



2021 Level Pebble Spring Sprint Triathlon/Duathlon



Saturday, August 21, 2021

DISTANCES:

Triathlon: 300 yd swim, 12.4 mi bike, 3.1 mi run

Duathlon: 1.5mi run, 12.4 mi bike, 3.1 mi run

SCHEDULE:

- 7:00 am** Packet Pickup, transition area opens, body marking.
- 7:45 am** Transition closes; pre-race athlete meeting
- 8:00 am** Duathlon (time trial) start
- 8:03 am** Triathlon (time trial) start

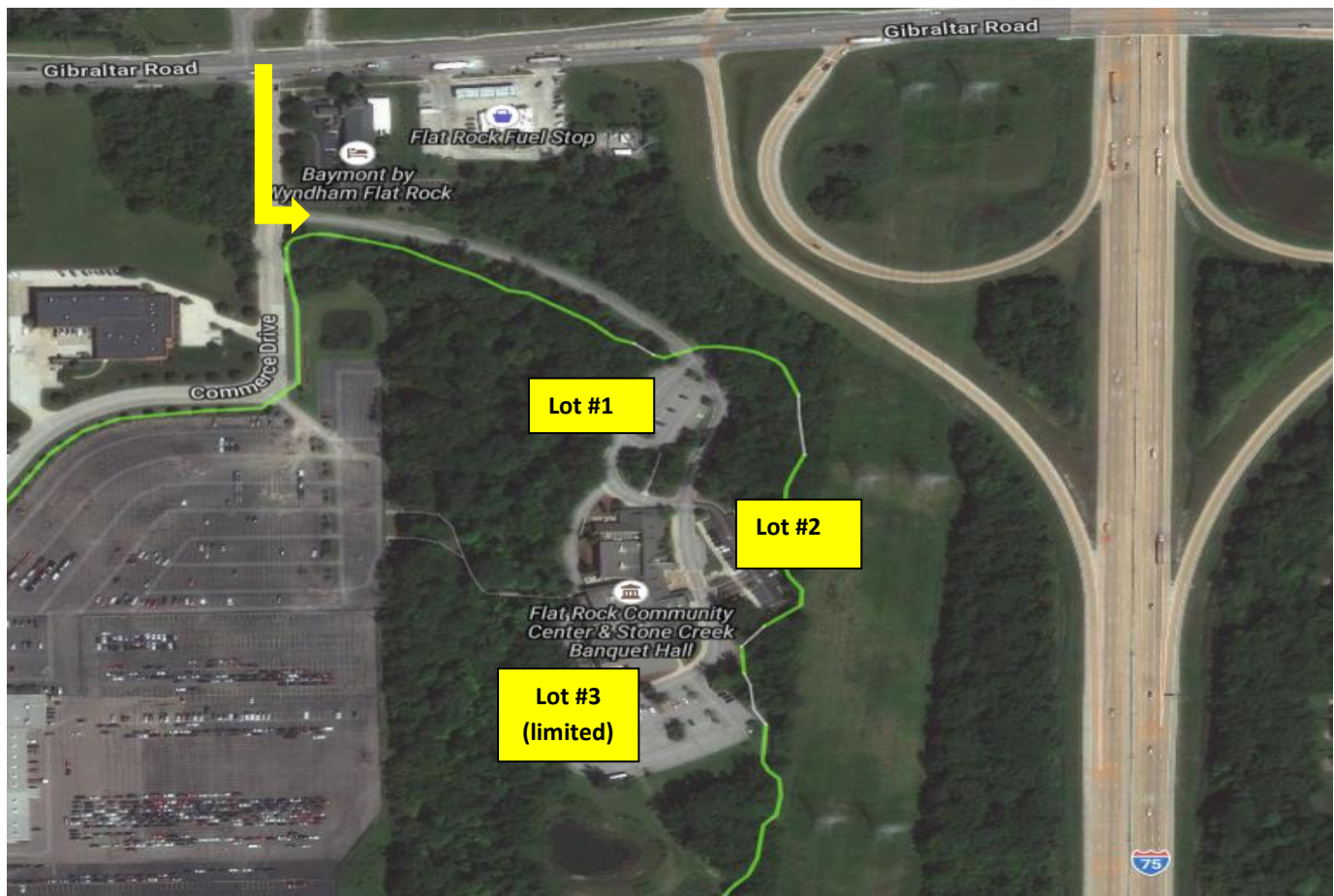


FINISHER AWARDS: ALL race participants will receive an award after crossing the finish line.

