

## **Saturday May 27<sup>th</sup> – SARTELL APPLE DUATHLON**

### **RACE DAY INFO**

Thanks for signing up for the 35<sup>th</sup> annual Apple Duathlon. Here is the information you will need as your race day approaches.

#### **PACKET PICK-UP:**

1. Friday, May 26<sup>th</sup> at the Sartell Middle School 4:30-5:30pm
2. Saturday, May 27<sup>th</sup> starting at 6:30am and ending at 8am sharp.

\*Transition opens at 6:30am

PLEASE NOTE: All athletes competing for prize money (except relay teams) will be placed in the elite wave and will NOT be eligible for age group awards. If you want to change your race status to elite, please do so by emailing [info@appleduathlon.com](mailto:info@appleduathlon.com).

ALL athletes are required to show photo ID. **NO ID, NO RACE, NO EXCEPTIONS.** Every single participant must have a photo ID, including all relay participants. If a minor does not own a photo ID, they must be accompanied by a parent/guardian with a photo ID. USAT Annual members are required to bring their membership cards every time they compete in a USAT sanctioned event. If a card has been lost, USAT members can download and print out a temporary one at <http://www.usatriathlon.org/membership-services/one-day-membership.aspx>

#### **Important things to remember during packet pickup:**

1. Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Regarding relays, all relay members must be present to receive the packet, or split up the relay packet for each participant.
2. All athletes must show photo ID. If an athlete does not bring a photo ID to packet pickup he or she has two options:
  - Go home to get it.
  - Get a copy of the photo ID.
3. All USAT members must show their current membership card. If

an athlete does not bring the USAT card to packet pickup there are three options:

- Go home to get it.
  - Find internet access where a temporary card can be printed.
  - Purchase a one-day membership for \$15, which can later be applied to a membership renewal by submitting a receipt of purchase.
4. Athletes who need to purchase a one-day license must sign the USAT waiver if it was not included with the event registration form. Annual members do not have to sign a waiver at packet pickup because they already signed it when they applied to become an annual member.

**RACE SIZE:** We have approximately 200 participants. THERE IS NO RACE DAY REGISTRATION.

**TIMING CHIPS:** **Chips will be handed out at packet pick-up.** You will NOT give your chip back as you cross the finish line. You must wear your chip on one of your ankles during the entire event. Otherwise you will not receive a time. Relay team members must **move the chip from one athlete's ankle to the other.** Please do not carry the chip in your hand, as it will not be read at the timing areas. If you do not finish the race, report to the Race Director immediately following your withdrawal from the race.

**TRANSITION AREA:** Transition area opens at 6:30am. We have **enough racks for over 550 bikes so don't worry about not being able to** find space in the transition area. The flow of the transition area is set up so that transition spots are fairly placed. Please be respectful of fellow participants and ask your friends and family to stay out of the transition area at all times! Transition area will close promptly at 8:20am and reopen at 11:00am for removal. At noon, all bikes must be removed from the transition area for us to start breakdown.

**DIRECTIONS:** Race site address is: Sartell Middle School - 627 3<sup>rd</sup> Ave. North, Sartell, MN

**PARKING:** Parking is available in parking lots in front of and behind the Sartell Middle School. **IF YOU PARK IN FRONT OF THE MIDDLE SCHOOL LOT, YOU WILL NOT BE ABLE TO LEAVE UNTIL AFTER 11AM!!!! There will be no exceptions. If you want**

**to leave before then, park somewhere else.** There will be additional parking available behind the Middle School and on 2<sup>nd</sup> Ave, if needed, 1 block away. Please DO NOT PARK in the shopping mall across **from the Middle School and be respectful of area businesses' parking** lots. There is no on street parking allowed on 7<sup>th</sup> Street, as this is part of the course. There will be an Apple volunteer who will be helping with directions on parking when you arrive.

