



# ATHLETE GUIDE

## SCREW CITY DUATHLON

**JULY 21, 2024**

**\*\* IMPORTANT \*\***

**Any Athlete that is sick, having symptoms, having health related issues, has been recently sick, or is not comfortable racing this event  
PLEASE DO NOT RACE.**

This Event has been permitted by the City of Loves Park, approved by the Winnebago County Health Department, and approved by the Illinois Department of Public Health.

The Winnebago County Health Department has determined this Event to be a low risk and a minimal public health concern if oversight is enforced.

RockRiver Multisport has developed this Athlete Guide for the safety of all participants and to mitigate the spread and transmission of COVID-19. There will be active enforcement of ALL safety guidelines to maintain our approval to hold this event.

# ATHLETIC GUIDE CONTENTS

## THIS DOCUMENT INCLUDES INFORMATION REGARDING:

- PACKET PICKUP INSTRUCTIONS & TIMES
- RACE DAY EVENT SCHEDULE
- TRANSITION SETUP TIMES
- HEALTH SAFETY AND EVENT RULES
- WAVE START INSTRUCTIONS
- **PARTICIPANT LIST**
  - \* **WAVE START TIMES BY PARTICIPANT & BY WAVE#**
  - \* **TRANSITION SETUP TIME SLOTS BY PARTICIPANT**
- TRANSITION MAP & SETUP
- COURSE INFORMATION & MAPS

ALL PARTICIPANTS SHOULD READ THE USA TRIATHLON GUIDES TO SAFE RETURN TO MULTISPORT AT:

<https://www.teamusa.org/USA-Triathlon/Events/Safe-Return-to-multisport>

## SPECIFICALLY YOU SHOULD READ THE FOLLOWING:

- RETURN TO RACING RECOMMENDATIONS FOR ATHLETES
- RACE DAY CHECKLIST FOR ATHLETES (PROVIDED IN PACKET)
- RETURN TO RACING RECOMMENDATIONS FOR RACE DIRECTORS (TO REVIEW ALL THE BEHIND THE SCENES GUIDANCE)

Any questions can be directed to the Race Director

Tim Goodwin

815-378-5302

[Tim.goodwin@datapoint-us.com](mailto:Tim.goodwin@datapoint-us.com)

## **PACKET PICKUP**

THERE WILL BE THREE OPPORTUNITIES TO PICK UP YOUR RACE PACKET.

**IT IS IMPORTANT FOR THE RACE DAY SCHEDULE THAT YOU DO NOT WAIT UNTIL RACE DAY TO PICK UP YOUR PACKET.**

1. **FRIDAY JULY 19, 2024**

PEAK SPORTS CLUB

401 PEAK DRIVE

LOVES PARK IL

3PM – 8PM

**\* OUTSIDE IN ROCKRIVER MULTISPORT TENT**

2. **SATURDAY JULY 20, 2024**

PEAK SPORTS CLUB

4401 PEAK DRIVE

LOVES PARK IL

10:30 AM – NOON

**\* OUTSIDE IN ROCKRIVER MULTISPORT TENT**

3. **SUNDAY JULY 21, 2024**

PEAK SPORTS CLUB

4401 PEAK DRIVE

LOVES PARK IL

6AM – 7AM

**\* OUTSIDE IN ROCKRIVER MULTISPORT TENT**

## **PACKET PICKUP RULES:**

1. SOCIAL DISTANCING WILL BE IN RECOMMENDED.
3. EACH PARTICIPANT WILL RECEIVE THE FOLLOWING IN THEIR PACKET:
  - RACE NUMBER BIB WITH DISPOSABLE CHIP
  - T-SHIRT
4. RACE BIB WILL HAVE A LABEL ON IT LISTING:
  - TRANSITION SETUP TIME
  - WAVE START TIME
  - WAVE #
5. IT IS IMPORTANT THAT YOU FOLLOW YOUR DESIGNATED TIMES – SEE EVENT DAY SCHEDULE FOR DETAILS.

## EVENT DAY SCHEDULE

1. **6:00AM** – RACE AREA OPENS FOR RACE DAY PACKET PICKUP.
2. THERE IS NO RACE DAY REGISTRATION.
3. **6:30AM – TRANSITION OPENS TO ATHLETES ONLY**  
**\* ONLY ATHLETES WILL BE ALLOWED IN TRANSITION. THIS WILL BE STRICTLY ENFORCED \***
4. **7:00AM** – PACKET PICKUP CLOSES
5. AFTER TRANSITION SETUP, ATHLETES ARE REQUIRED TO EXIT THE TRANSITION ON THE FAR EAST SIDE OF TRANSITION.
6. **7:50AM OR 10 MINUTES BEFORE RACE START**  
PARTICIPANTS REPORT TO WAVE START AREA THAT CORRESPONDS TO THEIR WAVE START NUMBER ON THEIR BIB.
7. **8:00AM** – RACE START TIME (OR AS CLOSE TO THIS TIME AS POSSIBLE).  
WAVES WILL START EVERY 3-4 MINUTES. THIS WILL GET PARTICIPANTS ONTO THE COURSE, CREATING DISTANCE BETWEEN EACH WAVE.  
  
