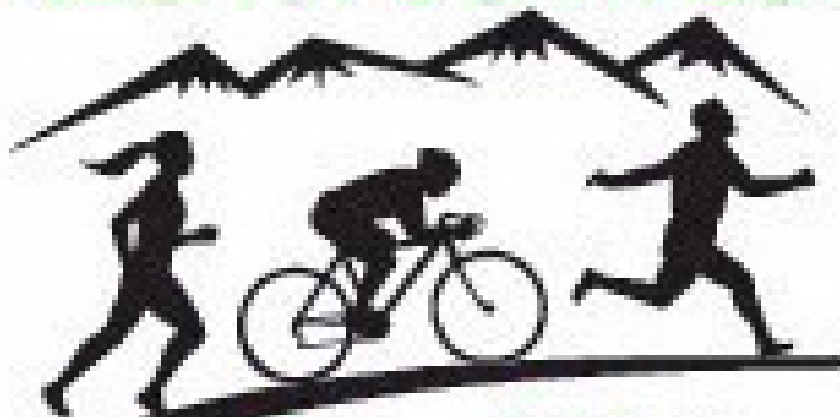


# 2017 Legacy Duathlon – Run, Bike, Run

## LEGACY DUATHLON



**DU** or **DU** Not  
There is No **TRI** – Yoda

# April 8, 2017

# Duathlete's Guide

April 8, 2017

# Index

<b>Introduction .....</b>	<b>3</b>
<b>Sponsors.....</b>	<b>4</b>
<b>Race Agenda.....</b>	<b>5</b>
<b>Aid Stations .....</b>	<b>5</b>
<b>Course Map .....</b>	<b>6</b>
<b>Parking .....</b>	<b>6</b>
<b>More Races .....</b>	<b>7</b>



**Dear Legacy Duathletes,**

**The Legacy Duathlon is a fun race held on the Legacy Parkway Trail System. This race is a flat, fast course. Most of the course is straight so it allows for great visibility for participants however this course is not a closed course so we ask racers to be aware of the potential strollers or people who may try to use this course while the race is happening.**

**2017 we had to make some changes to the race due to the construction in North Salt Lake. Questar Gas is doing a pipeline update so we are starting and finishing the race in Farmington. This will be held at Ascent Academy just north of Farmington Gymnasium.**

**Runners will start the race with every runner being put on the course once every 15 seconds heading North on the Legacy Trail in order of fastest (estimate) to slowest. The runners will return back to transition at which time they will switch to the bike and ride South and return to transition. The last leg will be one more run North and a return. This will give racers a run bike run and finish at Ascent Academy. This is a slight change from the course maps online with a start and finish at the Farmington Gymnasium. The Ascent Academy is a facility that is not used on Saturday and will be a better venue than the Farmington Gymnasium.**

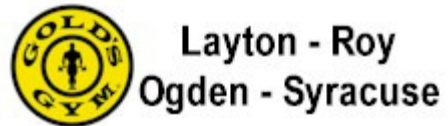
**Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish which are the same location as the Transition Area. This is best because spectators will see the start and finish and see each time they change in transition. On the course it is narrow and makes it unsafe for racers and spectators and they only see the racer on a limited amount.**

**Timing is done via timing chips and tablets. These chips are attached to the back of your bib numbers so do not remove them or fold them. As you finish the race please proceed to away from the finish line for at least 10 seconds. Timing Systems mark your last read as you finish until you leave the timing zone for 10 seconds. Runners who finish then stay in the zone will be disappointed in the time because it will not register until they are clear. If you want to cheer on a finisher behind you please finish walk ahead into the food area and then come back. This should give you chip the read it needs to register without the continuous reading. Age group awards are given to this race. Tablets are used to time the transition areas. We ask that you wear your bibs on the front of your chest during the entire race and to be body marked. Please shout out your bib numbers during transition to help timers mark you.**

**Good luck during the race!**

**On Hill Events**

# Sponsors



## Race Agenda

### **Friday April 7, 2017**

**5-7PM - Packet Pickup at Wasatch Running – 316 N Marketplace Dr Centerville, Utah (please try to attend this one so race day packet pickup is not overly busy)**

**7:15PM to 8:00PM – Ascent Academy 22 South 650 West Farmington, Utah - First Time Triathlete Orientation (All athletes welcome, not required)**

### **Saturday April 8, 2017 (Ascent Academy 22 South 650 West Farmington, Utah)**

- **7:30AM to 8:30AM – Race Day Packet Pickup (Ends at 8:30AM so be there no later than 8:00AM if you cannot make Friday Night)**
- **8:30AM – Race Director Orientation (Mandatory)**
- **9:00AM – Start the Long Course**
- **TBD – Start the Short Course(Shortly after we start all the long)**
- **12:00Noon – Start to Sweep Course (No cut off time however we start to sweep around this time)**

### Aid Stations

Aid stations are not on the Bike Route. It is expected all racers will carry a water bottle. Run route will have an aid station at the turn around points. Three aid stations for long and one for short.