TIMING: Each race participant will be officially timed including all run, bike, and transition splits.
Results will be posted on <https://levelpebbletri.weebly.com/> and webscorer.com

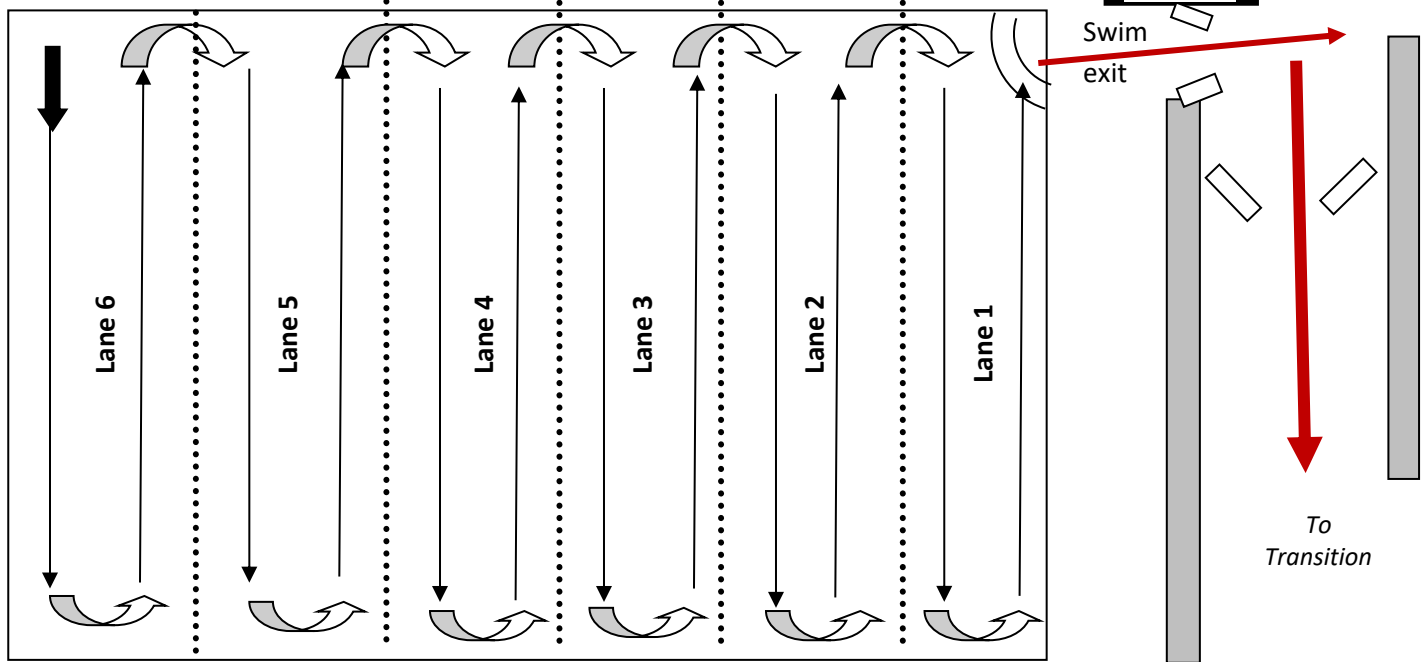
RACE LOCATION: Flat Rock Community Center (1 Maguire St., Flat Rock, MI 48134)

PARKING: Available in 1st or 2nd lots (limited parking in lot #3).



Triathlon Leg #1: 300yd Pool Swim

Sprint Swim start



Swim participants will self-seed (fast → slow) according to 100-yard swim time. Don't know your 100-yard swim time, please seed near the back.

The "serpentine swim":

- 1) Begins in shallow end of Lane 6 with a time-trial start (one swimmer every 30 seconds).
- 2) Swim down the right side of the lane, and return alongside the other side of the same lane
- 3) Swim under lane line at shallow end and repeat until reaching the ladder of lane 1.
* pass slower swimmers on the left and move back to the right side.
- 4) Immediately exit through doors outside to transition area.

SWIM REGULATIONS: Participants must move forward on their own (may hold lane line or the wall to break, but not pull themselves forward). **Participants expecting to walk or take breaks should self-seed at end of line and not impede passing swimmers. Participants unable to complete the swim will be allowed to continue onto the bike leg but will not receive an official result or award.**



Duathlon participants start next to transition area at timed intervals and complete a 1.5 mile out-and-back route along the Downriver Linked Greenways (DLG) Bib number must be visible on

TA

Du Start

Transition Area:

Racers **MUST** wear helmets while in contact with their bike and **walk** bikes out of transition past the MOUNT LINE. For safety, no biking allowed inside transition. Race officials will enforce transition rules.



