



## Participants Guide & Race Information

Event Date: Sunday, May 24<sup>th</sup>, 2009

Print this document, Read and Fully Understand.

The Participants Guide contains details that will help you come prepared for the race. Please read this Guide thoroughly. It includes important information about Safety Measures, Mandatory Pre-Race Briefing, Course Description, Rules of Participation, Packet Pick Up, Gear Check In, Parking, Schedule of Events, Race Results and More.

Please visit [www.topshelfraceproductions.com](http://www.topshelfraceproductions.com) for all Race Event details.

### SANCTIONING INFORMATION

The Swing Into Spring Duathlon is a USAT Sanctioned event. Membership in USA Triathlon or a USAT one-day permit is required for participation. More details can be found at [www.usatriathlon.org](http://www.usatriathlon.org).

### RACE VENUE

Iowa Research and Technical Park  
20500 Brady Street  
Davenport, Iowa.

### DIRECTIONS

From I-80, take Brady Street Exit (RT 61) North. Take the first right to 210<sup>th</sup> Street (F55) and go left (West) .40 miles to Brady Street. Take a left to race site.

For driving directions from your specific location, visit [www.mapquest.com](http://www.mapquest.com).

### PARKING

You may park in the Swiss Valley Farm's Lot, as well as along the parkway. No Parking will be allowed in D & D Hummer's Lot.

### COURSE DESCRIPTION and LENGTH

Run 3K Bike 17K Run 3K



### **RUN COURSE**

Each of the 3K runs are fast and flat, on an out and back course, completely inside the confines of the park. The access road inside the park is a boulevard. You will run on one side and bike on the other.

Your run number (bib) should be worn on the front.

### **BIKE COURSE**

The first part of the bike course is inside the park - then north on Y64 - turn left on Slopertown Road to 155<sup>th</sup> avenue - right traveling to LeClaire Road in Eldridge - right (east) to 1<sup>st</sup> street (Y64) South - then straight back to the park (and Transition area).

The course is primarily flat, except for the 2.5 miles on 155th avenue, which is rolling terrain. At this time of the year, the course can be windy.

Water and Gatorade will be available at the Transition Exit, Run Turnaround, Finish Line and Post Party.

All bikers must have an ANSI approved helmet to participate. Bikers without helmets will not be allowed on the course.

You must walk your bike while in transition.

Be sure your helmet is buckled in place, during the bike leg, in transition and on your bike.

No drafting allowed. Marshals will patrol the entire bike course.

### **SCHEDULE OF EVENTS**

#### Saturday, May 23rd 2009

Packet Pick Up

Saturday, May 23rd, 2009.

Packet Pick Up 1:00 - 5:00 p.m.

Healthy Habits

3441 Devils Glen Rd. Bettendorf, IA 52722

563-332-5145

Please make every effort to pick up your packet on Saturday.



## Sunday May 24th, 2009 Race Morning Information

### **Race Day Packet Pick Up**

7:00 - 8:00 a.m.

Iowa Research and Technical Park  
20500 Brady Street  
Davenport IA 52806

### **Transition Opens**

7:00 a.m.

### **Pre-race Briefing**

8:45 a.m.

### **RULES OF PARTICIPATION**

- You must attend the 8:45 a.m. pre-race briefing
- You must produce a photo ID and current USA Triathlon membership or receipt for your 1-day permit (may be purchased on-site).
- You must sign the Event Waiver and Disclaimer Form.
- You must wear ANSI, Snell or CPSC approved helmet and have it fastened whenever bike is un-racked.
- Only participants are allowed in the transition areas. No extra equipment (additional wheels, helmets, etc.) will be allowed in the transition areas.
- Use the portable toilets provided by the race.  
Anyone caught failing to do so may be disqualified and will not receive a refund.
- Do not bring pets to the event.
- The Finishing Area and Post Party are on the grounds of the Research and Technical Park; therefore No Alcohol will be permitted.

### **Race Begins**

9:00 a.m.



### **RACE RULES**

No drafting or blocking on the bike. Helmets are mandatory (See Rules of Participation). Weather permitting, the race will begin on time. If the event is cancelled for any reason on race day, there are No Refunds. Although there will be Volunteers and Event Staff on the Bike Course, it is open to local traffic. Use caution and do not be reckless.

### **Post Party Begins**

9:45 a.m.

Replace the fuel you burned with a wide variety of complimentary refreshments including: bagels, apples, oranges, bananas and cookies.

Liquid refreshments will include Gatorade, Water and various soft drinks.

### **Awards Ceremony**

11:00 a.m.

Overall Awards:      Top (3) Men  
                                 Top (3) Women.

Masters (40+):      First Place Male  
                                 First Place Female

Teams Awards:      First Place - All Male  
                                 First Place - All Female  
                                 First Place - Co-ed

Age Group Awards:	Men	Top	Women	Top
	19 & Under	(3)	19 & Under	(3)
	20-24	(3)	20-24	(3)
	25-29	(3)	25-29	(3)
	30-34	(3)	30-34	(3)
	35-39	(3)	35-39	(3)
	45-49	(3)	45-49	(3)
	50-54	(3)	50-54	(3)
	55-59	(3)	55-59	(3)
	60+	(3)	60+	(3)



### CHIP TIMING

The race will be chip timed.

Chip Distribution take place on Race Morning. Signage and Event Staff will direct you to the Chip Distribution Tent.

A chip timing device must be attached to each participant's ankle with a strap (provided). The chip interacts with sensor mats placed at key race areas, to record each individual's exact time and place, at those intervals.

Volunteers will be on hand at the finish line to collect chips. However each participant is responsible for the return of his or her chip.

**A \$30 charge will be assessed if the ChampionChip® is not returned.**

### RESULTS

Race results will be printed & posted (at the finishing area) and soon as reasonably possible. Additionally, results will be uploaded to [www.topshelfraceproductions.com](http://www.topshelfraceproductions.com) - link to Swing Into Spring Duathlon / Results.

### VOLUNTEERS

If you have family or friends coming with you who may be interested in volunteering, please have them contact Amy Castro @ 563.343.7129.

Volunteers will receive a FREE T-shirt and access to the Post Race Party, food and beverages.

### CONTACT INFORMATION AND ADDITIONAL QUESTIONS

Contact: Jeff Castro

Ph: 563.343.7129

Email: [kbug@qconline.com](mailto:kbug@qconline.com)

[www.topshelfraceproductions.com](http://www.topshelfraceproductions.com)

### LODGING OPTIONS

Excel Inn  
6310 North Brady Street  
Davenport IA  
563.386.6350

Best Western Steeplegate  
100 West 76<sup>th</sup> Street  
Davenport IA  
563.386.6900

Heartland Inn  
6605 Brady Street  
Davenport IA  
563.386.8336

### CAMPING

Available at Scott County Park  
319.285.9656