8:00AM – WAVE #1 START  
8:04AM – WAVE #2 START  
8:08AM – WAVE #3 START  
8:12AM – WAVE #4 START  
8:16AM – WAVE #5 START
8. **STARTING THE RACE** - EACH WAVE WILL BE CALLED TO THE START-LINE AREA IN 4 MINUTE WAVES.
  - A. WHEN THE START HORN SOUNDS, ATHLETES WILL PROCEED UNDER THE ARCH AND ONTO THE RACE COURSE.
  - B. YOUR RACE TIME WILL START AFTER YOU PASS UNDER THE ARCH AND OVER THE CHIP TIMING MAT.
13. **STARTING THE RACE** – THE NEXT WAVE WILL BE CALLED AND REPORT TO THE START-LINE AREA JUST LIKE IN STEP 12 ABOVE TO START THE RACE.  
  
THIS WILL CONTINUE UNTIL ALL WAVES ARE ON THE COURSE.
14. **THE 2 MILE RUN WILL BE THE LAST START WAVE.**
15. **RELAY TEAMS** – EACH MEMBER OF YOUR TEAM WILL BE ISSUED A BIB/CHIP. NO SHARING OF THE BIB/CHIP IS REQUIRED.

16. **RELAY TEAMS** – FIRST PERSON OF RELAY REPORTS TO WAVE START AREA CORRESPONDING TO THEIR WAVE. OTHER RELAY TEAM MEMBERS REPORT TO YOUR RELAY EXCHANGE AREA NEAR TRANSITION. SOCIAL DISTANCING WILL BE REQUIRED IN THE EXCHANGE ZONE.
17. **RELAY TEAMS** – NO HAND OFF, HIGH FIVES, OR TOUCHING OF OTHER TEAMMATE IS REQUIRED. ONCE YOUR TEAMMATE HAS ENTERED THE EXCHANGE ZONE, THE NEXT TEAMMATE IS FREE TO START THEIR PORTION OF THE EVENT.
18. RACE PARTICIPANTS WILL BE REQUIRED TO COMPLY WITH THE EVENT SAFETY GUIDELINES DURING ALL PHASES OF THE RACE.

WE DO NOT WANT TO REMOVE ANY PARTICIPANT FOR NON-COMPLIANCE; HOWEVER, FOR THE SAFETY OF ALL PARTICIPANTS, WE WILL ENFORCE RULES.

## **FINISHING THE RACE**

THE RACE WILL CONTINUE UNTIL ALL PARTICIPANTS HAVE FINISHED, UNTIL 11:00AM, OR 3 HOURS AFTER THE START OF THE EVENT. ANY PARTICIPANTS THAT ARE STILL ON THE COURSE ATTEMPTING TO FINISH THE EVENT WHEN THE EVENT ENDS – ARE STILL REQUIRED TO COMPLY WITH ALL EVENT RULES.

UPON COMPLETION OF THE RACE, EACH PARTICIPANT IS EXPECTED TO DO THE FOLLOWING:

1. **CROSS THE FINISH LINE !**
2. **PICKUP FINISHER MEDAL.**
3. **WATER** – WATER WILL BE AVAILABLE AT THE FINISH LINE.
4. **COLLECTING YOUR BIKE AND GEAR IN TRANSITION AFTER THE RACE.**  
AFTER FINISHING, YOU MAY **SAFELY** COLLECT YOUR GEAR FROM THE TRANSITION AREA.  
- **PRACTICE SOCIAL DISTANCING.**  
- **DO NOT IMPEDE OTHER ATHLETES STILL PARTICIPATING IN EVENT.**
6. **RESULTS** – RESULTS AND AWARDS WILL TAKE PLACE AS SOON AS POSSIBLE AFTER THE EVENT.
7. **RESULTS** - ALL RESULTS WILL BE POSTED AS SOON AS POSSIBLE TO **TRI-3TIMING.COM** WEBSITE RESULT TAB.

## **EVENT/RACE AREA**

1. RACE PARTICIPANTS WILL BE REQUIRED TO COMPLY WITH THE EVENT SAFETY GUIDELINES PUBLISHED IN THIS GUIDE, CDC GUIDANCE, AND WINNEBAGO COUNTY HEALTH DEPARTMENT GUIDANCE.

2. HAND SANITIZER STATIONS WILL BE AVAILABLE FOR ALL PARTICIPANTS.
4. SPECTATORS - ALL SPECTATOR ARE REQUIRED TO COMPLY WITH THE SAME SAFTEY RULES AS PARTICIPANTS.

PARTICIPANTS UNDER THE AGE OF 18 ARE REQUIRED TO HAVE PARENTS/GUARDIANS AT THE RACE AREA.

