



DU THE POLAR BEAR DUATHLON

Race Instructions

February 11, 2018

Welcome to the **8th** annual Du the Polar Bear Duathlon! Please make sure that you have looked over the directions and maps to make yourself familiar with the site and course. You are responsible for knowing the course. We hope you have a great time and a great race!!

DIRECTIONS TO RACE SITE

From the north (290) or south (I-10), take Barker Cypress to the main entrance of Lone Star College (across from Starbucks/Chipotle, Whataburger), which is between Tuckerton & West Rd. Turn west and go 1/8 mile, making a right turn into the **NORTH PARKING LOT**-follow parking signs around until you see the transition area in the far west corner of the parking lot. The official address is: **9191 Barker Cypress Rd, Cypress, TX 77433**

RACE DAY SCHEDULE

- 6:30 am Park in designated areas. Walk/ride your bike to transition area. If you ride your bike, make sure to wear your helmet. (you can get disqualified even before the race starts!).
- 6:45 am Transition area opens-body marking happens in front of transition area.
Pick up your timing chip at the designated spot (FLAG)
- 7:45 am Transition area clears for start
- 8:00 am **Duathlon begins- Men at 8:00 am. Women & Relays at 8:05 am.**

Conclusion of Race: Post-race refreshments & recovery! (Awards ceremony-approx. 10:00 am!)

BODY MARKINGS

Body Marking will be done as you enter the transition area. You will be marked on your left arm, leg and calf. Please make sure your bike number is on **BEFORE** you enter transition. Look for your numbered spot on the bike racks. Then go pick up your timing chip in the designated area.

TRANSITION AREA

- Only competitors are allowed in the transition area. No exceptions!
- Rack your bike on the rack matching your race number.
- Stage your equipment, but leave room for your neighbors!!
- Once the transition area is cleared for the race start, no one will be allowed back in. Transition area will open once the LAST cyclist has exited to start the second run portion.

RACE NUMBER

- There will be three (3) race numbers in your packet-one is for your helmet (this is in the center of the bike number), one is for your bike (adhesive on back), and one is to wear on the run.
- Your main race number must be worn on the front during the 2nd run and be visible as you cross the finish line. You don't have to wear it during the first run and bike. **Remember-No Number, No Score!!**

BATHROOMS

- There are porta-potties located near the transition area.

RUN COURSE I - 2 miles

- Pay attention to cones, signs, and volunteers. You will be running on the road as well as cinder pathways. Water station at just past mile 1.

BIKE COURSE- Approximately 10 miles (ONE LOOP)

- Walk bike in and out of transition area to the mount/dismount line.
- Securely fasten chin strap before leaving transition area (cause for penalty).
- Ride on the right side of your lane. Absolutely no drafting (cause for penalty).
- Pass on the left-never on the right, and complete pass w/in 15 seconds.
- Keep 3 bike lengths between yourself and cyclist in front of you.
- Major intersections will be monitored by county Sheriffs-**Follow all traffic laws**. This is not a closed course, so be aware of side street vehicles.
- Leave your helmet on and strapped until your bike is racked (cause for penalty).
- USAT Officials will be on the course—there will be no warnings given.

RUN COURSE II - 2 miles (same as 1st run)

- Follow signs and cones. Be alert. Traffic always has the right of way.
- Water station at approximately mile 1.
- No pacing by friends outside the race, per USAT rules.
- Any course cutting is a DQ. **HEADSEATS ARE NOT ALLOWED!**
- Make certain your race number is in the front BEFORE you cross finish line.

RELAY TEAMS

- Cyclist will wait at the bike until the runner hands over the timing chip.
- Bike must be racked before the timing chip is handed off.
- When cyclist returns, he/she must rack the bike and then hand off the chip.
- The team cyclist must then leave the transition area.
- Bikes must stay racked until the transition area is cleared by race management.

POST RACE ACTIVITIES

- Plenty of refreshments, then awards will be given out.
- Remember to thank the volunteers-they are crucial to the success of your event!

MEDICAL

- Medical personnel will be on site throughout the race.

RESULTS

- Look at www.eztoregister.com/results Links will be on our Facebook Page AND our website!

PHOTOS:

- *Race Photos will be available through Race Shots at www.raceshots.net next week!*

THANKS TO ALL OUR SPONSORS!!

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