

4/8/13 Racer Update – Blankets Creek Dirty Duathlon and Dwelling Dash

Racers,

Thank you for registering for the Blankets Creek Dirty Duathlon and Dwelling Dash 5 Mile Trail Run, presented by Free-Flite Bicycles! We have an exciting event lined up! Several very generous sponsors have provided great swag and prizes for you and we have a full house of SORBA Woodstock Volunteers to help make your race experience a great one. Below you will find detailed information regarding pre and post-race activities.

Optional Early Check-in is from 5:00 pm to 8:00 pm on Friday, April 19th at Free-Flite Marietta (Canton Rd location). If you check in on Friday, you can sleep a little longer on Saturday morning, skip the check-in line before the race, and go straight to the transition area.

Please note if you are on a team, you do not need your teammate present to check in, but you may not pick up your teammate's race bag/number unless you bring a waiver that they have signed. A link to the race waiver is included in the email you just received.

Free-Flite Bicycles address: 2949 Canton Road, Suite 1000, Marietta, Georgia 30066

Regular Check-in is from 6:30 am to 8:00 am at the Blankets Creek Parking Lot. We will be closing down check-in promptly at 8:00, so please be on time.

If you have any teammate changes or are selling your entry to another racer, all changes need to be submitted no later than Monday, April 15th. **We will not be able to make roster changes on Friday or Saturday**, so please take care of any changes well ahead of time.

If you cannot make it to the race, you may still pick up your race bag at one of the check-ins or you may have a friend pick it up for you. No waiver needed if you are not racing as you will not be given a race number. Race bags will not be mailed – they must be picked up by a human at one of the check-ins. Entries cannot be transferred between races.

Parking

Those racers that are first to arrive on Saturday morning will be able to park in the Blankets Creek Parking Lot. Once that lot is full, the remaining racers and spectators will be directed to park at River Church, which is just north of Blankets Creek on the Left side of Sixes Road. Once the Blankets Lot fills, vehicles will not be allowed to enter, so you will not be able to drop gear off gear. Please pack accordingly so that you can easily tote your transitional gear and bike. A backpack or small duffel should hold all the items you will need for the race.

Waiver/Check-in (at Blankets Creek Parking Lot this year)

Your first stop in the check-in process is at a table with race waivers. Each racer must fill out a waiver (or bring a signed waiver with you), and any children under 18 need to have their waiver signed by a parent or guardian. If you are under 18 and your parents will not be attending the event, please ask them to sign the waiver ahead of time.

At check-in you will be given your race number(s), t-shirt and swag bag. The numbers contain timing chips, so your tyvek number needs to be pinned right side up, on your front, and on your torso. Bike numbers must be attached to the front of your bike on the handlebar

If you are competing as part of a team, the runner will receive a tyvek number that they must pin to their front, the biker will receive a bike plate that goes on the front of their bike. Since we are using timing chips, there is no need for the armband exchange, as we will be able to see exactly who is out on the course. Teams do not need to check in together, however you may pick up your teammates number/shirt/bag only if you bring a waiver that they have signed.

Transition Setup (for duathlon participants)

Once you have completed check-in, you should gather your gear and proceed to the transition area, which will be located in the Blankets Creek Parking Lot. Please use the sidewalk along Sixes Road, **do not use the cut through**. The new grass is just sprouting and the ground is still extremely soft. If it is even slightly wet, it will be a muddy mess you'll want to avoid anyways.

A volunteer will direct you where to stage your bike and gear. Solos will be in one section and teams will be in another. We will be a little tight on space in the TA, so bikes need to alternate direction on the racks to fit as many as possible (a volunteer will assist you). Each racer will have the same small amount of space so tents or chairs will not be allowed in the transition area. You may leave any gear you wish in the transition area during the race. The TA will be the only place to pick up food/drink during the race, so ensure you have food and water staged. Only registered racers will be allowed in the transition area - spectators must remain outside the transition area at all times. Race volunteers will be present in the TA at all times to keep an eye on your gear.

Dwelling Dash 5 Mile Trail Run Details

The trail run will begin at approximately 8:50 and consist of one lap of the Dwelling Trail. There are no aid stations along the course, so you will need to be self-sufficient with food and water (if needed) while racing. You are welcome to leave any pre/post-race food, drink, or gear in the Transition Area. There will be light snacks available post-race – bananas, cookies, granola bars, and fluids. The awards ceremony for the run will be at approximately 10:15 am.

Pre-Race Meeting

We will have a **mandatory pre-race meeting at 8:30 in the Blankets Creek Parking Lot**. Here you will receive detailed course instructions and will be given a chance to ask any questions you may have.

Race and Post Race Activities

All Dwelling Dash runners will start in one mass start at 8:50 am. The duathlon will have staggered starts based on category. Staging will take place in front of the transition area. The start groups will vary depending on number registered in each category (meaning we don't know exactly what they will be yet), but we do our best to keep the start groups close in size. You will have a number hand-written in black Sharpie on your race number, which denotes your start wave. If you start in the wrong wave, (and your timing chip will tell us if you do), you will be relegated to last place in your category, regardless of how fast your time was – so please listen for your correct start.

We are discouraging spectators being out on the trail. There will be a constant flow of runners and riders down the main doubletrack and we do not want any spectators to get hurt or interfere with racers in any way. Please encourage your spectators to watch the event from near the transition area.

When you complete the race and cross the finish mats, ensure that you hear a beep as you ride by. If you do not

hear a beep, that means your chip did not read. Please return to the scoring tent and ensure that the timers have recorded your number manually.

You will be able to see your finish time and category placing nearly immediately upon finishing at one of the results tablets located near the timing tent.

The awards ceremony will be approximately 2.75 hours after the final wave of racers are released to allow for the majority of racers to finish. If you picked up a raffle ticket at Free-Flite before the race, please stick around for the awards ceremony as you will need to be present to win. Prizes and medals will be presented to the top 3 in each division. You will need to be present to receive your award or make plans to pick it up after the race, as awards will not be mailed.

OTHER UPDATES:

The Bridgemill Publix will be on-site providing free hot coffee, bananas, donuts, and bagels for racers in the morning. We will also have bananas, cookies, granola bars and Orange Heed available in the transition area. Several other sponsors will have various snacks and goodies that they will be handing out, so be sure to check out the expo area. Please support the businesses that support our sport and the growth of the trail systems in the Sixes area.

Please re-read the rules on the race website, and remember, no ipods or headphones will be allowed.

The race will run **rain or shine**, so dress accordingly if the weather is less than desirable.

Thanks again for registering and we look forward to seeing you all on April 20th!