5. ALL PARTICIPANTS SHOULD READ THE USA TRIATHLON GUIDES TO SAFE RETURN TO MULTISPORT AT: <https://www.teamusa.org/USA-Triathlon/Events/Safe-Return-to-multisport> .

**SPECIFICALLY, THE FOLLOWING:**

- RETURN TO RACING RECOMMENDATIONS FOR ATHLETES
- RACE DAY CHECKLIST FOR ATHLETES – PROVIDED IN YOUR RACE PACKET
- RETURN TO RACING RECOMMENTATIONS FOR RACE DIRECTORS

Any questions can be directed to the Race Director

Tim Goodwin

815-378-5302

[Tim.goodwin@datapoint-us.com](mailto:Tim.goodwin@datapoint-us.com)



# SCREW CITY DUATHLON

## SAFETY GUIDELINES

By Participating in the 2024 Screw City Duathlon, you agree to follow the rules set forth by RockRiver Multisport (and its Race committee), the City of Loves Park, the Illinois Dept of Public Health, and the Winnebago County Health Department.

These rules may be amended at any time and will be POSTED at RockRiver Multisport's Tent during the duration of the event.

Your cooperation with these rules will allow us to execute a fun and safe racing experience for all participants.

Any questions can be directed to the Race Director

Tim Goodwin

815-378-5302

[Tim.goodwin@datapoint-us.com](mailto:Tim.goodwin@datapoint-us.com)

Thank You for Participating – Have a Fun & Safe Race

# HEALTH & SAFETY

## HEALTH SPECIFIC SAFETY

1. ONLY RACE PARTICIPANTS AND EVENT VOLUNTEERS WILL BE ALLOWED INSIDE TRANSITION AREAS.
2. SOCIAL DISTANCING SIGNS WILL BE POSTED INSIDE ALL EVENT AREAS AND COURSE AND IS RECOMMENDED FOR ALL PARTICIPANTS.
3. **TRANSITION** - NO MORE THAN SIX (6) BIKES WILL BE ALLOWED PER BIKE RACK IN TRANSITION.
4. **TRANSITION** - PARTICIPANTS WILL BE REQUIRED TO PLACE ALL TRANSITION GEAR UNDER THEIR BIKE – KEEPING AS MUCH EMPTY DISTANCE INBETWEEN BIKES AS POSSIBLE.
5. **TRANSITION MARSHALL HAS FINAL SAY IN BIKE SETUP** – ANY PARTICIPANT THAT DOES NOT COMPLY WITH TRANSITION MARSHALL WILL NOT BE ALLOWED TO RACE AND WILL BE ASKED TO LEAVE THE EVENT AREA.
6. **WAVE START** - PARTICIPANTS WILL BE PROVIDED A WAVE# AND START-TIME SLOT. IT WILL BE PRINTED ON RACE BIB.
7. **WAVE START** - PARTICIPANTS WILL BE REQUIRED TO REPORT TO YOUR WAVE LOCATION AT THE START LINE PRIOR TO YOUR STARTING TIME SLOT.
8. **WAVE START** - IF YOU MISS YOUR START TIME, YOU WILL BE PLACED IN THE LAST WAVE.
9. **WAVE START** - SOCIAL DISTANCING WILL BE RECOMMENDED IN WAVE START AREA.
10. WHILE RACING ON THE COURSE, EACH PARTICIPANT WILL PRACTICE SOCIAL DISTANCING WHERE POSSIBLE. RUNNING & BIKING & STOPPING IF NEEDED TO THE RIGHT SIDE OF THE COURSE TO ALLOW FELLOW PARTICIPANTS SAFE CLEARANCE TO PASS ON LEFT.
11. **RELAY TEAMS** – EACH MEMBER OF YOUR TEAM WILL BE ISSUED A BIB/CHIP. NO SHARING OF THE BIB/CHIP IS REQUIRED.
12. **RELAY TEAMS** – SOCIAL DISTANCING WILL BE RECOMMENDED IN THE HAND-OFF (EXCHANGE) ZONE.
13. **RELAY TEAMS** – NO HAND OFF, HIGH FIVES, OR TOUCHING OF OTHER TEAMMATE IS REQUIRED. ONCE YOUR TEAMMATE HAS ENTERED THE HAND-OFF ZONE, THE NEXT TEAMMATE IS FREE TO START THEIR PORTION OF THE EVENT.
14. **RESULTS** - ALL RESULTS WILL BE POSTED AS SOON AS POSSIBLE TO TRI-3TIMING.COM WEBSITE RESULT TAB.



