

Bridge City Duathlon 2007

Long Course

Participant Instructions

Congratulations! You are officially registered as a participant in the 2007 Bridge City Duathlon Long Course Event on Sunday, April 22, 2007. We know you'll have loads of fun. However, just to make sure, here are some tips and suggestions to ensure that you, too, cross the finish line with a big smile on your face:

1. Check-In and Transition Set-Up begins at 8:00 am and closes promptly at 9:30am. Only registered participants will be allowed in the transition area, so be prepared to flash your race number (nothing else, please!) at the big, burly volunteers who will control access to the transition zone. Make sure you have registered and set-up in transition by the 9:30am cut-off time!

2. When you set-up your bike in transition, and if you have a cycle computer on your bike, make sure you reset the Trip Distance to ZERO. This will help you make sure that you do the correct number of laps (3) to complete the bike distance (20km). We will not have anyone on course counting bike laps – we are relying on the participants displaying good sportsmanship, having good memories and a good working knowledge of their bike computers (too much to ask?). Just remember...20km = 3 laps.

3. All Participants must attend the Pre-Race meeting which will be held from 9:30am – 9:45am at the Check-In area. You will be advised of the exact location when you check-in.

4. Be prepared to roll-up your sleeves and pant legs. We will need to write your race number on your legs and arms so that we can record your race time. You'll also need this number to show those nasty transition security guards – remember them?

5. Each participant will also receive a “paper” race number which is to be pinned to the front of your shirt in such a manner that it is visible to race course volunteers when you are on your bike and running. We will provide you with your race number, and pins, when you check-in.

6. Keep smiling!

7. On the run course, you will run/walk on the left side of the path (this is opposite of what you are used to). The run path is narrow so we ask that you not run or walk side-by-side, except when passing. You will do two (2) complete laps of the run course when you start the race, and two (2) complete laps after you finish biking. Remember, for the Long Course Run, 2 Laps = 3km.

8. When you transition from Running to Cycling, the first thing you must do is put your helmet on and fasten it. Then you can unrack your bike. You are not allowed to ride your bike in the transition area – it must be walked/run to the Mount Line. These rules are strictly enforced in the transition area ...remember those toothless transition area thugs (security guards)?

9. Cycle with caution and courtesy. We will have one lane of the road closed to vehicle traffic – the Northbound lane of Spadina Crescent (lane closest to the river). There will be many volunteers on course directing bike traffic. There will still be southbound vehicle traffic in the lane beside the course. Stay to the right of the course, except when passing another participant. Pass on the left only. Before pulling out to pass,

shoulder check to make sure there is not a cyclist bearing down on you from behind and ready to pass. Do not go outside the pylons or cross-over the solid shoulder line marked on the pavement.

10. If you get the chance (and the breath!), please thank the volunteers for giving up their day to help the participants have a safe & fun event. It really is true that these events would not take place were it not for all of the people who so generously donate their time.

11. Keep smiling!

12. Sprinting for the finish line is fun and exciting for spectators and participants alike. However, please be careful, watch your footing and make sure you don't mow down a 2-year-old out to watch her daddy in your personal quest for "gold". Gold? What gold? We have no gold at the Bridge City Duathlon. We have something even better...

13. Cookies! After the race, there will be treats and drinks for all participants. The food will be set-up near the check-in area.

14. The Bridge City Duathlon Sprint Event begins at 11:00am. Many of the participants in the Sprint event will have been watching your race, cheering you on. Consider sticking around for their event and returning the favor.

15. When claiming your bike and gear from the transition area, the transition area ex-cons will allow you into the area when it will not interfere with a Duathlon event participant transitioning in/out. When you are walking your bike through the general race area, and across the streets, please be mindful of the fact that there may still be in a Duathlon event in progress.

16. This event is planned so that it is very spectator friendly. And, with 3 laps on the bike, and 2 laps for each leg of the run, your friends and family will get ample opportunity to cheer you on. Ask everyone you know to come out and watch and cheer. Noisemakers, drums, signs ("Go Mom" and "Go Dad" are very popular) and ghetto blasters playing inspiring, rousing music are encouraged.

17. Last, but not least, your chance to win big at the Bridge City Duathlon. Once the Long Course event begins, we will draw for door prizes from the names of all Bridge City Duathlon 2007 Participants. You must claim your prize by 3:00pm. Prizes will be located beside the food and beverage table. If your prize is unclaimed, it will be given to one of the wonderful volunteers.

