

Athlete Guide
Welcome to the American Zofingen Duathlon

Sunday, May 19, 2019
Mohonk Preserve
Upper 27 Knolls Road
High Falls, NY 12440

Race Communications:
Tom Ganz (845) 866-2992 - Race Director

DIRECTIONS:

Take the New Paltz exit 18 off of the NYS Thruway. Go West on Route 299 (through New Paltz), go over the 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 ticket booth for the Spring Farm Trailhead. Head straight up the hill and to the parking area.

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 for long course bikes heading out on the entry road, please show respect for your fellow racers.

PARKING

There is a grass parking lot 50 feet from the registration pavillion. Please park first and then unload and register. There will be overflow parking at the barn area. Please park on the edge of the road by the barn, grassy areas may be soft.

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 race bib and shirt pick-up available at the race site registration on Saturday from 2pm - 7pm.

You must pick up your timing chip, bib numbers, and shirt the morning of the race day. **Please make sure you sign and legibly fill out the three waiver forms.**

Timing is provided by PRTiming.com and results will be posted on their website as well as on americanzofingenduathlon.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.

If you are not a current member of USAT, you will be required to purchase a one day event coverage for \$15. Payment can be made with exact cash or check made out to "Tom Ganz"

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 behind the ticket booth.**

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 spring rains, the first mile of the run will be soft so plan

shoes accordingly. Please watch the weather closely to ensure you are prepared with clothes, suntan lotion and dry clothes at the end. 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 and downs. Truly, a beautiful and rewarding run experience. All distances utilize the same 5 mile course.

Aid Stations - there is one aid station on the loop in the woods that you pass twice and one aid station at the pavilion in addition to the transition area. Each station will consist of water, Hammer Gel, and HEED.

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 along the stone wall 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 turns left and goes in for one run before coming out to do a second bike. Short distance goes left into the Preserve for one run and the 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. PLEASE SWITCH BOTTLES AND DISPOSE OF ANY GARBAGE AT THE AID STATION NOT ON THE COURSE PLEASE. For the Long Course the park entrance aid station is a special needs location; please be sure to drop this off with race staff at registration 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. The race is not won on the entrance road so please proceed with caution. This course is open to traffic so please obey traffic law and do not take undue risks on the downhill sections of the course. Always stay alert to traffic.

FOOD

Food and beer will be provided to all athletes free of charge by race sponsors; Main Street Bistro and Kings Court Brewery. Please make arrangements for someone to drive you home or spend enough time cheering on the other athletes before departing after the food and beer. 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.

11. Bar Ends: All bar ends need to be plugged appropriately for safety.

Please support our local sponsors: Bicycle Depot, Dr. David Ness, Dr. Scott Costley, Hammer Nutrition, Main Street Bistro, Mancuso Family and the Walkkill High School Track and Nordic Ski team, Mohonk Preserve, NYS Troopers, USAT, Kings Court Brewery, Safeguard, Café Yen, Frank's Shoes, Slowtwitch, Powerman and all our volunteers.

Thank you for participating in the race.

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE USA TRIATHLON AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of USA Triathlon ("USAT") allowing me to participate in any USAT sanctioned event (the "Event" or "Events") as either a member of USAT or through the issuance of a single event license or permit; I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
2. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined risks and dangers which may not be readily foreseeable or are presently unknown ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.
3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USAT and the Guide to Prohibited Substances and Prohibited Methods of Doping adopted by the United States Anti-Doping Agency. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USAT, the Event Owners, Organizers and Promoters, Race Directors, Sponsors, Advertisers, Host Cities, United States Olympic Committee (USOC), Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

NAME OF PARTICIPANT (PRINT): _____ **AGE:** _____ **DATE OF BIRTH:** ____/____/____
SIGNATURE OF PARTICIPANT: _____ **DATE:** _____

Parental Consent (required if the participant is less than 18 years of age) *As the Parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all of the terms and conditions of this Agreement on behalf of the minor in connection with the minor's participation in the Event(s). If, despite this Agreement, I, or anyone on the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.*