**RULES:** The Apple Duathlon is a USAT-sanctioned event and as such follows the rules of USA Triathlon. As a participant in this event you are responsible for knowing these rules. The official rules can be found at: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>. It is the responsibility of the athlete to know and obey USAT Event rules. Here are some of the most common rules.

**NO DRAFTING:** Drafting is when you are riding your bike closer than 3 bike lengths behind the athlete in front of you. The only exception is when you are passing or being passed. You have 15 seconds to complete a pass. If you are being passed, you have 15 seconds to drop back 3 or more bike lengths. We will have 2 USAT race officials on the course.

**RIDE TO THE RIGHT:** You must ride as far to the right of the road as is practicable. This includes the shoulder. We have a permit to hold this race on the roads through the City of Sartell and Stearns County. However, that does not mean we own the roads. Be respectful to the residents as well as safe to your fellow participants. Always ride to the right except when passing and always pass on the left. When passing **say "on your left" whenever it is warranted.** Pinecone Road will be closed to traffic from 7<sup>th</sup> Street North to 40<sup>th</sup> Street North.

**NO UNSPORTSMANLIKE CONDUCT:** Showing respect to city residents, fellow athletes, race officials, race volunteers, police personnel, spectators, or anyone else who is around is expected. Any report of unsportsmanlike behavior will result in a penalty or disqualification.

**NO RIDING IN TRANSITION:** Riding in transition is dangerous to all around. **There is a specific "mount and dismount" line which will be** clearly marked just outside of transition. You must have your feet

down before this line. Do not ride over the line. Riding over the line is dangerous to all people around the transition area and a penalty will be assessed for riding over the dismount line. Do not come into the transition area too fast.

**NO RADIOS OR HEADPHONES:** For everyone's safety, no sort of radio is allowed. This includes any sort of audio device, MP3 player or iPod.

**HELMETS REQUIRED:** That is it. If you are riding your bike at ANY TIME while you are at the race venue, you must have your helmet on and buckled. If you do not have your helmet on and buckled you will be disqualified. This is for your own safety and to meet the requirement of the insurance policy for the event. REMEMBER TO KEEP YOUR HELMET ON AND BUCKLED.

**RESULTS:** Timing is being conducted by JMS Racing. The event will be chip timed and full split results will be posted on <http://www.pigmantri.com/race-results>. A link to this page can be found at [www.appleduathlon.com](http://www.appleduathlon.com).

**RACE DAY PHOTOS:** STEVE DIAMOND ELEMENTS. We will include a link to photos after race day in an email to participants or email at [sde.photo@gmail.com](mailto:sde.photo@gmail.com). Also check us out on Facebook.

**AWARDS:** All age group and elite wave participants are eligible for door prizes. The Apple is popular for the quality of door prizes given. Athletes MUST be present to win a door prize!

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Note: THE REGISTERED ATHLETE LIST IS POSTED AT [www.appleduathlon.com](http://www.appleduathlon.com).

Following the Apple awards ceremony, door prizes will be given away. You must be a registered Apple participant and present to win. The drawings will take place following the awards ceremony.

**WAVES and START TIMES: 8:30am start time: Official wave numbers will be announced at packet pick-up and race morning.**

8:30 : Wave One: Elites and 60+ Males and Females – \*Elites are not eligible for age awards because you are running for the cash.

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8:33 : Wave Two: 30 – 39 Males

8:36 : Wave Three: 29 and under Males

8:39 : Wave Four: 40 – 59 Males

8:42 : Wave Five: All 59 and under Females

8:45 : Wave Six: All Relay Teams

**SHOUT OUT for VOLUNTEERS:** Volunteers are what make Apple great!! We are in need of volunteers. If your friends or family who would like to see what it is like from the other side and get a free shirt, contact us at [volunteer@appleduathlon.com](mailto:volunteer@appleduathlon.com).

Get ready to ROCK.THE.CORE at the 2017 Sartell Apple Duathlon!

Happy Training,

**The Apple Du Crew**