Bridge City Duathlon 2007

Sprint Event

Participant Instructions

Congratulations! You are officially registered as a participant in the 2007 Bridge City Duathlon Sprint Event on Sunday, April 22, 2007. We know you'll have loads of fun. However, just to make sure, here are some tips and suggestions to ensure that you, too, cross the finish line with a big smile on your face:

1. Check-In and Transition Set-Up begins at 8:00am and closes promptly at 9:30am. Only registered participants will be allowed in the transition area, so be prepared to flash your race number (nothing else, please!) at the big, burly volunteers who will control access to the transition zone. Make sure you have registered and set-up in transition by the 9:30am cut-off time!

2. When you set-up your bike in transition, and if you have a cycle computer on your bike, make sure you reset the Trip Distance to ZERO. This will help you make sure that you do the correct number of laps (3) to complete the bike distance (10km). We will not have anyone on course counting bike laps – we are relying on the participants displaying good sportsmanship, having good memories and a good working knowledge of their bike computers (too much to ask?). Just remember... 10km = 3 laps.

3. All Participants must attend the Pre-Race meeting which will be held from 9:30am – 9:45am, near the Check-In area. You will be advised of the exact location when you check-in.

4. Be prepared to roll-up your sleeves and pant legs. We will need to write your race number on your legs and arms so that we can record your race time. You'll also need this number to show those nasty transition security guards – remember them?

5. Each participant will also receive a “paper” race number which is to be pinned to the front of your shirt in such a manner that it is visible to race course volunteers when you are on your bike and running. We will provide you with your race number, and pins, when you check-in.

6. Keep smiling!

7. Sprint Event participants may leave the race area once the Pre-Race Meeting is completed. However, we ask that you return to the race area by about 11:30am to get ready for your event, which will begin promptly at 12:00pm. We strongly encourage you to stick around and watch the Long Course event – we anticipate some exciting competition! And the participants reeeeeeeally appreciate the cheering.

8. On the Run Course, you will run/walk on the left side of the trail (this is the opposite of what you are used to). The run path is narrow, so we ask that you not walk or run side-by-side, except when passing. You will do two (2) complete laps of the run course when you start the race, and two (2) more laps after you finish biking. Remember... 2 laps of the Sprint Event Run Course = 1.5km

9. When you transition from Running to Cycling, the first thing you must do is put your helmet on and fasten it. Then you can unrack your bike. You are not allowed to ride your bike in the transition area – it must be walked/run to the Mount Line. These rules are strictly enforced in the transition area ... remember those toothless transition area thugs (security guards)?

10. Cycle with caution and courtesy. We will have one lane of the road closed to vehicle traffic - the Northbound lane of Spadina Crescent (lane closest to the river). There will be many volunteers on course directing bike traffic. There will still be southbound vehicle traffic in the lane beside the course. Stay to the right of the course, except when passing another participant. Pass on the left, only. Before pulling out to pass, shoulder check to make sure there is not a cyclist bearing down on you from behind and ready to pass. Do not go outside the pylons or cross-over the solid shoulder line marked on the pavement.

11. If you get the chance (and the breath!), please thank the volunteers for giving up their day to help the participants have a safe & fun event. It really is true that these events would not take place were it not for all of the people who so generously donate their time.

12. Keep smiling!

13. Sprinting for the finish line is fun and exciting for spectators and participants alike. However, please be careful, watch your footing and make sure you don't mow down a 2-year-old out to watch her daddy in your personal quest for "gold". Gold? What gold? We have no gold at the Bridge City Duathlon. We have something even better...

14. Cookies! After the race, there will be treats and drinks for all participants. The food will be set-up near the check-in area.

15. When claiming your bike and gear from the transition area, the transition area ex-cons will allow you into the area when it will not interfere with a Duathlon event participant transitioning in/out. It would be greatly appreciated if you could wait until all Sprint Event participants have completed the bike course before you collect your belongings.

16. This event is planned so that it is very spectator friendly. Ask everyone you know to come out and watch and cheer. Noisemakers, drums, signs ("Go Mom" and "Go Dad" are very popular) and ghetto blasters playing inspiring, rousing music are encouraged.

17. Last, but not least, your chance to win big at the Bridge City Duathlon. Once the Long Course event begins, we will draw for door prizes from the names of all Bridge City Duathlon 2007 participants. You must claim your prize by 3:00p.m. The Prizes will be located right beside the food & drink table. If your prize is unclaimed, it will be given to one of the wonderful volunteers.

