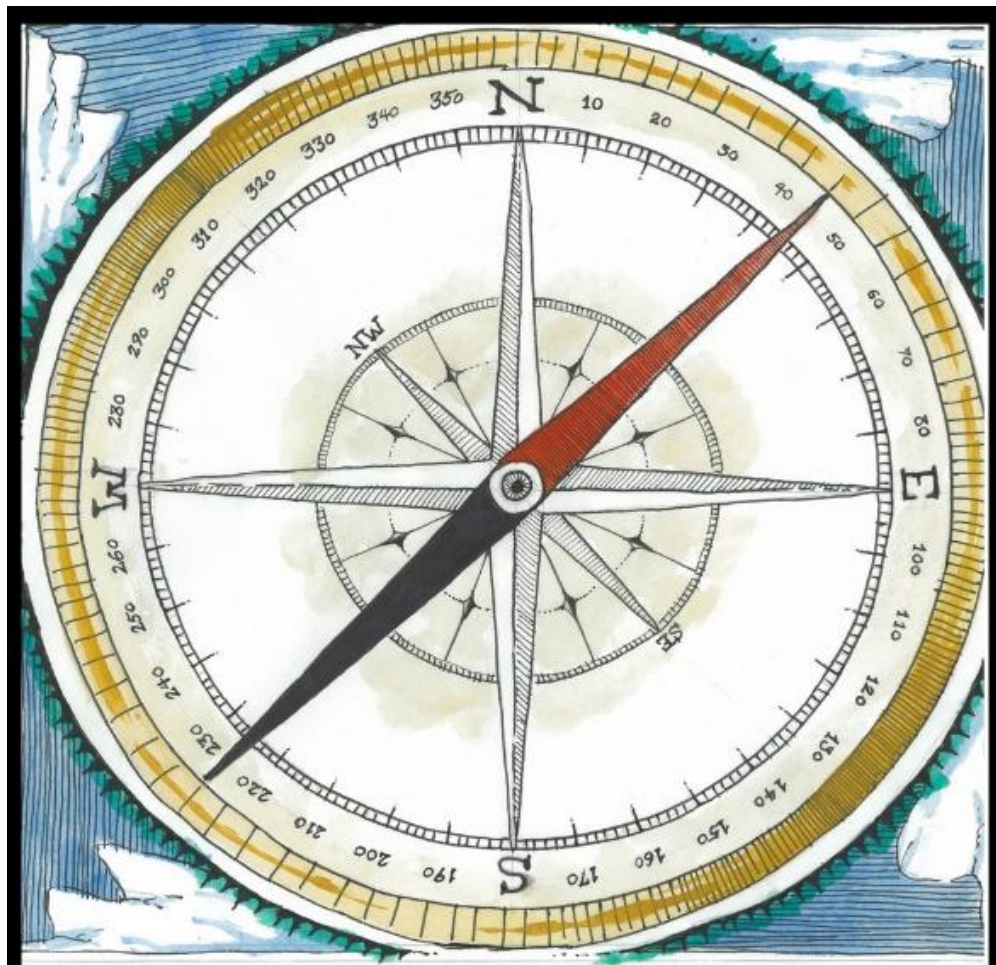




Northeast Park Duathlon – 2027 Athlete Guide

Northeast Park Duathlon



1.6 mile run-10.5 mile bike-1.6 mile run



Northeast Park

[3421 Northeast Park Drive,
Gibsonville, NC US 27249](#)

Race Day Schedule

8:30am - 9:40am: Race Day Registration & Packet Pick Up

9:50am: Transition Area Closes/Pre-Race Meeting

10:00am: Race Start

11:45am: Awards (approx)

12:15pm: Course Closes

USA Triathlon Requirements

- This is a USA Triathlon (USAT) sanctioned event. All athletes are required to show ID in order to pick up their packet - no exceptions.
- Please familiarize yourself with the USAT competitive rules to make sure that you are compliant.



Transition Area



Transition area will be in southern portion of the Aquatic Center parking lot. Transition will have open racking and allow 6 bikes per rack.

