

# 2023 Athlete Guide



# Overview

The 2023 Parvin Anniversary Duathlon (PannDu) consists of a 1 Mile Run, 12.6 Mile Bike, and a 6K Run. The Super Sprint consists of a 1 Mile Run, 6.3 Mile Bike and a 2 Mile Run. Both runs are on trails and the bike is on completely paved road. The Duathlon Relay is a 2 person relay where one person does both run segments and the other does the biking. A 6K Trail Race will occur in conjunction with the Duathlon & Relay.

## RACE LOCATION/PARKING

Start/finish line and transition are located at Thundergust Picnic Area in the SE corner of the park - 855 Parvin Mill Road. Parking for all athletes will be at the Danna Farm less than a quarter mile South of the Picnic Area. Please park there and walk your bike to race site.

## SCHEDULE

7:00 am - Check-in/registration opens for all races

7:50 am- Pre Race Briefing

8:00 am - Duathlon, Super Sprint & Relay Start

8:30 am - 6K Start

Approx 9:45 -Awards

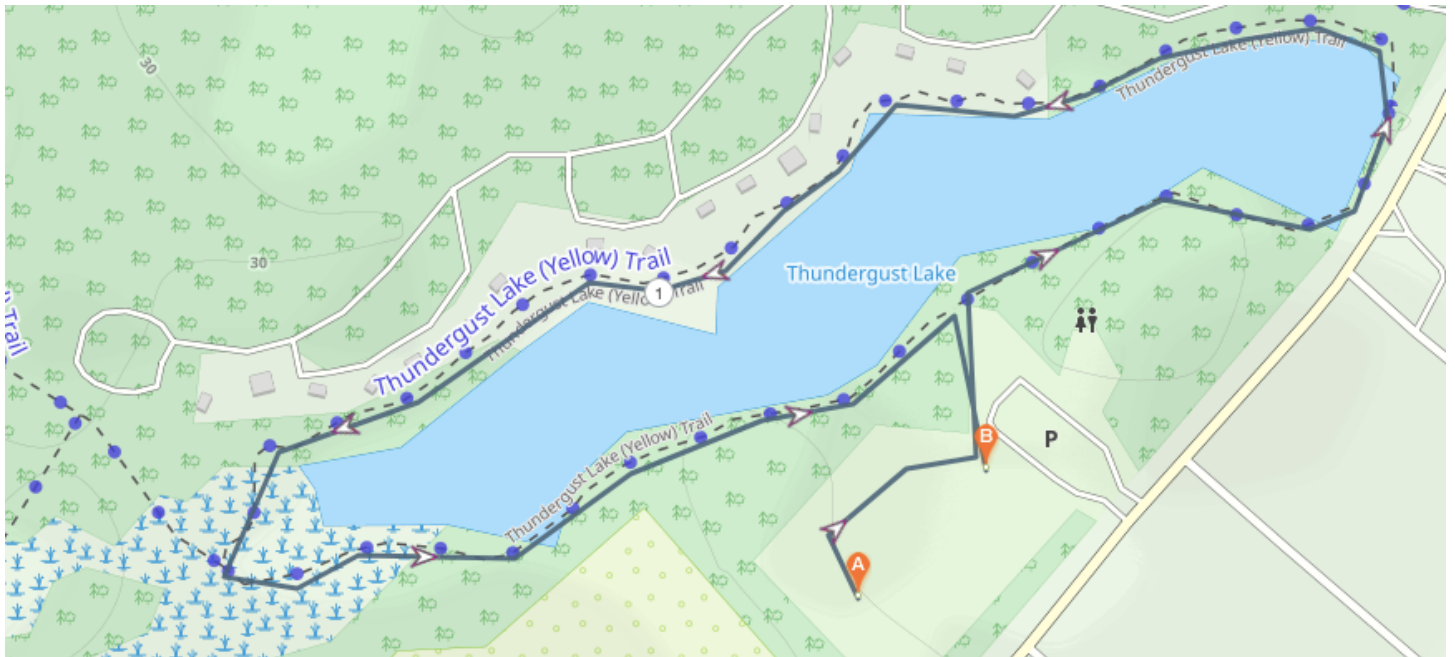
## Check In/Package Pickup

There will be no pre race day packet pickup. Packet pickup will be in the Thundergust Picninc area right by transition. . Please make sure you have your ID ready when you check-in. You will also need to have your confirmation email open and ready to go. We will be scanning the QR code you received to check you in. At check-in you will receive your bib. You will also get your shirt and your free picture frame.

