

ATHLETE GUIDE

MESSAGE FROM THE RACE DIRECTOR

Thank you for signing up for this year's race. We are excited to be celebrating the 10th anniversary of this race starting back in 2009 with the Doylestown Duathlon. Duathlons are a fun way to get ready for other races you may have coming up this year or just to see if you enjoy multi-sport racing. We are very lucky to have multiple age group USAT Duathlon award winners and an overall national champion competing at this year's DelVal Du making this event one of the top races in the area. Whether you are out there competing against others or competing against yourself go out there, have fun, be safe and all the best for a successful 2018 season.

Todd Wiley
Race Director
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RACE LOCATION

The race is located at Lake Nockamixon State park in Quakertown, PA. Please enter at the main park entrance off of RT 563 (Mountainview Drive). The gates will be closed at 8:30 so please make sure you are in the park before then.

PARKING RACE MORNING

Enter the main park entrance and precede to parking lots 1 and 2. The gates to the main park entrance will be closed at 8:30 so please arrive early. You will **NOT** be able to exit these parking lots until the last athlete has finished the race. Please **do not** park on any grassy area as you will be ticketed if you do so. Additional parking will be in lot 7 or in lot 12. Lot 12 is the only lot where you will be able to exit immediately after the race if needed.

PACKET PICK UP

We will be at the park setting up late in the day from 4-6pm on Saturday so if you are interested in picking up your number then you may do so; however I would actually prefer to have you pick up your number on Sunday morning. You **must have** your photo ID and USAT membership card if you did not pay the one day USAT fee during on-line registration in order to race so please make sure that you have these available when you register. **No photo ID no race!** You will be receiving your race numbers at packet pick up...numbers must be worn the entire race since your timing chip is on the number. Bike numbers must be attached to your bike frame for the entire bike portion.

RACE DAY ITINERARY

- 7:00 am -Transition Area Opens
- 7:00 am - 8:20 am: Race Day Packet Pick-Up, Race Day registration
- 8:30 am - Mandatory Pre-race Meeting
- 8:45 am - Transition area closes
- 9:00 am First Wave

RACE DAY PICK UP and RACE DAY REGISTRATION

After parking proceed up the hill towards Parking Lot 3, bring your bike and race gear with you. Registration and packet pick up begins at 7AM at the finish line and transition area at Parking Lot 3. Look for the registration tents and tables.



PRE RACE MEETING

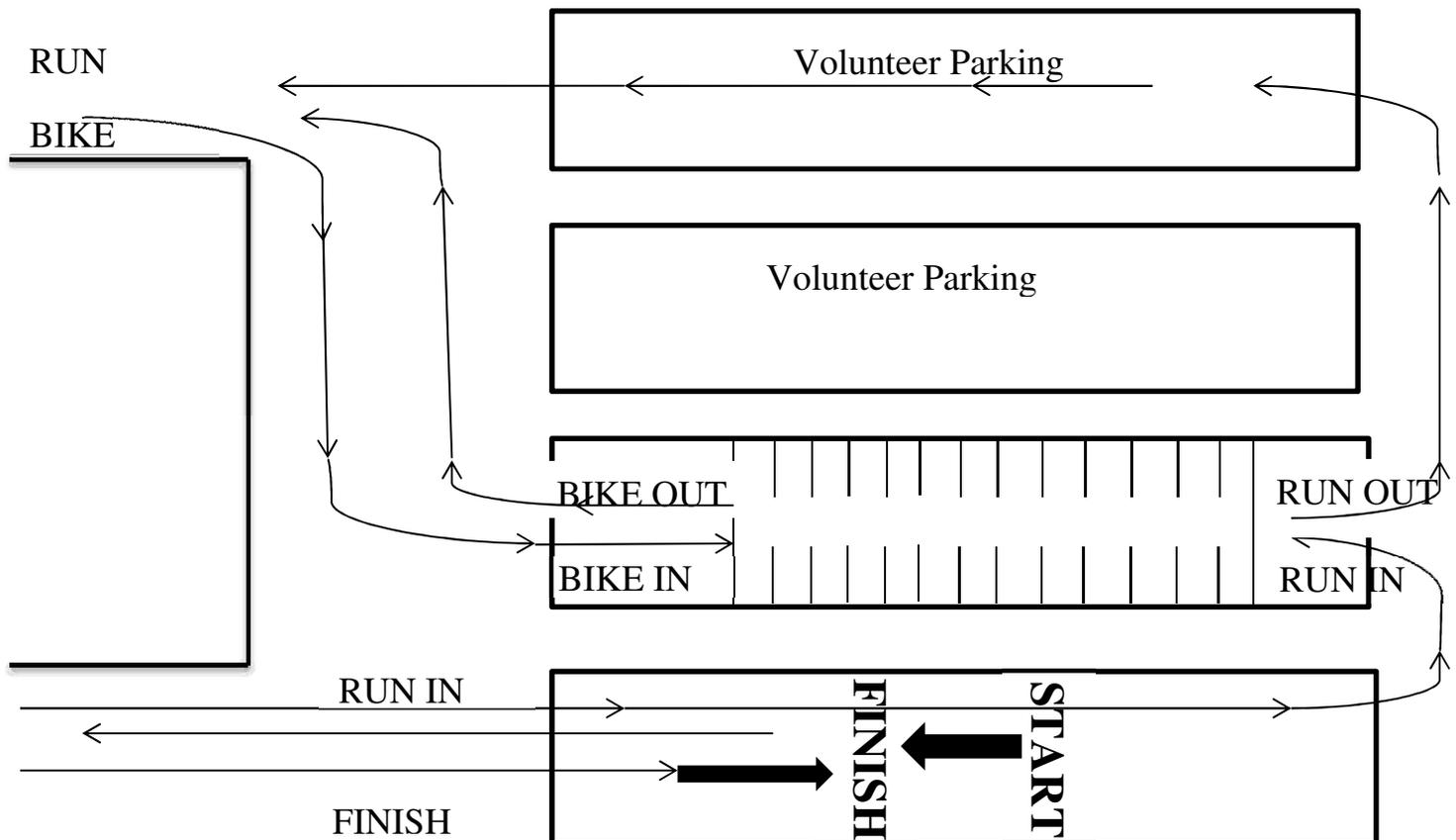
There will be a pre-race meeting at the finish line area starting promptly at 8:30 followed by the national anthem before the start of the race.

