

2019 Legacy Duathlon – Run, Bike, Run

LEGACY DUATHLON



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There is No **TRI** – Yoda

April 13, 2019

Duathlete's Guide

April 13, 2019

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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.

In 2019 we again in North Salt Lake near the Life Line Building. This is a great location for parking, safety as well as finish. The weather today is bad but Saturday the weather forecast is mostly sunny with a high of 55 degrees. This means the conditions will be good but on the cool side. Please wear clothing according to these conditions.

Runners will start the race with every runner being put on the course once every 15 seconds heading South 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 South and a return. This will give racers a run bike run and finish in North Salt Lake.

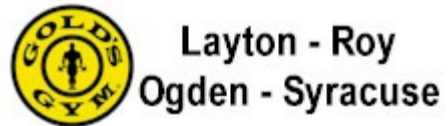
Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish which are the same location as the Transition Area. This is best because spectators will see the start and finish and see each time they change in transition. On the course it is narrow and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

Timing is done via timing tablets. These tablets are viewed via your bib numbers so do not remove them or fold them. Make sure you know your number and are body marked according to it. We are body marking now your hand as well as your forearm with your bib number so if you are wearing a jacket you can still see if via your hand. No one will be able to start without us entering your bib number. With that being said try to shout out your bib number during the splits so we can get your run and bike and transition times. 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 on your hand and forearm and calves for Age and Race Distance.

Good luck during the race!

On Hill Events

Sponsors



Race Agenda

Friday April 12, 2019

5-7PM - Packet Pickup at Wasatch Running Center – 316 Marketplace Drive C200 Centerville, Utah (please try to attend this one so race day packet pickup is not overly busy)

7:15PM to 8:00PM – First Time Triathlete Orientation – 1130 W Center St North Salt Lake, Utah (All athletes welcome, not required)

Saturday April 13, 2019 (1130 W Center St North Salt Lake, 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.

Map to Life Line Building – This is the Starting and Finish Location

Allowed Parking Map >>>>



Turn by Turn Directions from Ogden

- 1 – Take I-15 South
- 2 - Take exit 314 for Center St in North Salt Lake Just prior to I-215 I-15 split in NSL
- 3 – Go South onto W Center St
- 4 – Just prior to Legacy Parkway Overpass turn right at Life Line Building

Turn by Turn Directions from Salt Lake or South

- 1 – Take I-215 North
- 2 – Take Exit 27 on Redwood Road
- 3 – Go North on Redwood to Center St
- 4 – Turn South on Center Street and Just prior to Legacy Parkway Overpass turn right at Life Line Building



Triathlon Rules

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in On Hill 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. Wetsuits: No wetsuits. Lets not be dumb, this is a duathlon. ;)

11. 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

12. Distance Change: If you change distances from Sprint to Mini Sprint please let us know.

Variable Time Penalties

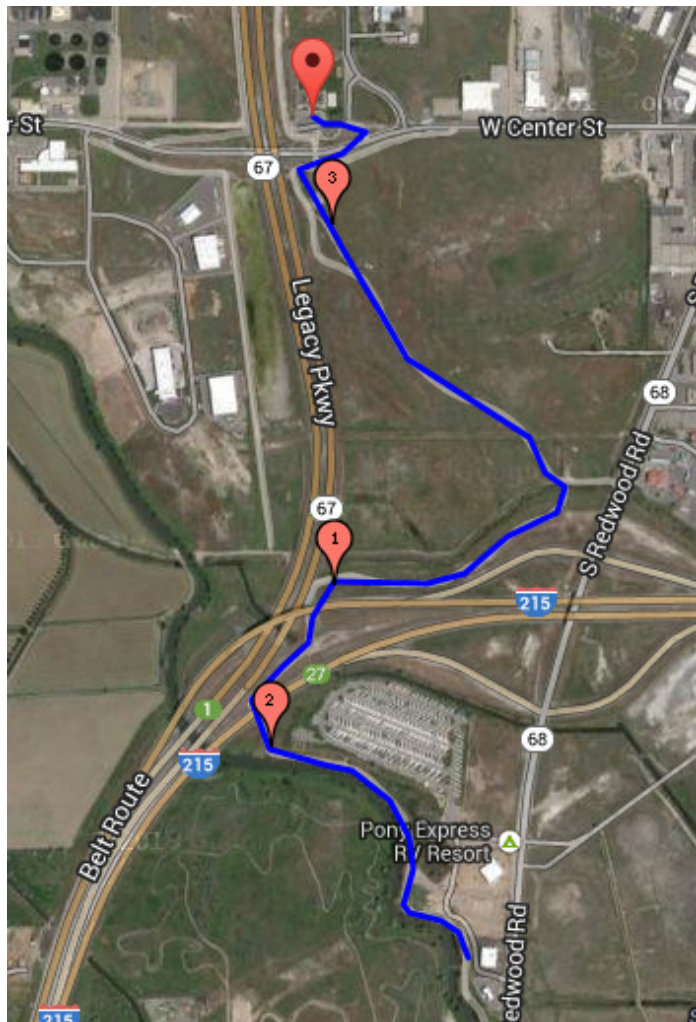
Distance	1st Offense	2nd Offense	3rd Offense
Sprint	1:00 minutes	2:00 minutes	Disqualification
Relay	1:00 minutes	2:00 minutes	Disqualification

Important Information

- Enter Bike Course in Estimated Bike Completion Time Every 15 Seconds
- Races are in the following order Triathlon, Half Marathon, 5K.

