

Durango Parks & Recreation Triathlon

Race Notes and Rules

Pre-Race Meeting: 7:45 a.m. in the Transition Area
First Heat: 8:00 a.m.

Transition Area:

1. Staff will be on hand to monitor the transition area and assist participants.
2. All equipment and personal items must be kept in the Transition Area behind the barricades.
3. No spectators are allowed in the Transition Area.
4. Assistance to the racer is not allowed at any time.
5. Racers must walk bikes in transition area.

Swimming Event:

1. Two swimmers in each lane. Swimmers will line up and be placed in a lane.
2. Each swimmer will swim on the same side of the lane for the entire race.
3. All swimmers will start in the deep end of the pool with a push-off start. Swimmers start with a hand on the wall.
4. Swimmers are responsible for counting laps; some lap counters maybe provided for assistance.
5. Swimmers will exit through the open door behind the lap lanes.

Biking Event:

1. Follow course markings. (2nd Ave.; right onto 32nd St.; left onto CR 250; turn around in the 4900 block and approximately five miles from left turn; return on same route to Rec Center)
2. Closed toe shoes and helmets are required. Helmets must be securely fastened before mounting the bike.
3. All bikers must mount and dismount in the designated marked area.
4. Bikers need to reduce speed when exiting and entering transition area.
5. Obey all traffic laws. **The road will be open to traffic throughout the race.**
6. **It is the bikers' responsibility to make sure it is safe and traffic is clear before crossing lanes.** Course Marshals and law enforcement will be available to assist.
7. Bikers are expected to self-support on the course and fix mechanical issues.
8. Drafting is not allowed.
9. Headphones are not allowed.

Running Event:

1. Follow course markings.
2. Be aware of the public using the Animas River Trail. The Animas River Trail will remain open to the public.
3. Closed toe shoes are required.

Miscellaneous:

1. **The Train will maintain its normal schedule throughout the event. Please be cautious at all Railroad Crossings.**
2. Relay teams must exchange their transponder before the next team member may begin the next event.
3. Bikers tagging off to runners must dismount in the designated area before tagging their teammate.
4. No dogs on the race course. Dogs must be leashed at the post race event.
5. Post race food and awards immediately following the race.
6. Participants receive free entry and \$5 for non-participants.