the timing bib. The bike must be racked and helmet on the biker when the runner makes the chip exchange for the biker to start.
- For the 2nd exchange, the biker must have the bike racked in the designated spot before transferring the bib to the runner to start the 2nd run.

CHRONOTRACK TIMING:

- Your race bib will have your Chronotrack timing tag embedded on the back side. This bib must be worn throughout the race to ensure accurate timing.
- A bib number belt is recommended so that you may rotate the bib on the bike portion of the race.
- Relay teams will need to transfer the bib from the runner to biker and biker to runner in the transition area. Relay teams should definitely use a number belt.
- Your timing tag/bib is disposable and need not be returned following the race.

MOST COMMONLY VIOLATED USAT RULES & PENALTIES

1. Helmets:

No modifications may be made to the helmet. Helmets must be worn as they were purchased. If the helmet came with a cloth cover, the cover must be on the helmet when competing. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass

Penalty: Variable time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

A MESSAGE FROM THE HEAD REFEREE

Most Triathletes come to races with only a rudimentary understanding of the rules of Triathlon. few have ever read the Competitive Rules in its entirety. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position violations, which you probably know as the drafting rules. I have reduced the position violations to the following concepts, which everyone can remember.

- **RIDE ON THE RIGHT SIDE OF YOUR LANE.**
- **KEEP THREE BIKE LENGTHS BETWEEN YOURSELF AND THE CYCLIST IN FRONT OF YOU.**
- **PASS ON THE LEFT OF THE CYCLIST IN FRONT, NEVER ON THE RIGHT.**
- **COMPLETE YOUR PASS WITHIN 15 SECONDS.**
- **IF YOU ARE PASSED, YOU MUST DROP COMPLETELY OUT OF THE ZONE, TO THE REAR, BEFORE ATTEMPTING TO RE-PASS.**

Remember, you are racing in a USA Triathlon sanctioned event, and there are trained referees on the course, to ensure fairness during the Competition. There will be **NO WARNINGS** if you commit a foul during Competition. Triathlon is an individual event, and you must take personal responsibility to understand the rules and avoid penalties. All citations by the marshals are reviewed by the Head Referee following the race, who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of position violations. Marshals commonly cite the following violations.

- **ILLEGAL POSITION OR BLOCKING – Riding on the left side of the lane without passing.**
- **ILLEGAL PASS – Passing on the right.**
- **OVERTAKEN – Failing to drop back three bike lengths after being passed, and before re-passing.**
- **DRAFTING – Following a leading cyclist closer than three bike lengths and failing to pass or exit the draft zone within 15 seconds.**

Although position violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified. Always have your chinstrap securely fastened **The helmet and chinstrap rule apply before, during, and after the event.** The chinstrap rule is the easiest to follow, but some people always seem to forget – that's a DQ. Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is considered unsportsmanlike conduct, and you will be disqualified.

I hope you have a great race, and achieve all your goals.