BIKE SUPPORT

Bike support will be by Doylestown Bike Works they will be located outside the transition area. If you need them to check over your bike to make sure it is handling safely stop in their shop this week and mention you are racing the Duathlon or see them Sunday morning.

TRANSITION AREA

Numbers must be on your bike before entering transition area. You also want to check your handle bar ends and make sure they are covered/plugged. The transition area is in Parking Lot 3. Athletes will be the only ones allowed in the transition area...no spectators. After the race you must have your race number with you in order to take your bike out of the transition area. The start and finish line is just below the transition area in the lower portion of the #3 parking lot.



START – WAVES

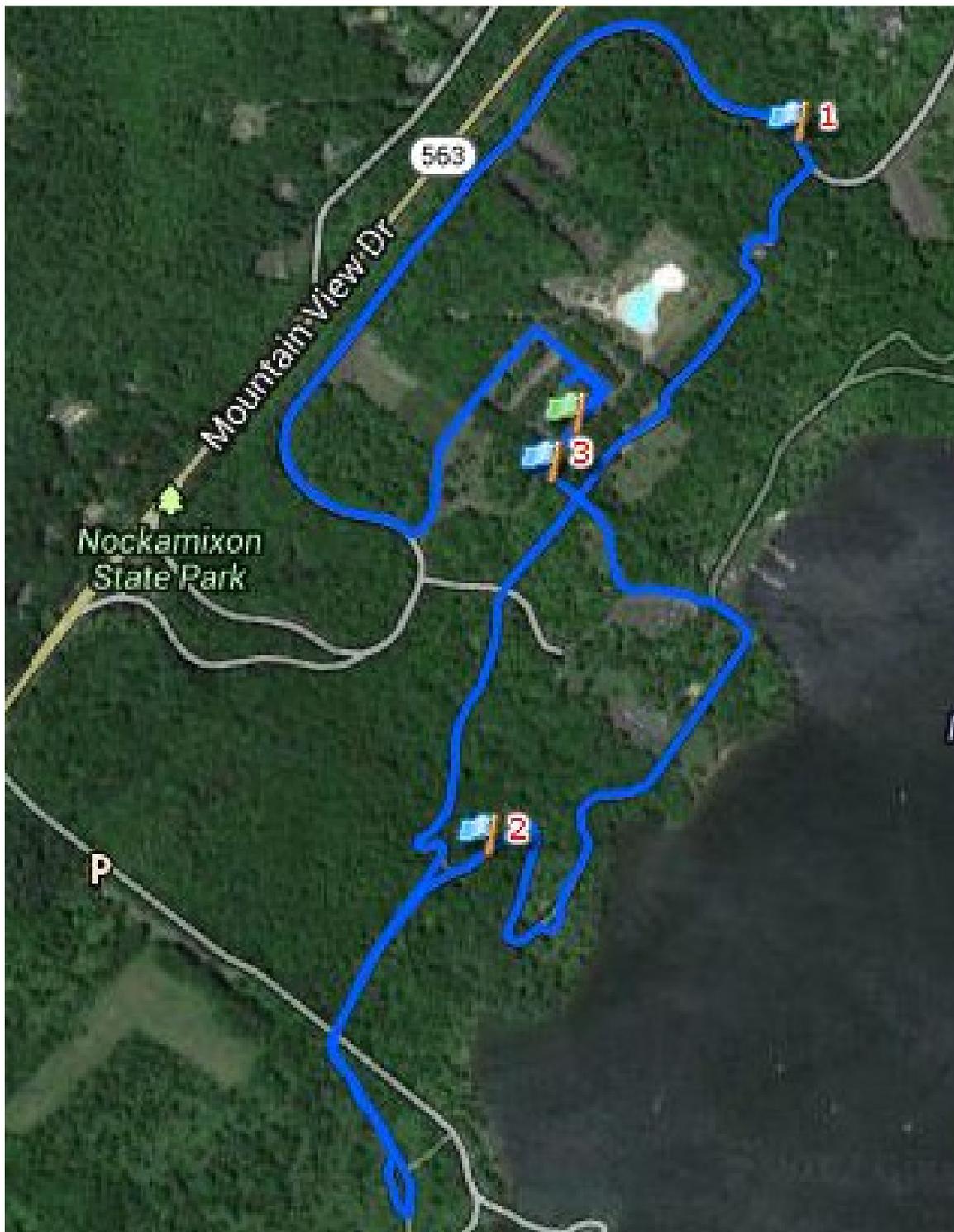
The race starts at 9AM. Waves will be 3min apart.

