



2022 Level Pebble Triathlon/Duathlon



Saturday, August 20, 2022

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

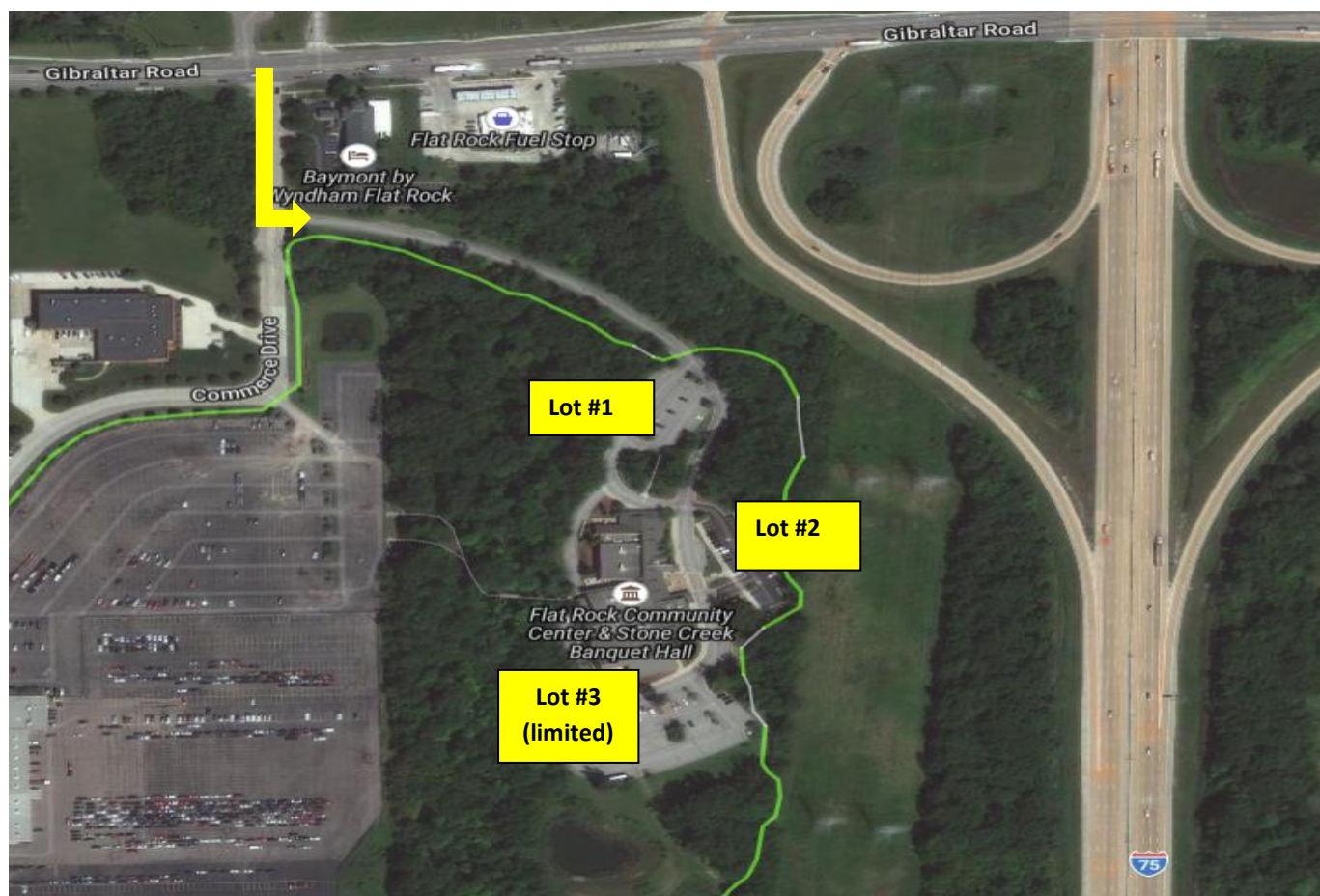


FINISHER AWARDS: ALL race participants will receive an award after crossing the finish line.

