

# Big Sky Duathlon

April 13, 2014

Conveniently located at



# 2014 Big Sky Duathlon Athlete Guide

Welcome to the all new Big Sky Duathlon, at Dick's Sporting Goods Park! We are excited to bring you a fast and fun race to kick off the Colorado multisport season.

Our new course at Dick's is very spectator-friendly, giving your fans the opportunity to catch you at the start, finish, and at six other spots along the course, all within a short walk of transition.

Dick's is also very easy to get to from anywhere on the Front Range. Please be sure to follow the driving and parking directions included in this Athlete Guide for easy access to parking and transition.

Inside this guide, you'll find:

- A Race Schedule & Wave Assignments
- Information on Free Race Photos
- Directions and Parking Information
- Course Information
- Packet Pickup Info
- Spectator Guide
- Awards and Duathlon Series Points Information

Thanks for being a part of the all new Big Sky Duathlon! We look forward to seeing you on Sunday.

Darrin, Jill, and the Racing Underground Crew!



**RUDY PROJECT**  
Technically Cool

**ELEVATE YOUR PERFORMANCE**

RYDON

+

WINGSPAN

#1 HELMET AT KONA  
3 YEARS IN A ROW!  
Best Aero Helmet -  
Triathlete Magazine

GET UP TO A  
**\$525 VALUE FOR \$295!**

Visit the [RacingUnderground.com](http://RacingUnderground.com) Sponsor Deals Page for Details on this Great Deal from Rudy Project!!!



## Schedule of Events

7:00am - Transition & Packet Pickup Open  
8:45am - Pre-Race Briefing in Transition  
8:50am - Transition Closes  
9:00am - First Wave of Duathlon  
10:00am - Pancake Breakfast Opens  
11:00am - \*Awards Presentation & Random Drawing

*\*Awards time may be adjusted based on number of athletes on course*

## Wave Assignments & Start Times

9:00am Wave-1: Elite Men; Men Age 16-44  
9:05am Wave-2: Men 15 & Under; Men 45-59; Clydesdale  
Male Fat Tire  
9:10am Wave-3: Elite Women; Women Age 39 & Under  
Men Age 60+; Female Fat Tire; All Relays  
9:15am Wave-4: Women Age 40+; Athena

## Packet Pickup

Packet Pickup opens at 7:00am, under the red and black Racing Underground tents immediately adjacent to transition.

***A Photo ID is required in order to pick up your packet.***  
The Big Sky Duathlon is a USA Triathlon sanctioned event, and USAT requires that all participants pick up their own packet. Friends or family members cannot pick up your packet for you. If you do not have a photo ID, you will not be allowed to race. Double-check that you have your ID with you before you leave home on Sunday!

If you are an annual member of USA Triathlon, you must also present your valid USAT card in order to pick up your packet. If you forget your card, or it has expired, you must pay the \$12 one-day fee in order to pick up your packet on race morning. This is the first race of the season for most of you, so now is the time to get in the habit of carrying your USAT card with you!

If you are not an annual member of USAT, then most likely, you paid for your \$12 one-day license when you registered for the race.

Please check your status on the race website. An entry list with USAT status and other pertinent information will be posted on Thursday morning. Any corrections should be emailed to us prior to race day to ensure a smooth race for everyone!



**YOUR SOURCE FOR  
KNOWLEDGE, SERVICE,  
AND ALL THINGS TRI.**

**EXCEL SPORTS.COM**  
**1.800.627.6664**

2045 32nd Street, Boulder



Your racer packet will contain a bib number, a bike frame number, a helmet sticker, and a timing chip on a soft neoprene strap.

