

2025 Athlete Guide



Overview

The 2025 Parvin Anniversary Duathlon (PannDu) consists of a 1 Mile Run, 13 Mile Bike, and a 5K Run. The Super Sprint consists of a 1 Mile Run, 7 Mile Bike and a 2 Mile Run. The TT Bike Race is 19 miles 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 5K 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. Follow the signs for directions

SCHEDULE

6:15 Transition opens

6:45am - Check-in/registration opens for all races

7:50 am- Pre Race Briefing

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

8:30 am - 5K Start

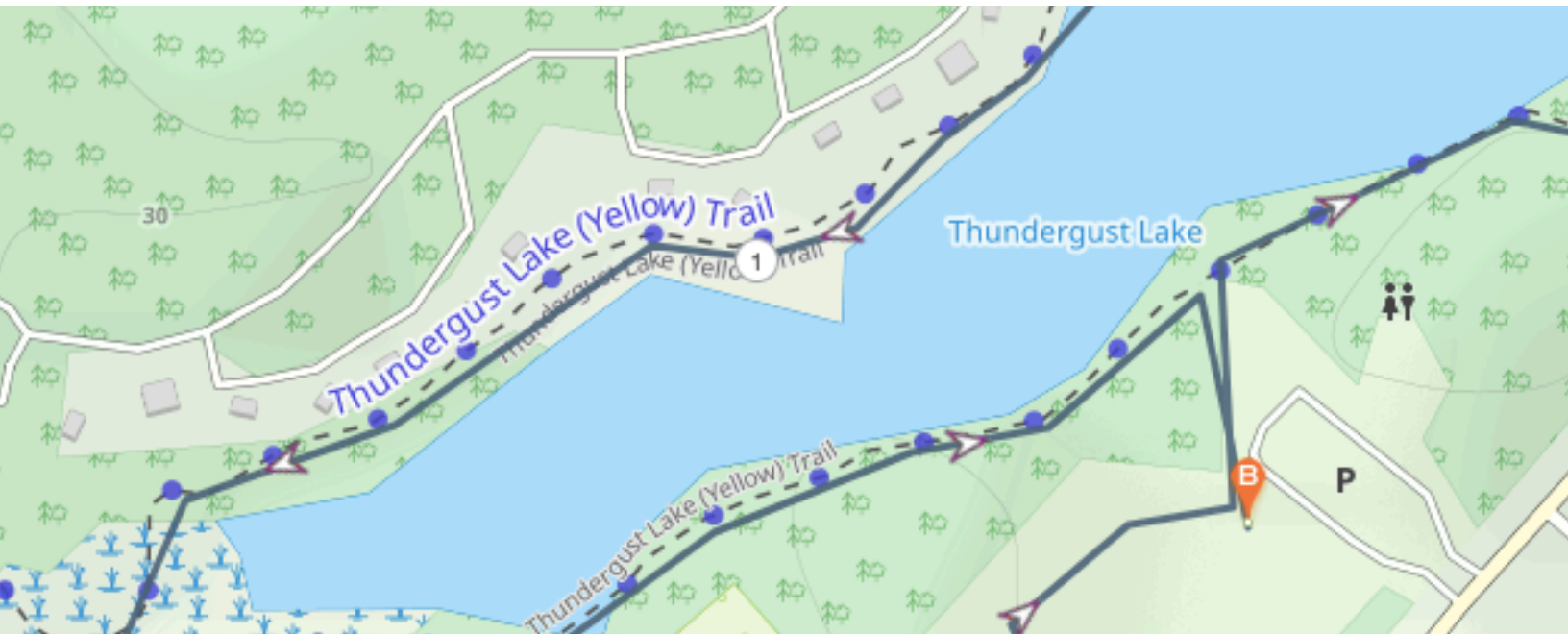
Approx 9:45 -Awards

Check In/Package Pickup

First Run

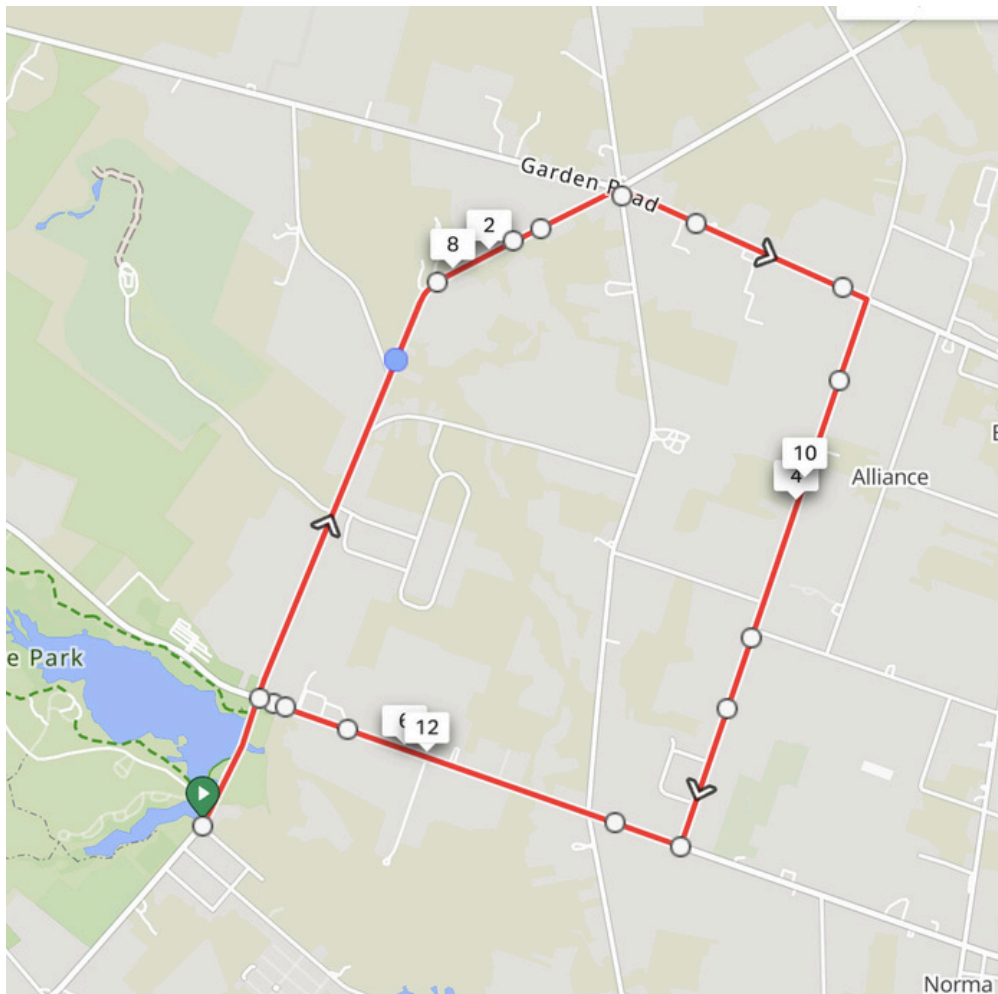
The course is marked with arrow signs and orange flags.

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 a lollipop. SUPER SPRINT ATHLETES WILL DO ONE LOOP. DUATHLETES WILL COMPLETE 2 LOOPS. TT ATHLETES WILL COMPLETE 3 LOOPS From Bike Out, athletes will turn left. There will be an officer stopping traffic at the first intersection. Everyone must stay to the right and there is NO DRAFTING. This is a open course and there will be some traffic. 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.



Run

Both the Super Sprint and Duathlon and 5k will begin on the same course. You will leave transition and enter the course behind the pavilion. Super Sprint will follow GREEN ARROWS flags. All others will follow ORANGE ARROWS and flags. Please pay attention to signs. There is a point where the course splits. Super Sprint. goes straight and everyone else goes left. This will be marked with signs and flags. The run is a mix of trails and some pavement. There will be an aid station on the course.

TT Bike Race

The TT bike race will begin at 8:00. Athletes will gather at the designated starting area. You will be starting one at a time and we will send you out every 10 seconds. You will make a left out of the parking lot. The course is a lollipop and you will complete 3 loops of the lollipop. When you finish you will ride through the gates to record your time

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.

ABOUT THE PARK

Parvin State Park was designed by Frederick Law Olmstead Jr. and built by the Civilian Conservation Corps in 1931.. It's mad 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 import.

Thank you for racing with us. If you have any questions please email the Race Director at ckiel78@gmail.com.