15. **RESULTS** – DURING THE POST EVENT AWARDS CEREMONY, SOCIAL DISTANCING WILL BE RECOMMENDED.
16. **RESULTS** - FINISHER MEDALS WILL BE AVAILABLE AT THE FINISH LINE.
17. HAND SANITIZER WILL BE AVAILABLE FOR ALL PARTICIPANTS.
18. BOTTLED WATER WILL BE PROVIDED. PARTICIPANTS ARE RESPONSIBLE FOR PROVIDING THEIR OWN SPECIFIC NUTRITION.
19. ALL PARTICIPANTS ARE REQUIRED TO COMPLY WITH ALL SAFETY RULES AND INSTRUCTIONS AND COOPERATE WITH RACE MARSHALS AT ALL TIMES. THERE WILL BE NO EXCEPTIONS.
20. ALL PARTICIPANTS SHOULD READ THE USA TRIATHLON GUIDES TO SAFE RETURN TO MULTISPORT AT: <https://www.teamusa.org/USA-Triathlon/Events/Safe-Return-to-multisport> . SPECIFICALLY THE FOLLOWING:
  - RETURN TO RACING RECOMMENDATIONS FOR ATHLETES
  - RACE DAY CHECKLIST FOR ATHLETES – PROVIDED IN YOUR RACE PACKET
  - RETURN TO RACING RECOMMENDATIONS FOR RACE DIRECTORS

## **RACE SPECIFIC RULES**

**THE FOLLOWING ARE CONSIDERED MANDATORY. ANY RACE PARTICIPANT NOT IN COMPLIANCE WITH THESE RULES WILL NOT BE PERMITTED TO RACE AND WILL BE ASKED TO LEAVE THE EVENT AREAS. NONE OF THE RULES BELOW ARE MEANT TO REPLACE THE HEALTH SAFETY RULES – THEY ARE MEANT TO APPLY MUTUALLY TO EACH OTHER.**

1. THE EVENT WILL START PROMPTLY AT **8:00AM WITH FIRST START WAVE**.
2. PRIOR TO RACE DAY, RACE MARSHALS WILL DETERMINE ANY APPLICABLE WAVE SEEDING. SEEDING IS NOT GUARANTEED.
3. PARTICIPANTS WILL BE PROVIDED A WAVE# AND START-TIME SLOT. IT WILL BE PRINTED ON RACE BIB AND PROVIDED AT PACKET PICKUP.
4. PARTICIPANTS WILL BE REQUIRED TO REPORT TO YOUR WAVE LOCATION AT THE START LINE PRIOR TO YOUR STARTING TIME SLOT. YOUR WAVE# AND START TIME ARE NON-NEGOTIABLE.
5. IF YOU MISS YOUR START TIME, YOU WILL BE PLACED IN THE LAST WAVE.
6. **YOU MUST WEAR YOUR BIB/CHIP AT ALL TIMES DURING THE EVENT.** LOST BIB/CHIP MEANS NO TIME RECORDED & NO AWARD.
7. **BIKE HELMETS ARE REQUIRED ON THE BIKE PORTION.** HELMETS MUST BE ON & STRAPPED PRIOR TO CROSSING THE BIKE-MOUNT LINE.
8. RACE OFFICIALS WILL NOT HAVE EXTRA HELMETS.

9. NO HEADPHONES WILL BE ALLOWED ON ANY AREA OF THE COURSE DURING THE EVENT.
10. RACE OFFICIALS WILL PROVIDE WATER – IN BOTTLES – AT THE FINISH LINE.
11. PARTICIPANTS MAY BRING THEIR OWN NUTRITION. ANY WRAPPINGS OR BOTTLE MUST BE DISPOSED OF IN EVENT TRASH RECEPTICALS.
12. **RECREATION PATH AND PORTIONS OF THE BIKE COURSE WILL BE OPEN TO PEDESTRIAN AND VEHICLE TRAFFIC THROUGHOUT THE EVENT.**
13. RUN & RIDE ON THE RIGHT SIDE OF THE COURSE (**PATH & ROADS**) ALLOWING TRAFFIC AND FASTER PARTICIPANTS TO PASS SAFELY ON THE LEFT SIDE.
14. WHEN PASSING ON THE LEFT, GIVE AMPLE PASSING DISTANCE. ANNOUNCE “PASSING ON LEFT” IF POSSIBLE.
15. THERE IS NO POSTED TIME LIMIT TO THE EVENT. HOWEVER; POLICE TRAFFIC CONTROL, MEDICAL SERVICES, AND RACE OFFICIALS MAY PULL SUPPORT AND END THE EVENT AT ANY TIME. ANTICIPATED EVENT ENDING TIME IS 11:00AM.
16. PARTICIPANTS STILL ON THE COURSE, ATTEMPTING TO FINISH THE EVENT WHEN EVENT ENDS – ARE STILL REQUIRED TO COMPLY WITH THE EVENT RULES AND COVID-19 SAFETY.
18. PARTICIPANTS WILL BE RESPONSIBLE FOR FOLLOWING PROPER RULES-OF-THE-ROAD.
17. RACE & SAFETY OFFICIALS MAY REMOVE ANY PARTICIPANT FROM THE COURSE AT ANY TIME.