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](https://www.webscorer.com)

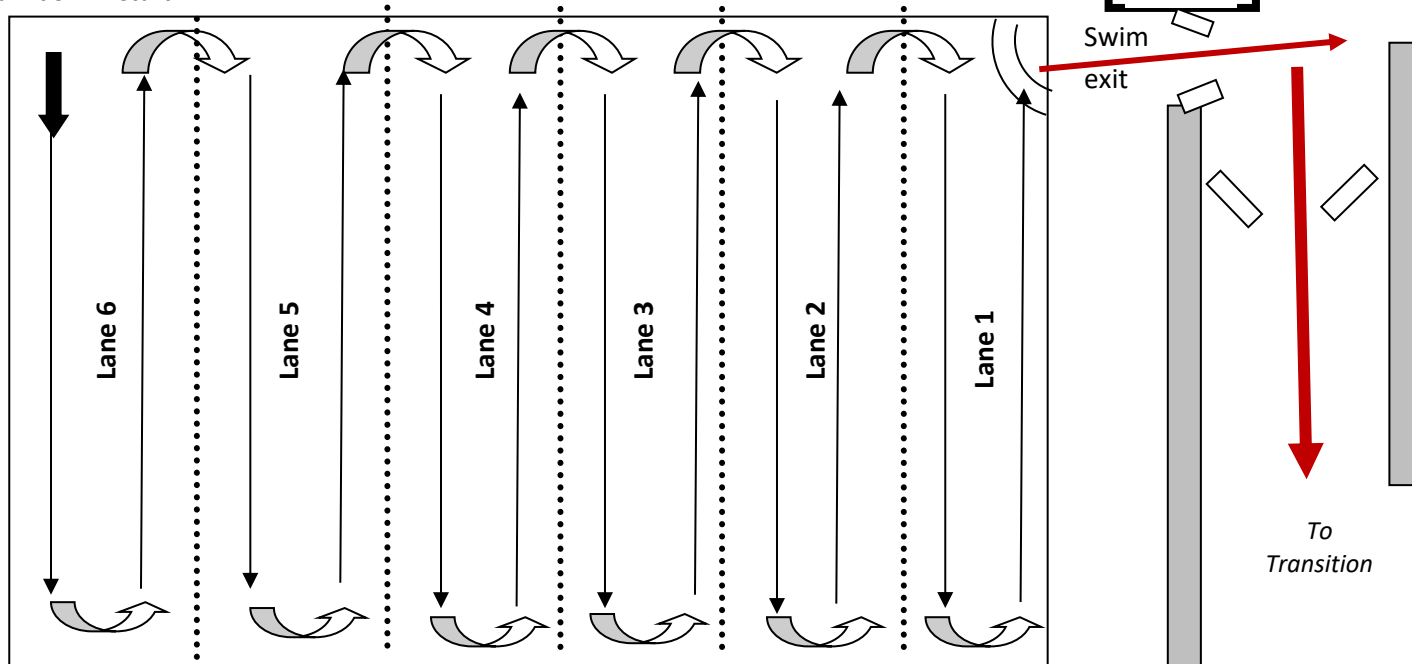
RACE LOCATION: Flat Rock Community Center (1 Maguire St., Flat Rock, MI 48134)

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



Triathlon Leg #1: 300yd Pool Swim

Sprint Swim start



Swim participants self-seed (fast → slow) according to 100-yard swim pace. Please seed near the back if you don't know your 100-yard swim pace.