There will be 3 waves...wave #1- male under 40...wave #2 - male 40 and over...wave #3 all female and relays

RUN COURSE

This year we have placed time cut offs for each leg of the race just because of Emergency personnel not being available after a certain time...this does not mean you will be pulled from the course it just means that support may not be out there for you.

There are course maps and videos up on the website so please take time and view them, www.DelawareValleyDuathlon.com . Both runs are on the same course. The course is very well marked. Follow the orange arrows on the ground. There will be an aid station just past mile one then also when you return just before you head back to the transition area. There are a few spots that runners will be going in both directions...please stay to your left at these points so you are not running into runners coming in the other direction.

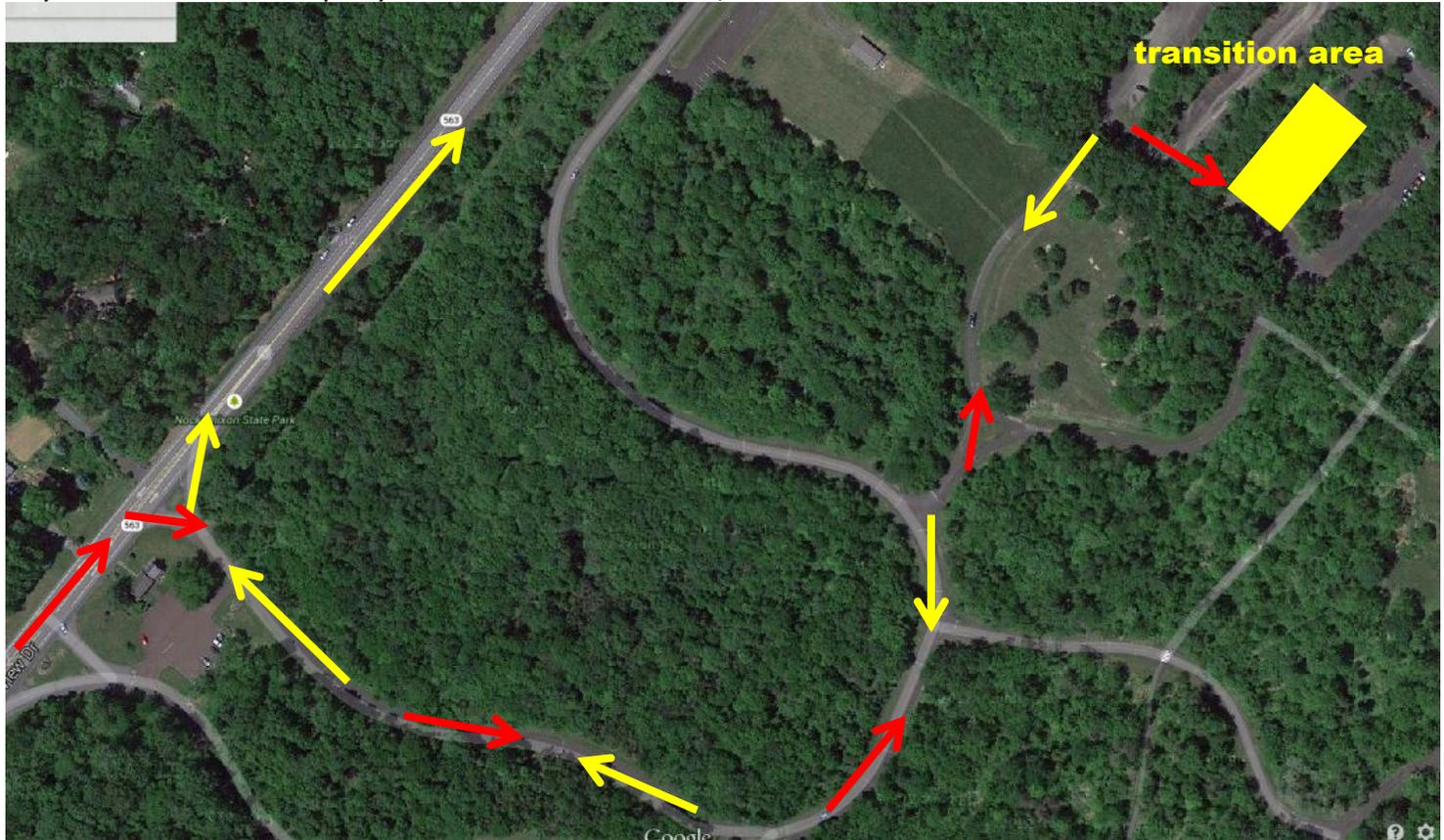


BIKE COURSE

The bike is 25k or 15.5 miles all done on RT 563. There will be a mount line as you exit the transition area please do not get on your bike until your entire bike crosses this line. For your safety and others, as you exit the transition area you will have a no pass zone until you get onto the main park road. You will then exit the park onto RT 563 and make a right heading east for just over 3.25 miles until you turn around to head west for about 7.25 miles. Then you will turn back around heading back east until you make a right turn back into the park. You will be entering the park the same place that you exited; this will allow you to bypass the speed bump. You will then head back into parking lots 3 and 4 the opposite way you exited which will then be another no pass zone until you dismount into the transition area. This bike course is open to traffic so is a heads up course, do not race with your head down.

You will also be able to ride on the shoulder of the road and pass on the shoulder so make sure you are riding as far as possible.

Key for bike course map – yellow arrows = bike out, red arrows = bike in



AWARDS

Awards will follow as soon as we get the final results from the timers. Awards will be top 3 overall and 3 deep in each 5 year age group. You must be present to receive award...awards will not be mailed

TIMING By RunBucks