**\*\* IMPORTANT \*\***

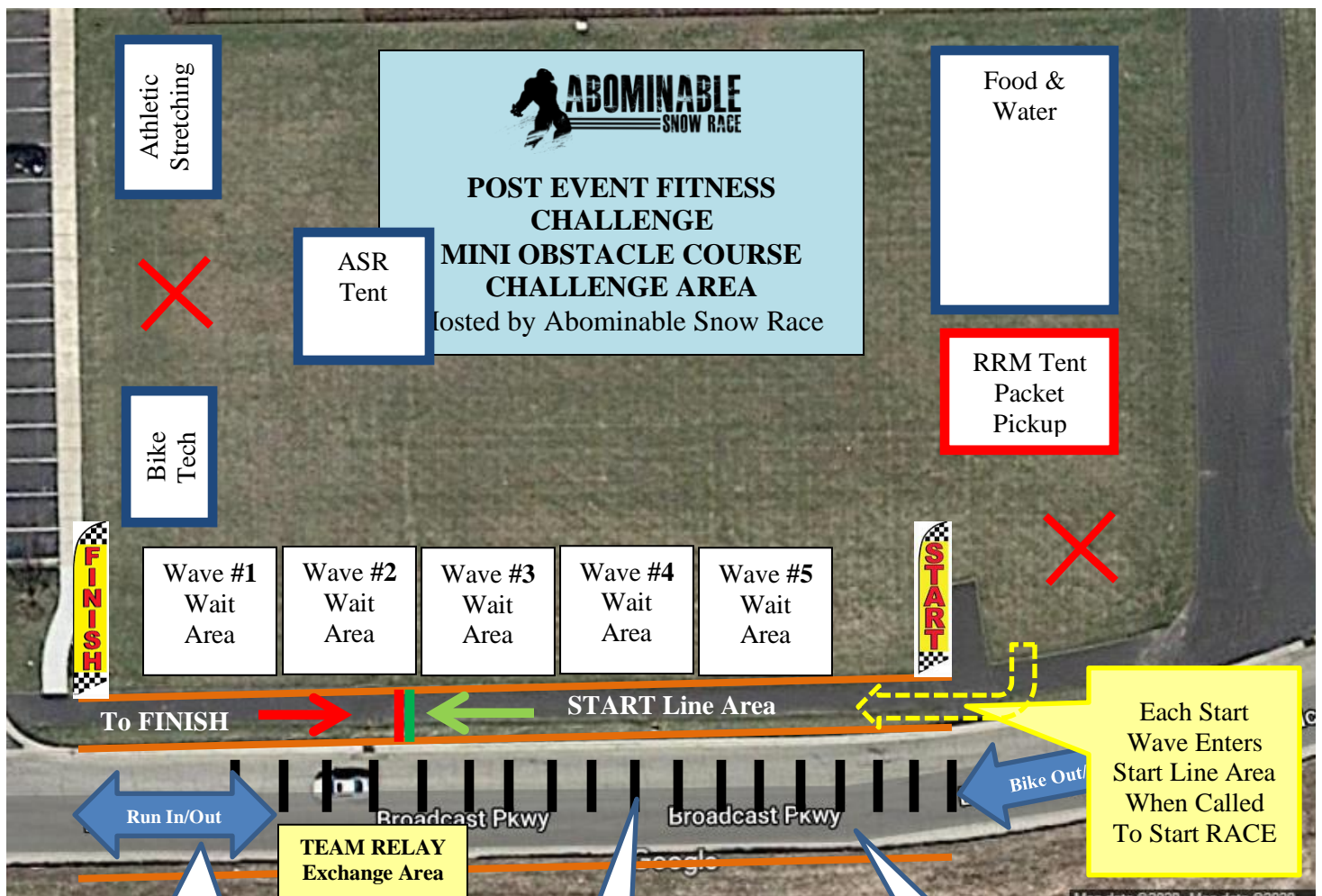
**Any Athlete not participating within the RACE safety rules, can be removed from the course and no refunds will be provided**

Your cooperation with these rules will allow us to execute a fun and safe racing experience for all participants.