Location & Parking



The race takes place at Northeast Park in Guilford County ([3421 Northeast Park Drive, Gibsonville, NC US 27249](#)).

The start/finish line and transition area will be in the Aquatic Center Parking lot.

Parking will be available at any lot in the park, other than the Aquatics lot.

How to Rack a Bike Properly



- Take a close look at this picture. Every other bike is racked in the opposite direction with the opposite wheel on the ground. This gives everyone the most space on the rack.
- Place your bike the opposite direction of the bike next to you. Your equipment should go on the side of your bike's down wheel.
- Since we will only have 6 bikes per rack at this race, there should be ample room for everyone and their stuff.

Body Marking



Body marking will be done during race day check in.

1. Right Calf – **Age on Dec 31, 2027** for Age Group, or **(C)** Clydesdale, **(A)** Athena, **(CO)** Collegiate, or **(R)** Relay



2. Left and Right Arm – Bib Number

Chip and Bib Instructions

- You must have this fastened to your left ankle at all times during the race.
- As soon as you cross the finish line, please make sure our volunteer gets your tag and strap back (there will be a \$20 fee for lost tags).
- Relay teams will have one tag that is passed between teammates in transition.
- Your race bib **MUST** be worn during the run portion of the race and visible on the **FRONT** of your torso. It does not have to be worn during the bike portion.

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

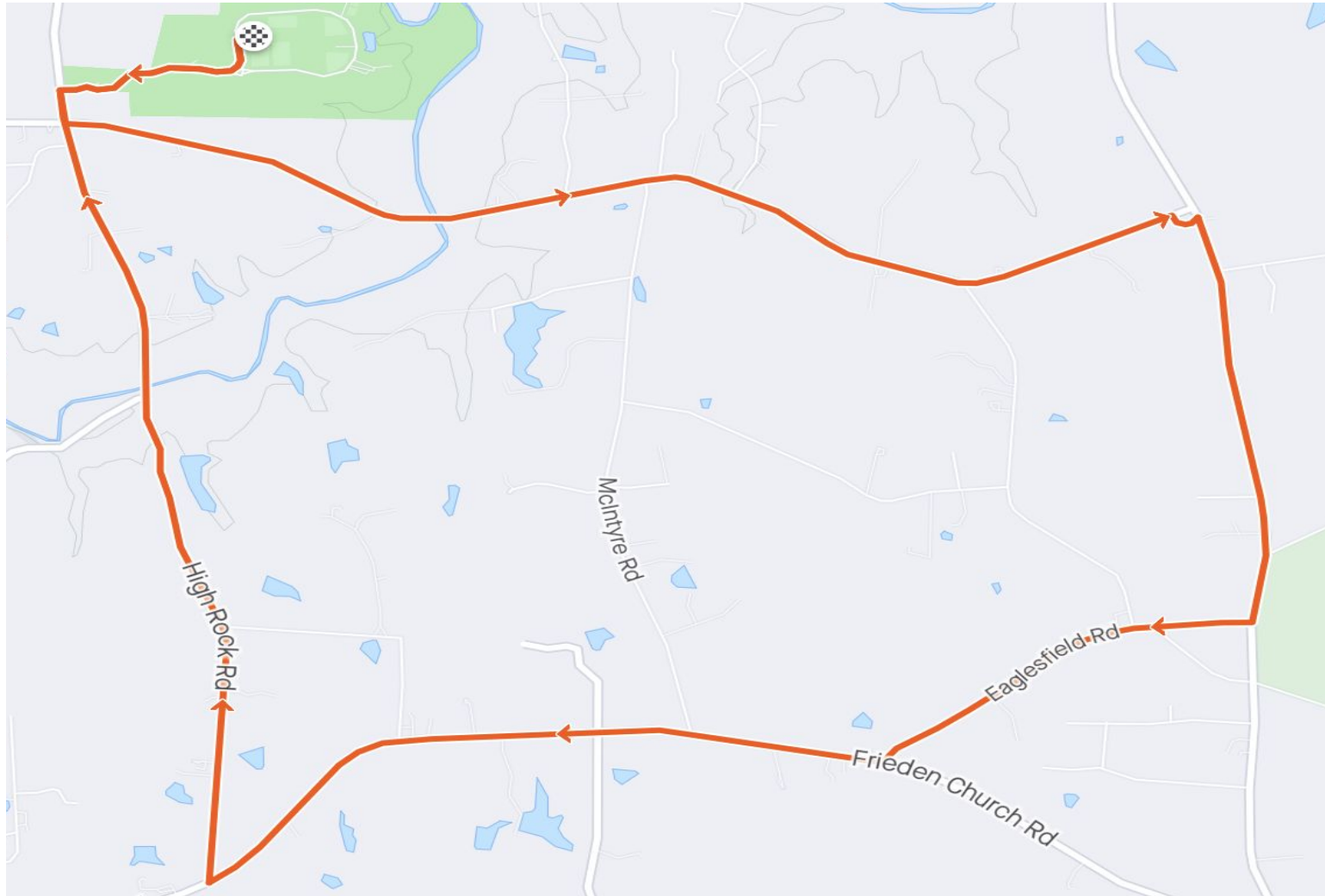
Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the outside of your ankle and press the Velcro to ensure a solid clasp.



