

HAGERSTOWN DUATHLON #2

ATHLETE GUIDE 2019



Saturday, October 12, 2019

www.racinemultisports.com/hd2

The Youth Duathlon and 5K, held on the same day, have their own Athlete Guides.



Racine MultiSports

www.RacineMultiSports.com



SANCTIONED EVENT

WELCOME TO HAGERSTOWN DUATHLON #2



From the Race Director

Dear Duathlete,

Welcome to the 12th Annual Hagerstown Duathlon #2, located in Hagerstown, Maryland. We are excited to have you join us this year for another memorable event!

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

We will have registration open on race day for the price of \$82. 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

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SCHEDULE OF EVENTS

FRIDAY, OCTOBER 11

START	END	EVENT	LOCATION
5:30 PM	7:00 PM	Registration, Packet Pickup	Mercury Endurance Cycles

SATURDAY, OCTOBER 12

START	END	EVENT	LOCATION
6:30 AM	8:15 AM	Registration, Packet Pickup	Race Site—Pavilion
6:30 AM	9:15 AM	Transition Area Opens	Race Site—Transition Area
8:20 AM	8:30 AM	Youth Duathlon - Pre-race Safety Briefing	Race Site—Start Area
8:30 AM		Youth Duathlon Race Starts	Race Site—Start
8:50 AM	9:00 AM	5K - Pre-race Safety Briefing	Race Site—Start Area
9:00 AM		5K Race Starts	Race Site—Start
9:20 AM	9:30 AM	Duathlon - Pre-race Safety Briefing	Race Site—Start Area
9:30 AM		Duathlon Race Starts	Race Site—Start
10:00 AM		5K Awards Ceremony	Race Site—Near Transition
11:30 AM		Duathlon Awards Ceremony	



*Awards ceremony times are approximate and will depend on our finishing athletes.

PRE-RACE INFORMATION

PHYSICAL ADDRESSES

Race Site:

Halfway Park (Marty Snook Park)
17901 Halfway Boulevard, Hagerstown, MD 21740

Pre-Race Day Packet Pick Up:

Mercury Endurance Cycles
222 E. Oak Ridge Dr., Suite 1225, Hagerstown, MD 21740
240-347-4959
Web: www.mercuryendurance.com

DIRECTIONS TO HALFWAY PARK (MARY SNOOK PARK)

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.

LODGING

Hotel options within 3 miles of race site include:

- >> [Country Inn & Suites](#)
- >> [Spring Hill Suites](#)
- >> [Courtyard Marriott](#)
- >> [Ramada Plaza](#)
- >> [Holiday Inn Express](#)
- >> [Homewood Suites](#)

EVENT CANCELLATION

A Racine MultiSports event may be delayed or canceled 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 canceled 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 canceled for rain or cold conditions. Plan accordingly to the forecast. For severe weather please read above.

VOLUNTEERS

Our events require many volunteers. We like to have more than needed to cover every possible detail. Please contact us if you or someone you know can volunteer for any amount of hours on Friday night or Saturday. Please visit the link below to register as a volunteer or email Shannon:
Shannon@RacineMultiSports.com
<https://racinemultisports.com/volunteer/>

RACE DAY INFORMATION

ATHLETE PACKET PICKUP

Please bring a photo ID and your USAT membership card (if you are a member) with you to pick up your race packet. **NO PHOTO ID = NO RACE!!!** If you are under 18 without a photo ID, your parent or guardian may show their photo ID. If you purchased a one day license you only need your photo ID.

You have the option of picking up your packet either the day before at Mercury Endurance Cycles or the morning of the event at the race site. (See previous pages for more info) If you plan to pick up your packet on race morning, please arrive no later than 7:45 AM so that you have plenty of time.

Things to know about packet pickup:

1. You must show photo ID and USAT Membership Card in order to receive your race packet 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.
2. Adults: Each individual athlete and every relay member must pick-up their own race packet.
3. Minors: Those under the age of 18 years may have their parent/guardian pick up their packet.
4. 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.
5. You will receive your timing chip on race morning near the finish line. You must have your running bib number with you in order to receive your timing chip.
6. Before you rack your bike you must be signed in and have an official race wrist band.

NO PHOTO ID = NO RACE

BODY MARKING

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. You must have your running bib number with you on race morning in order to get body marked.

YOUR THREE RACE NUMBERS

Each athlete or relay team will receive three race numbers:

- The smaller sticker must be worn on the front of the cycling helmet.
- The larger sticker is for your bicycle and must be clearly visible from the side and folded over the top tube or down tube of your bicycle.
- The bib number must be worn on the front of the body during the final run and when crossing the finish line

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 9:15am. Ankle Chips will be used for Duathletes. Please ensure your bib# matches your ankle chip number. We recommend you place your timing chip on your left ankle opposite the chainring side of your bicycle. 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.



MULTISPORT ANKLE CHIP

RELAY TEAMS

Each relay team will be given one timing chip to be worn by the runner of the 1st leg at the start. After completing the run, the runner will transfer the team's timing chip to the biker waiting at the team's designated bike rack location in the transition area. After completing the bike, the biker will transfer the team's timing chip to the runner of the last leg at the team's designated bike rack location in the transition area.

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 up to 8 bikes, 4 on each side. Please refer to the picture below for a 6 bike setup example. 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.

Please note: that only athletes are allowed in the transition area. No exceptions. You must show your race number in order to remove your bike after the race is over.



PRE-RACE MEETING

The meeting (see schedule of Events) is designed to give last minute instructions for a safe and successful race. We expect everyone to be on time for these meetings.

RACE MORNING PROCEDURE

Packet pickup and the transition area open at 6:30 AM. You must be through packet pickup by 8:15 AM and bike rack and transition by 9:15 AM on race morning. If you have not already registered/picked up your race packet, you will do so at the registration pavilion.