- **Bib Number:** Must be worn visibly on your FRONT during both running portions of the race.
- **Bike Frame Number:** Should be attached to either your top tube or seat post so that it is visible while you are riding .
- **Helmet Sticker:** Should be affixed to the FRONT of your helmet, so that it is visible from the front.
- **Timing Chip:** Comes on a comfortable neoprene and velcro strap. Please wear this on your LEFT ANKLE. Fasten the velcro so that it is snug, but loose enough that you can fit a finger or two between the strap and your ankle. DO NOT cut the strap, or you will be charged the \$15 replacement cost for the strap. Chips must be turned in at the finish line, or you will be charged the chip replacement cost of \$35.

### Goody Bag & Race Shirt

All participants will receive a racer goody bag and a race shirt at packet pickup. You will be given the shirt size you requested during registration, however if you would like to exchange your shirt for a different size, please bring it to the registration tent after you finish and you can exchange it for another size if available.

### Pancake Breakfast!!!

Following the race, we will be serving up a hot and tasty Pancake Breakfast, complete with sausage and drinks! Pancakes and sausage are free for race participants.

*If your spectators would like to order a breakfast, they must do so ahead of time, as no additional breakfasts will be available for purchase on race morning.* Tickets will be available for purchase until midnight on Friday.

To purchase a Pancake Breakfast for your fans, simply go to the Big Sky race website, and click the link under the “Post Race” tab. Breakfast is just \$5.50 per person.

### Random Prize Drawing

We will hold a random prize drawing following our awards presentation! All participants are eligible to win great merchandise and gift certificates from Rudy Project, the Boulder Running Company, Koobi bike saddles, and more!

### Awards Presentation

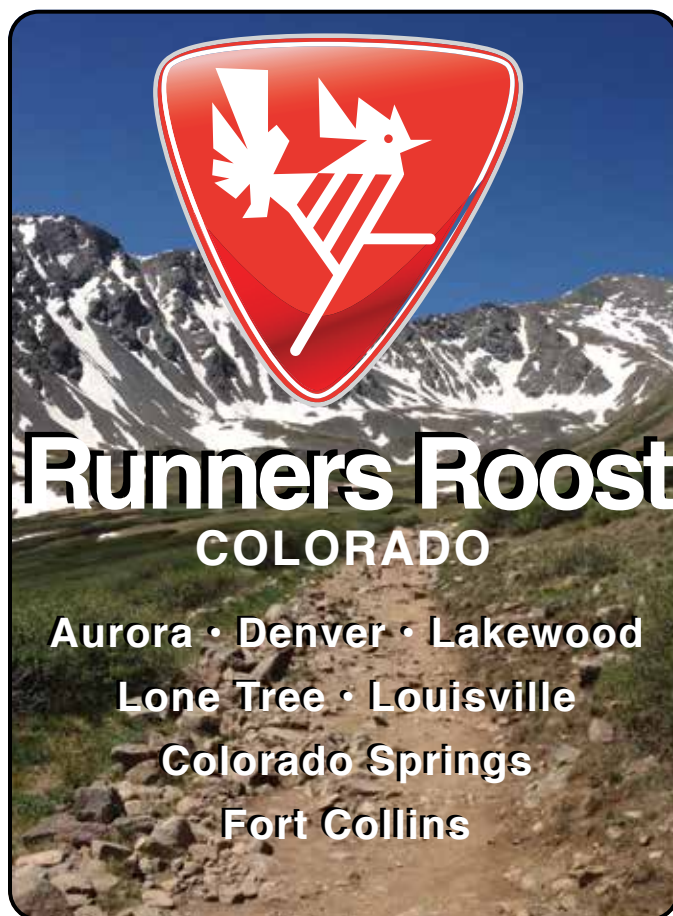
Following the race, we will be presenting awards to the top overall finishers and the top finishers in each race division!

Merchandise Awards will be presented to the top-3 male and female overall finishers.

In addition, awards will be presented to the top three finishers in each individual race division - including a pair of Colorado Rapids tickets to the winner in each age division or individual category. Categories are male and female 13 & under, 14-15, 16-19, 20-24 and each subsequent 5 year age group. We also present awards in Clydesdale and Athena categories and male and female Fat Tire divisions.

