



# ***RUN. BIKE. RUN!***

**Kids SARTELL APPLE DUATHLON – Friday May 25, 2018**

## **PARTICIPANTS,**

Thanks for signing up for the 14<sup>th</sup> annual Sartell Kids Apple Duathlon. Here is the information you will want as your race day approaches.

### **Race LOCATION:**

**Sartell Middle School – 627 3<sup>rd</sup> Ave N., Sartell, MN 56377**

### **PACKET PICK-UP / RACE DAY REGISTRATION**

Only Friday May 25th at the Sartell Middle School – 4:30 – 5:30

\*Transition opens at 4:30pm.

ALL athletes must have an adult guardian present at packet pickup and/or registration.

Race Day Registration - \$25 – Cash or Check Only

### **TIMING CHIPS**

**Chips will be handed out at race registration.** The timing chip is attached to the race number bib which must be pinned on your shirt and worn the entire race. Otherwise you will not receive a time. If you withdraw from the race you must notify the Race Director or Timer. We prefer not to track you down or to fear you are lost on course.

### **TRANSITION AREA**

Transition area opens at 4:30 pm. We have enough racks for over 300 bikes so don't worry about not being able to find space in the transition area. The flow of the transition area is set up so that transition spots are fairly placed. Please be respectful of fellow participants and ask your friends and family to stay out of the transition area at all times! Transition area will close promptly at 5:50pm. At 8:30 pm, all bikes must be removed from the transition area.

## **PARKING**

Parking is limited at the Middle School. Parking is available at the high school parking area, tennis courts, City Hall, along 7<sup>th</sup> Street. There is **NO PARKING** next to the transition area. There will be an Apple volunteer who will be helping with directions on parking when you arrive.

## **RULES**

Have Fun and be courteous to your fellow athletes. The Kids Apple Duathlon is **NOT** a USAT-sanctioned event, but we do have the below rules. As a participant in this event you are responsible for knowing these rules.

**Parents are not allowed on the course. No running or biking along with your athlete.**

### **NO DRAFTING**

Drafting is when you are riding your bike closer than 3 bike lengths behind the athlete in front of you. The only exception is when you are passing or being passed.

### **RIDE TO THE RIGHT**

You must ride as far to the right of the road as is practicable. This includes the shoulder. We have a permit to hold this race on the roads through the city of Sartell. However, that does not mean we own the roads. Be respectful to the residents as well as safe to your fellow participants. Always ride to the right except when passing and always pass on the left. When passing say “on your left” whenever it is warranted.

### **NO UNSPORTSMANLIKE CONDUCT**

Showing respect to city residents, fellow athletes, race officials, race volunteers, police personnel, spectators, or anyone else who is around is expected. Any report of unsportsmanlike behavior will result in a penalty or disqualification.

### **NO RIDING IN TRANSITION**

Riding in transition is dangerous and not allowed. There is a specific “mount and dismount” line which will be clearly marked just outside of transition. You must have your feet down before this line. Do not ride over the line. Riding over the line is dangerous to all people around the transition area and a penalty will be assessed for riding over the dismount line. Do not come into the transition area too fast.

### **NO RADIOS OR HEADPHONES**

For everyone’s safety, no sort of radio is allowed. This includes any sort of audio device, MP3 player, or Ipod.

### **HELMETS REQUIRED**

That is it. If you are riding your bike at ANY TIME while you are at the race venue you must have your helmet on and buckled. If you do not have your helmet on and buckled you will be disqualified. This is for your own safety and to meet the requirement of the insurance policy for the event. **REMEMBER TO KEEP YOUR HELMET ON AND BUCKLED.**

## RESULTS

Timing is being conducted by JMS Racing. The event will be chip timed and full split results will be posted at [www.appleduathlon.org](http://www.appleduathlon.org).

## AWARDS

All age group participants are eligible for door prizes. The Apple has 1 TREK BIKE as door prize to give out. Athletes MUST be present to win a door prize! These will be drawn for following the awards ceremony. The drawings will take place following the awards ceremony.

## WAVES and START TIMES: 6:00PM start time:

Race Age 6	6:00p.m.	
Race Age 7	6:03p.m.	
Race Age 8	6:06p.m.	
Race Age 9 and 10	6:09 p.m.	SHORT COURSE
Race Age 11 and 12	6:39 p.m.	
Race Age 13, 14 & 15	6:42 p.m.	LONG COURSE

## VOLUNTEERS

We encourage your family and friends to be a part of race day volunteering. Please contact us at [info@appleduathlon.com](mailto:info@appleduathlon.com) for volunteer location / opportunity / position.

Thank you for registering for the 2018 Kids Apple. Good Luck on race day and let's all hope for nice weather.

*The Apple Du Crew*