



Lake Macbride Duathlon

Athlete Guide

Thanks for signing up to race at the 4th annual SCHEELS Lake Macbride Duathlon! 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](#) or in the last three pages of this guide!

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!

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

- 5/10/14, Noon - 5 PM at Scheels (near the big tree) in [Coral Ridge Mall](#).
 - Registration will be OPEN! Bring your friends who want to race!
- 5/11/14 (race day), 6:30 AM – 7:30 AM at Lake Macbride Main Lodge
 - Packet pickup only. NO RACE REGISTRATION.

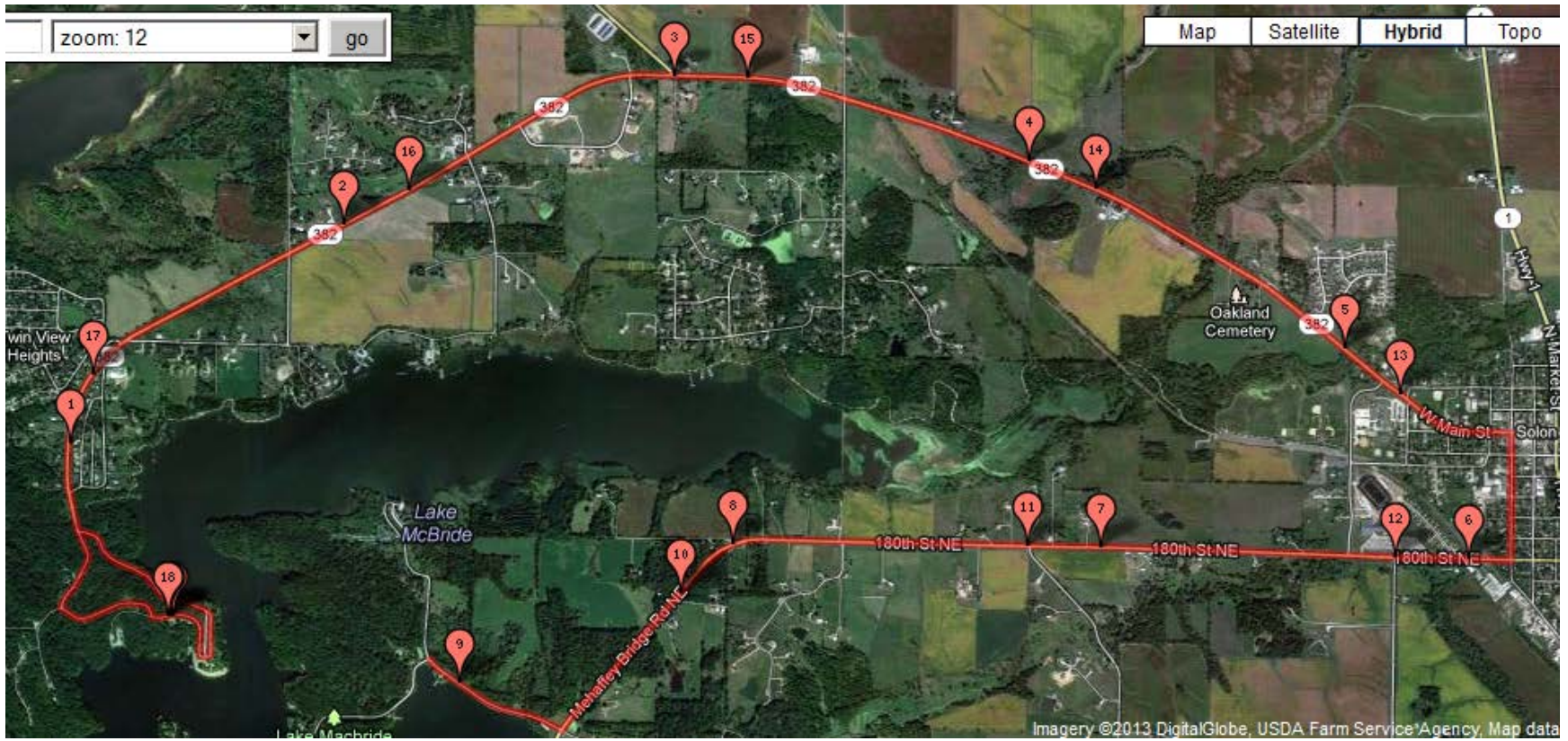
RACE DAY!!!!

