

HAGERSTOWN YOUTH DUATHLON #1

ATHLETE GUIDE 2023



Saturday, April 8, 2023

www.racinemultisports.com/hyd1

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



Racine MultiSports

www.RacineMultiSports.com



SANCTIONED EVENT

WELCOME TO HAGERSTOWN YOUTH DUATHLON #1



From the Race Director

Dear Duathlete,

Welcome to the 15th Annual Hagerstown Youth Duathlon #1, 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.

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!

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

Ken Racine
Race Director
Ken@RacineMultiSports.com

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SCHEDULE OF EVENTS

FRIDAY, OCTOBER 7

| START | END | EVENT | LOCATION |
|--------------------|--------------------|-------------------------------------------------|-------------------------------------|
| 5:30 PM | 7:00 PM | CANCELED Packet Pickup - Outside | Mercury Endurance Cycles |

SATURDAY, OCTOBER 8

| START | END | EVENT | LOCATION |
|----------|---------|-------------------------------------------|---------------------------|
| 6:30 AM | 8:00 AM | Registration, Packet Pickup | Race Site—Pavillion |
| 6:30 AM | 8:15 AM | Transition Area Open | 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 | | Duathlon - Pre-race Safety Briefing | |
| 9:30 AM | | Duathlon Race Starts | Race Site—Start |
| 10:00 AM | | 5K Awards Ceremony* | Race Site—Near Finish |
| 11:30 AM | | Duathlon Awards Ceremony* | Race Site—Near Finish |

*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://runsignup.com/Race/Volunteer/MD/Hagerstown/HagerstownDuathlon>

RACE DAY INFORMATION

ATHLETE PACKET PICKUP

Please bring a parent photo ID with you to pick up your race packet. **NO PARENT PHOTO ID = NO RACE!!!**

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 be in line no later than 7:30 AM so that you have plenty of time.

Things to know about packet pickup:

1. You must show a parent photo ID in order to receive your race packet. 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 a parent photo ID.
2. Athletes must be accompanied by a parent/guardian to pick up their race packet.
3. 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.
4. 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. Before you rack your bike you must be checked in and have an official race wrist band.
5. Temperature check is required. We will use a no touch reader. Temperatures above 100.0 degrees will be deemed unsafe and you will not be permitted onto the property.

BODY MARKING

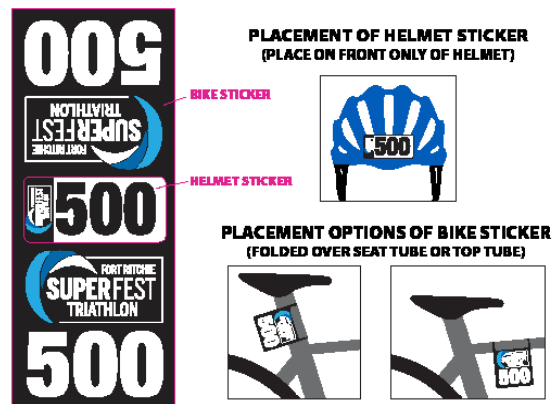
Body marking will be required for Duathletes. We will mark one arm and one leg with your race number and mark your calf with your age. If the temperatures are cold we may only mark one hand since arms and legs will be covered by clothing. You must have your running bib number with you on race morning 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.

BIKE/HELMET COMBO STICKER SHEET



NO PARENT PHOTO ID = NO RACE

TIMING

This race is chip timed. You will be given your timing chip after you rack your bike in transition. Ankle chips will be handed out near the finish line between the time of 7:30 AM and 8:00 AM. 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

TRANSITION AREA

We recommend that you arrive early to bike transition to avoid crowding. YOU MUST have a wrist band to enter the transition area. Please check in to get your wrist band before you come to the transition area. You must wear your wrist band during the race. Each rack is designed to hold up to 8 bikes per rack. Rack your bike using your seat and make sure your race gear is set up on the right side of your front wheel.

Please note: Only athletes are allowed in the transition area with the exception of only one parent. 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. The meeting location will be just outside bike transition near the park road.

RACE MORNING PROCEDURE

Packet pickup and the transition area open at 6:30 AM. You must be through packet pickup by 8:00 AM and bike racked by 8:15 AM on race morning.

Drop off your bike and gear in the transition area first before you pick up your timing chip near the finish line.