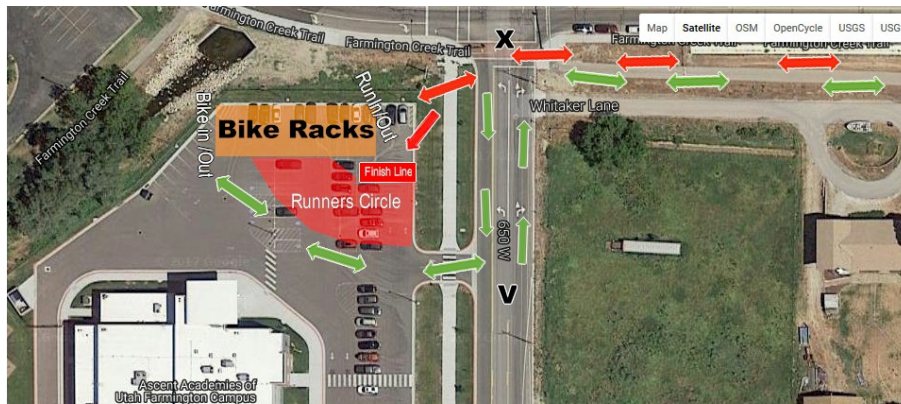
## Course Map

Race starts with the Long Course Runners. They enter the course the fastest to slowest (estimated).

## Run Course



Runners enter the Legacy Parkway Trail System via State Street and head north. The Short goes .775 Miles and turns around at the aid station making it 1.55 Miles. The Long goes 1.55 Miles and turns around at the second aid station making it 3.1 Miles giving the runners for the Long course 3 aid stations.



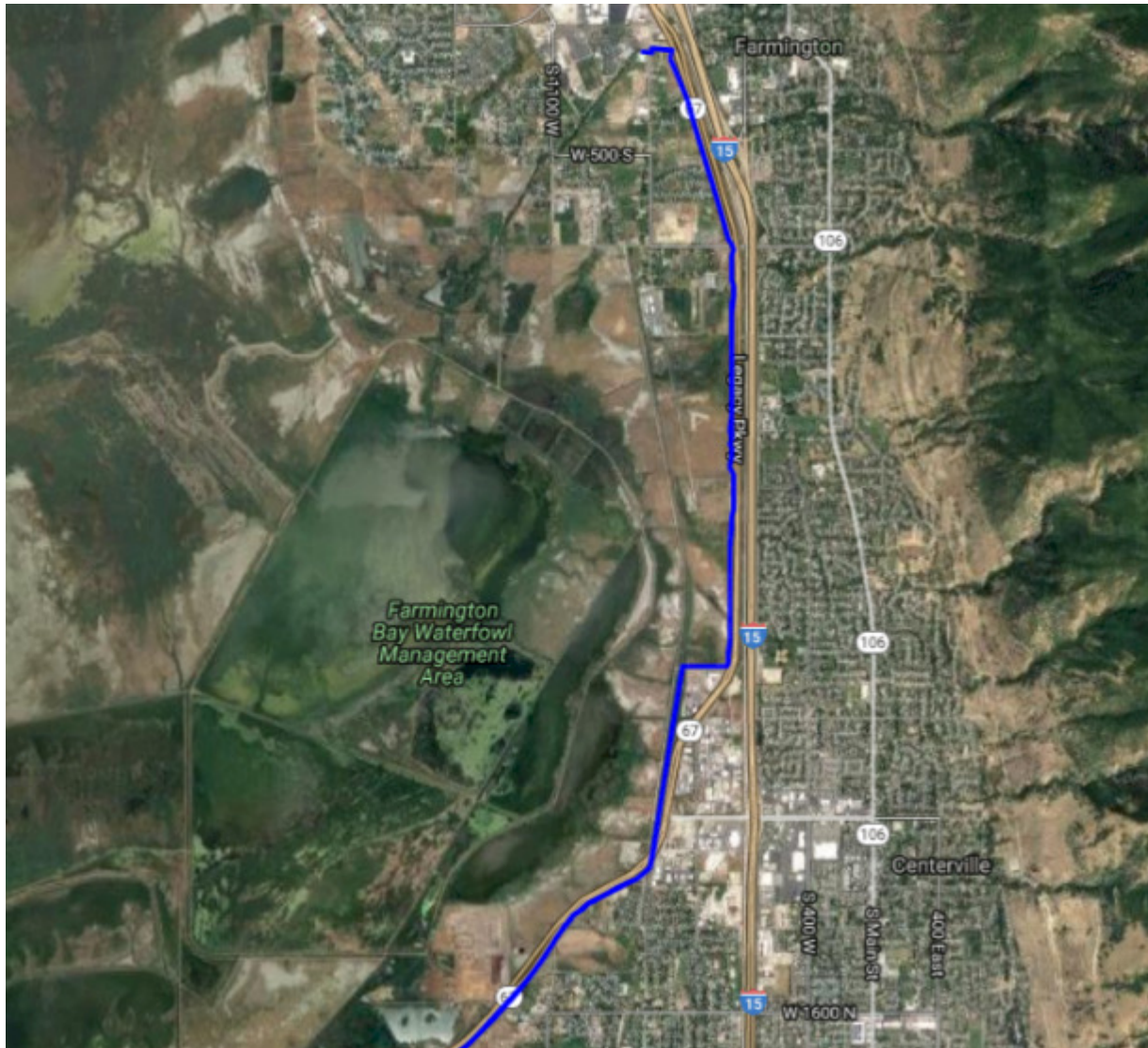
## Transition Area

Bikers stay to the South of the trail heading out and the runners to the North side. Higher Dangers of collisions on this short stretch.