Thank You for Participating – Have a Fun & Safe Race



## START, FINISH, TRANSITION MAP



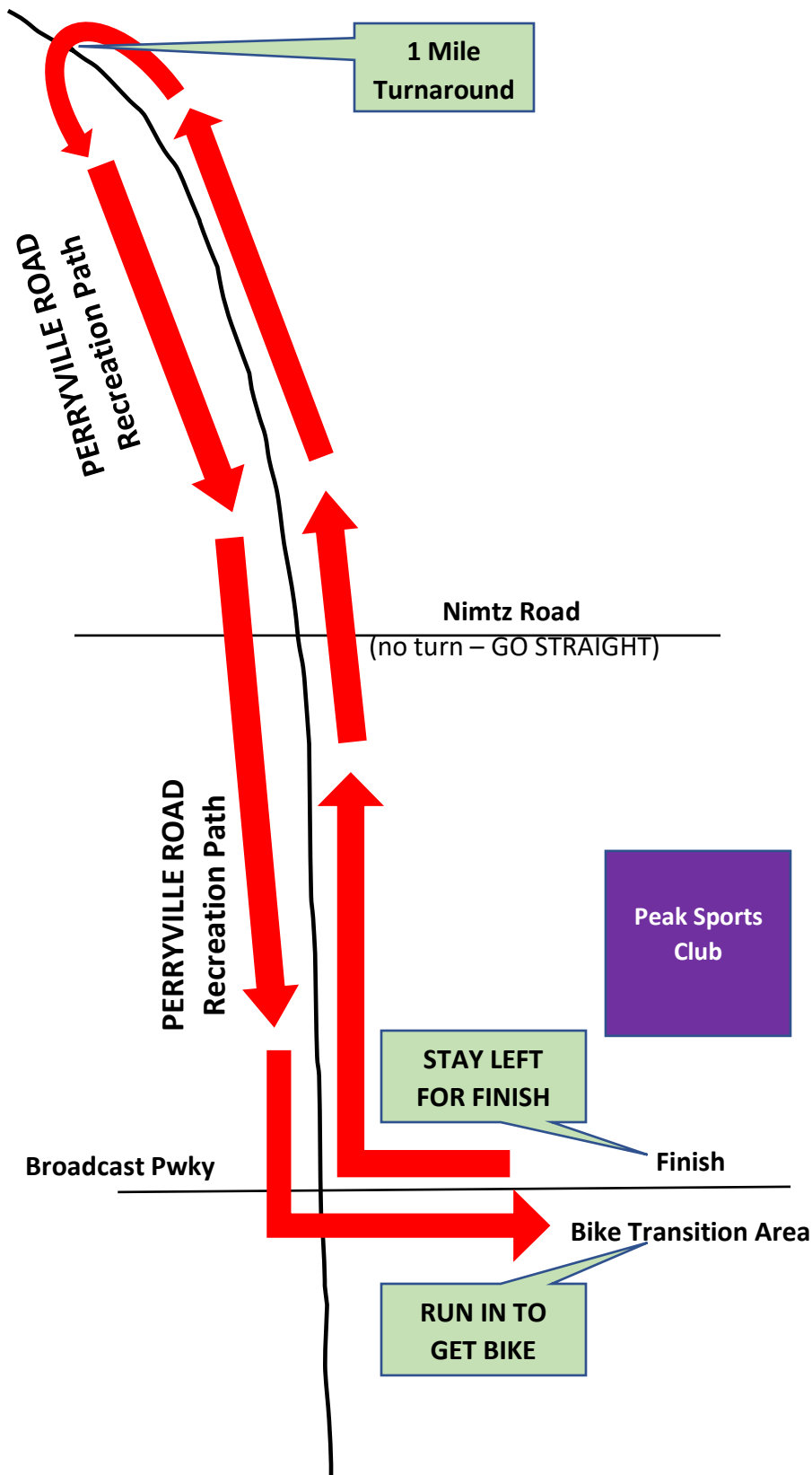
**TRANSITION ENTRY**  
 Athletes must ENTER transition at WEST entrance, rack your gear, and EXIT to the EAST

**BIKE RACKS**  
 Only 6-7 Bikes Per Rack

**RACE GEAR**  
 All of your gear must fit UNDER your bike



# RUN COURSE



## RUN COURSE IS 2 MILES - OUT AND BACK LOOP

The RUN course is an out and back 2-mile loop on the Perryville Recreation Path.

The Path is NOT closed to normal usage during our event.

## RUN SAFETY RULES

### \*\* RUN OUT \*\*

When entering run course, stay to the right. There may be two-way traffic.

### \*\* RUN IN \*\*

Upon completing first 2-mile phase, run **RIGHT** into bike transition area.

Upon completing the second 2-mile phase, run **LEFT** into the **FINISH LINE** chute to complete the race.

### \*\* RUNNING THE COURSE \*\*

Always run to the **RIGHT** side of the path. There will be 2-way traffic.

If you pass a runner, pass to the **LEFT**, return to the **RIGHT** side of the path.

Be aware of any uneven pavement.

Headphone devices **NOT** recommended.



# BIKE COURSE

Harlem Road  
(OPEN to traffic)

McFarland Road  
(OPEN to traffic)

Nimtz Road  
(no turn)

McFarland Road  
(CLOSED to traffic)

Peak Sports Club

BIKE OUT

Broadcast Pwky  
(bike transition area)

BIKE IN

McFarland Road  
(CLOSED to traffic)

Harvey Road  
(OPEN to traffic)

Rock Valley Parkway  
(OPEN to traffic)

## BIKE COURSE IS 4 LOOPS

McFarland Road is CLOSED TO CAR TRAFFIC between Rock Valley Parkway & Nimtz Road. The remainder of the course is OPEN to vehicle traffic.

