



2017 Participant Guide-

**Hagerstown Duathlon Series Race #1 and 5K Run #1**

Saturday, April 15th  
Youth Duathlon at 8:30am  
5K Run at 9:00am  
Duathlon at 9:30am

Dear Duathletes/5K Runners,

This document is being sent to help communicate to you the key pieces of information you will need to have a fun, safe and successful event. Within this document we outline rules and disqualifiers, so it is important that you read it carefully.

Please take time to read the entire document and email us with your questions.

[Ken@RacineMultiSports.com](mailto:Ken@RacineMultiSports.com)

We will have registration open on race day for the price of \$40 for Youth Race (ages 6-13), \$82 for the Adult Race, and \$30 for the 5K Run. Race shirts are not guaranteed for race day registration.

Packet pickup will be Friday night at Mercury Endurance Cycles and race morning at the race venue, Halfway Park (Marty Snook). See guide for details.

Keep healthy and we look forward to seeing you at the race!

***Ken Racine***

Race Director  
Hagerstown Duathlon  
[Ken@RacineMultiSports.com](mailto:Ken@RacineMultiSports.com)  
301-991-0461 cell  
*Fitness for Life!*



**Volunteers-** Our events require many volunteers. We like to have more than needed to cover every possible detail. As a result we are always looking for more volunteers. Please contact us if you or someone you know can volunteer for any amount of hours on Friday night or Saturday. Please visit this link below to register as a volunteer or email Ken at [Ken@RacineMultiSports.com](mailto:Ken@RacineMultiSports.com) and we will provide the details.

[https://www.imathlete.com/events/EventReg/EventReg\\_SelectType.aspx?FEID=64884&fNew=1&fsource=imAEOverview](https://www.imathlete.com/events/EventReg/EventReg_SelectType.aspx?FEID=64884&fNew=1&fsource=imAEOverview)



**Event Cancellation-** A Racine MultiSports event may be delayed or cancelled due to adverse, inclement, or unsafe weather. Should the event be delayed, the starting time of the event will be moved back accordingly. The delay will be communicated to all participants. The Racine MultiSports management team and local law enforcement has the authority to cancel the event. If cancellation of the event takes place, please follow instructions of the event officials and local law enforcement personnel. Your entry fee is not refundable if an event is cancelled due to adverse, inclement, or unsafe weather. The Race Director also reserves the right to modify the course at any time before or during an event by his/her own judgment or if instructed by local law enforcement personnel or park officials.

**Weather Conflicts-** The race will not be cancelled for rain or cold conditions. Plan accordingly to the forecast. For severe weather please read above.

### **Directions to Halfway Park (Marty Snook Park) -**

**17901 Halfway Boulevard  
Hagerstown, MD 21740**

#### **From the Washington, D.C. area:**

Take Interstate 270 North to Interstate 70 West to Exit 28, Downsville exit. Proceed straight through the light at the end of the ramp and take the first left into the park. Follow the park road to the race site.

#### **From Baltimore, Maryland:**

Take Interstate 70 West and follow the route described above.

#### **From points north (PA Turnpike, Carlisle, Chambersburg, etc.):**

Take Interstate 81 South to Interstate 70 East in Maryland. Proceed on 70 East to Exit 28, Downsville exit. Turn left at the end of the ramp and proceed to the first traffic light. Turn left at the light and then left again at the first left into the park. Follow the park road to the race site.

**From points south (WV, Martinsburg, Winchester, etc.):**

Take Interstate 81 North to Interstate 70 East in Maryland. Proceed on 70 East to Exit 28, Downsville exit. Turn left at the end of the ramp and proceed to the first traffic light. Turn left at the light and then left again at the first left into the park. Follow the park road to the race site.

**From points west (MD, Cumberland, PA, Pittsburg, etc.):**

Take Interstate 70 East in Maryland. Proceed on 70 East to Exit 28, Downsville exit. Turn left at the end of the ramp and proceed to the first traffic light. Turn left at the light and then left again at the first left into the park. Follow the park road to the race site.

**Packet Pick Up/Body Marking-** We will have packet pickup on Friday night and Saturday morning. Friday hours are from 5:30pm to 7:00pm at Mercury Endurance Cycles. Address is:

222 E. Oak Ridge Dr., Suite 1225  
Hagerstown, MD 21740  
240-347-4959

Saturday packet pickup begins at 6:30am and closes promptly at 8:15am. We encourage all of our Duathletes to arrive early to help process all participants through check-in. **Photo ID and USAT Membership card will be required** for packet pick up for all Duathletes 16 and older (Youth must be accompanied by a parent/guardian). If you are not a USAT member you are required to have a one day license that we will have on record from the time of your registration. Non-USAT members only need their photo ID. We do not allow entries to be transferred to other people. We will refuse any participant who tries to race under someone else's entry. Body marking will be required for Duathletes. We will mark one arm and one leg with your race number and mark your calf with your age. If the temperatures are cold we may only mark one hand since arms and legs will be covered by clothing. Before you rack your bike you must be signed in and have an official race wrist band.

