



Lake Macbride Duathlon

Athlete Guide

Thanks for signing up to race at the 3rd annual Lake Macbride Duathlon, presented **Scheels**! Below is all of the vital information you may need for this weekend! As always, if you have any questions, don't hesitate to contact JGFRacing@gmail.com

-The Just Go Faster Team

Course Safety

- The **RUN COURSE** is a mixture of paved road and well kept gravel trail. Traffic will be controlled where necessary, but please be aware of what's under your feet and ahead of you.
- The **BIKE COURSE** is on a clean, open road. Johnson County Sheriff's deputies will be controlling traffic, but the course is still open. Be smart when passing other bikers. Most of the course has a very wide shoulder with plenty of space to maintain those 30 MPH averages!
- COURSE MAPS CAN BE FOUND [HERE](#)

Volunteers

- These great people will be at registration and packet pickup, directing traffic, and making sure you're all going the right way!
- If you have friends or family members that want to see you race up close, have them email us to VOLUNTEER! We would love their help!

Charity

- We're excited to be working with the [Aiming for Cure Foundation](#). \$5 from every registration goes to help fight pediatric cancer.

Directions to Lake Macbride State Park

- [Main Lodge](#) @ Lake Macbride (just click the blue pointer and “Directions” in the bubble and enter your address)

Parking

- Signs and volunteers will be posted to direct you to the appropriate parking location

Packet Pickup

- 5/18/13, Noon - 5 PM at Scheels (near the big tree) in [Coral Ridge Mall](#).
 - Registration will be OPEN! Bring your friends who want to race!
- 5/19/13 (race day), 6:30 AM – 7:30 AM at Lake Macbride Main Lodge
 - Packet pickup only. NO RACE REGISTRATION.

RACE DAY!!!!

- Transition OPENS at 6:30 AM and will CLOSE at 7:45 AM. Be sure to have your matching run/bike numbers to verify your participant status.
- Pre-race announcements at 7:50 AM
- Race START at 8AM. Boom!
- Post-race snacks will be provided for participants
- Awards will start between 10 and 10:30 AM, depending on finishing times

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