

THE DOVER DUATHLON



Dear Athletes,

The City of Dover, DSU Triathlon, and Dave's Road Bikes welcome you to the Dover Duathlon! This flat, fast course is a great rust-buster as you gear up for your race season and a perfect first-timer's event for those beginning their multisport journey!

We are committed to providing a safe, fun experience for all participants and the surrounding community. Please take a few minutes to carefully review the following pages of this athlete guide, and remember that ultimately, you are responsible for knowing the course and for prioritizing your safety and the safety of your competitors. Thank you for racing, and we look forward to seeing you on the starting line!

Hannah Paoli Loftus
Race Director
DSU Triathlon Head Coach
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Event Schedule

LOCATION: Schutte Park: 10 Electric Ave, Dover, DE 19904

Friday, April 10, 2026

5:30pm – Optional Transition clinic with the DSU Triathlon Team followed by pre-race briefing

5:00pm – 7:00pm Packet Pick Up (Please bring a photo ID)

Saturday, April 11, 2026: Race day!

6:00am – Transition area opens

6:30am – 7:30am Packet Pick Up and Timing Chip Distribution

7:40am – Park entrance closes to ALL vehicular traffic

7:45am – Mandatory pre-race briefing

7:55am – Line up for race start (adjacent to the transition area)

8:00am – The Duathlon starts!

Important Race Day Information

- Your race bib will be given to you at packet pick up. TIMING CHIPS WILL BE DISTRIBUTED ON RACE MORNING ONLY.
- Athletes must WEAR THEIR TIMING CHIP AT ALL TIMES (the timing chip should be worn on your left ankle). Your race bib should be worn on run two. Body marking is not required.
- Race numbers will be assigned on a first come, first serve basis.
- Bike racking will occur on race day only, and will be first come, first serve. Relay teams will have a designated racking area in transition.
- Results will be posted online as they become available.

Run Course:

- The start and finish lines are the same and are located next to the transition area.
- This will be a SELF-SEEDED start.
- Both runs will take place on the same course. It is an out-and-back course of 1.5 miles, and it will be closed to traffic. Cutting the course in any way will result in disqualification.
- There will be a water-only aid station near the turn-around on the run course.
- *RELAY TEAMS must hand off their TIMING CHIP after each segment of the course IN TRANSITION. (The runner gives the chip to the biker, and then the biker returns the chip to the runner for the final leg of the race.) Only the runner needs to wear the race bib.

Bike Course:

- The bike portion of the event is approximately 13.5 miles (see page 4). The course will be marked at all turns.
- Although there will be traffic control on the course for your safety, **the course is still OPEN TO TRAFFIC.** BE ALERT and BE CAREFUL! We will have volunteers at critical points on the course, including major intersections.
- We highly recommended that you pre-ride or pre-drive the course. Know the course!

Bike Course Rules:

You MUST wait to mount your bike until AFTER you cross the mount line outside of transition. Likewise, you MUST dismount your bike BEFORE crossing the line at the end of the bike course. The mount/dismount line will be clearly marked on Electric Avenue. Hard shell helmets must be worn and must be fastened before mounting your bike. Failure to wear or fasten your helmet will result in DISQUALIFICATION. If you are touching your bike, your helmet should be on and buckled.

The following are PROHIBITED:

- Headphones, air pods, speakers of any kind.
- **Drafting:** Keep at least three bike lengths of clear space between you and the cyclist in front of you. If you move into the “draft zone,” you must complete the pass within 15 seconds.
- **Position Violation:** You must stay to the right-hand side of the lane of travel unless passing.
- **Blocking:** Riding on the left side of the lane without passing anyone and interfering with other cyclists’ attempts to pass are both forbidden.

- **Overtaken:** Once passed, you must immediately exit the draft zone to the rear before potentially attempting to pass again.
- **Crossing the Yellow Line:** Crossing into the lane of oncoming traffic will result in disqualification.

Turn-by-Turn Directions

- Transition will be in the paved parking lot of the Dover Parks and Recreation Center at Schutte Park.
- You will run out of transition with your bike, and turn left on Electric Ave. The mount/dismount line will be there, and it will be clearly marked.
- Proceed to the traffic light and turn left onto Hazletville Road.
- Prepare to cautiously make an immediate left at the light onto Wyoming Mill Road; there will be traffic control in place at both of the first two intersections.
- In approximately 2.5 miles (race course mile 3), after you have passed through the town of Camden Wyoming, follow the road as it veers right, and you will now be on Westville Road.
- In 4.5 miles (race course mile 7.5+), turn right onto Hazletville Road. There will be a volunteer at this intersection.
- Remain on Hazletville Road until you reach the light for Electric Ave (entrance to Schutte Park), and turn right. You will dismount before the line and then turn right to run your bike into transition.

THANK YOU TO OUR SPONSORS!

City of Dover Parks and Recreation, Dave's Road Bikes Inc., Skcratch Labs, Mill Creek Coffee, Fifer's Orchard, the United States Air Force, **and our 2026 presenting sponsor, Del-One Federal Credit Union**

Course Map: RUN (1.5 miles) – BIKE (13.5 miles) – RUN (1.5 miles)

