

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 the race start/finish area at North Klondike Trailhead in the morning before the race beginning at 6:30am. Directions to the start/finish area are on the website. Please bring your photo ID. If you happen to be dining at Milts Stop & Eat on Friday March 2nd between 4:30 and 6:30pm we will have packets and t-shirts there also. **Bib numbers:** one will go on your shirt or shorts, the other on your bike frame; both visible from the front. **Timing Chips** go around your ankle and need to be picked up race morning. 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 few extra minutes to walk or ride your bike 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 wave # will be on your bib and will be announced at the start area. 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 clockwise and you will run back into the transition area the same way (from the North), then exit with your bike the other side of the transition area (heading South). Follow the signs and the course markers. The bike is a loop that sort of figure eights (comes back together at one spot, but does not cross). The course will be marked really well but we recommend you look over the course map so you are familiar.

Course Marking: orange flagging tape 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 orange flagging 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 you must 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. The turns are especially heavily flagged and arrowed to assure you see the route direction.

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 vehicles other than our aid station #3 aid station vehicle.

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 footprint can wipe off decades of crust growth.

Aid Stations: 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 bottle or pack 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 Gatorade 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 some water bottles filled with water or gatorade at the mile 3.5 aid station on the bike, or you may stop to fill your own bottle. 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. Some of you are so fast that it makes it hard for our volunteer friends to make the hand-off, so be sure to take a few seconds to actually 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. We will have some food, water and electrolytes available at mile 1 and 6.5 of the bike course for those who need it.

Injury: The course is rugged with limited access by vehicle. The emergency ATV (search & rescue), ambulance, or helicopter will have to come from town-- they will not be onsite. 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 a First Responder at the finish line who can ride to you with her first aid kit; but Search and Rescue will need to be dispatched from town 20 miles away for major emergencies. 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. While we are not certified by usat, we still follow their off- road rules. 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 including handlebar plugs. 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 overall and age group (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 people's 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/frame 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 (12:57pm).

Post Race Food: There will be hot soup, cheese quesadillas, cold sodas, and other snacks to enjoy and replenish after you finish. (byob, it's Utah....) We hope you will hang around after the race to share race stories and cheer in our back of the pack finishers!

Inclement 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!