## BIKE SAFETY RULES

### \*\* BIKE OUT \*\*

When entering bike course, use left lane of McFarland to merge into bike traffic.

### \*\* BIKE IN \*\*

Upon completing loop #4; stay left into left lane after turning onto McFarland and then turn left back into transition at Peak Sports Club.

### \*\* RIDING THE COURSE \*\*

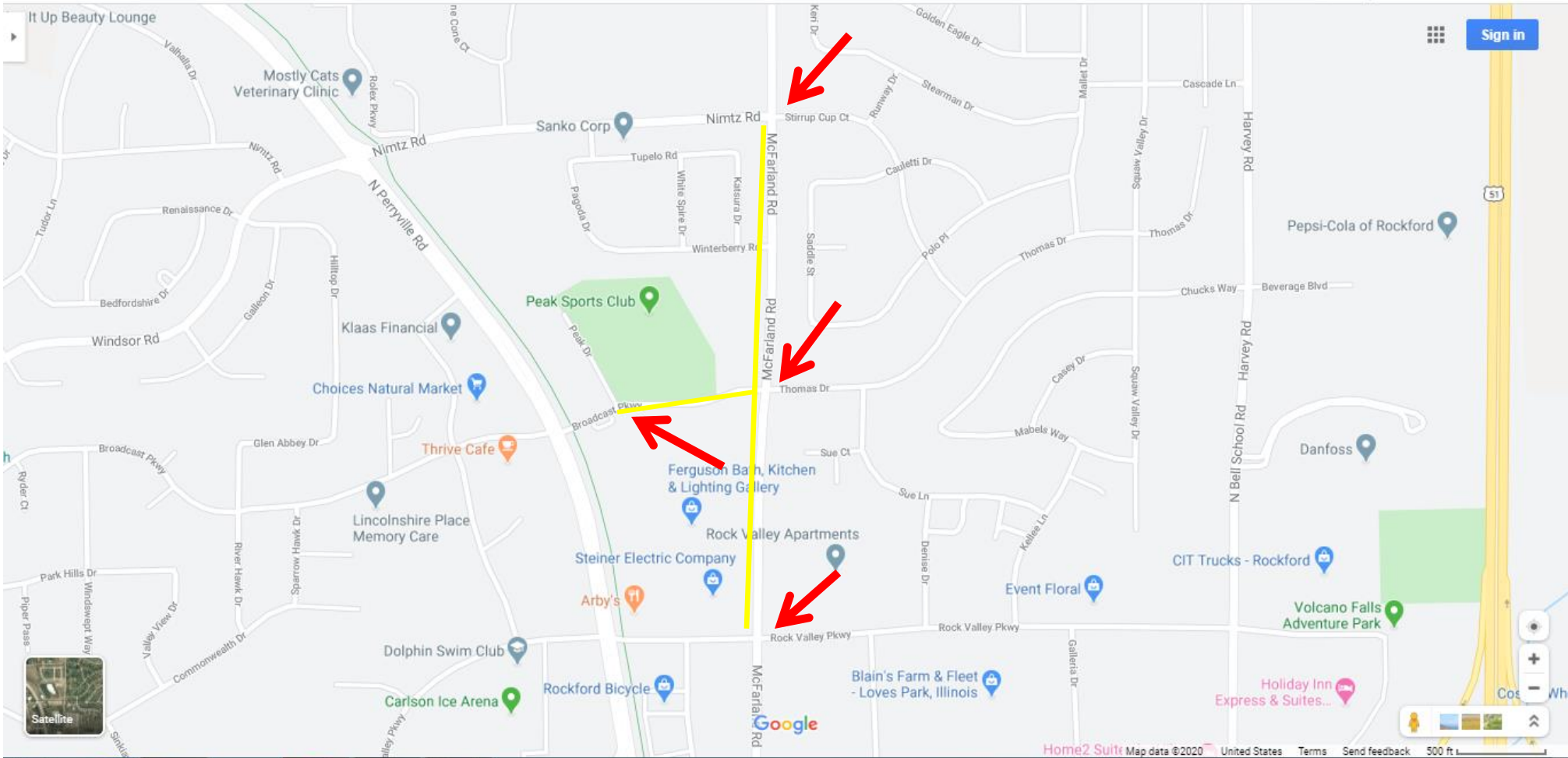
Always ride to the **RIGHT** side of the roadway.

If you pass a bike, pass to the **LEFT**, return to the **RIGHT** side of the roadway.

Be aware of any potholes or uneven pavement.

Be aware of traffic – some portions of the course are open to vehicle traffic.

Headphone devices **NOT** recommended.





