



## USAT Sanctioned Duathlon Frequently Asked Questions

### BIKE FAQs

#### 1. Do I have to wear a helmet?

Absolutely!! It must be in good shape (no cracks) and must have a CPSC sticker. Buckle your helmet anytime you are on your bike. You will be disqualified if you are on your bike without your helmet buckled anywhere on the course. If you are in transition, you will be assessed a variable time penalty.

#### 2. Why do I need bar end plugs?

So you don't give yourself or someone else a nasty biopsy. Not having openings on your bike solidly plugged is a DQ!

#### 3. Do I need to wear my number?

Your bike number must not be altered and must be visibly displayed on your bike. Athletes must wear their number during the race at all times.

#### 4. How far to the right must I ride?

Stay as far to the right as possible, but generally about the width of a standard bike lane – about a meter. Pass on the left, and then return to the right.

#### 5. Can I pass on the right?

No, pass on the left. If someone is blocking you, ask (loudly!) this person to move to the right, so that you may pass.

#### 6. What is the draft zone?

The draft zone is a rectangular area 7 meters long and 2 meters wide around each bike and 30 meters behind and 15 meters next to a moving motor vehicle. As a practical guide, keep 3 bike lengths between you and the biker ahead of you. You must complete your pass within 15 seconds, and once you enter the draft zone, you must exit from the front, so be confident of your pass.

#### 7. If I'm passed, do I have to wait 15 seconds before I can re-pass?

No, but you must drop back completely out of the draft zone. Do not attempt to "catch up" by getting up out of the saddle, and pedaling fast. You will be called for an overtaken penalty.

8. Can I ride in transition?

If there is a mount/dismount line you must observe it.

9. Can I drop my water bottle or gel packs anywhere?

No. Toss trash in a receptacle, or in the drop zone within sight of an aid station, or you may be cited for abandoned equipment.

10. Can I accept help?

Only accept help from race organizers or official volunteers. Accepting it from others is considered unauthorized assistance, and you may be penalized.

11. Can I put my bike anywhere I want?

No. Rack your bike and put all of your gear in the space race management has designated for you. Rack with your "wheel down" on the side of your assigned space.

12. What if I go off course?

You must re-enter the course at the same spot you left it.

13. May I wear my head set or earbuds?

No. Head sets, radios, head phones and personal audio devices are prohibited.

## RUN FAQs

1. May I wear my head set or earbuds?

No. Head sets, radios, head phones and personal audio devices are prohibited.

2. Can someone pace me?

No. Pacing is illegal if they are not in the race. You may have someone provide you with split times.

3. Do I have to wear a number?

Yes, you must wear your number and it must be visible from the front.

4. May I carry my own water bottle?

Yes, but it must not be a glass container.