Hagan Stone Duathlon

3/20/2021

Rules and Changes due to COVID-19

1. No person-to-person packet pickup. Packets will be pre-bagged and numbered with athlete's race bib, shirt, medal, safety pins, and goodies. Packets will be available just outside of transition area in alphabetical order. Once you have
2. Athletes will also get temperature checked and be asked a series of COVID screening questions upon entrance to transition area. Anyone who fails these checks will be turned away from the event. Please do not attend the event if you are feeling sick.
3. All attendees are required to wear a mask covering their nose and mouth at all times, other than when they are racing. Masks must be worn at the start line and put back on as soon as you finish.
4. Please maintain 6 feet of distance between yourself and anyone not from your household at all times.
5. There will be no race day registration. Online registration will close at midnight the night before the race.
6. Results and splits will be available online immediately using your phone or computer; there will not be any Results Kiosks onsite.
7. Awards will not be distributed at the event. These will be available for pick up at Fleet Feet Greensboro for a limited time following the race or shipped upon request. Please don't hang around the finish line after you have completed the race.
8. **No spectators will be allowed.** Please make sure to follow this rule. The park will shut the entire event down if we go over our limit. If you have friends or family that want to be at the event, they are welcome to volunteer and can sign up here!
9. We will have limited food and drinks after the race for safety and to eliminate the urge to gather. All food will be prepackaged and we ask athletes to leave the area within 20 minutes of finishing.

Pre-Race Virtual Meeting

Friday: 8:00 pm – 8:30 pm via zoom

While you do not need to attend the prerace virtual meeting, it is strongly encouraged. We will go over important items, race instructions and do a quick Q and A. There will be a very limited pre-race meeting on race day. Pre-race meeting will be on Zoom (Link will be sent out on Wednesday).

Timeline Of Events

- **Schedule for Race Day – March 20th, 2021:**
- **All cars must be inside park and parked by 10:00 am. We cannot have excessive vehicle traffic during the event.**
- Race-Day Packet Pick-Up: 8:30 AM until 10:00 AM within transition area
- Race Start:
  - Wave #1: 10:00 AM
  - Wave #2: 10:15 AM
- Awards: Since we have different waves, and cannot have groups larger than 50 gathering, awards will be available for pick up at Fleet Feet Greensboro from March 22nd through April 5th. If you are not local, we will send your award by mail!

Body Marking

Athletes will receive an email with their bib numbers more than 24 hours before the race and will need to body mark themselves with a black sharpie before arriving on race day.

1. Right Calf – **Age on Dec 31, 2021** for Age Group, or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay
2. Left and Right Arm – Bib Number

Timing Tag and Bib Instructions

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snuggly against the back of the tag.

Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the **outside** of your ankle and press the Velcro to ensure a solid clasp.

- In your packet bag, you will find an orange timing tag and Velcro strap. This is how we record your splits during the race.
- You must have this fastened to your left ankle at all times during the race.
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (there will be a $20 fee for lost tags).
- Relay teams will have one tag that is passed between teammates in transition.
- **Your race bib only needs to be worn during the run portion of the race. It must be on the front of your torso, especially when you cross the finish line**

Parking

There is plenty of parking inside the park for this event. The later you arrive the further away from the transition area you will need to park. The **yellow boxes** show the majority of the parking. There are also a lot of small lots throughout the park.

The **blue box** shows the transition area and start finish area

Transition Area

The transition area will be in the field between Dogwood Ln and the old tobacco barn.

