

# **\*\*DARED TO DU 2017 - RACEDAY INSTRUCTIONS\*\***

FULL ROAD CLOSURE in effect 11:15am-2:15pm Friday May 26, 2017

YOU **MUST** REGISTER BY 10:50am.

→Plan to arrive at 10:30am (long lines can be avoided by arriving early!)

→Get your bike located in the TRANSITION AREA by 11:00am

All Duathlon Waves will be marshalled into MARKED start lines (areas)

At 11:15am ALL Duathletes MUST be in the MARKED START AREAS with their CHIPTIME BAND

→Chiptime bands will only be distributed in these MARKED AREAS. You may NOT walk around with the chiptimers attached to your leg – will cause issues if you move over a timing pad.

**\*\*DUATHLON WAVE 1 will start at 11:30am.\*\***

Consecutive Waves will start every 5 minutes (subject to change)

We do not want anyone to have to deal with large groups of cyclists on the road.

→**ONLY COMPETITORS ARE ALLOWED IN THE TRANSITION AREA –**

**\*\*NO EXCEPTIONS\*\***

## **PARENTS MUST STAY OUTSIDE THE TRANSITION AREA FENCING!**

You will be amazed at what your son or daughter will learn in a short amount of time! They will be incredible! THIS IS AN EXTREME SAFETY HAZARD to have too many people in the Transition Area. Our STAFF have been instructed to keep ALL NON-COMPETITORS out of the transition area. You MAY NOT HELP WITH getting bikes into the area or setting up the bike rack area. Our staff have been trained to help IF any assistance is required. The athletes learn quickly. PLAN AHEAD WITH THEM>>>  
**Do not bring backpacks, gym bags into the transition area. We are NOT responsible for lost items.**

**AWARDS CEREMONIES** – When all competitors have completed the category, CHIPTIME will post the GOLD, SILVER & BRONZE MEDALS WINNERS. We will announce the winners and call them to the NCCH (National Cycling Centre Hamilton) Tent. Please plan to stay for the awards and BBQ Social.

Award Order: (APPROXIMATE TIME) PLEASE PLAN TO SPEND SOME SOCIAL TIME AFTER YOUR RACE AND ENJOY OUR BBQ AND LIVE BANDS!

## **MEDAL CEREMONIES**

### **ORDER OF AWARDS (approx. times)**

1:00 pm Sr. Awards (gr 11 & 12)

1:15 pm Jr. Awards (gr 9 & 10)

1:30 pm Celebrity Awards (Community Athletes)

2:00 pm Elementary Awards

2:00 pm DRAW PRIZES for:

Ancaster Cycle Mountain Bike (ONE)

Running Shoes –Donated by Alchemy CrossFit (2 Pair)

2:00pm Specialty Awards:

Beats PILL by Dr. Dre – Top Amount Raised in Pledges Donated by PLF4M1

Class

SportChek Shopping Sprees -2<sup>nd</sup> & 3<sup>rd</sup> in Pledges (Donated by BAA & GAA)

Random Door Prizes will happen at REGISTRATION and SPECIFIC CALLOUTS DURING THE DAY!  
Listen for your Bib number!

**REGISTRATION TABLE** -Located on the right side of the Arena (near playground equipment)

**TRANSITION AREA** – located behind the community centre in the parking lot closest to the raised green space near first baseball diamond.

**ATHLETE'S VILLAGE / FOOD AREA** →located on the green space beside the playground, near the baseball diamond nearest to the community centre.

**PARKING INFORMATION – CRITICAL TO READ AND FOLLOW THESE DIRECTIONS!!**

Please leave plenty of time. Enter from Fiddler's Green & 403, Wilson & 403. Wilson from Hamilton. HWY 52 to Jerseyville will be CLOSED at 11:15am.

Roads will be CLOSED. You have the choice of the following locations to park (each will require a walk to Registration Table and the Athlete Village/Transition Area located behind the COMMUNITY CENTRE – across the street from Ancaster High School →Robert E Wade Community Centre)

**Parking #1 Morgan Firestone Arena/Community Centre.** Enter the Community Centre parking lot from Jerseyville Road (Fiddler's Green Rd) across from school (Not from Martin's Side Rd.-it is closed and used for the run routes) -turn right and fill space near soccer fields and near the arena.

