

**PRE-RACE AND RACE-DAY INFORMATION:
MOAB OFF ROAD DUATHLON
PLEASE READ!**

Welcome! It's going to be a super day! This course highlights the scenic and historic Klondike Bluff region, an area unlike any other. The course is challenging, but rideable and runnable. There is a variety of scenery and terrain—everything from red and white dirt, slickrock, single and double track, funny rocks, dinosaur tracks, desert blooms, creeks, ups, downs, flats—all in unique and amazing country.

Packet Pickup: will be at Milt's Stop & Eat from 3:30-6:30pm on Friday March 4th or Saturday March 5th from 5-6:30pm. Directions to Milt's are on the website. Bring your photo ID. PLEASE please please only park in the Milt's parking lot and do not park anywhere labeled 'No Parking' or block anyone's driveway. If the Milt's lot is full, park at the High School or come back a bit later. Please spread yourselves out so that everyone doesn't show up right at 3:30 (or earlier...) We're anxious to see you too, but we don't want to upset the City officials/cops or locals. Thanks for being consciences and considerate. You can also pick up your packet at the start area on Saturday before the race, starting at 7am.

Timing Chips: You will need to pick up your ankle chip on race morning. They will be distributed near the entrance to transition, and you must show your bib and frame number (in your packet) to receive your chip. Please return the chip after the race or you will be charged the \$35 replacement cost.

Parking: Parking at the race venue is limited. Please carpool if possible! Please only park in the designated lots and along one side of the road as directed by the parking marshals. Allow a several extra minutes to walk or ride from your parking spot to the start line. We suggest bringing a backpack to carry your transition gear.

Start Times: First wave at 8:15am, second wave at 8:18am, third wave at 8:21am, 4th at 8:24am and last wave at 8:27am. Faster participants will start first to spread you out along the course. Your wave start time will be on your bib. Please start with your assigned wave or you will be assessed a 30 min penalty.

Route: You will run first. It is a lolly-pop loop so you will run back into the transition area the same way (from the North), then exit with your bike the other side (heading South). Follow the signs and the course markers. The bike is a loop and finishes on the same routes as you started. (So you will start and end on the same ¼ mile stretch of trail.) Please look over the course map so you are familiar.

Course Marking: orange flagging tape, white flour, and some arrows.

STAY ALERT and watch for the orange flagging! From one orange flag you will always see another. If you run or ride for more than 10 seconds and don't see flagging or white flour on the Slickrock then turn around and backtrack your steps until you see the course markings. You will be following a variety of trails within the Klondike Trails System—these trails are marked with colored paint dots on the rock. You may use this paint as a guide, but also follow the orange flagging to assure you are on the actual race course! One of the biggest mistakes racers make is to follow the person in front of you. Do not follow the person in front of you, follow the flags. On rare occasion we've had a section of flags removed the morning of the race. Please let race staff know asap if you suspect this so we can fix it! Use your best judgment (and the course map...) if you suspect this has happened and keep safely running until flags resume or you see a race marshal/aid station. Almost every turn is staffed.

We will have a **sweep** runner/biker and if you go off trail and the sweeper goes by you it would not be good!

The trails are open to the public, we try to let other users know the race is in progress, but be aware that there may be recreational trail users out there and calmly but firmly let them know you are passing. The entire course is closed to motorized vehicles, so you should not see any.

Pacers or outside assistance are not allowed. No caching or pets on course.

Stay on the trail or slickrock. Do not go to the side of the trail! Just to the side of the trail is a living vegetation called cryptobiotic crust. It is the top soil of the desert sand. It appears as a course black surface matt. One foot print can wipe off decades of crust growth.

Strange But True: the Trail Mix Crew who built the trails are concerned that the runners will ruin the trail surface for the bikers. We know you won't, but please be extra careful to stay on the trail and DO NOT leave tracks alongside the trail so that we may run on these awesome trails in the future. Thank you!

