

Britfit's Do the Du'

2nd Annual Kids Duathlon

Saturday April 10th 2010

8:30am: Long Course Distance: 1 mile run/4 mile bike/1 mile run
9:45am: Short Course Distance: 0.5 mile run/2 mile bike/0.5 mile run

**For online registration go to www.sportoften.com
Or for mail in registration please print and mail. (find link at www.britfit.com)**

WHAT IS A DUATHLON and what should I expect? – Please read this information. It will help you understand the event and it will help you explain it to your kids!

First, it's fun! A duathlon is a combination of running, biking and running – in one race. After the first run you will 'transition' onto your bike (which you will find in the Transition Area) You will then ride the bike course, return your bike to the Transition Area and run once more. This is a USA-Triathlon sanctioned event, although not timing will be provided for this first annual event.

Proceeds will go to NORD (National Organization Of Rare Diseases) care of Joshua Holdner of Holly Springs who was born with a rare genetic metabolic disorder. Josh will be taking part in the race.

Annual Youth member of USA Triathlon?

If you currently have a Youth USAT membership, please bring your membership card with you and ID. If not provided you will have to purchase a youth annual membership for \$5. Checks and cash only please.

RACE LOCATION

The run will be within Womble Park, Holly Springs, off Stinson Rd, the bike will be within a nearby neighborhood.

VERY IMPORTANT: RACE DAY PARKING

No parking will be allowed on Stinson rd or in the first parking lot off Stinson in Womble Park. It is available for volunteers only.

All participants will be required to park in the lot off Grigsby rd by the ball park and in the second parking lot at the end off Stinson Rd.

No traffic will be allowed down Stinson off Grigsby due to kids bike traffic. It will only be allowed one way on Stinson.

REGISTRATION

All registration is available online at www.sportoften.com and closes on 4/7/10.

There will be **NO** Race day registration due to transition area organization.

PACKET PICK-UP

Friday, April 9th 4:00pm-7:00pm at the Hunt Community Center, Grigsby Rd, Holly Springs, NC 27540, 919-552-9600

Saturday, race day in the center of the Ball Park by the transition area from 7:15-8:10am

RESTROOMS

Will be available in the Ball Park and in Womble Park

RACE BIB/NUMBER

Every participant is assigned a number automatically by the registration system. When you collect your race packet you will receive your race number/bib. This is the same number that you look for on your bike rack. The bib NEEDS to be attached (we will give you pins to attach them) to the front of your kid's shirts.

Please attach this for them during set-up BEFORE the race start.

MANDATORY MEETING: 8:15am

This MUST be attended by parents/guardian of the participant at the race start by the transition area. This is a final opportunity to go over the race plan and answer last minute questions.

Please DO NOT BE LATE as you need time to park, unload your bike and get set-up in the transition area – so plan to be early!

You MUST have your bike in the transition area by 8:10AM.

Please be sure to check your child's helmet; see that the strap fits snugly under the chin and it sits forwards on the top of their head, not off the back of their head!

Course information

RUN COURSE (see course map on last page)

- The run course is in Womble Park around the walking path near the ball park. It is mostly flat; one lap=one half mile.
- Long course will be 2 laps for both run legs.
- Short course is 1 lap for both run legs.
- Kids will need to keep account of the number of laps they need to run, parents can help with this.
- There will be a water station at the end of each lap.

TRANSITION AREA (see course map on last page)

This is located in the parking lot by the ball park. It will be accessible via Stinson Rd.

This area will be where you 'set up' your bike gear. There will be bike racks where you will 'rack' your bike and helmet. The racks will be numbered for you to match your race number with.

You will wear your race number at ALL times. You will return your bike to the same place before you go and run for the last time.

- The transition area will have one large entrance/exit. This will be supervised for traffic safety.
- Participants only will be allowed in the transition area once the race has started. NO parents will be allowed in the area, there will be plenty of volunteers available to help.

BIKE COURSE (see course map on last page)

After leaving the Transition Area you will be shown where to mount your bike.

You MUST have a helmet on and FASTENED at all times when on the bike.

You will be shown where to dismount and you will replace your bike and helmet.

The bike course will take you through a nearby neighborhood and is a loop course. All turns are right hand turns to provide safety from crossing traffic **HOWEVER** there will be car-traffic on the roads.

Police and volunteers will be along the bike course. Parents can ride the course with your younger child but we ask you to pay attention to traffic and to the finish area.

- The bike course is a one mile loop course, (long course=4 , short course=2)
- To ensure the correct number of laps has been completed on the bike; kids will receive a wrist band at the end of each lap.
- All kids will need to show their wrist bands to confirm they rode the correct number of bike laps.
- There will be a water station at the end of each lap.
- Bike Course map is shown below
- Hard shell helmets must be worn and fastened before leaving the transition area.
- Stay to the right to allow faster cyclists to pass on the left.
- For safety reasons, no headphones, earphones or any radio-type devices will be allowed.

Bike Course Directions

- Turn left out of Womble Park onto Stinson
- Turn right onto Grigsby
- Turn right onto Lee
- Turn right onto Indian Hill
- Turn right onto Baygall
- Turn right onto Stinson
- After completing the required number of laps turn left back into Womble part towards the transition area.

There will be no timing for this first time event but ALL finishers will receive a finisher's medal.

Here is a list of useful things to bring with you

- Clothes to race in.
- A change of clothes for after the event.
- Good running shoes and socks
- Bike helmet
- Bike
- Small towel
- Sunscreen
- Water and Gatorade
- Snack bag for after the race
- Race number and pins

A big thanks to each of you for supporting our 2nd Annual 'Do the Du' event.

We truly hope your experience is one that makes you come back next year and every year!

Have a great race and, most importantly, have FUN.

Jackie Miller, Race Director

