

Cary Long Course Duathlon
March 22, 2008 – 9am Start

Arrival Time: Arrive at Thomas Brooks Park no later than 7:45 am. **EVENT START- 9:00am.** Packet Pick up line will close at 8:00 AM. If you are not in line by this time you will not be allowed to get your packet.

Packet Pick-Up: Friday (3/21) – 5:00 – 7:00pm @ Inside Out Sports in Cary, NC
Saturday (3/22) -7:00 – 8:00am @ Race Site

Non-USAT Annual Members: If you have not paid the one day \$10.00 USAT fee; be prepared to pay this at the race site.

Parking: All parking will be done in the parking lots between the soccer fields.

Winning Chip Timing: You will receive our timing chip on event morning at the Timing Chip Pick-Up Tent. All chips should be secured to you're LEFT ANKLE with the Velcro strap provided and not hidden under heavy clothing. Please review the Chip Instruction Sheet in your event packet. You are responsible for the return of your chip to the timing officials at the finish line. Failure to return your chip for any reason will result in a \$50.00 replacement fee. THERE WILL BE NO EXCEPTIONS TO THIS RULE.

- **NOTE: You must have your run number with you on race morning to pick up your timing chip.**
- **NOTE: Do not cross any timing mats between 9am-2pm on race day unless you are racing.**

Pre-Event Instructions/Meeting: A pre-race meeting will be held at the start line at 8:45 am on Saturday (3/22). This meeting will cover course logistics and race instructions. The start line is located next to the transition area.

Pick Up Your Trash: We ask you to be considerate and not throw debris on the ground during the run and bike. Littering compromises our chances of staging these races at selected venues. It also makes it difficult for staff and volunteers following the race. It will also get you DQ'd if a USAT official catches you! Please help us out and look for trash bins - there will be plenty of them scattered around the course.

Awards: Award presentation will begin immediately after the last finisher completes the race. The estimated time for the awards ceremony is 2:00 pm.

Results: Results will be posted throughout the race. Complete results will be posted on www.fsseries.com by Monday (3/24) by 9:00 pm.

Transition Area:

- All participants will have a bike rack location. Find your range of bike numbers and rack your bike. They are no specific bike rack location.
- No bike storage the night before the race.
- Participants only in the transition area.
- Only the race participant will be allowed to remove his/her bike from the transition area.
- Participants will have to run their bikes to the transition area entrance before mounting and will have to dismount at the transition area entrance upon completing the bike leg.

Run 1:

Run Course 5.0 miles—2 Loops, 2.5 miles each

Bike:

- ◆ Course map available on the Finish Strong website and will also be inserted into the race packets.
- ◆ Hard shell helmets must be worn.
- ◆ Helmets must be fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Provided bike frame numbers must be attached to the top tube of the bike near the handlebars.
- ◆ Helmet numbers that are provided must be worn on the front of the helmet.
- ◆ No headphones, earphones, or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but it is ultimately your responsibility to know the course.
- ◆ No drafting – please make sure you are at least 3 bike lengths behind the person in front of you.

BIKE QUEUE SHEET: (31.14 Miles)

1. TL Out of Thomas Brooks Park onto Green Level Road
2. TR Green Level Road West
3. TL Luther Road
4. TR 751
5. TL Hortons Pond Road
6. TL Farrington Road
7. TR US 64
8. TR Big Woods Road
9. TR Jack Bennet Road
10. TR Lystra Road
11. TR Farrington Road
12. TL Martha's Chapel Road
13. TR 751
14. TL Lewter Shop Road
15. Lewter Shop Road turns into Green Level Church Road
16. TL Thomas Brooks Park

Run 2:

Run Course 5.0 miles—2 Loops, each 2.5 miles

Relay Teams:

- Runners will tag bikers at the bike rack location.
- Bikers will tag runners at the bike rack location.

Directions to Thomas Brooks Park:

Directions

Location: Green Level Church Road between Beaver Dam Road and Green Level School Road

From Cary: Travel High House Road to Highway 55 at the intersection. Continue straight onto Green Level Road West. Travel on Green Level Road West approximately 3 miles then take a right onto Green Level Church Road. The park is approximately 2 miles on the right.

From East on I-40: Take the 440 Beltline to the US 1/64 exit. Travel on Highway 64 until the Highway 55 exit. Take Highway 55 north until it intersects with High House Road and Green Level Road West. Turn left onto Green Level Road West, travel approximately 3 miles then take a right onto Green Level Church Road. The park is approximately 2 miles on the right.

From West on I-40: Take I-40 to the Highway 55 exit. Travel south on Highway 55 until it intersects with High House Road and Green Level Road West. Turn right onto Green Level Road West, travel approximately 3 miles then take a right onto Green Level Church Road. The park is approximately 2 miles on the right.