The "serpentine swim":

- 1) Start in shallow end of Lane 6 with a time-trial start (feet first entry, one swimmer every 30 seconds).
- 2) Swim down right side of the lane, return alongside other side of same lane
- 3) Swim under lane line (flip-turn allowed) 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 wall for rest break, but may not pull themselves forward). *Participants expecting to walk or take breaks self-seed at end of line and cannot 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 Leg #1: 1.5 mi run

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

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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 right side 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 is 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 repass.
- Roads are open to car traffic. Please be aware at all times and stay to the right when possible.
- Turns will be clearly marked with colored arrows (at least 100-200 meters prior to major turns).
- Listen to police, race officials, and volunteers, but it is the racers responsibility to know the 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**:

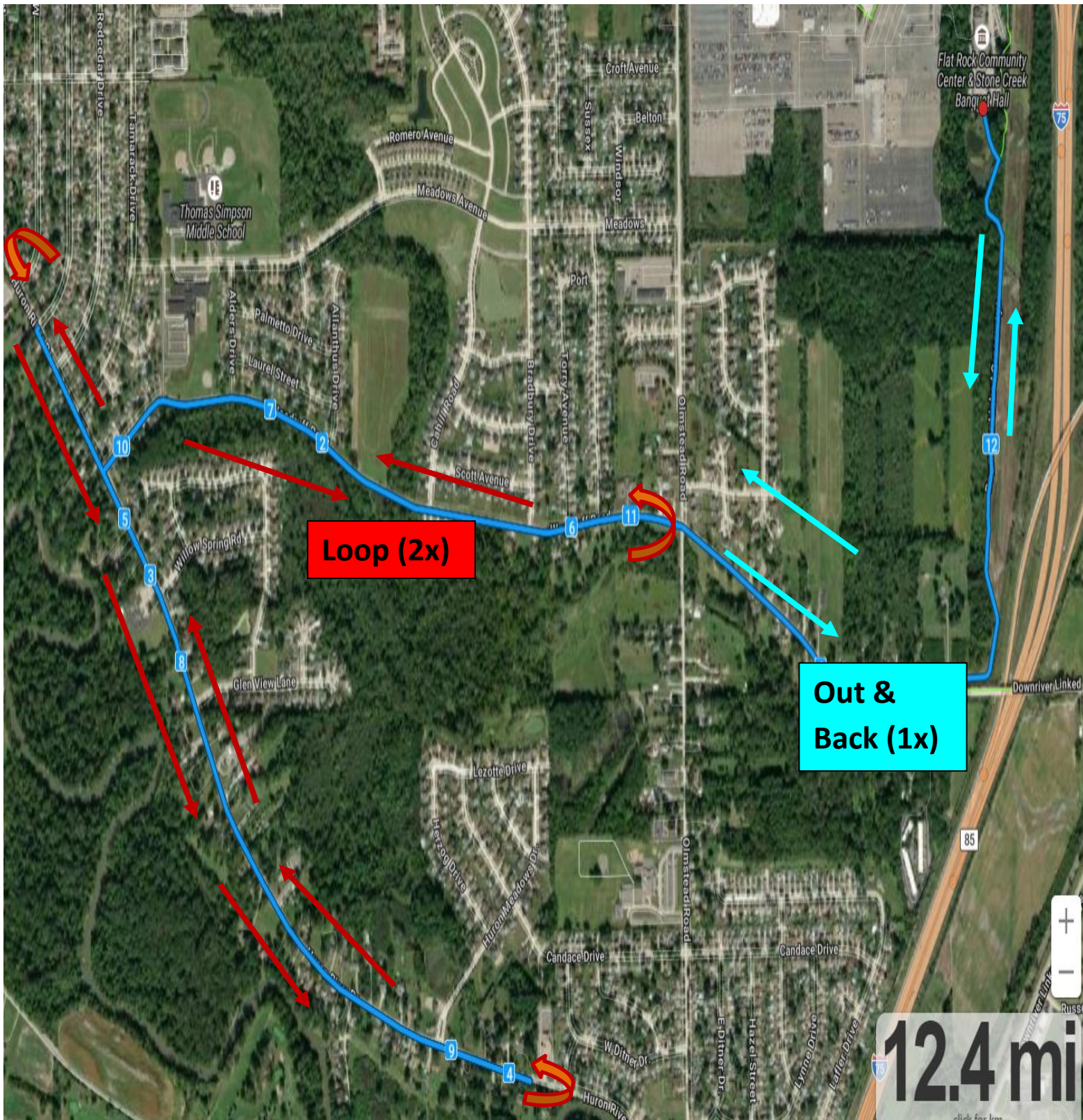
1) OUT: Bike Downriver Linked Greenways path to Woodruff Rd. Turn right onto Woodruff to Olmstead Rd.