Relay awards will be presented to the first place team in male, female, and coed categories.

If you cannot stick around to pick up your award, you may have a friend pick up for you. Awards will be held for 2 weeks following the event and can be mailed for \$10. Awards that go unclaimed for 2 weeks will be discarded.



## Free Race Photo Downloads

Your race entry includes free downloads of your hi-resolution race photos at SkiPix.com!

SkiPix is Colorado's leader in event photography, and their professional photographers will be on site throughout the event capturing photos of you running and biking.

*Free Photo Downloads from SkiPix is offered Exclusively at Racing Underground Events, and is available for a limited time following each event.*

Photos will be posted and searchable by bib number on the SkiPix website no later than 10am on Wednesday April 16th. Photos will be available for free download until 11:59pm on Friday April 25th. You may also purchase photo products such as prints, magnets, and faux-magazine covers during that time.

After April 25th, all photo downloads and photo products will remain available for purchase from SkiPix.com at their regular pricing.

## Race Results

Race Results will be posted on the white race trailer near the finish line throughout the morning. Searchable results will be posted online following the race. A link will be posted on the Big Sky Duathlon race website.

The online results page will include a link to your printable finisher certificate, and options to post your results to your Facebook page or to email them to friends and

family.

Finisher video will be posted to the results page the day after the race, with a link to footage of your personal finish (weather permitting).

You will also be able to click through to the SkiPix race photos website from the results page.