- 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.
- Post-race snacks will be provided for participants
- Awards will start between 10 and 10:30 AM, depending on finishing times

SPECIAL THANKS TO OUR GREAT SPONSORS

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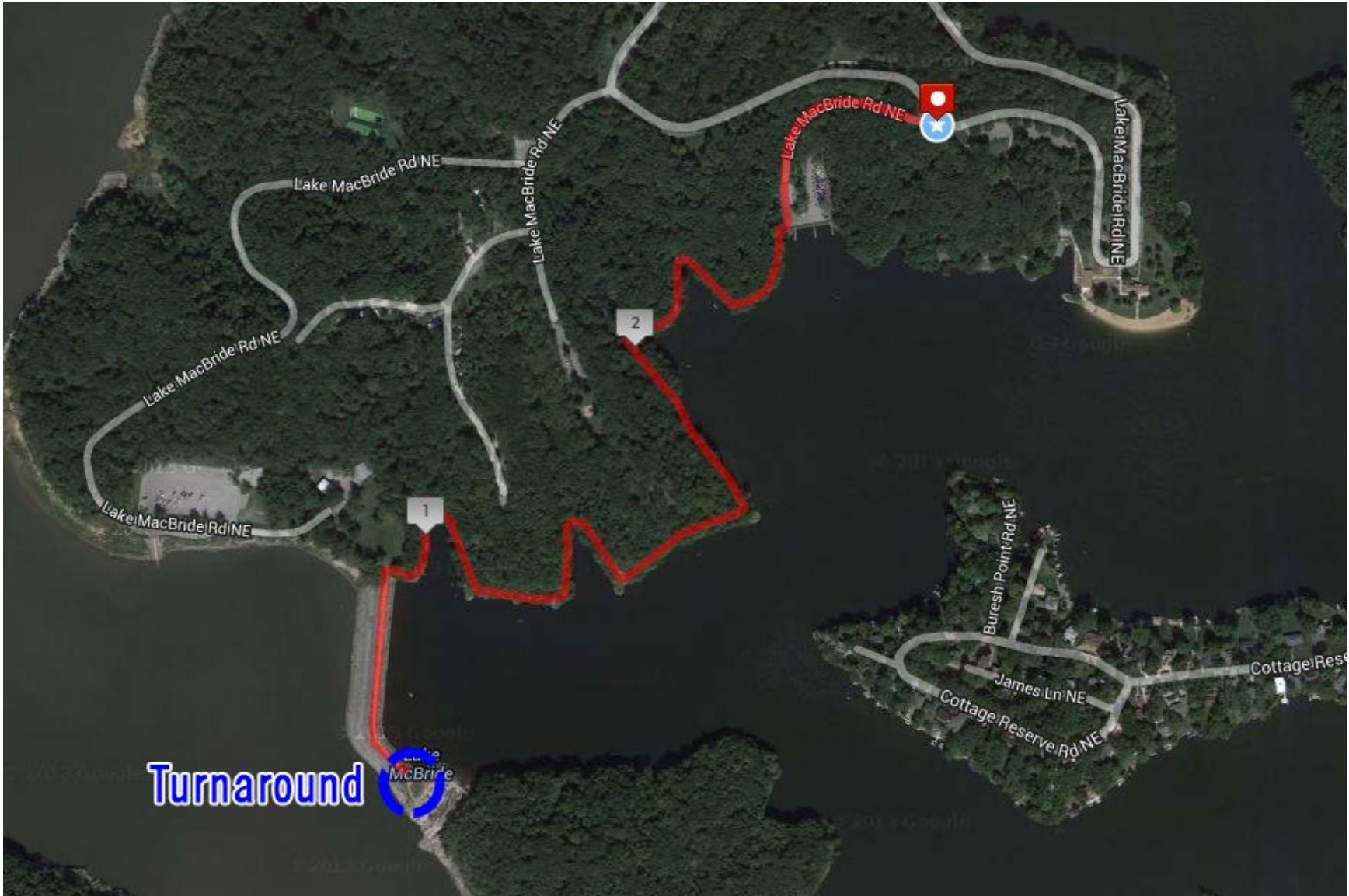




