



RULES OF THE RACE

Duathlon: Adult Individual

Check-In & Transition:

1. You must be registered and have been assigned a number to participate.
2. Registered participants will have a packet ready for pick up either at the Greenville Area Community Center on Friday, May 31 or at the event Packet Pick-Up tent near the transition area on race day. You must have checked-in and received your packet to enter the transition area. Packet pick up & race registration for adult athletes closes promptly at 7:30am.
3. Athletes in the duathlon race should receive race numbers with purple stickers affixed to them. These visual aids help the race officials differentiate the triathlon division from the duathlon division.
4. Your assigned number will be marked on your arm and leg by a volunteer at the transition area with a permanent marker. Duathlon participants will be designated with a 'D' following their numbers.
5. Transition is open to adult athletes at 6am-7:45am. Transition is closed 7:45am-10:30am. Only adult athletes are permitted in the transition area during this time. Due to our limited space, we must enforce very strict rules on when athletes may exit the transition area with their equipment at the end of the race. There will be an open/closed sign posted on the transition out arches for visual notification. Athletes will NOT be permitted to exit the transition area with their bike in tow while the transition is closed. Exceptions to this rule will not be made for any reason so please do not put the volunteers in an awkward circumstance by asking. If you must leave the race early, you may arrange for another athlete to transport your bike at the appropriate time. If you intend to do so, you must notify the registration staff at the registration tent on race day so that person is permitted to leave the transition area with an alternate bike.
6. Please respect the neighborhood when arriving early, keep your voice and other noise level low.
7. Your assigned bike number shall be affixed to the frame of the bike so that it is clearly visible and the helmet number shall be placed on the front of the helmet so that it is also clearly visible. This also protects the identity of your bike and helmet. Use the number tags provided in your registration packet.
8. You will be assigned a bike rack according to your race number. The rack is a horizontal bar that holds your bike by hooking the front of your seat over the bar leaving the back wheel off the ground. Place your bike on the assigned rack with the front tire on the ground.
9. Specific placement of your bike on the assigned rack will be on a first-come, first served basis.
10. Alternate the direction of the bikes on the rack. If the bike next to you is facing east, either rack your bike next to it facing west or leave room for another athlete to do so.
11. Each athlete is entitled to an area immediately adjacent to his or her own bike for other equipment. You should use the first available area furthest from the main aisle. No transition equipment will be allowed in the main aisle.
12. Be courteous of your rack-mates transition area.
13. You are responsible for your bike to be in good working order prior to reporting to transition. Tires shall be properly inflated and working brakes are mandatory. All handle bars must have plugged ends to participate.
14. The transition marshal shall have authority to request repositioning of transition areas, if necessary. Failure to be cooperative could lead to disqualification.

Check In & Transition (cont'd):

15. Nutrition and hydration are important aspects of triathlon, but used packaging needs to be disposed of properly. Glass containers are not allowed. Trash cans will be available, please don't litter.

Run 1:

1. Your complete, unaltered bib number shall be clearly visible from the front and shall be securely in place before leaving transition for the run. You will be stopped before entering the course if it isn't.
2. Run out of transition on the right and stay on the right side of the road around the lake.
3. **The first run leg does not include the out-and-back portion on Baldwin Rd. Be sure to bypass this portion of the route until your last run leg of the race.**
4. There will be two aid stations near the mile points for the run.

Bike:

1. Unless otherwise specified below, obey the rules of the road at all times.
2. Much of the bike course is open to vehicular traffic therefore, personal electronic devices such as Ipods, MP3 players or other similar devices are not allowed on the bike portion of the race. You need to be able to hear what is going on around you.
3. A CPSC-approved helmet must be on your head and buckled during the entire bike race. It must be on and buckled before leaving transition. You will be stopped before entering the course if it isn't.
4. Mount your bike after passing the mount line. A penalty time of 2 minutes will be added for failure to adhere to this rule.
5. Stay to the left as you are going out and coming in to the transition area along W. Baldwin Lake Dr.
6. Your move from the left side of the road to the right side shall be made while going up the hill on Marvel Drive as you depart the lake area.
7. On all other parts of the route stay right and obey the rules of the road.
8. The roads are open to traffic, except around Baldwin Lake. Therefore use extreme caution during the race and be aware of traffic approaching from both directions. Stay on the shoulder, where available.
9. Volunteers will be stationed at the four intersections with stop signs or signals. Nevertheless, please use caution and yield to oncoming traffic as necessary.
10. Drafting is not allowed. If you overtake someone ahead of you, check that you are clear of traffic from behind before moving to go around. If traffic is clear, you have 15 seconds to pass once you get within 3 bike lengths behind them. The following are the penalties for failure to pass in this manner:
 - a. 2 minutes, first offense
 - b. 4 minutes, second offense
 - c. disqualification, third offense.
11. If you are being passed, you need to allow the pass to take place and drop back to at least 3 bike lengths behind. A 2 minute penalty will be assessed if, in the opinion of the race marshal, you were impeding the pass attempt of another athlete.
12. Do not pass if traffic is approaching from the rear, at corners or if you cannot safely make the pass for any other reason. Stay 3 lengths behind the rider ahead until passing is safe. You may have to slow down to maintain your distance.
13. The move from right to left shall be made while coming down the hill on the approach back to the lake.
14. You will need good working brakes for the steep hill approaching the lake near the end of the ride. **USE THEM** as you make the left turn at the bottom of the hill.
15. Be aware that there could be runners on Baldwin Lake Drive using the right side of the road as you come down the hill. Stay left.

Bike (cont'd):

16. There are neither aid stations on the bike course nor any bike repair assistance available. You should carry any nutrition/hydration you feel is necessary and tools and supplies for common mechanical difficulties. However, if you have a mechanical breakdown that you cannot fix, race personnel will assist you to return to the transition area, but you will not be allowed to complete the race.
17. No outside assistance for mechanical repairs is allowed.
18. Dismount your bike before you reach the dismount line. A penalty time of 2 minutes will be added for failure to adhere to this rule.
19. Run or walk your bike over the timing mat and to your assigned bike rack.

Run:

1. Your complete, unaltered bib number shall be clearly visible from the front and shall be securely in place before leaving transition for the run. You will be stopped before entering the course if it isn't.
2. Run out of transition on the right and stay on the right side of the road around the lake.
3. The adult course out-and-back portion of the run will change to the left side of the road.
4. There will be two aid stations near the mile points for the run.

Finish:

1. Run under the finish arch and over the timing mat.
2. Proceed as directed away from the finish line to avoid impeding other athletes from finishing.
3. Volunteers will collect your timing chip and direct you to post-race refreshments and activities.
4. Equipment check-out from transition will require you to show that your race number matches your bike number.
5. In an effort to keep the transition area clear and safe, athletes are not permitted to leave the transition area with your bike while transition is closed. Due to the safety of the athletes, no exceptions will be made. The status of the transition area will be posted on a sign on the Bike Out/Run Out arches.