# Get your 2014 Race Photos for

# FREE

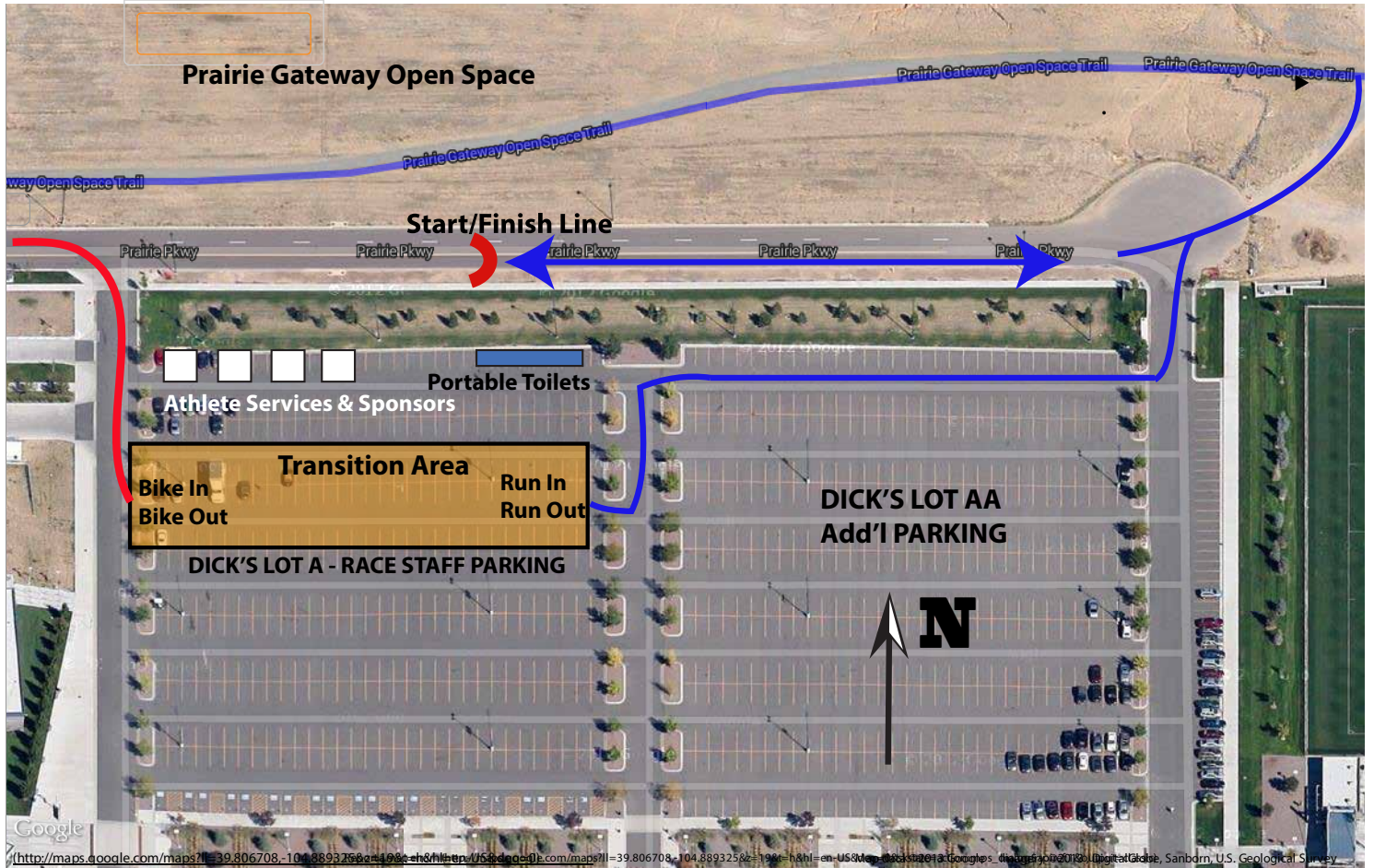


## Exclusively at Racing Underground Owned Events\*

*\*All Racing Underground Events are displayed on the front page event grid at*  
**www.RacingUnderground.com**



# Big Sky Duathlon • Staging Area Map



The Big Sky Duathlon transition area is located in Parking Lot A at Dick's Sporting Goods Park. Athlete check-in, and post race activities all take place immediately adjacent to transition, and the race start/finish lines are just north of Lot-A on Prairie Parkway.

The transition area will be fenced in, with inflatable arches designating the Run-In/Run-Out end and the Bike-In/Bike-Out end.

Transition is open to athletes, only. For security purposes, friends, family, and spectators are not allowed inside transition.

You may not ride your bike in transition - bikes must be run or walked to a mount/dismount line just outside the transition area, near the Bike-in/Bike-out arch.

Please remember, a helmet is required while on the bike. Your helmet must be on your head and buckled from the time you mount your bike outside transition until you dismount your bike upon returning to transition.

## Directions and Parking

Race parking will take place in lots A and AA at Dick's Sporting Goods Park. Dick's is conveniently located just minutes from the I-25 and I-70 interchange in Denver, at 6000 Victory Way in Commerce City 80022.

From I-70 or I-270, exit at Quebec. Drive north on Quebec to 60th Ave. Turn east on 60th into Dick's Sporting Goods Park and follow signs to parking in the far north east lots A or AA.

Please be aware - after 7:00am, roads within and around Dick's will start being closed in preparation for the race. Please enter Dick's from Quebec via 60th, and follow signs to parking.

Please do not park in any lots, other than A and AA. These lots have been designated for use for our event, and will provide much more parking than we will need for the race. They are also the closest lots to the start, finish, and transition.

## Lost & Found

Lost and found items can be dropped off and claimed at the timing tent, adjacent to the finish line on Prairie Parkway.

### Race Rules

- **Helmets:** You must wear an approved bicycle helmet, and it must be buckled whenever you are on the bike
- **Handlebar Plugs:** All bike handlebars must have end-plugs in the bar ends (no open hole showing). If your bike does not have plugs in the end of the handlebars, we will have some available on race morning for \$1.
- **No Riding in Transition:** No riding will be allowed in transition. You must run or walk your bike to the Mount/Dismount line immediately outside of transition, and you must dismount your bike at the same point at the conclusion of your ride and run or walk your bike to your spot on the bike racks.
- **iPods & Headphones:** These are not allowed during any portion of the race. You will be disqualified if you are spotted using headphones during the race.
- **Drafting:** You must leave at least 3 bike lengths between your front wheel and the rear wheel of the bike ahead of you. Side by side riding is also prohibited. If you would like to pass, you have 20 seconds to move into the passing zone and get your front wheel ahead of the front wheel of the rider you are passing. At that point, the passed rider must drop back.
- **Blocking:** Simple - keep right except to pass. All passing must be done on the left. After you complete your pass, move back to the right side of the road. It is polite to announce, "On your left" when you begin your pass.
- **Complete the Course:** Remember - the bike course at the Big Sky Duathlon is 3 laps. If you do not complete all three laps, you will be disqualified.

