



**Bronda's Duathlon
Texas Motor Speedway**

Nov 12, 2017



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Overview:

Welcome:

Welcome to Texas Motor Speedway, hosting Bronda's Duathlon. This event is brought to you by Tri Dallas Events.

Technical Guide and Conditions of Participation

This technical guide covers the procedures and information needed to participate in the Fast and Furious Duathlon.

⚠ Important: *In case of a conflict between the information presented in this technical guide and any other source (other than an official communiqué from the organization or issued during the event), then the information found in this technical guide shall be taken as correct and final. By participating in this event, you are also agreeing to be bound by this technical guide, the instructions of the race officials and the Organization, and by the rules of the USAT.*

***Event Overview

Bronda's Duathlon is the end of season Multisport event for the DFW metro Area.

The Distances of the Sprint Du are: 2Mi Run/16mi Bike/2Mi Run

Sanction and Regulations

This is a USA Triathlon sanctioned event. It is incumbent upon the athlete to know and comply with all USAT rules prior to, during and post event. USAT rules shall apply to all competitors.

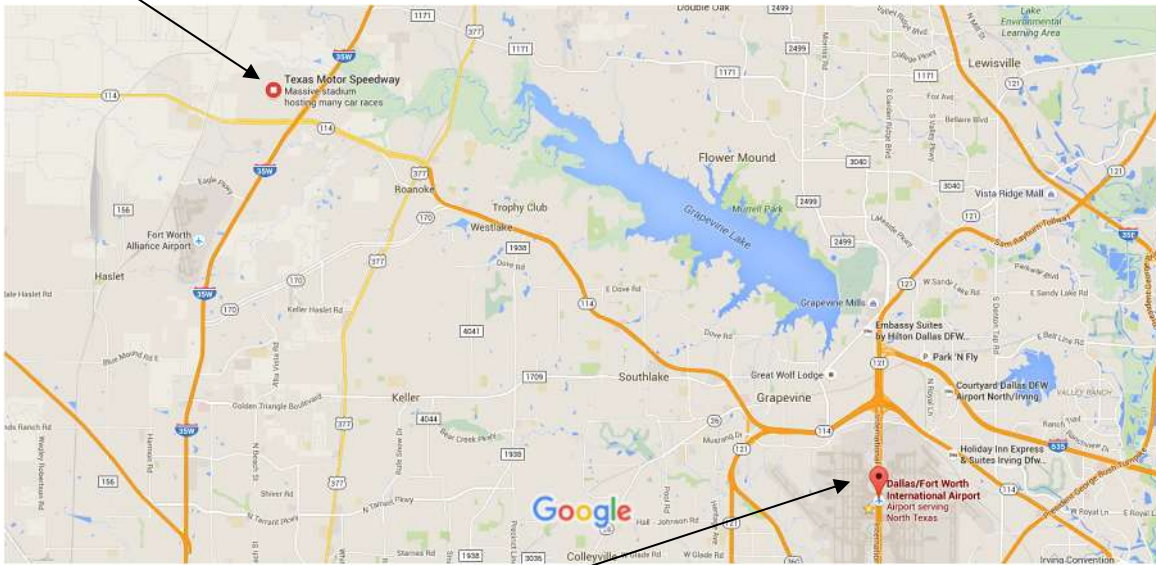


Location

Venue Location

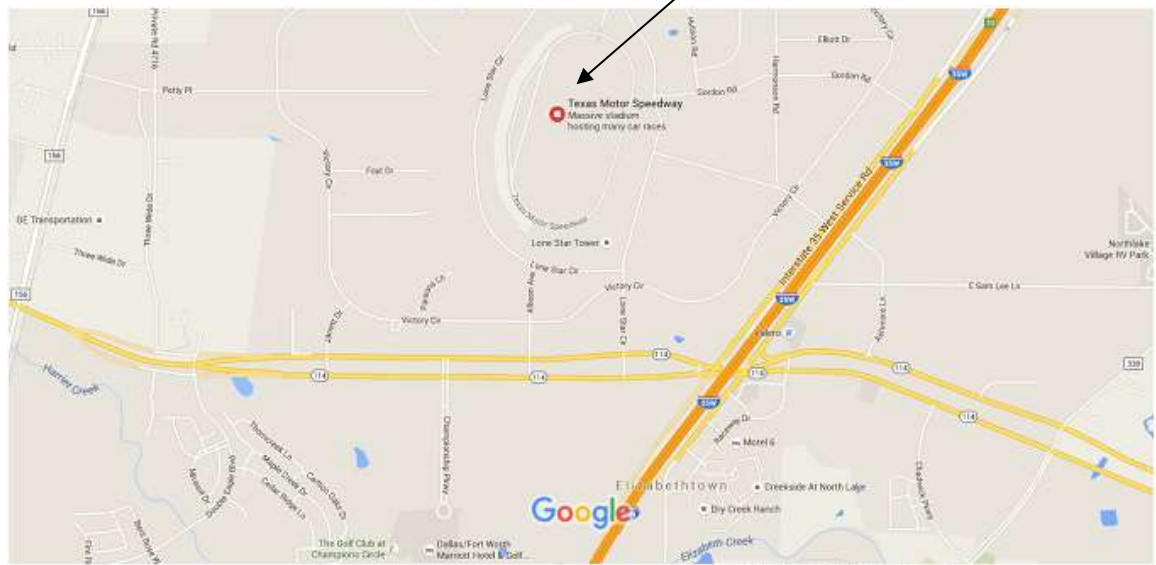
Texas Motor Speedway is located off Interstate 35W in Northern Fort Worth TX. From Interstate 35W the exit for Hwy 114. Proceed west on Hwy 114. Turn Right onto Allison Ave. The Transition is located in the infield of the Stadium. The Access to the Stadium infield is controlled via security. Participants may not be allowed access outside of the event days.