**\*\*YOU WILL NOT BE ABLE TO PARK BEHIND THE COMMUNITY CENTRE\*\* FULLY CLOSED**

**Parking #2 .Ancaster High School Parking Lot** enter from Jerseyville & Fiddler's direction (enter the parking lot and turn right (there are many spaces here along the fields.

DO NOT Park too close to the pool area (UNDER CONSTRUCTION)

To enter the school parking area enter from Jerseyville & Fiddler's direction and turn left in the school's MAIN entrance

**Parking #4 Daniel St / Morwick across from the pool entrance** – Meadowbrook from Wilson (@Fire Station) turn left on Tranquility Ave –turn right on Daniel St. Park on street where available. Valridge is one street further up off of Morwick (more street parking available)

→TRANSITION AREA (Bike Stands →hang bike by its' seat – alternate sides - 8 bikes per stand – DO NOT BRING ANY EXTRA GEAR- Plan ahead. LIMIT gear & space to your handlebar width) **DO NOT MOVE ANYONE'S BIKE OR GEAR – Find a planning team member to help you.**

**\*\*\*HELMETS MUST BE WORN (STRAPS SECURED) ON BIKE – NO IPODS ON BIKE AT ANY TIME –THIS IS A DANGEROUS PRACTICE! –The safety of other riders depends on this rule.**

**You MUST be able to hear other riders and give way to faster riders. YOU MUST SLOW DOWN. Look, listen and shoulder check at TURN-AROUND at HWY 52.**

**(MAKE a WIDE/SLOW TURN! – recklessness will not only harm you, but possibly someone else)**

**Shirts MUST be worn on bike and run courses by ALL competitors at ALL times\*\*\***

**DUATHLON RUN Course 1 – (1.5km) Start at DUATHLON SIGN (near paved path by Soccer field at Community Centre. RUN with the pylons on your right (exterior of the fields close to the forest edge at the Ancaster Community Centre). Stay as close to the pylons as possible (shortest route). The course is a single loop. The final 150m will follow the paved path to the parking lot, continue beside the arena (Zamboni area), follow paved road around the back to the TRANSITION AREA. Get bike (helmet MUST be secured before leaving the transition area) and walk/run bike under the BIKE OUT sign and out of the Transition Area to MOUNT LINE (which will be marked with signs.) Ride bike on designated route (Marin's Side Rd to Jerseyville –Turn right...follow to BONHAM Dr near HWY 52 TURN-AROUND, follow same route back to the**

MOUNT LINE (7kms in total) and dismount & walk/run bike back into the Transition Area (Follow “BIKE IN →” signs)

...to your rack location.

→ ALL TEAMS MUST REMAIN IN THEIR TRANSITION AREA AT AT THE TEAM’S DESIGNATED BIKE RACK SPOT –RUNNER 1 MUST EXCHANGE CHIPTIMER WITH CYCLIST THEN UNRACK BIKE, COMPLETE RIDE AND THEN RACK BIKE BEFORE EXCHANGING CHIPTIMER WITH SECOND RUNNER– THE 2<sup>nd</sup> RUNNER (ALL RUNNERS) MUST CROSS OVER THE MATS LOCATED UNDER THE “RUN OUT” SIGN. SEE THE SIGNS AND THE CHALK ARROWS ON THE GROUND. PLEASE EXAMINE THE TRANSITION AREA BEFORE YOUR RACE TO UNDERSTAND WHERE TO GO DURING THE DUATHLON. Explore before your race- know your course, plan your route, REMEMBER what aisle you are in – Remember the aisle number! **SEE RUN INFORMATION**

**Below:**

**RUN INFORMATION** DUATHLON RUN ROUTE (Run Course 2 for Duathlon) 4 kms.

TO LEAVE the Transition Area you MUST USE THE “RUN OUT” GATE, follow the pylons to Martin’s Side Rd. Follow the road & pylons (stay to the right of the pylons) down the hill (please be safe running downhill). Run past the Road Closed Sign, run past the BIG ROCKS closing the road (still 550m past this point. There will be a sign placed where the turn-around point is... turn around when you see a large “X” on the ground & location of a WATER STATION. Follow same route back to Ancaster High School.

The finish of the run will go BETWEEN the baseball diamonds entering from the second gravel parking lot from the top of the Martin’s Side Rd hill along the paved path going towards the soccer fields. Enter the CHUTE to the finish line (WHITE BARRICADES to Triathlon fencing to the finish line in the Athlete’s Village)

The official timer will take the chip timer immediately after you finish your race...**DO NOT BE ALARMED!**...they need their equipment returned quickly. You will be provided with water at the finish line.

