

## 10/17/14 Rope Mill Dirty Duathlon Racer Update

Racers,

**Thank you for registering for the 2014 Rope Mill Dirty Duathlon and 5k Trail Run!** We have an exciting event lined up and several of our very generous sponsors have provided great swag for prizes and raffle items. We are excited to see everyone on Saturday morning! Below you will find detailed information regarding pre and post-race activities.

**Optional Early Check-in is from 4:00 pm to 7:00 pm on THURSDAY, October 23<sup>rd</sup> at OutSpokin' Bicycles in Woodstock.** If you check in on Thursday, you can sleep a little longer on Saturday morning, skip the morning check-in, and show up once the sun is actually up and it is a bit warmer. **Please note if you are on a team, you do not need your teammate present to check in, but you may not pick up your teammate's race bag/number without bringing a waiver signed by them.** A link to the accident waiver is included in this email – they can sign it and you can bring it to pick up their race packet.

OutSpokin' Bicycles address: 8594 Main Street, Woodstock, GA 30188

**Regular Race Day Check-in is from 6:30 am to 8:00 am at Rope Mill Park. We will be closing down check-in promptly at 8:00, so please be on time.**

**In honor of Halloween, we will be providing special prizes for the best racer costumes.**

You must race in your costume to be eligible, as well as attend the awards ceremony. You may change out of your sweaty costume for awards if you like ; ).

### **Yellow Jacket Alert!**

Fall in Georgia means yellow jackets are very aggressive and prevalent in the woods. They make their nests in the ground and typically aren't discovered until a lot of ground disturbance (for example from 250+ people in a race) brings them out. I recommend everyone carry Benadryl or other meds if you are known to be allergic.

### **Parking**

Please note that this venue has VERY LIMITED nearby parking. Those that arrive early will be able to park in the small parking lot within the park. We have room for approximately 50 vehicles in this area, which will be to the left as you arrive at the park. Once this fills, the next 50 or so vehicles will be directed to park in the new gravel parking lot that is just at the top of the hill from Rope Mill Park, approximately a quarter mile away. Those arriving later will need to park at the Kirk-Rudy office which is near the intersection of Rope Mill Pkwy and Ridgewalk Pkwy, and a half mile from the park. **For those that need to park at Kirk-Rudy or even the closer overflow lot, I would HIGHLY RECOMMEND that you toss your transitional gear in a backpack/duffel and ride your bike from where you park. (It is mostly downhill)** We will not be allowing vehicles to drop off gear and bikes at the park entrance this year, as there is not enough room for a turnaround, so please pack accordingly. Remember to bring clothing/snacks for after the race if you do not want to have to make a trip back to your car before the awards ceremony. We will be selling hats, visors, and T-shirts, and our sponsors may be offering some good deals as well so you may want to bring some cash for incidentals.

Please do not park along any shoulder or sidewalk along Rope Mill Rd, including the grass shoulder right outside the park gate. We need to maintain emergency access, and the city has expressed a lot of concern over this so if you are found to be parking in any of these areas, you will be DQ'ed. There will be plenty of race volunteers out on Saturday morning to assist and direct you where to park. We appreciate your cooperation and understanding regarding the tight parking.

## **Waiver and Check-in (at the picnic pavilion)**

Your first stop in the check-in process is at a table with race waivers. Each racer must fill out a waiver, and any children under 18 need to have their waiver signed by a parent or guardian. If you are under 18 and your parents will not be attending the event, please have them sign the waiver ahead of time and bring it with you to the race. Fill out the waiver FIRST, and then enter the line for check-in.

At check-in you will be given your race number, t-shirt and swag bag. **We are using timing chips, which will be adhered to your bike number plate and/or running bib number.** The bike numbers need to go on the handlebar of your bike so that they read reliably as you cross the timing mats. The pin on numbers need to be pinned on your front, preferably on the chest.

## **Transition Setup (Duathlon Participants)**

Once you have completed check-in, you should gather your gear and proceed to the transition area, which will be located in a grassy area within Rope Mill Park. A volunteer will direct you where to stage your bike and gear, as bike racks will be labeled "Solo" or "Team". We will be a tight on space in the TA, so no tents or chairs are allowed in the transition area. If you need a place to sit to change shoes, I would recommend bringing a small towel. You may leave any gear you wish in the transition area during the race. The TA will be your main place to pick up food/drink during the race, so ensure you have food and water staged. Only registered racers will be allowed in the transition area - all spectators must remain outside the transition area at all times.