Texas Motor Speedway



Dallas Fort Worth International Airport

Texas Motor Speedway





Nearest Airports

Dallas Fort Worth International: (DFW)

A major Gateway to the Mid South US. Dallas Fort Worth Airport serves both Continental USA and Destinations from Asia, Europe and South America.

DFW is southeast of race site and is approximately 30-50 minutes away from Race site depending upon traffic.

Love Field: This is South West Airline Air port.

Love Field is South east of the race site and depending on Traffic is 40 -65 minutes from race site.



Accommodations

As the Event takes place in the DFW metroplex, there are many accommodations options. Hotels or Long Stay rentals are available. The following are hotels that are within minutes of the Speedway.

There are several hotels in close proximity to the race Venue:

Please click on the below hotel name to access additional info on that location.

- [Marriot](#) - 5 minutes
- [Holiday Inn Express](#) - 5 minutes
- [Motel 6](#) - 5 minutes
- [Best western](#) - 12 minutes
- [Comfort Suites](#) - 12 minutes
- [Hampton Inn](#) - 15 Minutes

Local Transportation:

If you are flying in, it is recommended that you use a rental vehicle to get to and from the airports and venue.

As a general rule, it is best to double driving time with the DFW area. Due to Large population in the region, Traffic conditions are unpredictable.

Climate / Weather

In Mid November, the average daily low is in the 40's and 50's and the Highs are in the low to mid 60's. There is a chance of rain at this time of year is low to moderate.

Registration Information:

Registration:

Advance Registration for all events is available online via the "I Am Athlete" Website as follows:

<https://www.imathlete.com/#/legacy?url=%2Fevents%2FEventOverview.aspx%3FfEID%3D39829%26z%3D1485959918500>

- **Important:**
- **Online Registration closes for Bronda's Duathlon at 6:00pm on 11/11/2017**
- In person registration is also possible during the Packet pick up times listed within the event schedule.

Racing Licenses / ID Requirements.

- Whether registering online or in person, all participants must pick up their own race packet.
- Each Participant must present a Valid Photo ID and a Valid Annual UAST membership or you will be required to purchase a One day permit.
- Only the individual registered is allowed to pick their race packet.
- This event has a no refund policy



Registration Fees

Short Course Duathlon	
Individual Pricing	Relay Team Pricing
\$70 Thru midnight 9/1/17	\$100 Thru midnight 9/1/17
\$80 9/2/17 - 6:00pm 11/11/17	\$125 9/2/17 - 6:00pm 11/11/17
\$89 In person registration 11/11 - 12	\$136 In person registration 11/11 - 12

Event Schedule

Nov 11 - Richardson Bike Mart - **Richardson Store** ([map](#))

- 3:00pm - 5:30pm -- In person Registration and early Packet Pickup

Nov 12 - Texas Motor Speedway - **Race Day**

- 6:45am - 8:15am Packet pick up open
- 7:15am Transition Area Opens
- 8:30am Pre race meeting
- 8:45am Transition area Closes (All Bikes must be in Transition)
- 9:00am Race Start
- 10:00am Post race area opens
- 11:00am Race awards (*Approximate time, actual time depends on field size and finish times*)

Event Procedure

Start Area and Wave starts.

The Start line is scheduled to be approximately 40 ft wide. It is anticipated this will be a mass start event.

Sprint Distance Duathlon - All Competitors Wave 1



Podium Ceremony / Awards info

It is requested those achieving a Podium position stay for the Awards presentation.

Short Course Duathlon Awards

- Male / Female overall - 3 deep
- Male / Female Masters (40+) 1 deep
- Male / Female Grandmaster (50+) 1 deep
- 5 year Age Group Male/Female - 3 deep Starting with 14 and Under, 15- 19 thru 75+
- Clydes' / Athena / PC open - 3 deep each
- Relay Teams (Male/Female/coed) 3 deep

Timing and Results

Event Timing will be provided by Atomic Timing. In addition to Back up manual timing all races will use Chrono track's chip timing. Results are scheduled to be post on <http://www.finishtime360.com/> within 24 hours after the event.

Short Course Duathlon:

- Each Participant will be issued an ankle chip.
 - the Ankle Chips will be Issued on race morning.
- Timing Points
 - Start line
 - Transition in's and out's
 - Finish Line

Parking

- Parking on event day will be inside the Stadium within the South Paddock Area.
- There is no parking Fee.
- Parking is first come first serve on race day.