Bridge City Duathlon 2007 Youth Sprint Event Participant Instructions

Congratulations! You are officially registered as a participant in the 2007 Bridge City Duathlon Sprint Event on Sunday, April 22, 2007. We know you'll have loads of fun. However, just to make sure, here are some tips and suggestions to ensure that you, too, cross the finish line with a big smile on your face:

1. Check-In and Transition Set-Up begins at 8:00am and closes promptly at 9:30am. Only registered participants will be allowed in the transition area, so be prepared to flash your race number (nothing else, please!) at the big, burly volunteers who will control access to the transition zone. Make sure you have registered and set-up in transition by the 9:30am cut-off time!

2. When you set-up your bike in transition, and if you have a cycle computer on your bike, make sure you reset the Trip Distance to ZERO. This will help you make sure that you do the correct number of laps (3) to complete the bike distance (10km). We will not have anyone on course counting bike laps – we are relying on the participants displaying good sportsmanship, having good memories and a good working knowledge of their bike computers (too much to ask?). Just remember... 10km = 3 laps.

3. All Participants must attend the Pre-Race meeting which will be held from 9:30am – 9:45am, near the Check-In area. You will be advised of the exact location when you check-in.

4. Be prepared to roll-up your sleeves and pant legs. We will need to write your race number on your legs and arms so that we can record your race time. You'll also need this number to show those nasty transition security guards – remember them?

5. Each participant will also receive a “paper” race number which is to be pinned to the front of your shirt in such a manner that it is visible to race course volunteers when you are on your bike and running. We will provide you with your race number, and pins, when you check-in.

6. Keep smiling!

7. Youth Sprint Event participants may leave the race area once the Pre-Race Meeting is completed. However, we ask that you return to the race area by about 10:30am to get ready for your event, which will begin promptly at 11:00am. We strongly encourage you to stick around and watch the Long Course event – we anticipate some exciting competition! And the participants reeeeeeeally appreciate the cheering.

8. On the Run Course, you will run/walk on the left side of the trail (this is the opposite of what you are used to). The run path is narrow, so we ask that you not walk or run side-by-side, except when passing. You will do two (2) complete laps of the run course when you start the race, and two (2) more laps after you finish biking. Remember... 2 laps of the Sprint Event Run Course = 1.5km

9. When you transition from Running to Cycling, the first thing you must do is put your helmet on and fasten it. Then you can unrack your bike. You are not allowed to ride your bike in the transition area – it must be walked/run to the Mount Line. These rules are strictly enforced in the transition area ... remember those toothless transition area thugs (security guards)?

10. Cycle with caution and courtesy. We will have one lane of the road closed to vehicle traffic - the Northbound lane of Spadina Crescent (lane closest to the river). There will be many volunteers on course directing bike traffic. There will still be southbound vehicle traffic in the lane beside the course. Stay to the right of the course, except when passing another participant. Pass on the left, only. Before pulling out to pass, shoulder check to make sure there is not a cyclist bearing down on you from behind and ready to pass. Do not go outside the pylons or cross-over the solid shoulder line marked on the pavement.

11. If you get the chance (and the breath!), please thank the volunteers for giving up their day to help the participants have a safe & fun event. It really is true that these events would not take place were it not for all of the people who so generously donate their time.

12. Keep smiling!

13. Sprinting for the finish line is fun and exciting for spectators and participants alike. However, please be careful, watch your footing and make sure you don't mow down a 2-year-old out to watch her daddy in your personal quest for "gold". Gold? What gold? We have no gold at the Bridge City Duathlon. We have something even better...

14. Cookies! After the race, there will be treats and drinks for all participants. The food will be set-up near the check-in area.

15. When claiming your bike and gear from the transition area, the transition area ex-cons will allow you into the area when it will not interfere with a Duathlon event participant transitioning in/out. It would be greatly appreciated if you could wait until all Sprint Event participants have completed the bike course before you collect your belongings.

16. This event is planned so that it is very spectator friendly. Ask everyone you know to come out and watch and cheer. Noisemakers, drums, signs ("Go Mom" and "Go Dad" are very popular) and ghetto blasters playing inspiring, rousing music are encouraged.

17. Last, but not least, your chance to win big at the Bridge City Duathlon. Once the Long Course event begins, we will draw for door prizes from the names of all Bridge City Duathlon 2007 participants. You must claim your prize by 3:00p.m. The Prizes will be located right beside the food & drink table. If your prize is unclaimed, it will be given to one of the wonderful volunteers.

Counting down the days till April 22...

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