Run IN:

Bike OUT:

Bike IN:

Run OUT:

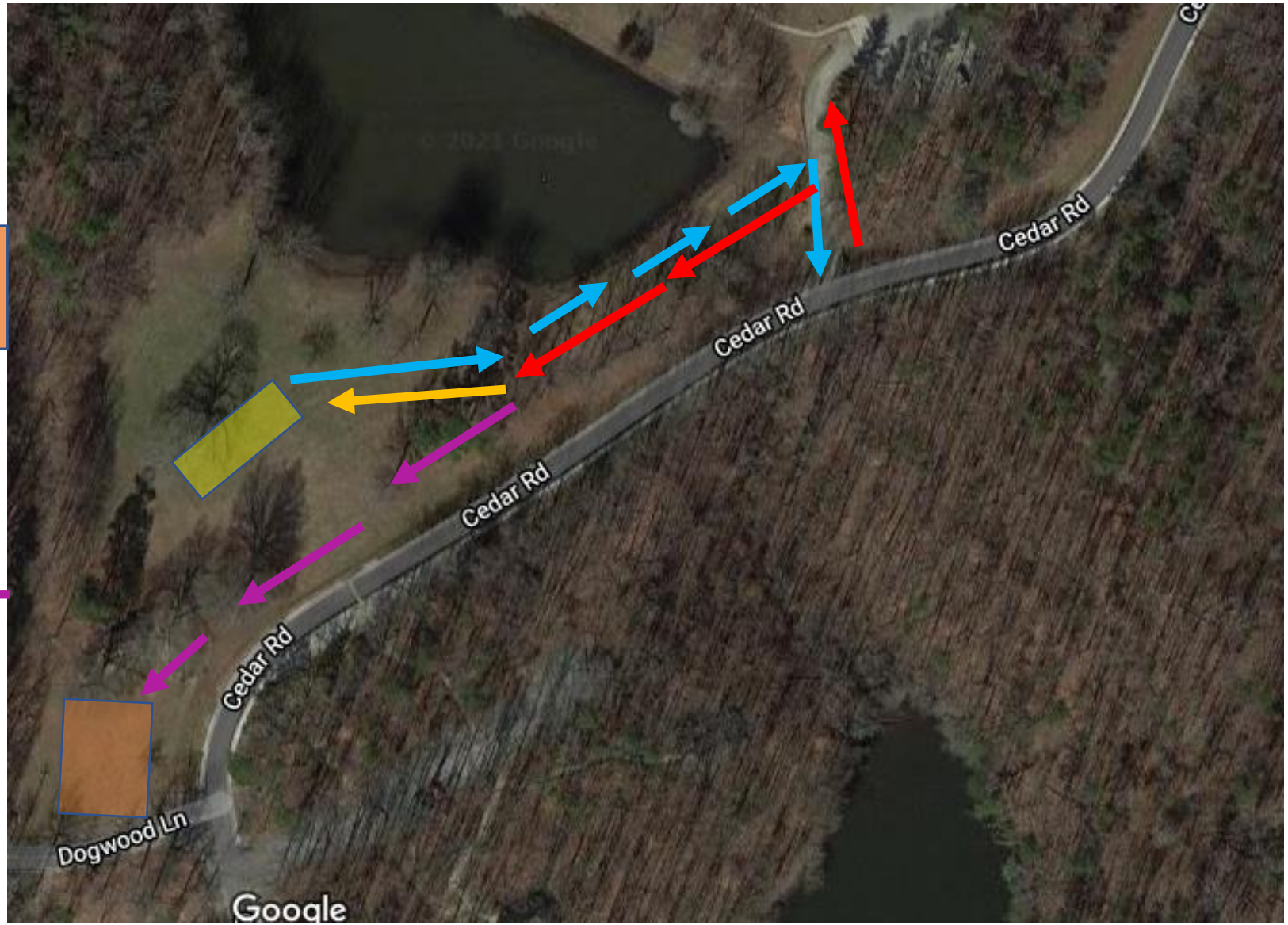
How to Rack a Bike Properly

- Take a close look at this picture. Every other bike is racked in the opposite direction with the opposite wheel on the ground. This gives everyone the most space on the rack.
- Place your bike the opposite direction of the bike next to you. Your equipment should go on the side of your bike's down wheel.
- Since we will only have 4 bikes per rack at this race, there should be ample room for everyone and their stuff.

