

Chilly Willy Duathlon/Southeast Championship

PARTICIPANT INSTRUCTIONS

PACKET PICK-UP TIMES AND LOCATIONS :

We encourage you to pick your packet up on Friday or Saturday if possible at the assigned Outspokin Bicycle locations:

FRIDAY, January 24th 4:00pm – 7:00pm -
Outspokin Bicycles - Clearwater
2241 Gulf to Bay Blvd
Clearwater, FL 33765

SATURDAY, January 25th 12:00pm – 7:00pm
Outspokin Bicycles - Clearwater
2241 Gulf to Bay Blvd
Clearwater, FL 33765

Race Morning January 26th 6:30am – 7:45am at North Beach Shelter #5.

Bike Rental Out Spokin Bicycles Clearwater 2241 Gulf to Bay Clearwater
727-723-2453

WHAT YOU WILL FIND IN YOUR REGISTRATION PACKET

1. Transition bracelet-you must have this to enter transition. Each relay team member will receive a bracelet.
2. Race bib number with attached chip and safety pins/Relay will receive a ankle timing chip so they can pass to each member.
3. Bike and Helmet numbers
4. All these items must be on your person and bike before entering transition on race day.

BIKE CHECK

All athletes must check their OWN bikes on Sunday, January 26th Ft De Soto Park Shelter #5. 6:30am – 7:45am. Once bikes are checked YOU WILL NOT BE PERMITTED TO REMOVE YOUR BIKE FROM TRANSITION FOR ANY REASON. The only time your bike will be removed is during the bike portion of the event. Bikes will ONLY be reclaimed after the last cyclist has completed the bike course, and an announcement has been made. You must still have your bracelet on in order for your bike to be returned.

These bike precautions are to protect your bike from being stolen. If you need to take your bike to the mechanic, it must be done before you check your bike in to the transition. If it is deemed a mechanical issue with your bike it must be fixed before racing in the event.

TIMING CHIP

Individuals - Timing chips will be distributed on Friday and Saturday at packet pick up. *The chip is attached to your race number.* YOU MUST BRING YOUR RACE NUMBER ON SUNDAY, January 26th in order to be scored. The race numbers must be worn in front at all times.

Relay members - Relay teams will get their timing chip race morning. The relay teams will exchange a timing chip (ankle strap) which they must exchange in transition in order to be scored. If you lose the chip during the race, please notify the timers at the finish line as you finish.

EQUIPMENT

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All relay members must stay by the assigned rack during the event. All bar ends must be solidly plugged, to lessen the possibility of injury; bar end plugs will be available at the Out Spokin tent.

COURSE WAVES

8:00AM Men/Women 40 years and older/Relays

8:03AM Men/Women 39 years and younger

COURSE MARKERS, SIGNAGE, SAFETY

The run, bike and run courses will be marked with different types of signage/markers/cones to identify turns, hazards, aid stations and other items.

RUN COURSE

Athletes will leave in correct wave and run south on the paved trail and return on the beach trail. Please follow the course markers. There will be a water station on the 5k turn a round. There will also be water at the finish of the 5k before the bike portion of the duathlon. Please take advantage of the water station available on the course.

BIKE COURSE

Athletes will have access to one lane out and back on the Ft De Soto course. This is a closed course event. Please remember there is always the possibility of traffic getting on the course during the event, traffic has right of way/Sheriff/EMS.

RACE RULES

This is NOT a USAT sanctioned event but we use set rules that will be enforced by two referees. Safety is our first priority.

No iPods or any type of listening device is allowed since athletes must be able to hear for emergency vehicles or announcements.

Helmets must be on and buckled before leaving transition.

You must mount/dismount at warning lines in parking lot.

Ride on the right side of your lane.

Keep three bike lengths between you and the cyclist in front of you.

Pass on the left of the cyclist in front, never on the right.

Complete your pass within 15 seconds.

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Illegal Position or Blocking – riding on the left side of the lane without passing.

Illegal Pass – passing on the right.

Overtaken - failing to drop back three bike lengths after being passed and before re-passing.

Drafting – following a leading cyclist closer than three bike lengths and failing to pass or exit the draft zone within 15 seconds.

Always have your chinstrap securely fastened! The chinstrap rule is the easiest to follow, but some folks always seem to forget – that's a DQ!

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called Unsportsmanlike Conduct and you will be disqualified. Always wear your race number in front on the run and always ensure that your race number is plainly displayed on your bike in an unaltered, unobstructed and readable state. Failure to do so will result in a time penalty.

RACE MORNING

TRANSITION AREA: ON RACE MORNING TRANSITION AREA WILL OPEN FROM 6:30 AM – 7:45 AM. WE ENCOURAGE ALL ATHLETES TO ARRIVE EARLY! Valuables should not be left in the transition area. Only athletes with wristbands are allowed inside the transition area. Bikes may not be passed over the barrier of the transition. Mounting/riding your bike inside the transition area is absolutely prohibited. If done so, you could be penalized or disqualified. Helmets must be worn at ALL times once mounted on the bike.

