

JUAN DE FUCA RECREATION DUATHLON ADULT RACE DAY INFORMATION

WELCOME! For the most enjoyment and greatest success, please note the following:

COURSE MAPS

Both run and cycle maps are in the registration area. There are marshals on the courses to direct you as well as there are marshals at the turn around points.

START TIME

9:00 am. Be at the start line by 8:50, 10mins before start time

RUN

The run course two loops of an out and back 2.2km course on the chip trail. Stay on the right of the trail except to pass. The second run is the same as the first.

CYCLE

The bike course is a double loop going out to the end of Ocean Blvd, back to marshaled turn around, back to Ocean Blvd. again then all the way back to transition area at the Rec. Center. **Watch out for the speed bumps** when leaving and entering the transition area.

TRIBC RULES

Apply to this race (see below).

FOOD

Food and drinks are available to participants after the race in the Seniors Center across from the transition. Go around the transition area to the right and to the crosswalk. Do not impede cyclists when crossing the road – they have the right of way.

AWARDS

Awards ceremony will be held immediately after the last adult racer finishes the race. There will be lots of draw prizes

SECURITY

Only participants displaying their race numbers will be permitted to enter and remove bicycles from the Transition Area

WITHDRAWAL FROM RACE

If, for any reason, you have to withdraw from the race, please inform the Race Director or a finish line official of your withdrawal.

TRIBC RULES apply to this race.

The rules listed below are not all inclusive of TriBC rules. **Detailed TriBC rules are posted by the maps and registration desk.** To avoid disqualification, please familiarize yourself with all the rules.

1. Approved helmets are compulsory.
2. Helmets must be fastened on before you remove your bike from the rack.
3. At the end of the cycle leg, place your bike back in the rack before taking off your helmet.
4. You must not interfere with other competitors or their equipment in Transition Area.
5. You must mount and dismount your bike at the designated line. There are signs and officials to tell you of the mount and dismount line.
6. Cycling is not permitted in the Transition area.
7. You must not block other competitors.
8. Drafting off another competitor is not allowed.
9. Never cross the center line on the bike course.
10. No headphones.

THANKS, BE SAFE AND HAVE A GREAT RACE!