**Youth Race Day Schedule** (all times are approximate)

Saturday, April 15th

6:30am	Registration, Packet Pick-up and Transition Area opens
8:00am	Registration, Packet Pick-up closes
8:20am	Mandatory Race Meeting for the Youth participants
8:30am	Race begins, mass start

**5K Race Day Schedule** (all times are approximate)

Saturday, April 15th

6:30am	Registration and Sign-in opens
8:15am	Registration and Sign-in closes
8:50am	Pre-race meeting
9:00am	Race begins, mass start
10:00am	Awards Ceremony

**Adult Duathlon Race Day Schedule** (all times are approximate)

Saturday, April 15th

6:30am	Registration, Packet Pick Up and Transition Area opens
8:15am	Registration, Packet Pick Up closes
9:20am	Pre-race meeting
9:30am	Race begins, mass start
11:30am	Awards Ceremony

**Race Format**

Youth Duathlon- .33 mile Run / 2 mile Bike / .75 mile Run  
Adult Duathlon- 1.9 mile Run / 10 mile Bike / 3.1 mile Run  
5K Run- 3.1 miles

**Timing-** This race is chip timed. You will be given your timing chip after you get your wrist band and body marked. Ankle chips will be handed out near the finish line between the time of 7:00am and 8:45am. Ankle Chips will be used for Duathletes and a Shoe Tag for 5K runners (see pictures below). Please ensure your bib# matches your ankle chip or shoe tag. We will collect the chip from you at the finish line. Ankle Chips not returned will be billed to you at a cost of \$25 to replace the chip and \$15 for lost shoe tags for 5K runners.



Duathlon Ankle Chip



5K Runner Shoe Tag

**Race Results-** We will be providing you LIVE race results throughout the event. LIVE results gives you the ability to have family and friends follow your progress as you navigate through the separate timing points along the course. We will also have a kiosk on site for you to use as you finish your event. Below is the QR code and URL that will allow you to access LIVE results. Please share this with those who you want to see your progress during the event.



<http://racinemultisports.com/results-hd1-2017/#/results::1491566697167>

**Bib Number-** Bib numbers will be assigned to each participant and must be worn and visible the entire race. You must have it on the front for the run segments. You may not get a finishing time if you do not have your number at the finish line. Photo below is a sample of the 2016 bibs.



**Race Photos** We are excited to share that Racine MultiSports is covering the photography expense and will make the race photos available to you free, that's right, FREE! **Hypnotic Imagery** will be by the race day photographer. They will be taking photos throughout the event and will ensure to capture your finish. Photos will be available a few days after the event at <http://racinemultisports.com/photos/> You will be able to download and share any photos you desire, free of charge. We cannot ensure you will have a picture of each leg of the event.



**Parking-** There are many parking lots throughout the park. The earlier you arrive the closer you will be to the venue. You can have someone drop you off with your bike at the transition area to claim your transition spot before parking but you must check in at the registration pavilion first and get your wrist band. PLEASE OBEY ALL PARKING SIGNS AND RACE OFFICIALS.

**Pre-Race Meeting-** The meetings scheduled (see above) are designed to give last minute instructions for a safe and successful race. We expect everyone to be on time for these meetings.

**Transition Area-** We recommend that you arrive early with your bike to claim your spot in the transition area. YOU MUST have a wrist band to enter the transition area. Please sign in before you come to the transition area. You must wear your band during the race. Each rack is designed to hold 6 to 8 bikes, 3 or 4 on each side. Please refer to the picture below for the 6 bike setup. We will determine the 6 or 8 bikes per rack race morning. Rack your bike using your seat and make sure your race gear is set up on the right side of your front wheel. The picture below shows a blue towel that has an example of race gear laid out. You can see that a variety of bike types can comfortably fit 6 to a rack.



**Restrooms-** There are public restrooms located near the transition area as well as portable toilets.

**Food/Water Stations-** We will have water and Heed sport drink at the water stations on the run as well as at the finish line. The water stations are located at miles .9, 1.5, and 2.2. We will also have food items and beverages at the finish line for volunteers and participants only.

**Youth Athletes-** The Youth Race is not a competition. All finishers will receive a finisher medal. As a result we will allow parents to help their kids in all three parts of the Youth Race. Please obey the following rules. First, while helping your child parents cannot block other athletes. Secondly, parents are not allowed to push or pull their child to advance them through the event. Finally, we can only allow one parent in the transition area. The youth athletes do not leave the park. The bike will be on the park road and will NOT be closed to vehicular traffic so it will be the responsibility of parents to ensure their children understand to ride on the right side of the road. The run is mostly on the park path and only be on the park road for the first 200 yards of the start.

**Start Times-** We will be using a mass start for all three races. All participants will line up at the starting line and will be given a signal from the Race Director to begin the race. The Youth Race is scheduled to start at 8:30am, 5K Run at 9:00am and Adult Duathlon at 9:30am. The Race Director has the discretion to alter the start of each event to ensure the safety of all athletes.