A race volunteer will be present in the TA at all times to keep an eye on your gear. We will have water, Hammer Heed, and bananas available in the transition area. Trail Run participants are welcome to leave extra clothes, etc. in the Pavilion area for after their race.

## **Aid Station (Duathlon and Trail Run Participants)**

We are happy to announce that we will be setting up a small water and Hammer Gel station along the run course. Duathlon and Trail Run participants will pass by it twice on the run, at approximately mile 1 and then again at mile 2, so you will not need to carry fluids on the run.

## **Pre-Race Meeting (Duathlon and Trail Run)**

We will have a **mandatory pre-race meeting at 8:20 at Rope Mill Park.** Here you will receive detailed course instructions and will be given a chance to ask any questions you may have.

## **Race and Post Race Activities**

The Trail Run race will begin first at 8:55 am in front of the pedestrian bridge over Little River. The Duathlon will have staggered starts based on category, with the experts being released first at 9 am. Start order will be posted on Saturday morning and will depend on the number registered in each category. Staging will take place at the far end of the concrete bike path and you will have a little over a quarter of a mile to space out before hitting the singletrack.

Solo Duathlon racers will race the entire course, including the 5.5 mile bike, 3.3 mile run, and another 5.5 mile bike. After each segment, all racers will return to the transition area where their bikes, running shoes, food/drinks, and any other items needed for the race will be located. Racers may rest in the transition area or they may grab their gear and move onto the next discipline immediately. The race clock does not stop while you are in the TA, so it would be wise to spend as little time as possible there.

For teams, there will only be one team member out on the course at any given time. When the bike rider returns from the first bike loop, the runner will then go out on the run OR the person who just did the bike may also go

out on the run. Once the runner returns, they can either switch again or the same person can complete the final bike loop. Each team member must do at least one segment of the race, but how they are split up is completely up to the teams. Racers will always go through the transition area after each discipline, so there is no advantage gained by solo racers or those teams who opt to not switch teammates after each segment. **All timing will be done with the timing chips located on the bike number plates, so if you have two bike riders on your team or are a 3 person team, you will need to swap out the number plate after the first bike lap.** Your run split will include your time in transition both before and after the run.

We are discouraging spectators being out on the trail, however spectators will see each racer several times if they hang out near the transition area. This is to keep both racers and spectators safe, so please encourage your friends and family members to watch from the main park area.

When you complete the race and cross the finish line, your race results will be available **immediately** via Tablets at the white “Results” tent. We expect finish times to range from 1:20 to 3 hours.

The Trail Run awards ceremony will be at approximately 10:15 am. The Duathlon awards ceremony will be approximately 2.5 hours after the final wave of racers are released to allow for the majority of racers to finish. Costume contest winners will be announced during the Duathlon awards ceremony.

## **OTHER UPDATES:**

Yellow Jacket Alert! Yellow Jackets are prevalent in this area and they are very active and aggressive this time of year. They make their nests in the ground, and their presence is typically not known until the ground near their nest is disturbed (most likely from a bike or runner going off the trail) and hundreds of them start swarming. If you are known to be allergic, please carry any necessary medications with you.

Please re-read the rules on the race website, and remember, **NO** ipods or headphones will be allowed. This trail is very narrow and we need you to be able to hear what is going on around you. With staggered starts, there will be racers who will need to pass at some point.

The following sponsors will be set up at the race, so please stop by their booths and thank them for participating. Many are giving away additional freebies!

- OutSpokin’ Bicycles – providing neutral Mechanical Support
- Family Chiropractic and Wellness – Dr. Kristie Pszczola – providing massage and chiropractic care
- Core Power – samples of recovery drinks
- Classic Subaru of Sandy Springs
- Natural Strides Running – downtown Woodstock
- Traxxion Dynamics (all cycle suspension service)

The race will run **rain or shine**, so dress accordingly if the weather is cold or wet.

Thanks again for registering and see you all on October 25th!