Bike Safety/Regulations:

- Helmet must be worn for the entire ride.
- Stay to the right side of the path/road to allow passing when necessary. Communicate (“passing on your left”) and only when clear ahead (never on curved sections).
- Absolutely no side-by-side riding.
- For safe and fair racing, no drafting will be allowed. A minimum of 10-meters (5 bike lengths) must be maintained between bikers. If passing a competitor, you must actively pass the rider ahead. If passed by a competitor, you must drop back 10-meters before attempting to pass again.
- Roads are open to car traffic. Please stay to the right when possible.
- Turns will be clearly marked with colored arrows (at least 100 meters prior to turn).
- Listen to police, race officials, and volunteers who will help keep you on course!
- Failure to follow course directions may result in an unofficial race finish (not eligible for awards).

Triathlon/Duathlon Leg #2: Bike

There are 3 parts to the bike course **1) OUT, 2) THE LOOP, and 3) BACK:**

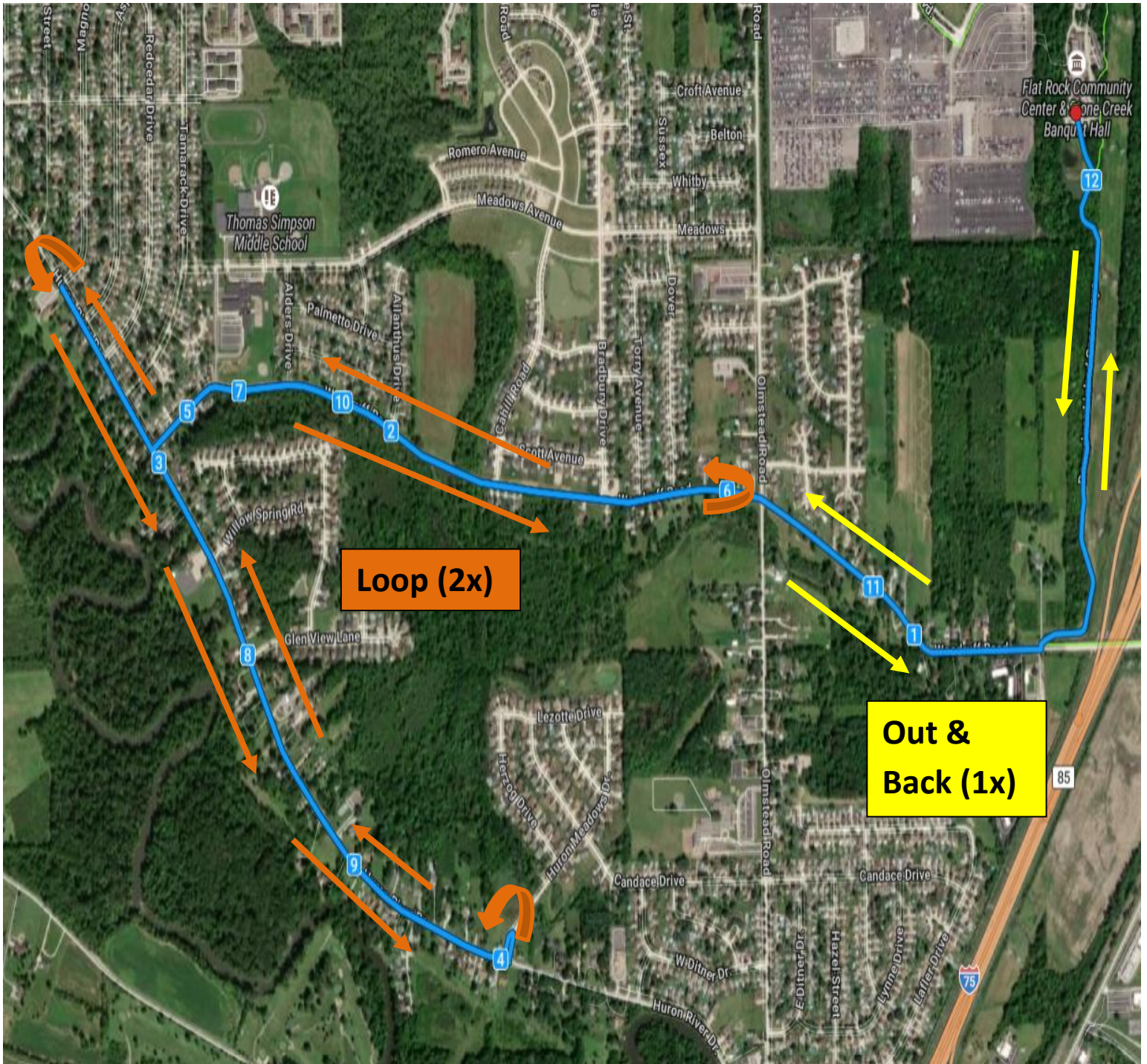
1) OUT: Bike Downriver Linked Greenways path to Woodruff Rd. Turn right onto Woodruff to Olmstead Rd.