Results will be posted as soon as possible after the race both on the DeVal Du site and RunBucks Site.

A Message from the Head Referee to all age-group competitors...

Welcome to this USA Triathlon sanctioned event. You are racing under the USAT Competitive Rules. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of the Position Violations, which you know as the drafting rules.

I have reduced the Position Rules to the following concepts, which everyone can remember:

- **Ride on the right side of your lane.**
- **Keep three bike lengths between yourself and the cyclist in front of you.**
- **Pass on the left of the cyclist in front, never on the right.**
- **Complete your pass within 15 seconds.**
- **If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.**

Remember you are racing in a USA Triathlon sanctioned event and there are USAT certified referees on the course to ensure fairness in the competition. There will be **NO WARNINGS** if you commit a foul during competition. Triathlon and Duathlon are individual events and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed.

The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

- **Position– riding on the left side of the lane without passing.**
- **Blocking – left side riding and impeding the forward progress of another competitor**
- **Illegal Pass – passing on the right.**
- **Overtaken - failing to drop back three bike lengths before re-passing**
- **Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.**

Though Position Violations carry a time penalty for first offense, two citations will result in an additional penalty and if you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site and have a chat with the Head Referee if you have any questions.

Make sure your helmet is a CPSC approved model. All helmets legally sold in the US are CPSC approved but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened - before, during and after the event! The chin strap rule is easy to follow, so don't forget – that's a DQ!

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices. Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

All that being said...I hope you have a great race, lots of fun, and achieve all your goals.

Ken Modica

USA Triathlon Head Official

The Delaware Valley Duathlon

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