# First Run

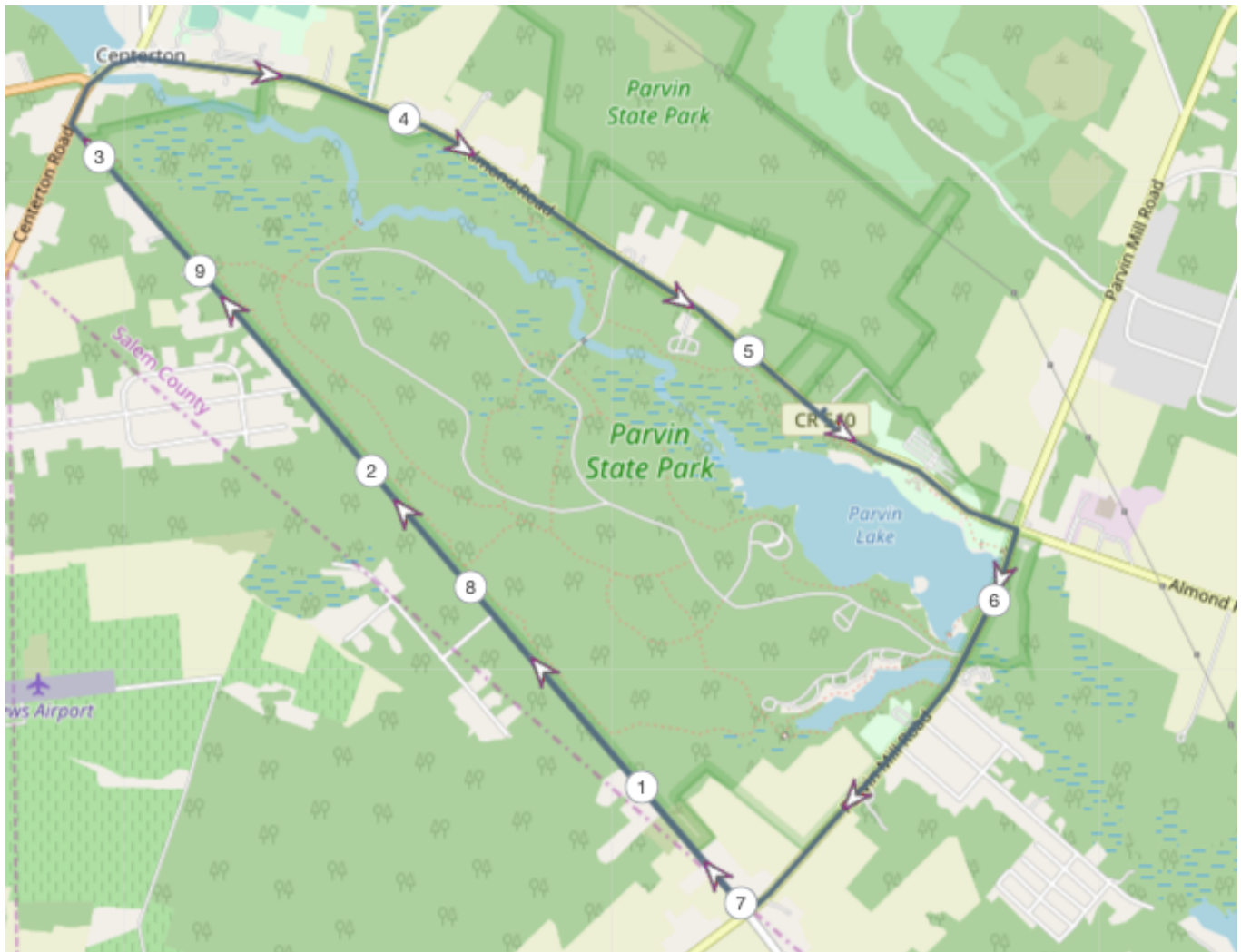
The course is marked with arrow signs and orange flags.

The first run is the same for everyone (Duathlon and Super Sprint). This run uses solely the Thundergust (Yellow) Trail. It's a quick loop with very moderate, technicality and a few sections of narrow singletrack. The run goes counter-clockwise around the lake and leads athletes into transition. Make sure you enter transition by the Run In sign and cross over the timing mat.