Bike racks are numbered and duathletes must put their bicycle and gear on their designated rack. Please be courteous of the space and belongings of other racers before, during and after the race. By 8:20 AM you should be at 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

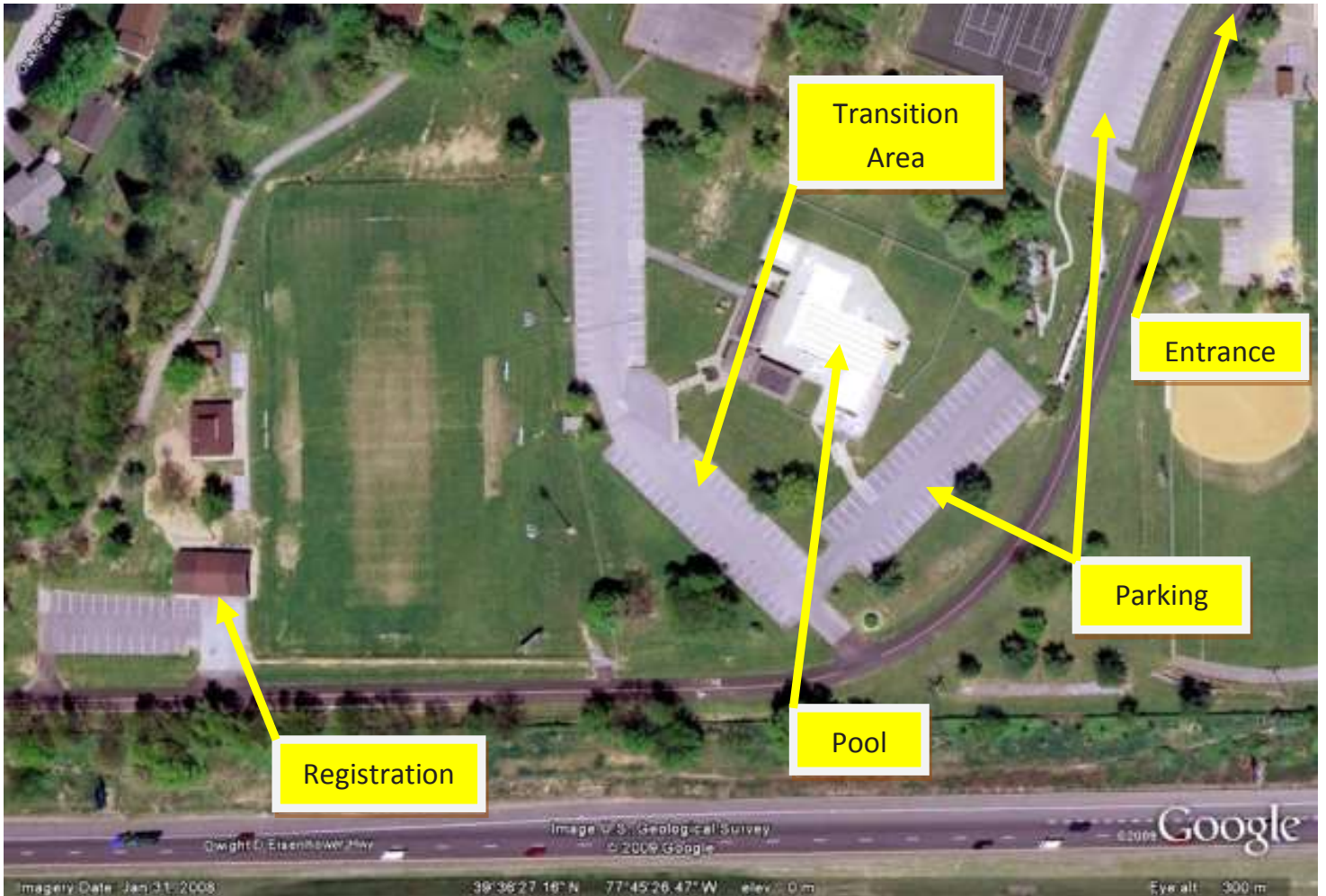
There are public restrooms located near the transition area as well as portable toilets.

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 Youth Duathlon is scheduled to start at 8:30am. The Race Director has the discretion to alter the start of the event to ensure the safety of all athletes.

RACE FORMAT

.33 mile Run / 2 mile Bike / .75 mile Run

WATER STATIONS

Water will be available at the finish line only.

YOUTH DUATHLON FORMAT/RULES

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. 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.

POST-RACE

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.



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.

