



2010

CITY



DUATHLON

SERIES



Winston-Salem Short Course Duathlon

Feb 6, 2010 | 6550 Shallowford Square - Lewisville, NC 27023

Arrival Time: Arrive at event site no later than 9:45 am. **EVENT START-11:00 am.** Packet pick up line will close at 10:00 AM. If you are not in line by this time you will not be allowed to get your packet.

Packet Pick Up: Friday (2/5) – 5:00 pm – 6:00 pm @ Cycletherapy (1347 Lewisville-Clemmons Rd)
Saturday (2/6) - 9:00 am – 10:00 am @ Shallowford Square (Race Site)

USAT Annual Members: All members should have a copy of their USAT card and their driver's license in order to pick up your packet.

Non-USAT Annual Members: If you have not paid the one day \$10.00 USAT fee please be prepared to pay this at the race site. Cash or checks made out to FS Series will be accepted at the check-in area.

Parking: All parking will be located at Shallowford Square. **REMEMBER: IF YOU ARE ON YOUR BIKE AT ANY TIME AT ANY USAT EVENT YOUR HELMET MUST BE FASTENED!**

Body Marking: Make sure to wear your bib # on the front and outside of all clothing. This will help us ensure accurate back-up timing at all splits.

Winning Time Chip Timing: You will receive our timing chip on event morning at the Timing Chip Pick Up Tent. All chips should be secured to your **LEFT ANKLE** with the Velcro strap provided and not hidden under heavy clothing. You are responsible for the return of your chip to the timing officials at the finish line. Failure to return your chip for any reason will result in a \$50.00 replacement fee. **THERE WILL BE NO EXCEPTIONS TO THIS RULE.**

- **NOTE: You must have your run number with you on race morning to pick up your timing chip.**
- **NOTE: Do not cross any timing mats between 11am-1pm on race day unless you are racing.**

Pre-Event Instructions/Meeting: A short pre-race briefing with important information and instructions will be given at 10:45 am at the run start location on Saturday. Please plan to be there!

Pick Up Your Trash: We ask you to be considerate and not throw debris on the ground during the run and bike. Littering compromises our chances of staging these races at selected venues. It also makes it difficult for staff and volunteers following the race. It will also get you DQ'd if a USAT official catches you! Please help us out and look for trash bins - there will be plenty of them scattered around the course.

Awards: Award presentation will begin immediately after the last finisher completes the race. The estimated time for the awards ceremony is 1:00 pm.

Results: Results will be posted throughout the race. Complete results will be posted on www.fsseries.com by 9pm on Monday (2/8).

Transition Area:

- All participants will have a bike rack location. Find your range of bike numbers and rack your bike. There are no specific bike rack locations. **If you are #67, place your bike anywhere on the rack with # ranges 61-80!**
- No bike storage the night before the race.
- Participants only in the transition area, you are the only one that can remove your bike!
- Participants will have to run their bikes across the timing mats and the mount line before getting on your bike and you will have to dismount at the same place upon completing the bike leg.

Bike:

- ◆ Course map is available on the FS Series website and will also be beside the registration tent.
- ◆ **Hard shell helmets must be worn – make sure number (sticker) is placed on front of helmet.**
- ◆ Helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ **Bike frame numbers must be attached to the top tube.**
- ◆ No headphones, earphones, or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ No drafting – please make sure you are at least 3 bike lengths behind the person in front of you.

Bike Course 14.0 miles

1. TR Shallowford Road (stay inside cone section of Shallowford Rd)
2. Veer left on Williams Road
3. TL Hauser Road
4. TR Shallowford Road
5. TL on Shallowford Road (stay inside coned section of Shallowford Rd)

Run:

The run course is a 1 mile out and back (first run 3 laps / second run 2 lap).

1. Start on David Mckee St
2. TL Belnette Road
3. TR Brookside Drive
4. TR Edgewood Dr
5. Turnaround at Edgewood dead end
6. Run #1 - 3rd Lap exit to transition area → Run #2 - 2nd Lap exit to FINISH!

Relay Teams:

- Runners will tag the bikers at the bike rack location and place the chip band on your left ankle.
- Bikers will tag runners at the bike rack location and place the chip band on your left ankle.
- When you finish the race, please find a volunteer/staff member to return your chip/band.
- **Runners - Please do not pin your BIB number on your back. Have it facing forward at the finish line!**

2010 Most Commonly Violated Rules and Penalties

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. 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 again.

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, or personal audio devices, 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. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. 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