# Bike

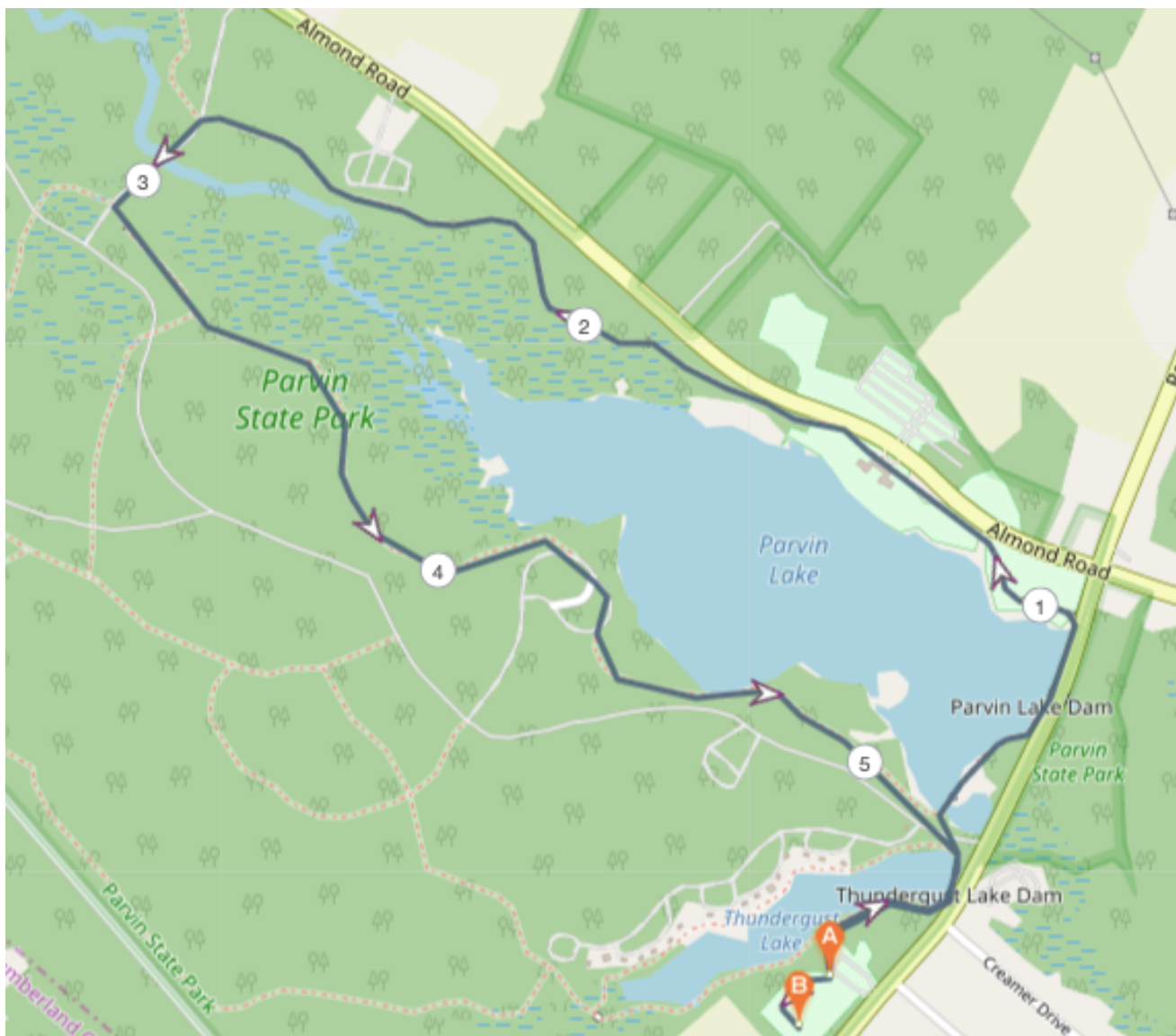
Make sure you put your helmet on BEFORE you leave transition for your bike portion. Do not ride your bike out of transition. There will be a bike mount/dismount line where you may start riding the bike. The course is 6.3 mile loop on the road perimeter of the park. SUPER SPRINT ATHLETES WILL DO ONE LOOP. DUATHLETES WILL COMPLETE 2 LOOPS. From Bike Out, athletes will turn right and follow the route clockwise. Everyone must stay to the right and there is NO DRAFTING. Cyclists will encounter some vehicle traffic at the intersection of Centerton and Morton Roads. Volunteers will be on site to ensure safe passage for all cyclists and drivers will be made aware of your presence long before that point. When returning to transition please get off your bike at the dismount line. Do not ride your bike into transition. Do not remove your helmet until your bike is racked.



## 6k Run

The course is marked with arrow signs and orange flags.

6k run utilizes part of the Thundergust trail and all of the Green Trail. This run is changed from previous years. To start the run you will enter the Thundergust Trail at the same point you entered for the first run. Instead of going around the whole lake you will crossover a paved trail and enter the Green Trail which takes you around Parvin Lake. There is a spot on the trail where you actually leave the trail and run on pavement before rejoining the trail. Please pay attention to the signs and flags. After you finish on the Green Trail you will rejoin the Thundergust trail and follow that back to the finish the way you came out





# Super Sprint

The course is marked with arrow signs and orange flags. The course is a lollipop. To start the 2nd run for the Super Sprint you will enter the Thundergust Trail at the same point as the first run. However this time you will turn LEFT. You will cross over a foot bridge and connect with the red trail. You will eventually make a left turn and get on the Yellow Trail. You will then meet back up with the red trail and turn right. You will follow the red trail back to Thundergust and continue to the finish the way you entered.



## **Post Race**

As you finish the race you will be handed your finisher medal. Water and a light snack will be provided at the finish line. The post race award ceremony will begin as soon as enough people have finished the race. We invite you to stick around for our post race BBQ. We will be cooking up burgers and hot dogs on site.

## **ABOUT THE PARK**

Parvin State Park was designed by Frederick Law Olmstead Jr. and built by the Civilian Conservation Corps in 1931.. It's made up of a 465 acre mix of Pinelands and Wetlands that makes it very popular for outdoor recreation. The weekend of the Duathlon will see the beginning of peak fall foliage in and around the park. To further support the park, donations can be made here. Also follow the Committee on Facebook or Instagram.

**Thank you for racing with us. If you have any questions please email the Race Director at [ckiel78@gmail.com](mailto:ckiel78@gmail.com).**