Course Information

*** Important:** Course Distances have been measured with GPS , but have not been certified .

*** Important:** Race course knowledge as per USAT rules:



USAT rule 3.4a Entire Course.

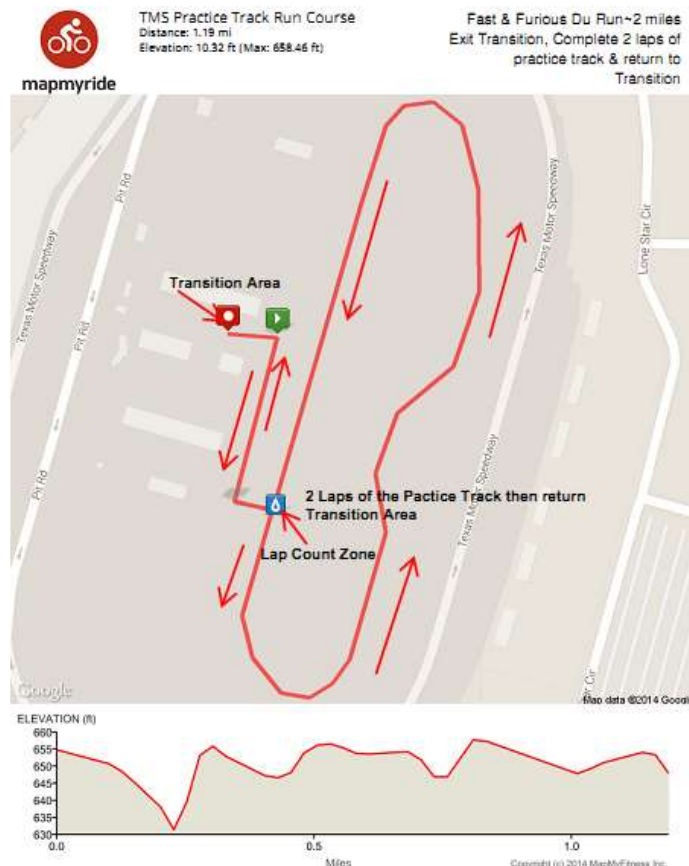
Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the head referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(1). In the event the head referee makes such a determination, the penalty shall be disqualification.

Discussion points of rule 3.4a:

- The obvious premise of 3.4a is the requirement that each participant will traverse the entire course as laid out by race management. Enforcement and penalty assessment is determined by how much of the course was missed or cut by the athlete.
- This rule is most often applied at events that have a multiple loop design for bike or run and athletes have been found doing less than the required number of loops.

Short Course Duathlon: 2mile Run / 16 Mile Bike / 2 Mile Run

1st and 2nd Run course are the same: Start and Finish area for both runs is at the **South** section of Garages on the Infield. 1st and 2nd Runs, Use the Practice Track with in the stadium infield..





Bike Course: 16 Miles: Start and Finish area for the Bike is at the **South** section of Garages on the Infield. Exit the infield through the North Tunnel and proceed out to Victory Circle. Short Course Riders to **complete 3 laps of Victory Circle** and then return to the infield via the North Tunnel. The Leg out of the stadium is used only to access the Loop where the laps are completed, and used to return to the stadium once the laps are completed.





Emergency Information

In case of emergency (security risk, fire, accident or Injury outside of competition), assistance can be reached by calling 911 from any mobile phone or payphone,

On Competition Days at the venue, emergency first aid is provided for event participants. First aid will be available adjacent to the Finish area. Additionally, medical support will be available during competition across the length of the course. Please be advised, medical assistance will be dispatched during competition and will arrive as soon as possible.

Nearest Hospital

Texas Health Presbyterian Hospital

Address: 3000 North I-35, Denton, TX 76201

Phone:(940) 898-7000

Shipping your Bike to the event:

- Bicycles Inc. will accept your shipment, assemble and disassemble and repack your bike.
- Contact them Directly for details.

Bicycles Inc.

143 East Harwood Road, Hurst, TX 76054

(817) 268-6572

- The Hurst Store is conveniently located near the DFW airport.

Onsite Mechanical and Sag Support

Mechanical support will be onsite on Competition days. They will be available to handle minor repairs onsite prior to the event.

****Important: Each Athlete should be prepared to repair your own bike during competition.***

The event will have a **Sag support** vehicle on the course. Please note, this is a courtesy service. Once notified it may take a period of time for the Sag vehicle to get to your location.



Organization Contact info

Should you need assistance or further information concerning the event please contact us as follows.

Email inquires during the time frame Starting on Nov 10 through Nov 12 may have delayed responses.

You are asked to first review this guide as your answer will most likely be found within. If it is a crisis situation during this period please call.

Off-Site / Marketing / General Information

- Brad Davision
 - Tel: 512 350 9178
 - E-mail TriDallasEvents@gmail.com

Race Director

- Fred Phillips
 - Tel 870 403 2790
 - Email: DLTevents@gmail.com

Registration issues

- Rose Phillips
 - Tel 870 403 1379
 - Email: RAPhillips94@yahoo.com

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