



# Mount Rainier Duathlon

April 28, 2013

Enumclaw Expo Center

45224 284th Ave SE, Enumclaw, WA



BuDu Racing is proud to pledge a portion of the registration fees to support the **Juvenile Diabetes Research Foundation (JDRF)**. The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Type 1 diabetes is an autoimmune disease that strikes children and adults suddenly, and can be fatal. Until a cure is found, people with type 1 diabetes have to test their blood sugar and give themselves insulin, every day of their lives. And even with that intensive care, insulin is not a cure for diabetes, nor does it prevent its eventual and devastating complications, which may include kidney failure, blindness, heart disease, stroke, and amputation.

**Free Photo** - will be included again this year as part of your registration, compliments of BuDu Racing. The photo, **of your choice**, with sponsor recognition will be available in a free 4x6 print that will be sent in a digital file via email (if you are unable to use a digital file, please email [info@BuDuRacing.com](mailto:info@BuDuRacing.com)). You will also have the ability to purchase additional pictures and/or upgrade your photo. We hope you enjoy this participant gift. Our photographer is Image Arts Photography. Our photographer's website is [www.imageartspphoto.com](http://www.imageartspphoto.com).

## Checking into Transition

Transition will open at 6:30am, but will be monitored by volunteers at 7:00am. Both transitions for the event will take place in the same transition area. As you prepare to check into transition, here are several items that you must check before you go to the transition entry point. We will be checking the following:

- The bike number placed on your bike
- Handlebar ends must be solidly plugged

## Transition Rules

Make sure you rack your bike appropriately. Approximately the width of your handlebars is your space, and event staff may adjust your bike if you use more than your space. **Family members, friends and guests are NOT allowed in the transition area at any time.** You may not ride your bike at any time while in the transition area. At all times, please be aware of others around you.

**Pre-event Meeting** - This meeting will occur for both events at 7:45. Timing chip should be on your left ankle and bib number should be forward facing.

**Starts** Long Course – Two waves starting at 8:00am (8am Men, 8:02 Women/Relays) Short Course – One wave starting at 8:05

## General Information

**Runners** – both run courses are on OPEN roads. There will be a water station on both the 8K and 6K runs

- Be aware of others on the road
- Head sets are not allowed at any time
- Bib # must be forward facing

**Bikers** – The roads are OPEN to all traffic. Hammer has provided **HEED** and bottles for the Long Bike Course, and NW Tri and Bike with team Raise the Bar will be doing the handoff on Mud Mtn Dam Hill. Enumclaw Ski and Mountain Sports confirmed they will be on site from 6:30-8am, for minor repairs.

**On 410 there are some rumble strips in the shoulder areas, some are in the white line; there may also be sand or gravel – PLEASE USE CAUTION**

- Helmets, with chin strap fastened, are required at all times when on your bike (even for warm up). This will be monitored, as always.
- Be alert to all traffic control
- Head sets are not allowed at any time

**Relay Teams** - The runner must go to the bicyclist (in the transition area), transfer the timing chip. The cyclist will return to the transition area, at the same place he/she left from to transfer the timing chip to the runner.



## Local Support and Lodging:

**Bicycle** [Enumclaw Ski & Mountain Sports](#), 240 Roosevelt Ave E, Enumclaw, WA 98022  
**Shop:** (360) 825-6910/800-SNOWAYS (766-9297)