Relay Teams

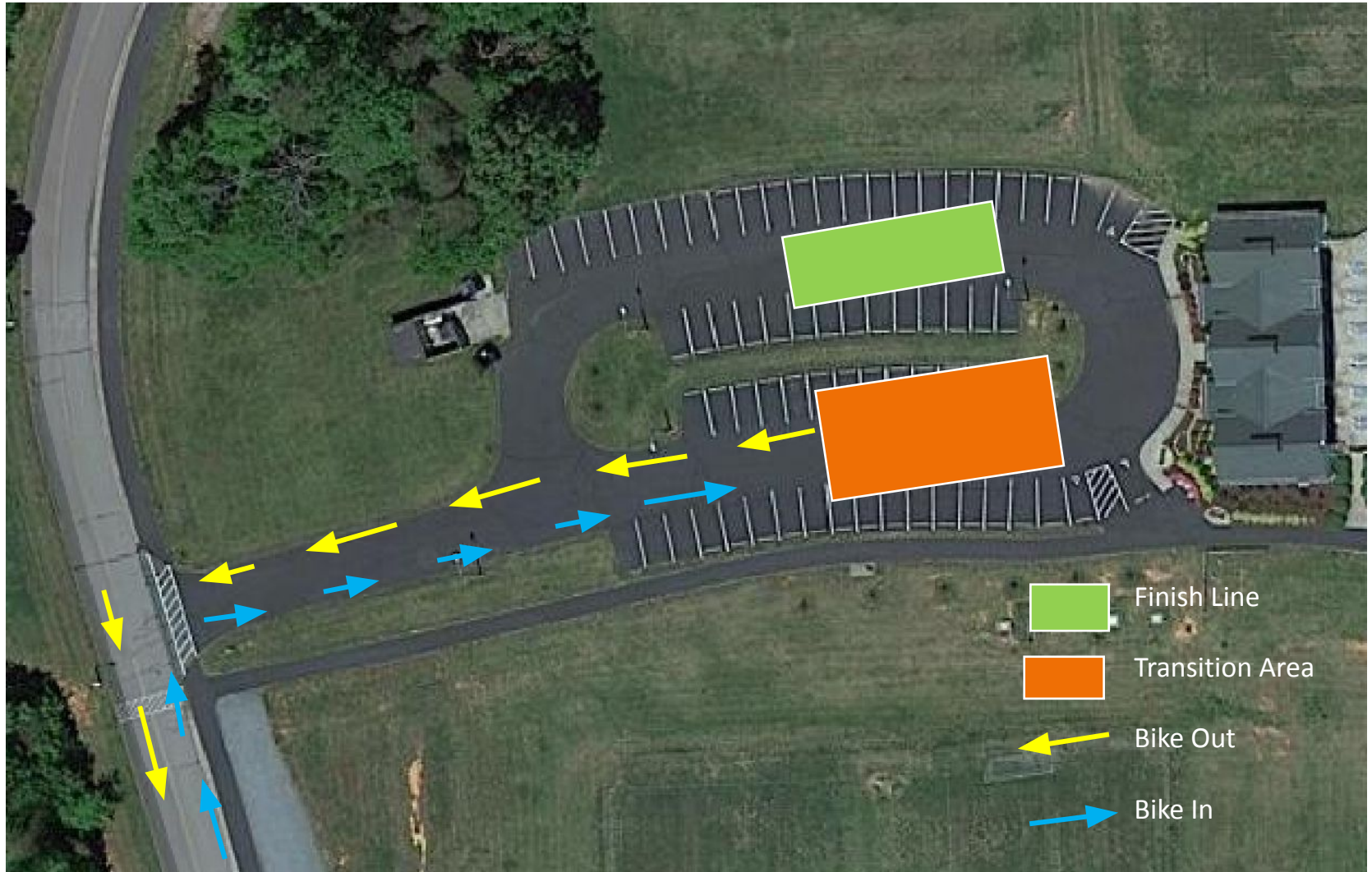
- Relay Teams consist of 2-3 members of either gender.
- Race segments (1st run, Bike, 2nd Run) can be split between team members as desired.
- Team members will share a bib and ankle chip.
- The ankle chip & bib will be exchanged in the transition area, at the relay team member's bike.
- The team member that runs the 2nd run of the Duathlon must wear the race bib on their front.
- All team members should have body marking with the team bib number on both arms and R on the right calf.