<https://runsignup.com/Race/Results/119276#resultSetId-308224>

RACE PHOTOGRAPHS

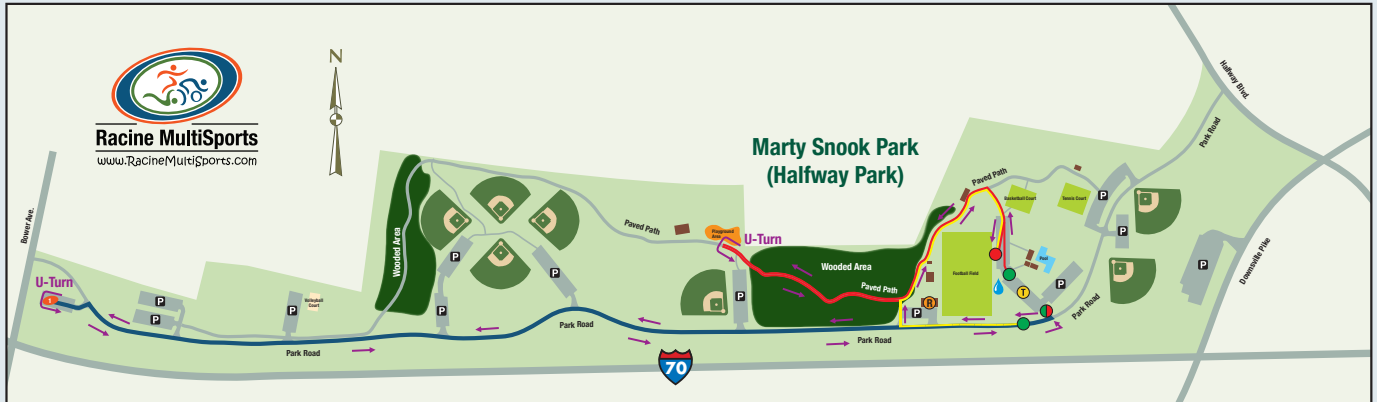
We are excited to share that Racine MultiSports is covering the photography expense and will make the race photos available to you free, that's right, FREE! Hypnotic Imagery will be the race day photographer. They will be taking photos throughout the event and will ensure to capture your finish. Photos will be available a few days after the event at

<https://runsignup.com/Race/Photos/MD/Hagerstown/HagerstownDuathlon>

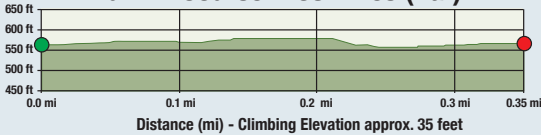
You will be able to download and share any photos you desire, free of charge. We cannot ensure you will have a picture of each leg of the event.



HAGERSTOWN YOUTH DUATHLON COURSE MAP



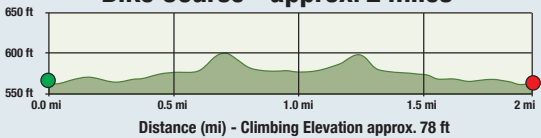
Run #1 Course - .35 miles (flat)



Run #1 Course Turn-by-Turn Directions

- Start on park road heading toward back of park
- R-into 2nd entrance of the first parking lot on R
- R-at the "T" intersection on the path
- R-at the first turn and follow to transition area

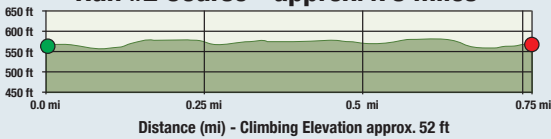
Bike Course - approx. 2 miles



Bike Course Turn-By-Turn Directions

- R-Out of parking lot onto park road
- Proceed to last parking lot on the left
- U-turn through parking lot
- Proceed back down the road to the transition area

Run #2 Course - approx. .75 miles



Run #2 Course Turn-by-Turn Directions

- Start in parking lot heading towards the path
- L-at the "T" in the path
- Follow the path until the turn around
- Follow the same course back to the finish

LEGEND

- #1 Run Course
- Bike Course
- #2 Run Course
- Race Direction
- Start
- Finish
- R Registration
- T Transition Area
- 1 Mile Marker
- 💧 Water Station
- P Parking

USA TRIATHLON RULES & SANCTIONING

The Hagerstown Youth Duathlon #1 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 \$10.

USA TRIATHLON AGING UP POLICY

Participants will compete in whichever age group they would be in as of Dec. 31st, 2023. In other words, everyone's age group for the 2023 season will be determined by their age on December 31st, 2023.

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



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www.RacineMultiSports.com



ENDURANCE FUELS
& SUPPLEMENTS

