

# Dirt in Your Shoe Race Instructions

We are glad you could join us for the 4<sup>th</sup> annual Dirt in Your Shoe Duathlon and Adventure Race. Please take a minute to read through the race instructions to help ensure your race goes as smoothly as possible.

**Location:** Magnolia Hill Ranch: 18135

**Parking:** Look for a sign off FM 362 marking the entrance to the race. After entering the ranch, the designated parking will be to your right. Racers and volunteers land use fee is covered with your registration, but spectators need to pay - cash only \$10 a person. Children and volunteers are free.

**Race Numbers:** You will receive 2 race numbers. One number is for the bike (attached to the front with twist ties) and the other for the run. The run number must face forward and is only needed for the second run.

**Timing Chip:** (*Duathlon Only*) Timing chips will be handed out race morning. We suggest putting the chip on your left ankle to avoid the bikes drivetrain. A safety pin can help secure it if you would like.

**Mechanics:** We will have a mechanic from Bike Minded (Justin Zaiser) to help you with any last-minute bike issues that may come up.

## **Transition-**

- Only participating athletes/volunteers/race management allowed
- Assigned racking locations
- Transition closes 10 minutes before race start

## **Race day schedule (Same for both days)**

7:00 am: Parking starts

7:10 am: Transition opens

8:15- Transition closes/pre-race meeting by start line

8:30- Race starts

9:30- Post race

10:30- Awards

Continued on back

## **Run Course 2 miles (1 loop): Check website for most current map.**

The run course will start near transition and go around the lake in a clockwise manner. Follow the signs and directional arrows. **(No Headphone or audible devices)**

There will be an aid station at 1 mile with water and HEED (a healthier carbohydrate product) and Hammer Gel

After the first run you will enter the transition, grab your bike and begin the bike portion

- 2<sup>nd</sup> run- Be sure to have your race bib on displayed in front. The run finishes with a left turn up a small hill to the finish line before you get back to the transition area.

**Bike Course 9 miles (2 loops) Check website for most current map.**

Exit transition and begin the bike portion of the race. (no riding in transition) The bike course is a mix of beginner friendly single track and jeep trails. Follow signs and directional arrows.

Near the end of the first lap, you will come close to transition and see signs to make a left for your 2<sup>nd</sup> lap. Upon completion of your 2<sup>nd</sup> lap you will go straight, dismount and enter transition where you exited for the bike.

Once your bike is racked proceed to the “run out” for your 2<sup>nd</sup> run

**Relays:**

Each athlete will receive their own race numbers and timing chip. The runner will complete their leg of the race and simply tag the cyclist to begin their leg of the race. The bike will be racked until the runner tags the biker. The runner may leave transition to spectate, but must not cross, or get near the timing mats as it may read the chip and effect the results. The cyclist must exit transition and leave their bike racked until transition is reopened.

**Awards:** Once we announce the times are official, we will have a grab and go awards ceremony but still have the podiums there if you would like to take a picture.

**Special Race Notes:**

It is always important to keep the race venue clean but even more so with off road races. Please discard trash in trash receptacles and pick up your area in transition. We want to be welcome back for years to come.

Thanks, and have a great race!