2) LOOP (2x): Continue westbound on Woodruff Rd. to Huron River Dr. Turn **RIGHT** onto westbound Huron River Dr. to Aspen Dr. U-turn. After U-turn, follow eastbound Huron River Dr. to Ford Chapel U-turn (approx. Mile 4). Return westbound Huron River Dr. Turn **RIGHT** on Woodruff and bike to Olmstead Rd U-turn. You've finished Loop #1! **U-TURN TO START SECOND loop.**

3) BACK: After finishing 2nd loop, continue on Woodruff to Downriver Linked Greenways to Transition #2.

Distance: 12.4 miles (20 kilometers)

BIKE COURSE

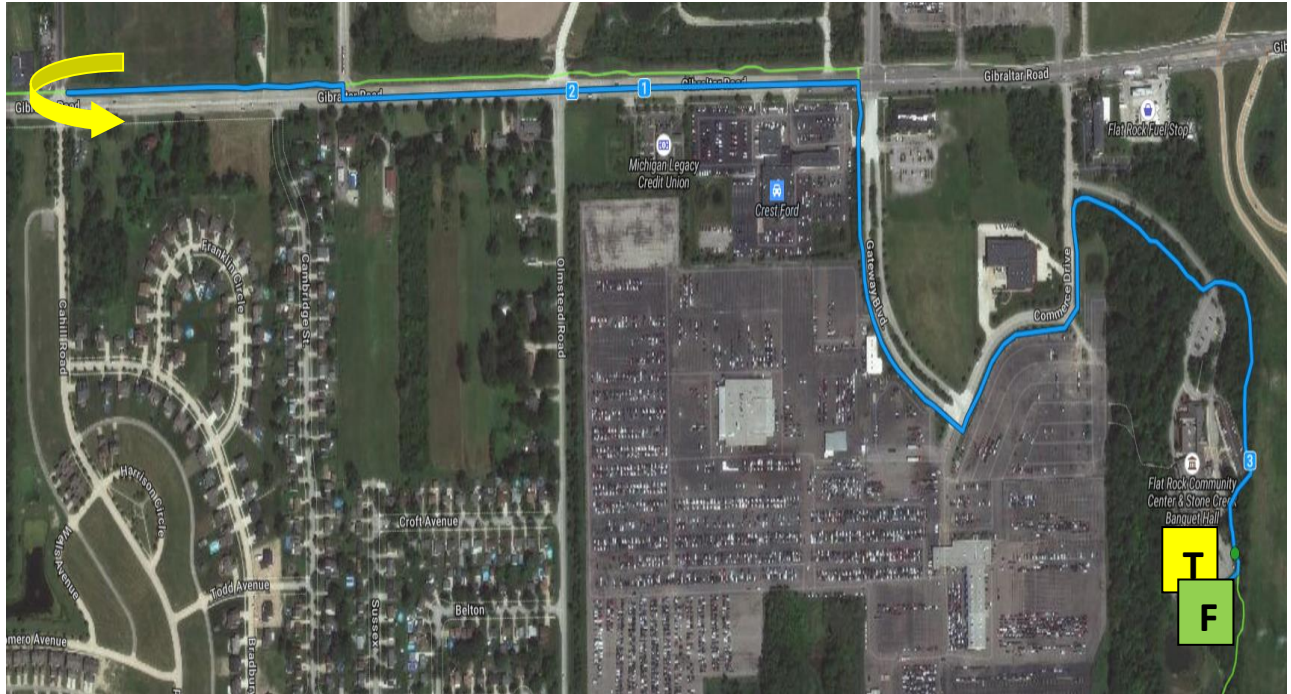


Transition #2: Bike-to-Run

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