There will be Aid Stations at the transition area and 3.5 miles into the bike course. Know how far it is to the next aid station and carry a container for water and food if you think you will need it! We suggest you set up your own 'aid station' in the transition area with what you need. We will have water and Powerade there in the morning to fill up your bottles. If you need electrolytes, they are available at the aid stations—they help with cramping. We will have water bottles filled with water or Powerade at the mile 3.5 aid station on the bike. You may drop your bottle and take a full one. If you feel light-headed or dizzy, stop and eat and drink and wait until you feel good again because if you stumble around out there it could mean injury. Also note that you may need to actually stop and grab the water and food from the tables. Most of our volunteer friends are not used to handing out water/ food to fast runners/bikers, so be sure to take a few seconds to stop and get what you need. A gentle shout to let them know what you want is acceptable too, and may help with the hand-off.

Injury: The course is rugged with limited access by vehicle. The emergency ATV, ambulance, or helicopter will have to come from town-- they will not be on-site. **Be especially careful on your bike.** Ride within your limits and do not push too hard on the technical terrain. Walk it if you feel nervous. This is for fun, remember!! It's early season and not worth taking risks. If you get injured, stay on the course and another racer will tell someone at the next aid station and we will dispatch our rescue team. We have an EMT at the finish line but Search and Rescue will need to be dispatched from town 20 miles away. If you **drop out** or **pick up your bib but do not race** please let race staff know so we don't send Search and Rescue for you! (They'll charge you for this service, so please be responsible to let us know if you are not on the course!)

Some Rules: Please check out the rules at www.usat.org. Here are a few we'd like to reiterate: Please wear your helmet on the bike. Please walk your bike through the transition area. Please wear your bib number in the front so it is visible. Let others know if you would like to pass. No blocking. No headphones. Drafting is ok since it's mtn biking. Make sure your bike is in working order and safe. No littering except at the aid stations. No doping. No unsportsmanlike conduct. Kindly discuss any issues with the race director who will make a final decision on any penalty/rule after reviewing and researching.

Results: We will make our best effort to post results promptly at the finish area. They will also be posted on the website shortly after the last finisher crosses the line. We have nice awards for top finishers (as indicated on website.) You may pick up your award at the awards table once we have the official results.

Photos: Aktiva Photography will be on the course to take photos. They will send you an email after the race where you can go to their website to view the photos by your racer number. You may order if you'd like to preserve the memory. Keep smiling out there!

Bike Security and Warm-ups: Look for the "Warm-up's Drop Off" sign and tarp in the start/finish area if you'd like to leave stuff there while you are racing (or you can leave it in the transition area). It is recommended that you bag-up and label your stuff, and do not leave any valuables. We are not responsible for lost or stolen stuff. We ask for respect and consideration of other peoples stuff. *We will watch your bike in the transition area while you are running, and we will check to see that your bib number matches your bike number before you leave the transition area (so don't loose your bib numbers...)*

Cutoffs: We have the cutoffs for your own safety and for the sanity of our volunteers. The cutoffs are quite generous as this race is designed to accommodate all levels, but if our race official says you miss the cutoff do not argue and attempt to continue, just accept that you missed the cutoff and train hard for next year. Cutoff is 2 hrs for the run (10:27am) and total time of 4.5 hrs to be eligible for a finisher medal (12:57).

Incident Weather Course: If we get heavy rain before race day the dirt road to the start becomes muddy and impassible. If this happens we will instead have the race on an alternate course. We will let you know 2 days before the race if we need to use the alternate weather course. The alternate course will be about the same distance. If necessary you will be sent an email with the new info and also given a print-out with directions to the start and the 'new' course route/map at packet pickup.

Moab Off-Road Duathlon Store: We now have an e-store set up where you may purchase cool things like sweatshirts, hats, mugs, etc with the race logo on it. There is a link to the store on the website, www.trainingrx.com.

Please say "Thank You" to our volunteers. Also, thank you to the BLM for their cooperation and generosity in letting us use this beautiful land for the race and to our local Trail Mix crew for doing an amazing job of creating these fantastic trails!

Now, get ready for a great race! Good luck and have fun! Thanks for participating!