# RETURNING AGAIN THIS YEAR

## JULY 21, 2024



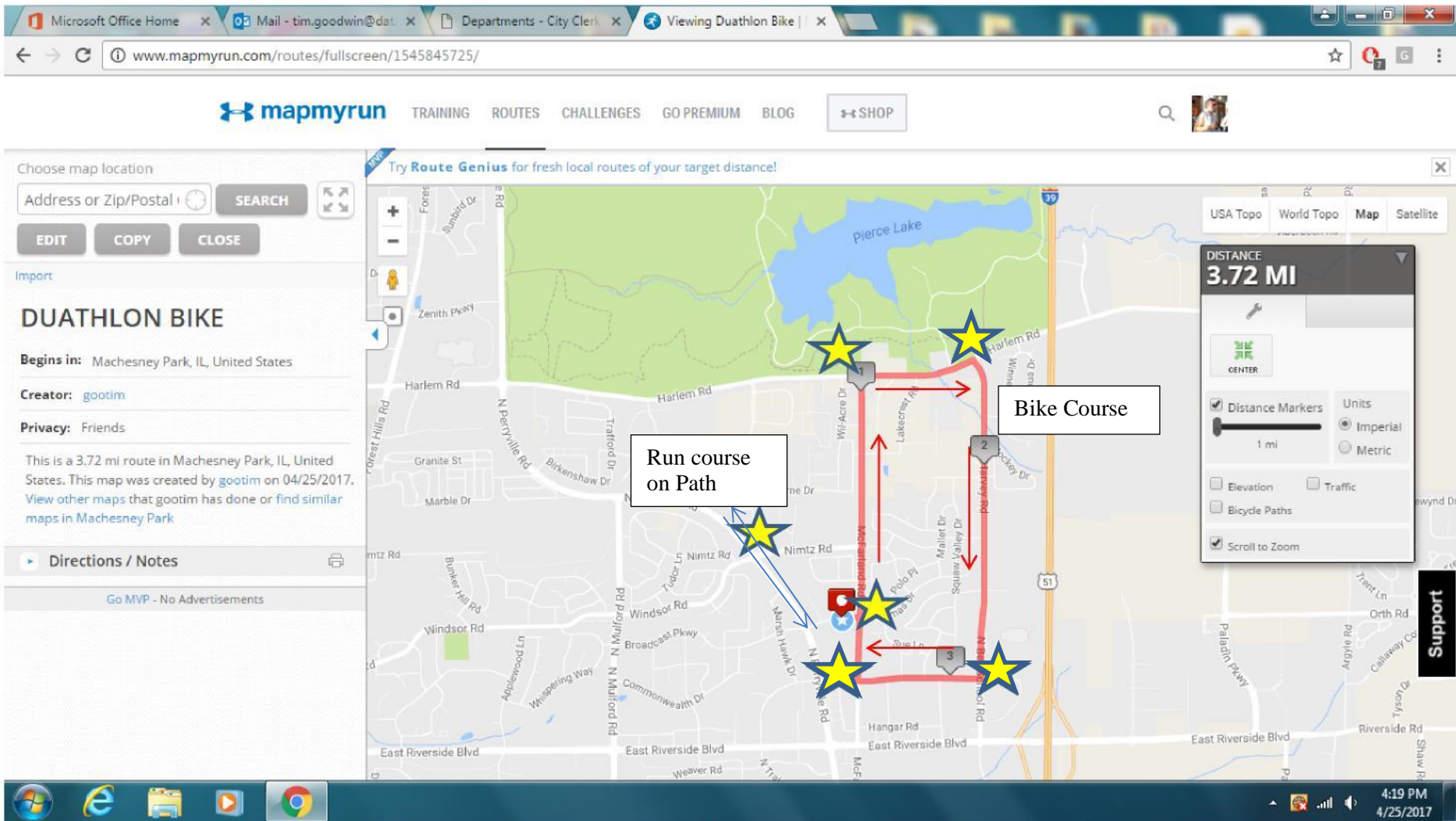
**FREE Entry to Fitness Challenge for all Screw City Event Participants.**

Complete the 5-minute Mini 4-Obstacle Course Challenge AFTER YOUR RACE (Duathlon, Team Relay, or 2 Mile Run) and have your race bib entered into a drawing for **\$100!** Awards to Top Male & Female, other fun prizes from ASR. Have fun and challenge your racing friends while you wait for the Duathlon race results!

**RETURNING  
AGAIN  
THIS YEAR !!**



Course NOT to scale – fitness course located in the grassy area next to PEAK Sports Club



**RockRiver Multisport July 21, 2024 Duathlon Bike Course:**

- Starts at Peak and goes out Broadcast at McFarland
- North on McFarland
- East on Harlem
- South on Harvey
- West Rock Valley Pkwy
- North on McFarland

**Bikes will do this course loop 4 times before returning to Peak.**

**Bike Police Coverage- Color below matches Stars on Map**

- Nimtze Road/McFarland – LPPD
- McFarland/Harlem - LPPD
- Harlem/Harvey – LPPD
- Bell School (Harvey) / Rock Valley Pky – LPPD
- Rock Valley Pkwy / McFarland – LPPD

**Run Police Coverage**

- Perryville / Nimtze - LPPD