Course Maps

Legacy Duathlon Run Course 2019



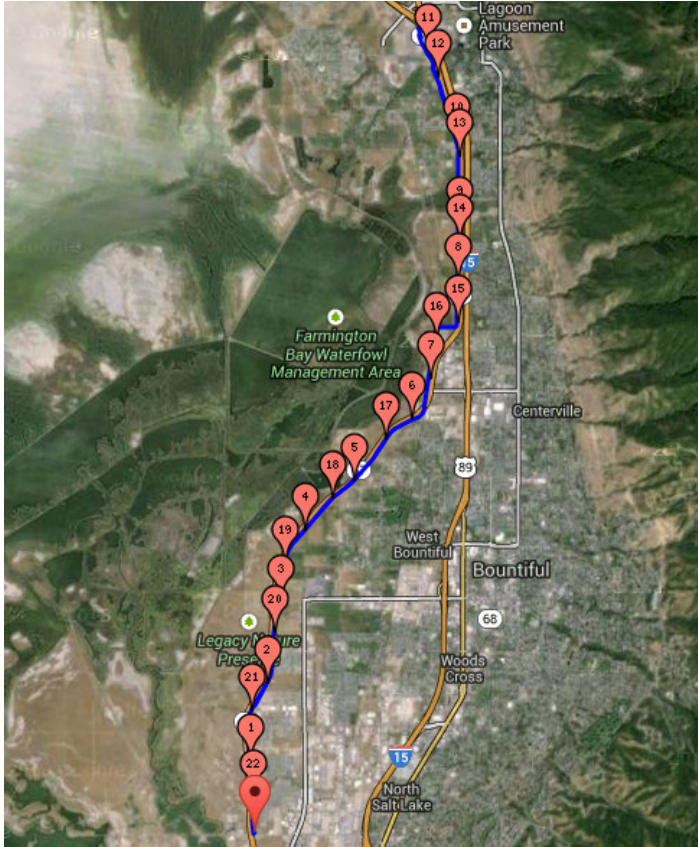
Run Course and Start

Start at Life Line Building NSL Center Street Trail Head and put runners on one at a time every 15 seconds based on estimated Run Time. This will thin out the runners as well as lower the amount of passing on the course. Course is out and back and single file.

Short Distance is 1.55 Miles (out and back)

Intermediate Distance is 3.1 Miles (out and back)

(This course is done again after the racers do the bike course below)



Bike Course

After the runner complete the run course they leave the for the bike course going North so they will not cross the run course. This is up and back as well. Rules for the Bike Course are a strict No Drafting Enforcement. No drafting means no riding side by side and riders have to be 3 bike lengths between each other unless they are trying to pass. Though this course is straight and visibility is high we encourage all riders to be aware of the course and potential walkers or other riders.

Short Distance is 11.2 Miles (out and back)

Intermediate Distance is 22.4 Miles (out and back)

After you do the bike course you will do the Run Course again for a Run – Bike – Run.

Transition Area in North Salt Lake



← Bike Path
← Run Path

Run starts race with one runner every 15 seconds in order of fastest to slowest to thin out course and help lower the amount of passing. Run course and bike do not cross each other as well as bikes do not cross bikes on the course.

Check out www.OnHillEvents.com for our 2019 Schedule of races.

2019 On Hill Events Races

Candy Heart Run 5K (Valentines Theme) – West Jordan, Utah February 9

SOCAL Marathon, 13.1, 10K, 5K – Anaheim, Calif March 2

Lucky 13 Half, 10K, 5K (St Patty Theme) - West Jordan, Utah March 16

Legacy Duathlon Sprint, Olympic - North Salt Lake, Utah April 13

Eggs Legs 5K (Easter Theme) – West Jordan, Utah April 20

May the Fourth 13.1, 10K, 5K (Star Theme) – Farmington, Utah May 4

Drop13 Half Marathon, 5K – Big Cottonwood Canyon, Utah June 8

Jurassic Run 5K (Dinosaur Theme) – Ogden Dinosaur Park, Utah June 29

Cache Valley Super Sprint Tri Sprint, Olympic – Logan, Utah July 6

Legacy Midnight Run 13.1, 10K, 5K (Glow Stick Night) – Farmington Utah July 26

PC2PG 13.1, 10K, 5K – Provo Canyon to Pleasant Grove, Utah August 10

East Canyon Marathon 13.1, 10K, 5K – Big Mountain to Morgan, Utah August 31

Bear Lake Brawl Triathlon Full, Half, Olympic, Sprint – St Charles Idaho Sept 14

Witch Run 5K (Witch Fun Theme) – West Jordan, Utah Sept 28

Antelope Island Marathon 13.1, 10K, 5K – Syracuse, Utah October 12

Blood Run 5K (Fun Fear Theme) – Mt Green Utah October 12

Southern Utah Triathlon Sprint, Olympic – Hurricane, Utah October 26

Ogden Santa Run 5K (Santa Theme) – Ogden, Utah November 30

Gardner Village Santa Run (Santa Theme) – West Jordan, Utah December 7

Provo Santa Run (Santa Theme) – Provo, Utah December 7

Check out [May the Fourth Star Themed Race on May 4, 2019 in Farmington and “May the Fourth Be With You!!!”](#)