**5K Race-** The 5K run course will be the same course as the 2<sup>nd</sup> run for the Duathlon. Your race will start at 9am, before the Duathlon begins. The Duathlon will begin 30 minutes after the start of the 5K Run. We caution all 5K runners who do not finish the course within 30 minutes to stay to the right on the path while the duathletes head out to start their race. The results and awards will be provided shortly after the last 5K runner finishes the race. We will issue awards prior to the Duathlon finish. See awards section below.

**Run 1 Format-** The Youth Race will start on the park road and will be a short loop on the park path. Distance is approximately .33 miles before entering the transition area. The Adult race is 1.9 miles and will start on the path near the tennis courts. The first run is a loop and will navigate the park path and the park road. See the course map on the website.

**Run Rules-** You must wear your race number (bib#) on your front during the run. This is required for accurate timing at the finish line and will aid the photographers in identifying you on the run. If you have no number at the end you may not get a finish time. Please allow runners coming in the opposite directions to pass you on your left side. You will be disqualified if you do not complete the entire course.

**Bike Format-** The Youth bike course is out and back on the park road. They will do this once for a total distance of about 2 miles. The Adult bike course is a 10 mile loop that starts and ends in the park. The bike courses are not closed to vehicle traffic. You must obey all traffic laws and use good judgment when on the course. We will mark the turns with signs and plan to have road guards with yellow vests and orange flags at the turns. **WE STRONGLY ENCOURAGE YOU TO DRIVE THE BIKE COURSE** to ensure you know where to turn. It is your responsibility to know the course. If a guard is not at his/her post there will be posted signs to follow. Maps and turn-by-turn directions are available on our website. **Caution: there is a railroad crossing at mile 8.75. We advise that you come out of your drops when crossing the tracks as it is a bumpy crossing.**

**Bike Rules-** Helmets must be worn and chin straps fastened before you leave the transition area and remain fastened until you return to the transition area. When on the course please stay to the right and allow faster riders to pass on the left. Most of the course is on wide shoulders which are safe for passing. Use extreme caution when on the road sections without a shoulder. There is no water on the course so please bring your own. There is no drafting allowed on the bike. We will be monitoring this and will penalize anyone who is caught drafting (3 minutes per infraction). To avoid this please leave 3 bike lengths between you and the person in front of you. To pass you must move to the left and then pass.

**Run 2 Format-** The 2<sup>nd</sup> run course for the Youth Race is an out-and-back on the park path measuring .75 miles. The 2<sup>nd</sup> run for the Adult Race will be the same as the 5K Run and is an out and back format. When you get to the 1.5 mile turn around you will double back the way you came. **DO NOT TURN RIGHT LIKE YOU DID IN THE FIRST LEG** as this was done for the shorter first leg.

**Security-** All participants are responsible for their own equipment and belongings. Racine MultiSports will not be responsible for lost or stolen equipment or belongings. Only participants with a proper wrist band will be permitted in the transition area (during the Youth Event one parent may accompany a child in the transition area as stated above and no wrist band is required) You must wear your wrist band the entire race and it will be required to take your bike out of the transition area. Please share with your family and friends that they must stay out of the transition area.

**Awards-** There are no awards for the Youth Race but each finisher gets a medal. There will be two awards ceremonies: one for the 5K Run and one for the Duathlon. The categories being awarded will be as follows.

**Duathlon**

Top 3 Male and Top 3 Female

Top Male Masters and Top Female Masters (40+)

3 deep in each age group, Male and Female

16 and under

17 - 19                      45 - 49

20 - 24                      50 - 54

25 - 29                      55 - 59

30 - 34                      60 - 64

35 - 39                      65 - 69

40 - 44                      70+

**5K Run Categories**

Top Male and Top Female

Top Masters Male and Female

1 deep in each age group, Male and Female

15 and under

16 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 and over

**USA Triathlon** This race is sanctioned by USAT which is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon by visiting <http://usatriathlon.org> or calling 719.597.9090.



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**SANCTIONED EVENT**

**USAT's Most Commonly Violated Rules:**

1. **Helmets-** Helmets MUST be worn with the chin strapped anytime you are riding your bike before, during and after the event. **Penalty:** Disqualification
2. **Outside assistance-** Only race and medical officials may provide assistance to athletes during the race. **Penalty:** Variable time penalty
3. **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. **Penalty:** Variable time penalties
4. **Position & blocking-** You must stay on the far right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking. **Penalty:** Variable time penalties
5. **Overtaken-** Once passed, you must exit the drafting zone to the rear before attempting to repass. **Penalty:** Variable time penalties
6. **Race numbers-** All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they pass the finish line. **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.

All athletes that are USAT annual members must present their USAT card in order to pick up the race packet. Temporary USAT cards can be printed from the USAT website:

<https://membership.usatriathlon.org/>. In the event that you forget your membership card, a one-day membership can be purchased at packet-pickup for \$12.

**USAT Aging Up Policy:**

Participants will compete in whichever age group they would be in as of Dec. 31st, 2017. In other words, everyone's age group for the 2017 season will be determined by their age on December 31st, 2017.

Thank you to our sponsors!