### Mile High Duathlon Series

The Mile High Duathlon Series is a 3-race spring series which celebrates its 15th season in 2014. Other races in the series are the West Side Duathlon on April 27th in Arvada and the Barkin' Dog Duathlon on May 10th at Cherry Creek State Park in Denver.

Participants can do one, two, or all three races. A series point standings is kept through the three race series, and the top point winners in each division win a series championship plaque and a gift certificate from series sponsor Excel Sports.

## Course Description

The Big Sky Duathlon is a run-bike-run event. The race opens with a beautiful 4k run on a wide, well maintained dirt trail through Prairie Gateway Open Space.

Next comes a 12 mile bike ride on a course that is closed to vehicular traffic. The bike route is a flat and fast 3-lap course, that is great for spectators!

Following the bike ride, athletes will complete another lap of the 4k run course - this time in the opposite direction, ending at the finish arch on Prairie Parkway.

For maps and additional course details, visit the race website at [www.RacingUnderground.com](http://www.RacingUnderground.com)

### Spectators

The new Big Sky Duathlon course at Dick's Sporting Goods Park is the best multisport spectator venue in Colorado! Here is a quick guide so you will know where to go and when.

First - be sure to stop by the finish area and pick up a loaner cowbell. These are free to use for the morning - we just ask that you return it before you leave so that we can loan them out at the next race!

Watch the race start, then immediately walk west to the first light pole to see your runner go by on the dirt path as it comes close to the road. It will only take your runner a minute or two to get there, so hustle!

Next, walk west on the sidewalk along Prairie Parkway to the intersection with Victory Way. Be careful crossing the bike course - we don't want to see any spectator vs. cyclist collisions. It shouldn't take more than a couple of minutes to get there. Your athlete will pass this spot several times on the bike. Be sure to yell loudly!

After your cyclist passes the final time, head back to the finish line. You can yell for your runner when you see him on the dirt trail, then minutes later you can give him a hug at the finish line!!!

# Rocky Mountain Arsenal

## *National Wildlife Refuge*



### **Rocky Mountain Arsenal National Wildlife Refuge**

Race day will be fun, but before you leave you should take advantage of a free tour of the Rocky Mountain Arsenal National Wildlife Refuge (RMA).

You will pass right in front of the RMA entrance on each lap of the run course - yes, it is right there!!!

The RMA is home to a herd of bison, as well as lots of other area wildlife. The RMA also has an interesting visitor center that is well worth checking out.

The Refuge is open from 6am until 6pm, and the visitor center will be open from 9am until 4pm on race day.

Explore the Refuge on your own by taking the self-guided 9-mile Wildlife Drive auto tour that navigates through the bison pasture, grasslands, wetlands and woodlands (no bicycles allowed). The Wildlife Drive is open 7 days a week from 6:00 am – 6:00 pm (closed on Federal holidays). It's a great way to access additional hiking trails, go birding and photograph the Refuge.

To begin the Drive, follow the signs after entering the Refuge. A car symbol and arrow will guide you along the way. Please be sure to pick up a Wildlife Drive/Trail Map at the Visitor Center parking lot kiosk, inside the Visitor Center or at the Wildlife Drive kiosk. Be sure to read the rules and regulations before beginning your tour. Along the route there are two parking areas with trail access. A small portion of the drive is on gravel road.