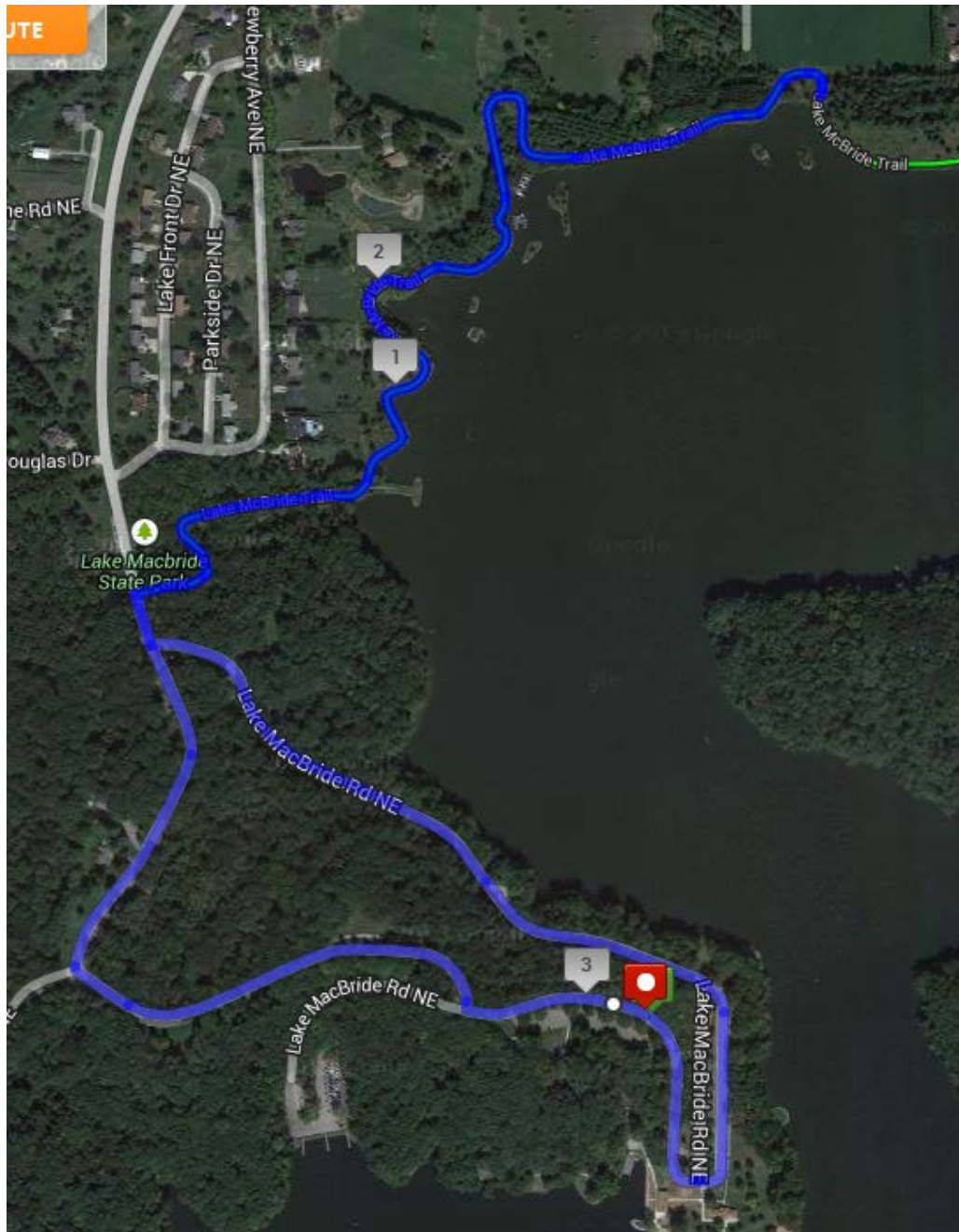
Bike Course. Out and Back, 18 miles



Transition



Run #1. Out and back, 2.43 miles



Run #2. 3.1 miles.