RIDE TURN-AROUND → JUST BEFORE THE ROUND-ABOUT AT HWY#52, YOU WILL SEE A SIGN AND PYLON TO MAKE YOUR TURN AROUND. PLEASE LOOK AROUND YOU TO SEE IF ANYONE IS CLOSE TO YOU. DO NOT MAKE ABRUPT TURNS OR ASSUME NO ONE IS BEHIND YOU. COMMUNICATE WITH THE RIDER IN FRONT OF YOU IF YOU ARE PASSING. THIS IS STANDARD PROCEDURE FOR ALL BIKE RACES. RESPECT OTHER RIDERS’ RIGHT OF WAY.

*When riding your bike during the Duathlon, safety is our major concern. No reckless riding. Do not put yourself in dangerous situations and do not put others in dangerous situations. When making turns (corners and turn-a-rounds, please slow down – check around you & behind you before you make your turn – slippery conditions at times – do not take chances) If there are cars on the road, please give them the right of way. Do not take chances. Pedestrians will also have the right of way at all times. Please stay on the designated routes and FOLLOW THE SIGNS posted. BE SAFE!!*

### Ancaster Cycle pre-race tips

-Ensure tires are properly inflated 3 nights before race day and check for cracks and cuts  
-re-check in the morning...if deflated replace immediately. Doing this will allow you to resolve any issues before race time.

-Make sure brakes work and pads are not rubbing on rims. -Run through the gears and make sure you have a full range. -Lube chain and look for any links that appear to be not moving freely.

-Handlebars and Saddle should be tight.

**Ancaster Cycle & GIANT Bikes will be on hand the day of the race for any last minute technical problems. THEY ARE NOT THERE for TUNE -UPS!**

## FOOD PLAN

Please enjoy the BBQ, food, refreshments and socializing to follow the Duathlon! All athletes will be provided a suitable food plan. Be respectful of the quantity of food needed to be prepared and do not go for seconds or take more than what is being offered. We would like to offer the same food plan to ALL competitors whether you are the 1st, 100<sup>th</sup> or 600<sup>th</sup> competitor.

Questions or concerns? Please see a member of the "Dared to Du" Planning Team as soon as possible. They are wearing the NAVY BLUE TyeDye VOLUNTEER T shirts!

**Please make sure you are hydrated prior to race day – drink plenty of water leading up to race day. Make sure to eat a healthy breakfast that is consistent with your everyday meals – do not try something different that may cause an upset stomach prior to the race.**

**PLEASE REMEMBER TO BE SAFE AT ALL TIMES – DO NOT TAKE CHANCES – IF YOU DO NOT FEEL WELL PLEASE ADVISE THE PLANNING TEAM. OH YEAH, HAVE FUN!!! See you again next year! Bring someone new with you!!**

## ***FULL TRIATHLON    Fri May 25, 2018***

**FOOD WILL BE FOR SALE FOR FAMILY/FRIENDS & SPECTATORS.**

**Please be patient as we will be feeding a very large number of people. Food for sale → Hotdogs, Hamburgers, Veggie Burgers, Baked Goods, Freezies and TCBY.**

### **Medal Presentations**

Medals will be presented when the Chiptimer has confirmed all results for each category. Please wait a suitable amount of time for race results. Unofficial results will be posted continuously until a confirmed final standing is issued by [Chiptimerresults.com](http://Chiptimerresults.com) (**check out the website for the earliest final results**). If you cannot stay for the medal presentations (please stay around and take in a beautiful day of athleticism, school spirit and wonderful social atmosphere) please check the website at [www.chiptimerresults.com](http://www.chiptimerresults.com) / Ancaster Duathlon. If you are top 3 in your category please contact Ancaster High School (905)648-4468 to claim your medal.

Please be patient with the results...Enjoy the BBQ, great weather and fantastic athletic competition while the results are being tabulated. We will have a podium for our BRONZE, SILVER & GOLD MEDALS for ALL categories.

ALL medical emergencies will be dealt with by the EMS (Event Medical Staff/St. John Ambulance), the Hamilton Police Department. Their safety plans will be the guidelines for ALL involvement on a First Aid Basis.