PARKING INFORMATION

Parking is available in all vacant lots next to transition and shelter #5. The \$.50 at the toll booth and \$5.00 fee into the park has been paid for by the Thunderbolt Multisport Staff. Please make sure that all areas are free of trash before you leave the area. We want to come back to Ft De Soto Park for future events. Please thank all Ft De Soto staff on hand.

Medical

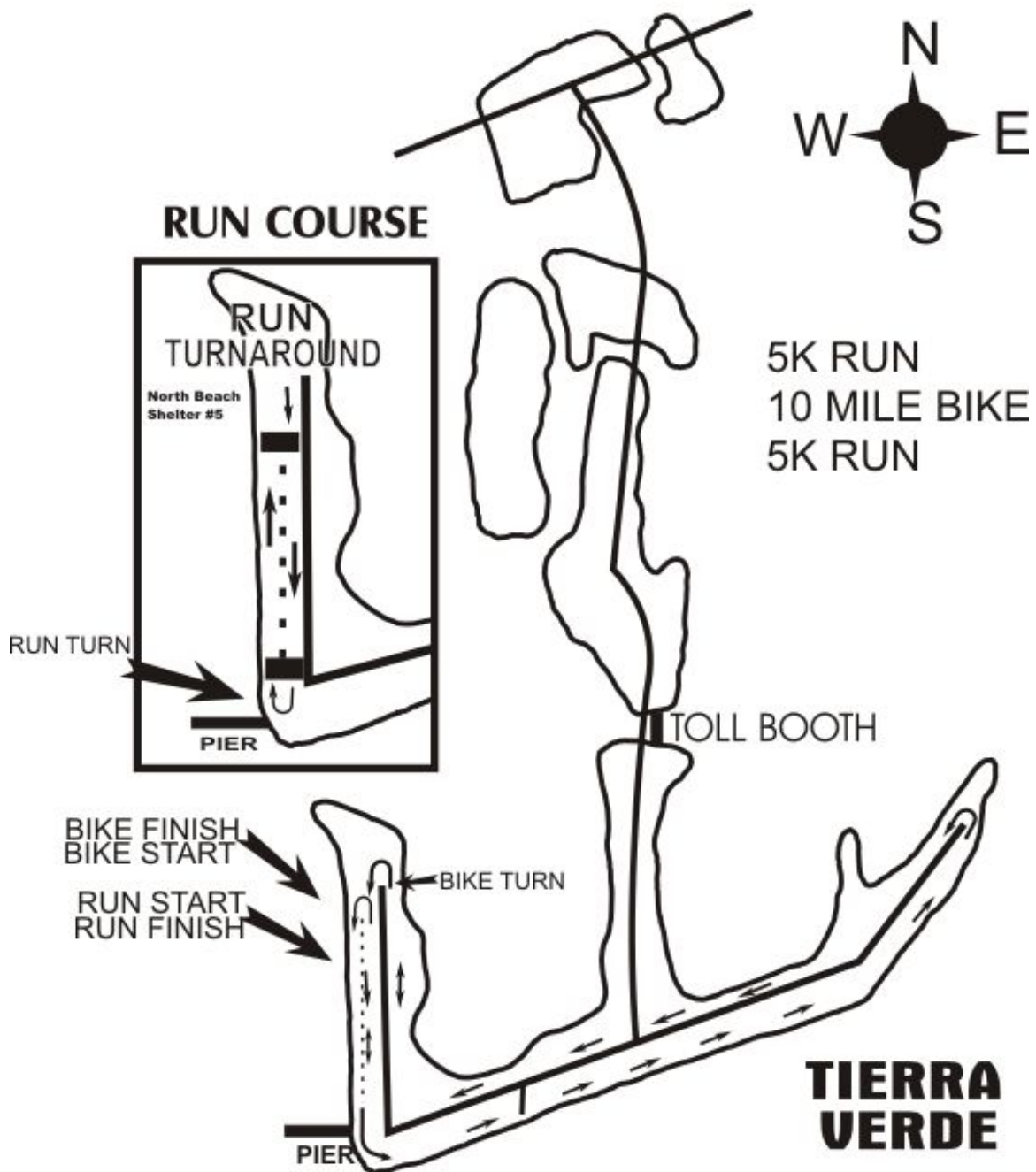
Medical is available at all times on race site. Red tent and red flags. If you have any type Of a medical issue contact either race management or medical personal. Remember Safety first, at all times.

Sponsors

Without the sponsorship this event would not be possible, please be sure to thank them and support them in the future.

Out Spokin Family Bicycles Clearwater/Tampa
Green Market Cafe

CHILLY WILLY DUATHLON



CHILLY WILLY DUATHLON TRANSITION MAP

NORTH BEACH