Start and Finish Area

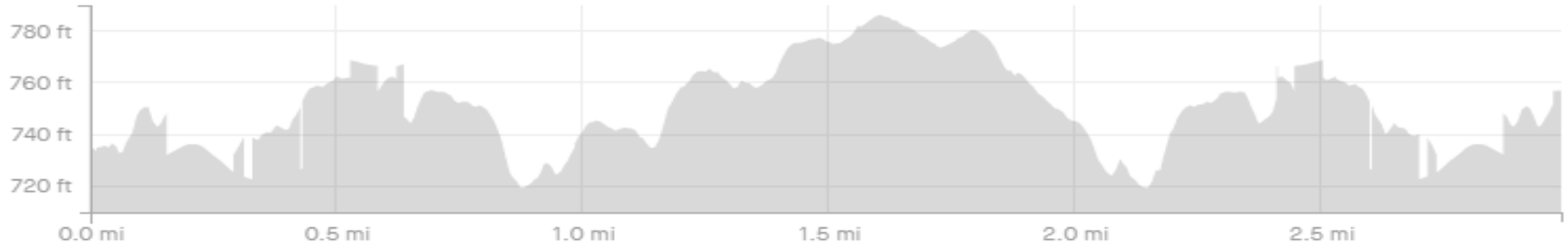
- Start and Finish
- Transition Area

- Race Start
- Run In
- End Run 1 (transition)
- End Run 2 (finish)



The Run

The run has been modified due to poor trail conditions. Instead, it will be a two loop 5k road run. As you can see there are a few very small hills on this run course. Overall, it is a pretty quick course.



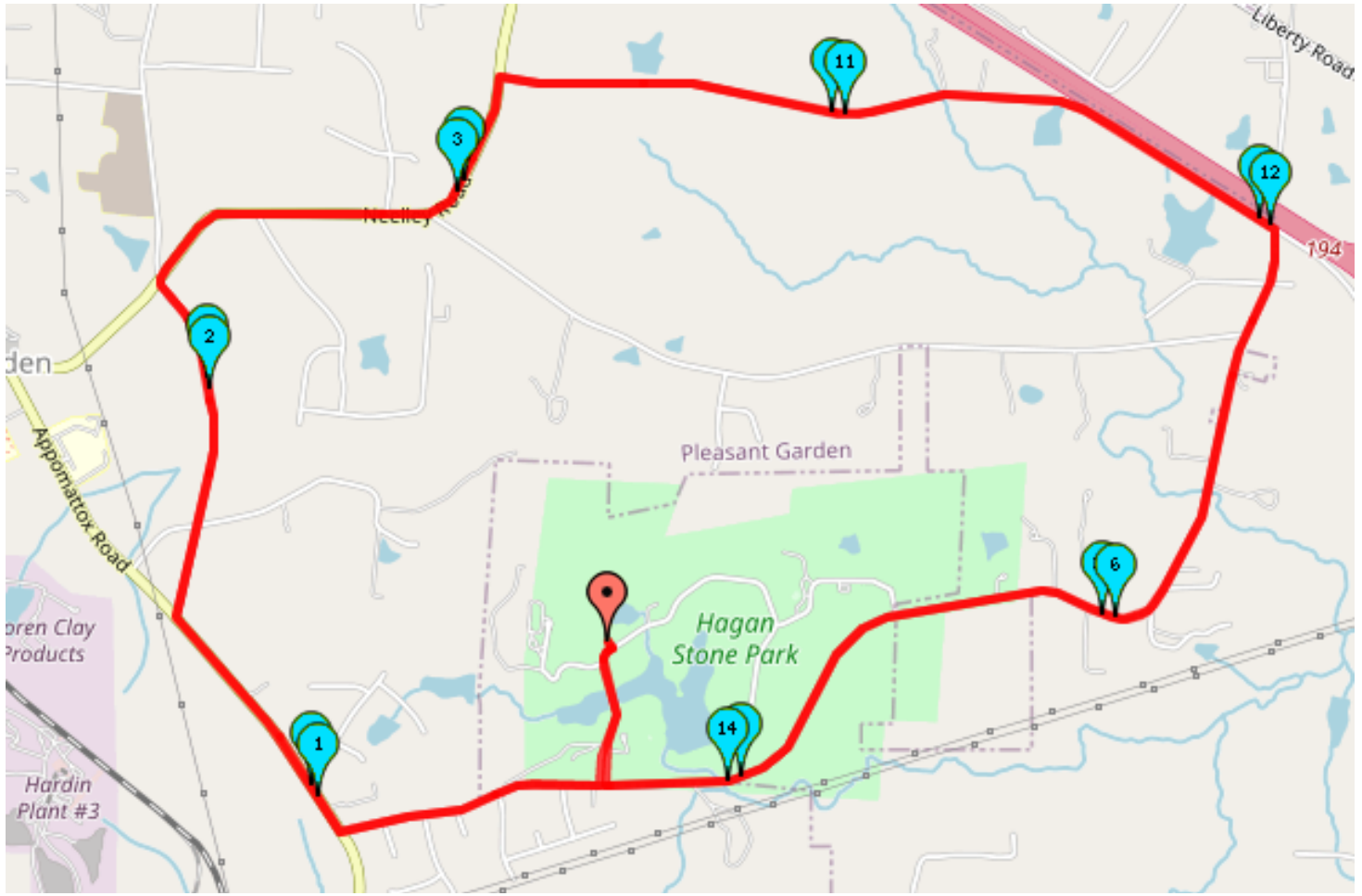
The run course will be 2 full loops on the Hagan Stone Park Rd, making a left out of the parking lot to start the first loop and making a left back into the parking lot to enter transition/finish line.