**Lodging:** [Kings Valu Inn](#), 1334 Roosevelt Avenue East, Enumclaw, WA (360) 825-1626

**Food:** [Charlie's Cafe](#), 1335 Roosevelt Ave E (between S 284th Ave & Commerce St) Enumclaw, WA (360) 825-5191

**Food:** [Rendezvous Wine and Brew](#), 1118 Myrtle Ave., Enumclaw, WA (360) 825-9463

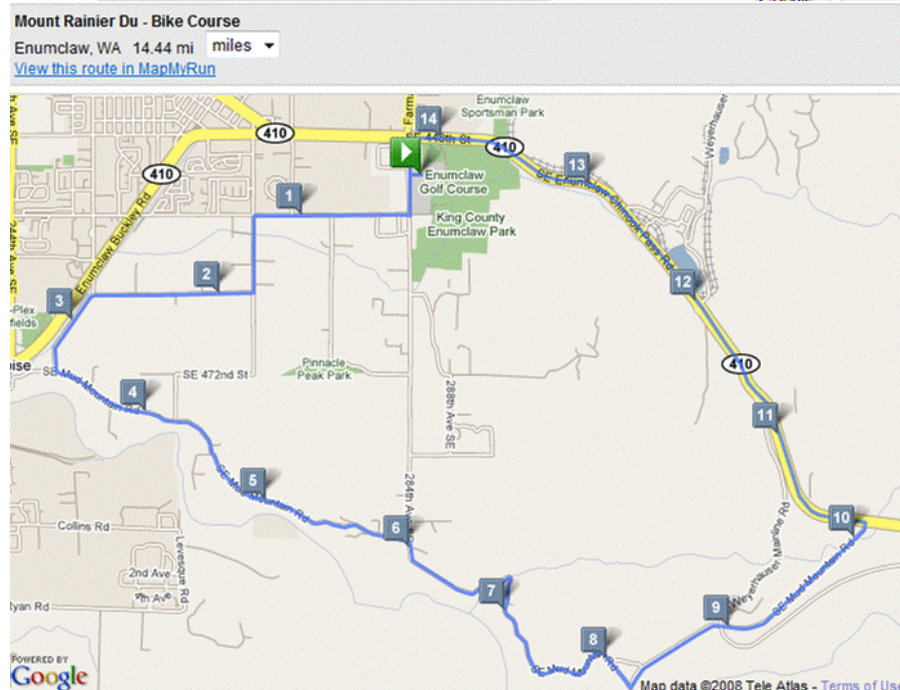
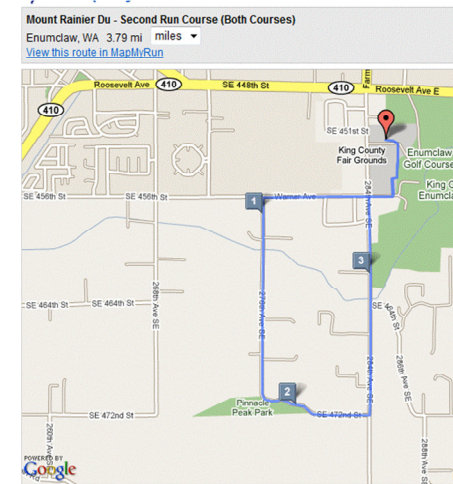
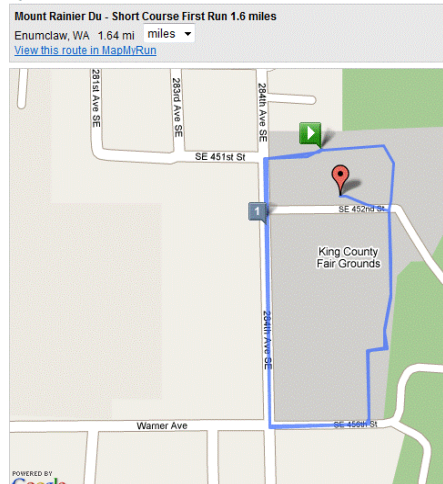
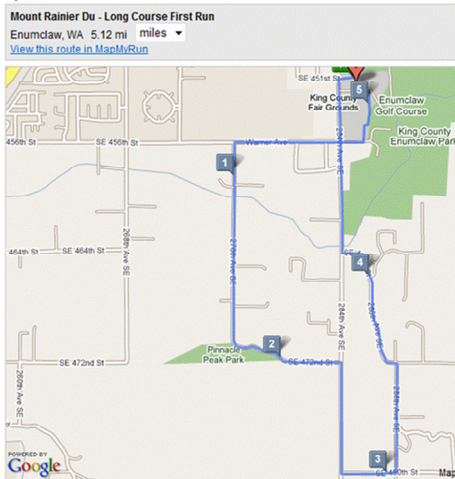
**Other:** [Johansen Excavating, Inc.](#), Buckley, WA (360)829-6493

# USAT Rules Apply at ALL Times – Please review the 2013 Most Commonly Violated Rules (<http://www.buduracing.com/pdf/1366312137.pdf#view=Fit>)

- HELMETS ARE REQUIRED
- NO DRAFTING IS ALLOWED
- NO HEADSETS ALLOWED ON BIKE OR RUN

## Awards

Every finisher will receive a Finisher Award. Placing awards will be given out in **5 year age groups** for places 1/2/3, Clydesdale and Athena, and Relay. This will take place once a majority of the participants have completed the event. For the Short Course, it will be around 10am and for the Long Course around 11am. We will have awards for the Duathlon Series as well as awards for the USAT Long Course Championship. If you place and are unable to wait for the awards ceremony, please check in with BuDu Racing to get your award. **We will not mail out awards.** Overall times will be posted at the event. Splits will be posted on [www.BuDuRacing.com](http://www.BuDuRacing.com) as soon as possible.



### Bike Course:

- Short course 1 Loop
- Long course 2 Loops

If you need to review a larger map, please use the following links. We will not have maps other than this onsite.

Per USAT Guidelines, It is the participant's responsibility to know the course.

- Link for Short Course 1<sup>st</sup> Run - <http://www.mapmyrun.com/run/united-states/wa/enumclaw/857080637>
- Link for Long Course 1<sup>st</sup> Run - <http://www.mapmyrun.com/run/united-states/wa/enumclaw/699993851>
- Link for Bike Ride - <http://www.mapmyrun.com/ride/united-states/wa/enumclaw/369013674>
- Link for 2<sup>nd</sup> Run <http://www.mapmyrun.com/run/united-states/wa/enumclaw/950160024>