You will be body marked near packet pickup and pick up your timing chip near the finish line. After that, you will drop off your bike and gear in the transition area.

Bike racks are numbered and duathletes must put their bicycles and gear on their designated rack. Please be courteous of the space and belongings of other racers before, during and after the race. By 9:20 AM you should be near the race start to attend the pre-race meeting.

RACE DAY 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.

RESTROOMS

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

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.

RACE SITE MAP



THE RACE

START TIMES

We will be using a mass start. All participants will line up at the starting line and will be given a signal from the Race Director to begin the race. The Duathlon is scheduled to start at 9:30am. The Race Director has the discretion to alter the start of the event to ensure the safety of all athletes.

RACE FORMAT

1.9 mile Run / 10 mile Bike / 3.1 mile Run

FOOD/WATER STATIONS

We will have water and 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.

RUN 1 FORMAT

The Duathlon will start on the path near the tennis courts. Distance is 1.9 miles. The first run is a loop and will navigate the park path and the park road. See the course map.

RUN 2 FORMAT

The 2nd run for the 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.



RUN 1 & 2 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

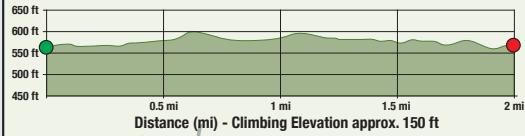
The bike course is a 10 mile loop that starts and ends in the park. The bike course is not closed to vehicle traffic. You must obey all traffic laws and use good judgment when on the course. We will mark the turns with signs and plan to have road guards with yellow vests and orange flags at the turns. **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.

HAGERSTOWN DUATHLON COURSE MAP

Run #1 - 1.9 miles

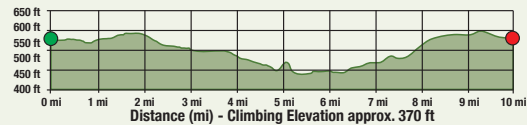


Run #1 Turn-by-Turn Directions

- Start on the park path near the tennis court
- Head towards the back of the park
- Follow path until parking lot next to volleyball court
- U-Turn onto park road
- Proceed down park road towards pool parking lot
- U-turn just before speed bump on park road before pool parking
- R-into parking lot and turn R- onto park path
- R-onto path leading up to the finish line parking lot
- Head into transition area

Marty Snook Park (Halfway Park)

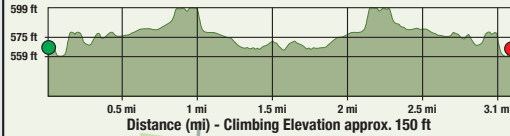
Bike Course - 10 miles



Bike Course Turn-By-Turn Directions

- L-Out of parking lot onto park road
- R-onto Halfway Blvd
- R-onto Downsville Pike (Rt 632)
- R-Lappans Rd (Rt 68)
- R-Governor Ln
- R-Edward Daub Rd
- R-Edward Daub Rd (again)
- R-Sterling Rd
- L-Bower Ave
- R-into Park, proceed back to race site

Run #2 - 5K Out and Back



Run #2 Turn-by-Turn Directions

- Start in parking lot heading towards path
- L-at the "T" in the path
- Follow path until parking lot next to volleyball court
- U-Turn onto park road
- Proceed down park road towards pool parking lot
- U-turn just before speed bump on park road before pool parking
- Follow same course back to finish

Marty Snook Park (Halfway Park)



LEGEND

- Race Course
- Start
- Ⓜ Transition Area
- Ⓜ Mile Marker
- Finish
- Ⓜ Parking
- Race Direction
- 💧 Water Station
- Ⓜ Registration

POST-RACE INFORMATION

POST-RACE FOOD

Post race food, snacks and drinks will be provided free of charge to all athletes and volunteers after the race near the finish.

AWARDS

Awards ceremony will be held near the race finish. Awards will be given for:

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 (male & female)
- > 17 - 19 (male & female)
- > 20 – 24 (male & female)
- > 25 – 29 (male & female)
- > 30 – 34 (male & female)
- > 35 – 39 (male & female)
- > 40 – 44 (male & female)
- > 45 - 49 (male & female)
- > 50 - 54 (male & female)
- > 55 - 59 (male & female)
- > 60 – 64 (male & female)
- > 65 – 69 (male & female)
- > 70+ (male & female)

Please note: There will be a charge to have your awards mailed. If you must leave early, we suggest you make arrangements to have someone else pick up your award for you. Awards are only mailed upon request at a cost of \$10.



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.

RACE PHOTOGRAPHS

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 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 <https://hypnoticimagery.pass.us/2019-hagerstown-duathlon-2-youth-du-and-5k-3/>. 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.



USA TRIATHLON RULES & SANCTIONING

The Hagerstown Duathlon #2 is sanctioned event and, as such, follows USAT rules.

USAT'S 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.
- **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, or personal audio devices, etc. are not to be carried or worn at any time during the race. **Penalty:** Variable time penalty

USAT CARD

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.

USA TRIATHLON AGING UP POLICY

Participants will compete in whichever age group they would be in as of Dec. 31st, 2019. In other words, everyone's age group for the 2019 season will be determined by their age on December 31st, 2019.

USA TRIATHLON SANCTIONING

USA Triathlon 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 athletes, volunteers, sponsors and race staff.

MORE INFORMATION

For more information about USAT and USAT rules, please contact USA Triathlon by visiting www.usatriathlon.org or calling 719-597-9090.



SPONSORS



Racine MultiSports

www.RacineMultiSports.com



ENDURANCE FUELS
& SUPPLEMENTS