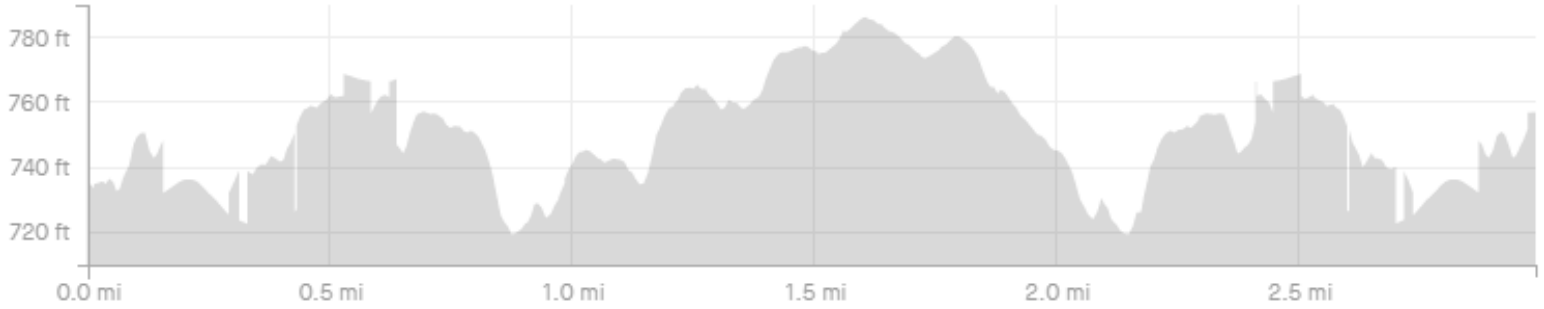
Run turn around close to transition

Run turnaround far end of course

Bike Course

Start: Transition Area
Turn right onto Hagan Stone Park Road
(this is a tight turn and you must stay within the coned lane for safety as this is a 2-lap course and other bikers will be in the outside lane going straight)
Turn Right onto Appomattox Road
Turn Right onto Alliance Church Rd.
Turn Right onto Neelley Road
Turn Right onto Minden Rd.
Turn Right onto Hagan Stone Park Road
Continue straight past park entrance to begin lap #2
Turn right onto Appomattox Rd.
Turn Right onto Alliance Church Rd.
Turn right onto Neelley Rd.
Turn right onto Minden Rd.
Turn right onto Hagan Stone Park Road
Turn right into park to finish
FINISH: Transition Area (mile 14.5)





Bike Course Signs

As you leave the park, you will see this sign reminding you to merge into the inside right lane.

As you finish the first lap on the bike, you will see these signs reminding you to go straight to start your second lap and then to turn right to finish *after* your second lap.