

Dewitt Duathlon (DART-DeWitt Area Running Team)

Running/Cycling Conduct

Article I: Running Conduct

- Participants must run, walk the entire portion of the run course, except for reasons of safety. All participants shall follow and remain within the prescribed course.
- It is the responsibility of the participant to know and follow the prescribed course.
- Participants are not at any time allowed to wear headset/earbuds/headphones.
- Participants are permitted to carry water bottles provided the container is not made of glass. Glass containers are prohibited.

Article II: Transition Area Conduct

- All participants entering and exiting the transition area must reduce cycling speed to an acceptable/safe level.
- Participants shall place equipment only in their individually and assigned designated area. Participants are to keep their equipment confined to the properly designated areas.
- Participants must return their bicycle to an upright position in the properly designated bike corral after completion of the bike course and before beginning the run course.
- No participants shall interfere with another participant's equipment while in the transition area. Any violation that results in another participant's ability to complete the event shall be disqualified.
- Glass containers are prohibited in the transition area.

Article III: Cycling Conduct

- All bicycles shall be propelled only by human force/power. Any propulsion action brought on by use of hands is prohibited.
- Participants shall not make any forward progress without their bicycle. Should the participant's bicycle become inoperable the participant may proceed on the cycling course running or walking while pushing or carrying their bicycle so long that it does not interfere with or obstruct progress of other participants.
- It is the responsibility of all participants to obey the traffic laws while on the cycling course, unless otherwise specifically directed by race monitor or designee with actual authority.
- No bicyclist shall endanger himself or another participant.
- Passing the site of a cycling accident, participants are to exercise caution and reduce speed if necessary.
- Participants dismounting should not interfere with other cyclists.
- Headsets/Earbuds/Headphones or personal audio devices are prohibited.
- Helmets: All participants shall wear protective head gear that is undamaged and unaltered which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC).
- Chin straps must be fastened before participants mount the bicycle and at all times while the participant is on the bicycle, and must not be unfastened until the participant has dismounted.

Conduct failure of any kind could lead to participants being disqualified.