



DU THE BEAR DUATHLON

Race Instructions

October 4, 2015

Welcome to the **10th** annual Du the 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 I-10**, take I-10 West to Highway 6, exit Hwy. 6 and turn right (north). Go 2-3 miles to Patterson Road. Turn right and go down to Bear Creek Rd. Turn left (north) and go approximately 1 mile where parking volunteers will assist you.
- **From 290**, exit Hwy 6 and turn south. Go to Clay Rd. and turn left (east). Make a right turn onto Bear Creek Rd. and look for the parking volunteers.

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 under the pavilion.
- 7:45 am Transition area clears for start
- 8:00 am **Duathlon begins- Men at 8 am. Women & Relays at 8:05 am.**

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

BODY MARKING

In your race packet you have Bicycle World Temporary Tattoos to use. Follow the directions for applying them BEFORE YOU ARRIVE RACE MORNING. Race morning we will mark your age on the back of your calf. You'll then head to transition and look for your numbered racking spot on the bike racks.

TRANSITION AREA

- Only competitors are allowed in the transition area. No exceptions!
- Rack your bike on the rack matching your race number. There is a sticker with your number. Place your wheel down on the side where you see your number sticker.
- Stage your equipment, but leave room for your neighbors!!
- **After you've racked your bike, go pick up your timing chip in the pavilion.**
- Once the transition area is cleared for the race start, no one will be allowed back in. No bikes may leave transition area until race management clears it!

RACE NUMBER

- There will be three (3) race numbers in your packet-one is for your helmet, one is for your bike, 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 several bathrooms and 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 grass fields. Water station at mile 1, which is the **turn around**.

BIKE COURSE-10 miles (double loop within Bear Creek Park)

- 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.
- Leave your helmet on and strapped until your bike is racked (cause for penalty).
- Bike Marshals 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 mile 1 (again-this is the turn around).
- No pacing by friends outside the race, per USAT rules
- Any course cutting is a DQ.
- 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.

RESULTS

- Look at www.eztoregister.com/results

PHOTOS:

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

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