



Athlete Guide

Welcome to the American Zofingen Duathlon

Sunday, May 20, 2018
Mohonk Preserve
Upper 27 Knolls Road
Stone Ridge, NY 12484

Race Communications:

Mark H. Wilson (914-466-9214) - Co-Race Director
Tom Ganz (845) 866-2992 - Co-Race Director
Tonia H. Wilson (716-353-1288) - Registration/Package Pick-up

DIRECTIONS:

Take the New Paltz exit 18 off of the NYS Thruway. Go west on Route 299 (through New Paltz), go over steel bridge and turn right onto Springtown Road. Make a left onto Mountain Rest Road. Pass the entrance to the Mohonk Mountain House and go under the one-lane bridge. Continue on 1 mile, and turn right on Upper 27 Knolls Road. Within ¼ mile, you'll reach the kiosk for the Spring Farm Trailhead.

CELL SERVICE IS LIMITED IN THIS AREA - PLEASE KNOW WHERE YOU ARE GOING AHEAD OF TIME!

RACE START TIMES:

LONG COURSE 7:00AM

THE G. CHRIS GLEASON MEMORIAL DUATHLON (MIDDLE DISTANCE)
7:30AM

SHORT COURSE 8:00AM

ARRIVAL

You must be on site no later than 7:20am. This is a safety factor and no exceptions will be made.

PARKING

There is a grass parking lot 50 feet from the registration gazebo. Please park first and then unload and register. There will be overflow parking at the barn area.

REGISTRATION/PACKET PICK-UP

All athletes must pick up their race packets themselves-SORRY, NO EXCEPTIONS.

There is NO race day registration. You must be registered prior to 6pm on Saturday, May 19th.

There will be a packet pick-up available at the race site registration on Saturday from 12pm - 8pm.

You must pick up your timing chip at Packet Pick-up the morning of the race day. Timing is provided by PRTiming.com and results will be posted on their website as well as on CoachMarkWilson.com as soon as they are available.

Transition and Packet Pick-up will open at 5am on race day and will end as follows: Long Course 6:30am, Middle Distance 7:00am and Short Course at 7:30am.

There will be a pre-race meeting at the starting line 15 minutes prior to each individual race distance start time.

All athletes MUST show a photo ID and present your USAT membership card if you are a current member. **REMEMBER, NO ID! NO RACE! NO EXCEPTIONS!**

If you are not a current member of USAT, you will be required to purchase one day event coverage for \$15. If you are in need of an annual membership for USAT we can do that at registration for \$50. Cash or Check only.

Payment can be made with cash or check made out to “Wilson Endurance Sports”

SPECTATORS

Please note that any spectators arriving with the athletes will be allowed in for free. **Once the race begins anyone arriving will have to pay an entry fee to the Mohonk Preserve. And, they must park in the lower dirt parking lot.**

BODY MARKING

Every athlete will be body marked on their leg and arm. Do not leave registration area without this being done.

TRANSITION

Athletes only will be allowed to enter the transition area and must show your number to gain access. So, please check in at packet pick-up PRIOR to going to transition with your gear. Post race the transition area is ONLY open to athletes. Your Run number must match your Bike number to take bike from transition area. All items left behind will be donated to a local charity.

RUN

Due to the recent and forecasted rain, the first mile of the run will be soft so plan shoes accordingly. In case you have never raced with us before the route traverses single track, carriage trails and open fields. This run course utilizes all of your running skills; hills (up and down), technical terrain, and all out speed on flats on downs. Truly, a beautiful and rewarding run experience. All distances utilize the same 5 mile course. **Aid Stations** - there is one aid stations on the loop in the woods that you pass twice and one aid station at the gazebo in addition to the transition area. Each station will consist of water, Hammer Gel, HEED, and Endurolytes.

BIKE

Start on Upper 27 Knolls Road/ Spring Farm trailhead (transition area). Turn left at the Preserve entrance onto Route 6/ Mohonk Road up the hill. Go down the steep, winding and fast descent to the stop sign and turn right onto Butternut Road.

Travel down Butternut to the next stop sign (yes they finally put one there) and turn right onto 299 heading towards the mountains.

When you reach the T intersection at the base of the mountains turn right onto 44/55 and start climbing.

Keep climbing past Minnewaska Park entrance. When you finally get to the big view of the valley you will get a chance to spin and loosen your legs. When the woods start to end you will see a large barn on your right. This will sneak up on you. This is the hairpin turn onto Granite Road. This is the first aid station where you will have to go slow for the turn. Call out for water or Heed bottles.

Stay on Granite and go past the Hudson Valley resort and spa towards the town of Accord.

At the T intersection turn right onto Towpath Road.

When you make a hard right turn in the road over a small bridge by Rondout Creek you will stay to the right onto Clove Road.

At the T intersection turn right onto route 6/ Mohonk road and start the steady climb back to bike aid station 2 where special needs will be for Long Course.

Middle distance goes in for one run before coming out to do a second bike. Short distance goes left into the Preserve for one run and finish line.

84.2 miles for 3 loops of long course and 8,910 elevation gain.

There are two aid stations for the bike; one will be at the entrance to the park and the other at the halfway point at the hairpin turn onto Granite Road. For the Long Course the park entrance aid station is a special needs location; please be sure to drop this off with race staff prior to starting your event. At the aid station at the park entrance there will be water bottles as well as bottles mixed with Hammer HEED for Middle and Long distance racers.

Be prepared for the gravel road to and from the transition area. And, always remember that this course is open to traffic, use caution and stay alert.

★ AmZof Lap

Ride Segment High Falls, NY

27.4mi 0% 215ft 1,411ft 1,197ft
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 465 Attempts By 156 People



FOOD

Food and beer will be provided to all athletes free of charge by race sponsors; Main Street Bistro and Yard Owl Craft Brewery. There will be food available to spectators for a fee.

AWARDS

- Top 3 Overall (M & F) for each distance
- Top 3 Age Group (M & F) for each distance
20-25, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

Awards ceremony will take place approximately as follows:

Short Course - 1:00pm

THE G. CHRIS GLEASON MEMORIAL DUATHLON (Middle Distance) - 3:00pm

Long Course - 5:00pm

USAT Rules

1. **Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
2. **Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

5. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

7. Unsportsmanlike Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon

officials, volunteers, spectators or fellow athletes is forbidden.

8. Headphones: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

10. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Please support our local sponsors: Bicycle Depot, Chautauqua Gateway Graphics, CrankWorksCycles, Dr. David Ness, Dr. Hoys Pain Relief, Dr. Scott Costley, Hammer Nutrition, Main Street Bistro, Mancuso Family, Metallic Ladder, Mohonk Preserve, NYS Troopers, Orange Mud, Shave Secret, SBR Sports, Inc., USAT, Wallkill High School Ski & X-Country, Yard Owl Craft Brewery, Wilson Endurance Sports, LLC.

Thank you for racing with us today. We strive to plan a fun, athlete centered event for you to test your fitness and endurance. Please watch our website at www.CoachMarkWilson.com for future events and activities.

Best of luck and stay safe.

Tom & Patty Ganz

Mark & Tonia Wilson

