

## Central Lakes Cycle Duathlon rules.

### Transition areas.

1. Only participants and volunteers are allowed in the transition area.
2. It will be a time trial start, cyclists will line up with their bikes at designated location.
3. For team competition: Biker will be in a designated area in the bike corral. The runner will tap the biker at this point only.
4. Bikers cannot get on bike until out of transition area at the designated spot.

### Bike Leg 1

1. All cyclists must have ANSI or SNELL approved helmet.
2. It will be a time trial start, cyclists will line up with their bikes at designated location.
3. Bikers may not ride bicycle within the transition zone, riders must mount and dismount at the designated area at the edge of the transition zone.
4. Race number must be attached to the rider.
5. Drafting is **NOT** allowed anywhere on the course.
6. All traffic laws apply to bikers (though race officials may not penalize you for running stop signs, police officers have been known to ticket bikers who ride through stop signs).
7. When passing, rider behind must complete the pass in 10 seconds.
8. Bikers must stay as far to the side of the highway as they can (there is no real shoulder for most of the bike route). Biking down the center of a lane of traffic is strictly prohibited!
9. Riders must obey all race officials (police officer may signal riders to stop at several locations on the course to allow traffic to pass first).
10. Bikers must complete the entire 1st bike leg to continue on to the run portion.
11. Riders must follow designated course, **NO SHORTCUTS!**
12. Throughout the race, volunteers will have a list of the participants and check you off as you go by.

### Bike-to-Run Transition

1. Cyclists must get off the bike at the designated dismount location and wheel bike to their spot in transition area to ensure safety.
2. For teams, the runner starts when the biker gets to the designated transition area and tags off.

### Run

1. Runners may begin run as soon as they have returned their bicycle to the rack (team members may begin as soon as their biker has returned to the transition zone).
2. Race number must be clearly visible on either shirt or shorts.
3. Runners must stay within the clearly marked run course, **NO SHORTCUTS!**
4. Race officials will be posted at major intersections, but personal safety is the responsibility of the participant, so look both ways before crossing streets and intersections!
5. Runners must enter the transition area to continue on to final bike leg.
6. There will be mile markers 1-4.
7. There will be direction arrows and/or volunteers at all turns, streets will be marked as well.

### Bike Leg 2

1. All cyclists must have ANSI or SNELL approved helmet.
2. Bikers may not ride bicycle within the transition zone, riders must mount and dismount at

the designated area at the edge of the transition zone.

3. Race number must be attached to the rider.
4. Drafting is **NOT** allowed anywhere on the course.
5. All traffic laws apply to bikers (though race officials may not penalize you for running stop signs, police officers have been known to ticket bikers who ride through stop signs).
6. When passing, rider behind must complete the pass in 10 seconds.
7. Bikers must stay as far to the side of the highway as they can (there is no real shoulder for most of the bike route). Biking down the center of a lane of traffic is strictly prohibited!
8. Riders must obey all race officials (police officer may signal riders to stop at several locations on the course to allow traffic to pass first).
9. Bikers must complete the entire 2nd bike leg before crossing the finish line.
10. Riders must follow designated course, **NO SHORTCUTS!**
11. Throughout the race, volunteers will have a list of the participants and check you off as you go by.
12. Bikers must dismount their bikes at the marked spot **BEFORE** crossing the finish line.
13. The finish line will be located near the Central Lakes Cycle store and will be clearly marked.

## **General**

1. Drafting is **NOT** allowed anywhere on the course.
2. Individual racers must finish the entire race by themselves, no substitutes will be allowed.
3. Team racers may only compete in the leg assigned to them; no new team members may be substituted in during the race.
4. Racers must stay off the course after completion of their leg.
5. All warm/ups and cool downs must be done off the race course.
6. Pacing (by someone other than the racer them self) during any portion of the race is not allowed.
7. Accompaniment by animals during any portion of the race is prohibited.
8. Use of walkmans, CD players, MP3 players is allowed, however they are the sole responsibility of the participant. CLC officials will not be liable for any property that is lost or stolen.
9. If you decide to scratch at any time let a volunteer know to let the base know as soon as possible.
10. Please communicate any injuries of participants to the next volunteer that you see on the course. These people will have a phone.
11. EMT's are stationed along the route, transition site, and finish line for your safety.
12. **NOTE:** Remember to bring your ANSI or SNELL approved bike helmet, you will not be allowed to race without it.
13. Participants must follow designated course throughout the race, **NO SHORTCUTS!**