2) LOOP (2x): Continuing on Woodruff Rd. to Huron River Dr. Turn right onto Huron River Dr. to Walnut St. U-turn back onto Huron River Dr. onto Huron Meadows Ave. U-turn around 1st island (DO NOT GO FURTHER INTO SUB) and turn right onto Huron River Dr. back to Woodruff. Right turn on Woodruff to Olmstead Rd. U-turn to start your SECOND loop.

3) BACK: After 2nd return to Olmstead, continue back to Downriver Linked Greenways to T2.

Distance: 12.4 miles (20 kilometers)

BIKE COURSE

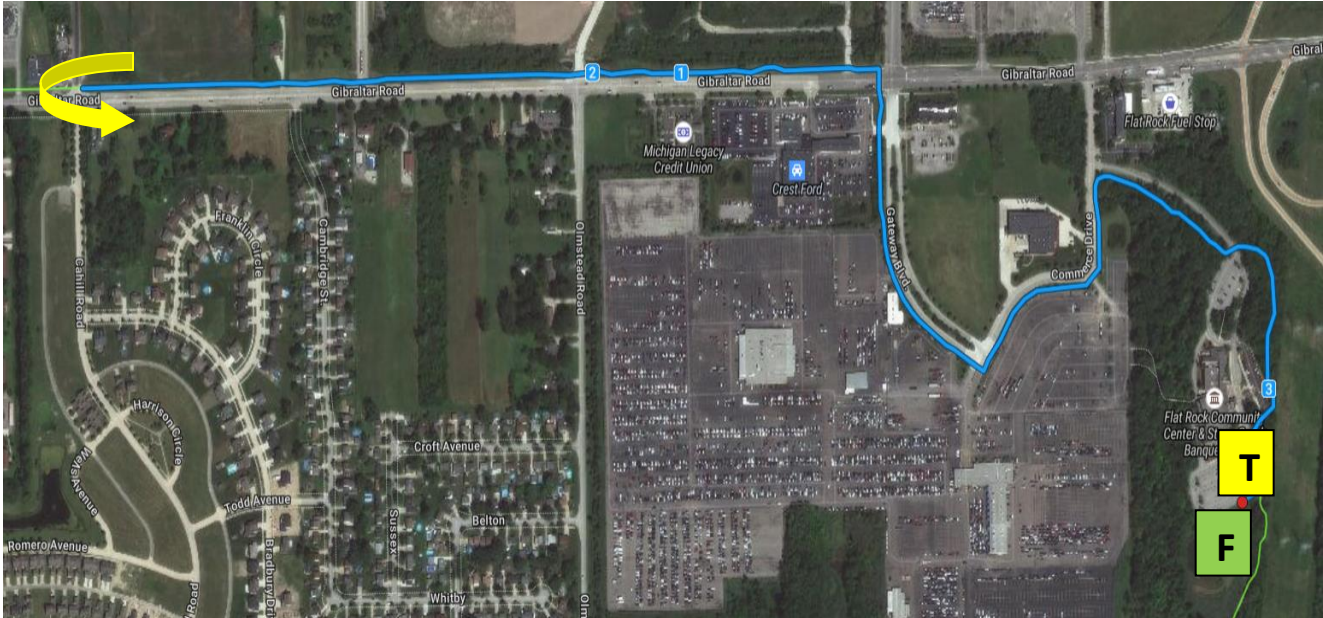


Transition #2: Bike-to-Run

Dismount bike before the line. Park your bike in the same spot and exit at RUN OUT, following the coned lane onto the Downriver Linked Greenways run course. Bib number must be visible on your front during the run.

Triathlon/Duathlon Leg #3: Run

Exit transition onto Downriver Linked Greenways (DLG) path, crossing Maguire St. and continuing on DLG to Gibraltar Rd. After crossing Gibraltar Rd., route continues left on DLG, crossing Hall Rd. to the turnaround just before Cahill Rd. Return along DLG to finish arch. Race Bib # must be visible on front during run. **Distance: 3.1 miles (5 kilometers)**



TRIATHLON/DUATHLON FINISH