- X - Farmington PD with Car
- V - Vested Volunteer Flagger
- ← Green Arrow - Bike Route
- ← Red Arrow - Run Route



## Bike Course



The bike course enters the Legacy Parkway Trail System at State Street as well yet goes South 6.2 Miles and back for a total of 12.4 Miles for the Short. The Long Course does this course twice for a total of 24.8 Miles. No aid stations on the bike. Bikers are expected to carry water bottles.

After the Bike Route racers will do the Run route again making it a Run, Bike, Run or Duathlon!!!

## 2017 Legacy Duathlon Rules

- 1. Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. **Penalty:** Disqualification
- 2. Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. **Penalty:** Disqualification on the course; Variable time penalty in transition area only.
- 3. Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. **Penalty:** Variable time penalty
- 4. Transition Area:** 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 bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. **Penalty:** Variable time penalty
- 5. Drafting: Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.  
**Position**--keep to the right hand side of the lane of travel unless passing.  
**Blocking**--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.  
**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. **Penalty:** Variable time penalty
- 6. Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. **Penalty:** Referee's discretion
- 7. Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden. **Penalty:** Disqualification
- 8. Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. **Penalty:** Variable time penalty
- 9. Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. If you change bib numbers let the Race Director or timing company know.
- 10. Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. **Penalty:** Variable time penalty
- 11. Distance Change:** If you change distances from Long to Short please let us know.

### Variable Time Penalties

Distance	1st Offense	2nd Offense	3rd Offense
Sprint	1:00 minute	2:00 minutes	Disqualification
Olympic	1:00 minutes	2:00 minutes	Disqualification

### Important Information

- Enter course in order of fastest swimmer to slowest based on Estimated Swim Time every 15 seconds
- Races are in the following order Long, Short



Check out [www.OnHillEvents.com](http://www.OnHillEvents.com) for our 2017 Schedule of races.

<p style="text-align: center;"><b>2017 On Hill Events Calendar</b></p> <p style="text-align: center;"><b>Abominable Run 5K - 1/7/2017 Theme Race</b></p> <p style="text-align: center;"><b>Candy Heart Run 5K - 2/11/2017 Theme Race</b></p> <p style="text-align: center;"><b>Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race</b></p> <p style="text-align: center;"><b>Legacy Duathlon - 4/8/2017 Farmington, Utah</b></p> <p style="text-align: center;"><b>Eggs Legs 5K - 4/15/2017 Theme Race</b></p> <p style="text-align: center;"><b>Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race</b></p> <p style="text-align: center;"><b>Mt Green Half Marathon, 10K, 5K - 5/6/2017</b></p> <p style="text-align: center;"><b>Drop13 Half Marathon, 5K - 6/10/2017</b></p> <p style="text-align: center;"><b>Provo Midnight Run 13.1, 10K, 5K - 6/23/2017</b></p> <p style="text-align: center;"><b>Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017</b></p> <p style="text-align: center;"><b>Cache Valley Super Sprint Tri - 7/29/2017</b></p> <p style="text-align: center;"><b>Layton Triathlon - 8/12/2017</b></p> <p style="text-align: center;"><b>East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017</b></p> <p style="text-align: center;"><b>Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017</b></p> <p style="text-align: center;"><b>Bear Lake Brawl Tri Half/Full - 9/16/2017</b></p> <p style="text-align: center;"><b>Witch Run 5K - 9/30/2017 Theme Race</b></p> <p style="text-align: center;"><b>Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017</b></p> <p style="text-align: center;"><b>Powell3 Triathlon Sprint/Olympic - 10/28/2017</b></p> <p style="text-align: center;"><b>Provo Santa Run 5K - 11/17/2017 Theme Race</b></p> <p style="text-align: center;"><b>Ogden Santa Run 5K 11/25/2017 Theme Race</b></p> <p style="text-align: center;"><b>Gardner Village Santa Run 5K 12/2/2017 Theme Race</b></p> <p style="text-align: center;"><b><a href="http://www.OnHillEvents.com">www.OnHillEvents.com</a></b></p>
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Powell3 Triathlon Challenge is now the Southern Utah Triathlon in St. George/Hurricane Utah. New course and new name!

[www.southernutahtriathlon.com](http://www.southernutahtriathlon.com)

Check out February 3, 2018 for our newest addition the Sun Marathon in Santa Clara, Utah (Near St. George). A great time of the year for a Warm Race!!!

[www.sunmarathon.com](http://www.sunmarathon.com)