

# Race Director Welcome

Thank you for racing with us and supporting the Hazleton YWCA! This year ALL of our Hazy Racing events will contribute to our STRIVE TO REVIVE THE HAZY POOL campaign. Our goal is to raise money and complete several vital pool renovations. All race sponsors and proceeds from these events will help us get closer to this goal. Our pool is heavily used by swimmers of all ages. Youth and infant swim instruction, competitive age group swim team, masters swimming, and several senior aquatic programs will all benefit once our pool renovations have been complete.

Thank you again for your support and helping us get one step closer to our goal. I wish you the best of luck today. Enjoy our beautiful run & bike courses. Have fun...race HARD!

- Coach Rob





## **Race Timeline & Instructions**

### **Saturday May 19<sup>th</sup>**

\*Online-Registration closes 6pm

\*\*There will be no Saturday-Packet Pickup option

### **Sunday May 20<sup>th</sup>**

7:00-8:00 Packet Pickup

7:00 Transition Area Opens (no assigned spots)

8:20 Pre-Race Meeting

8:25 National Anthem

8:30 Race Start

9:45 Estimated First Finisher

10:30 Estimated Final Finisher & Award Ceremony

## **Rules:**

\*\*Helmets must be fastened when riding bike.

\*Bike Number must be attached to bike

\*Run Bib must be worn during both runs

\*Timing chip must be worn at all times

\*\*relays transfer chip in bike rack area

\*\*No drafting on the bike (riding within 3 bike lengths of rider ahead) When you do enter the draft zone, you have 15 seconds to make your pass

\*No littering on the run or bike course

\*No riding bike in the transition area. Obey the mount/dismount line

for additional USAT rules visit:

<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

## **Notes:**

\*Run and bike courses are marked with purple yard sign arrows

\*Water stations located at the run turn around, and at the run side of our transition area.

\*Use caution on the bike course. Especially when making the bike turn arounds.

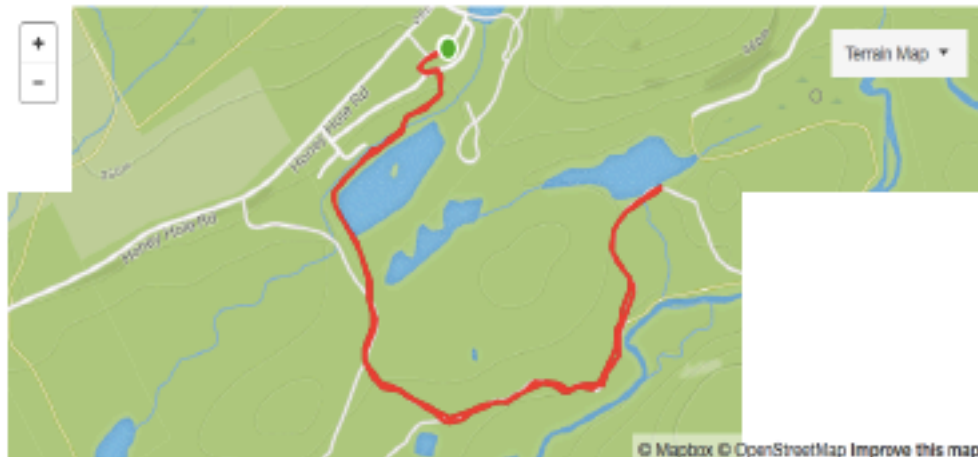
# Run Course

The 1<sup>st</sup> and 2<sup>nd</sup> Run will occur on the same course on a trail through the Nescopeck State Park. Map is shown below.

## ★ Nescopeck Duathlon Run Course

Run Segment Mountain Top, PA

4.6km 0% 321m 345m 24m  
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 36 Attempts By 20 People



# Bike Course

The 16.1 mile bike course will take place on the quiet, smooth Honeyhole Road. This road has very limited traffic and is in very good condition. Athletes will exit the park and turn right and proceed to the 1<sup>st</sup> turnaround segment. Athletes will then continue on Honeyhole Road past the park entrance until the 2<sup>nd</sup> turnaround point, closer to Route 309. From this turnaround the athletes will continue back to the park entrance where they will turn right and complete the bike course. Map on next page.