Bike Course



Once athletes have exited the park, they will do a clockwise loop outside of the park. There will be police officers or staff/volunteers at each turn in. After reentering the park, cyclists will go all the way around the traffic circle to finish back in the Aquatic Center parking lot. <https://www.strava.com/routes/3192135132194631356>

Bike Transitions



Bike Course Turn by Turn

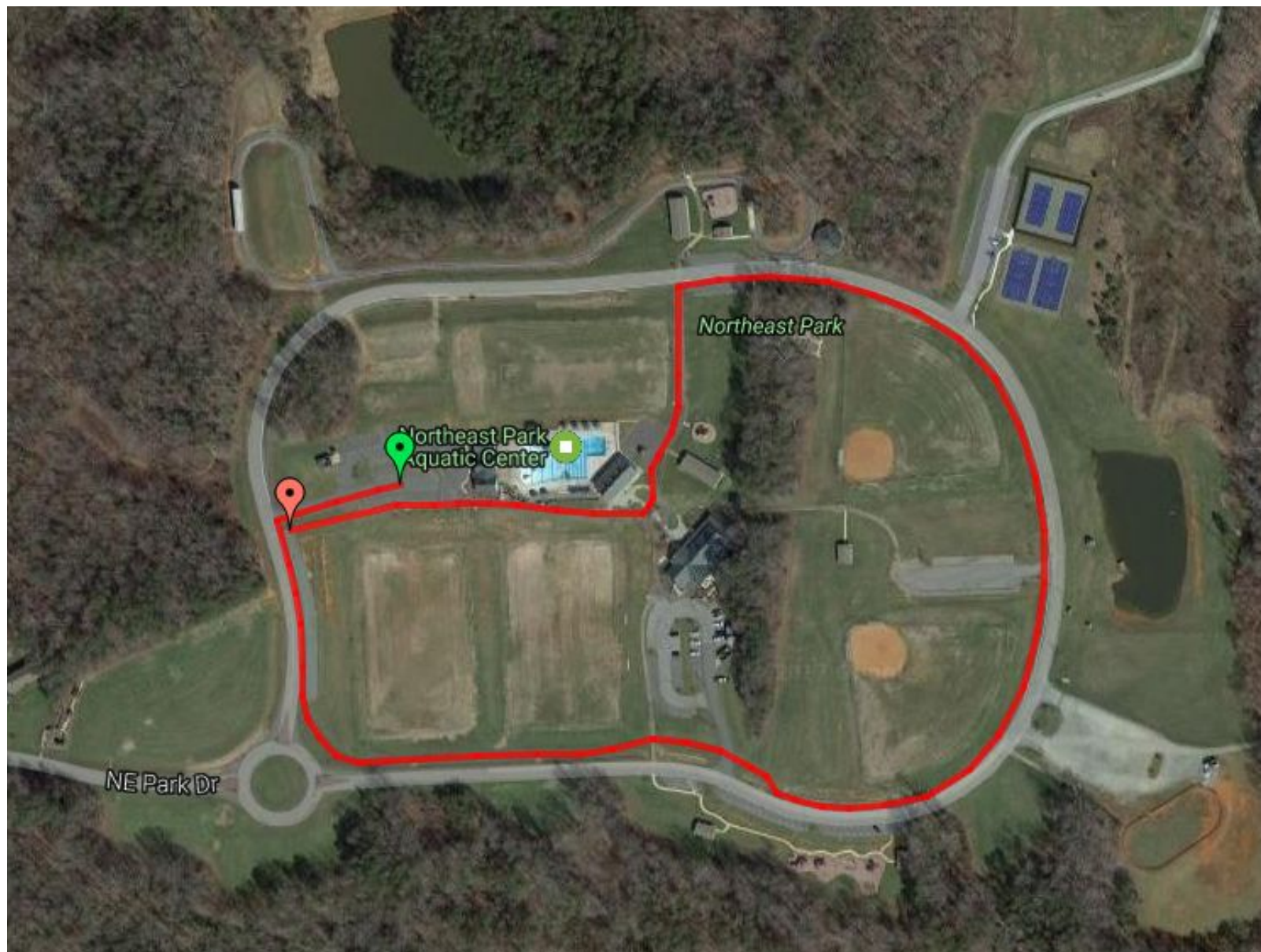
- Start: Exit Pool Parking lot, make a left
- 0.1 miles: Turn Right at round-about (**watch out for speed bumps in the park**)
- 0.57 miles: Turn Left at park exit onto High Rock Rd.
- 0.66 miles: Turn Left onto Huffine Mill Road
- 3.54 miles: Turn Right onto NC 61
- 4.76 miles: Turn Right onto Eaglesfield Road
- 5.76 miles: Turn Right onto Frieden Church Road
- 7.51 miles: Turn Right onto High Rock Road
- 9.91 miles: Turn Right into park entrance (**watch out for speed bumps in the park**)
- 10.33 miles: Take the roundabout all the way around to head back to the pool parking lot and the dismount line.

Bike Course Violations

There will be motorcycle marshals on the course looking for these common violations:

- Drafting- While on the bike course, you must keep at least three bike lengths behind the athlete in front of you. If you move closer than three bike lengths you are in the draft zone and must now pass. Once passing, you have 15 seconds for your front wheel to pass the front wheel of the athlete you are overtaking. Once this occurs, the overtaken athlete must drop back out of the three bike length draft zone before attempting to re-pass. The penalty for this violation is a variable time penalty.
- Blocking- Athletes must ride to the right-hand side of the road unless passing. Riding on the left side of the road without passing is considered blocking as you are interfering with other athletes ability to ride the course. The penalty for this violation is a variable time penalty.
- Abandonment- All of the gear you take onto the course must stay with you. Clothing, hats, bottles, tubes, CO2 cartridges, gels, bars, garbage, etc. The penalty for this violation is a variable time penalty.
- <https://trainright.com/the-5-most-common-triathlon-rule-violations-and-how-to-avoid-them/>

Run Course (2 laps)



Run Transitions



→ = Run Course

→ = Start second lap

→ = Finish second lap of first run (into Transition Area)

→ = Finish second lap of second run (into Finish)



= Transition Area



= Finish Line |