NAME OF PARENT/LEGAL GUARDIAN (PRINT): _____ **AGE:** _____ **DATE OF BIRTH:** ____/____/____
SIGNATURE OF PARENT/LEGAL GUARDIAN: _____ **DATE:** _____

SAMPLE WAIVER

**Assumption of Risk and Waiver/Release
For
Injuries, Damages and Claims
to Participate in a Speed Contest**

Name of the Speed Contest: American Zofingen Duathlon

I hereby acknowledge that participation in this speed contest constitutes an extreme test of my physical and mental abilities and carries with it the potential for death, serious injury and/or property loss. I hereby expressly assume all risk of injury and damage and release the State of New York, New York State Department of Transportation and any municipality through which this event passes, from all liability and claims of whatever nature or cause which may occur as a result of my participation in this speed contest.

I further acknowledge that "No person or entity shall have the right to bring an action against the State or municipality or any person employed by the State or municipality who was acting within the scope of his authority, for damages resulting from or in connection with any such race, contest or exhibitions."

A copy of this waiver shall be retained by the applicant and provided to NYSDOT upon request.

Printed Name of Participant/Contestant

Signature of Participant/Contestant

Address

Date

If Participant/contestant is a minor (less than 18 years of age), a parent or legal guardian must also sign:

Printed Name of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Relationship to Participant/Contestant

Date



MOHONK PRESERVE
P.O. Box 715
New Paltz, NY 12561-0715
Visitor Center 845-255-0919 fax: 845-255-5646
Daniel Smiley Research Center 845-255-5969 fax: 845-255-1018

EXHIBIT B: Notice, Waiver, and Liability Release Form for Use by Event Participants

FORM MUST BE RECEIVED AT LEAST FIVE (5) DAYS PRIOR TO EVENT.

TODAY'S DATE: _____

I Tom Ganz am a participant in _____ to be held
on _____

(name of event)

(event date)

I understand and agree to the following:

- The Preserve is only open to the public from sunrise to one hour after sunset.
- No fires, camping, motor vehicles, radios, collecting natural items, or glass containers.
- Cyclists must wear helmets.
- Dogs must be leashed and under the owner's control at all times.
- Stay on marked trails at all times.

- When on Preserve property, you agree to recognize the hazards of forested and mountainous terrain, to assume all risks of personal injury, and to hold the Mohonk Preserve harmless of any liability or damages.

- Access to the Preserve property is a privilege and may be revoked for failure to obey rules, or for conduct that is illegal, dangerous, or disturbing to other visitors, or destructive of the property.

- If rock climbing, the participant climbs with full knowledge of the dangers involved and assumes any risk of injury or death, and it is understood that Mohonk Preserve does not maintain the rocks, cliffs, or other natural features of the terrain or the wildlife thereon, does not provide supervision or instruction, is not responsible for the persons who may be on the property, and is not responsible for climbing protection on the cliffs.

- In consideration of the Mohonk Preserve allowing me to use their property I hereby agree that if there is any claim or dispute that arises out of the use of the property that results in any legal action being brought as a result hereof, all issues will be settled by the courts of the State of New York, Ulster County, which I agree shall have exclusive jurisdiction over every party in connection with any such dispute, lawsuit or claim.

Signature: _____

Print Name: _____

Street Address: _____

City, State, Zip Code: _____

Telephone: _____ Email: _____



MEMBERSHIP APPLICATION

To be completed in conjunction with the USA Triathlon Participant Waiver & Release Form
Must fill out with purchase

MEMBER INFORMATION

First Name	MI	Last Name	Birth Date MM/DD/YY / /	<input type="checkbox"/> M <input type="checkbox"/> F	
Mailing Address	City		State	Zip Code	Country
Email (an email will be sent after application is processed)			Primary Phone ()		
Email (an email will be sent after application is processed)			Secondary Phone ()		

Ethnicity (Check all that apply)

- American Indian or Alaska Native
 Asian
 Black/African American (Not of Hispanic origin)
 Hispanic or Latino
 Native Hawaiian or Other Pacific Islander
 Two or more ethnic races
 White (Not of Hispanic origin)
 Prefer not to Answer

Military

- Veteran
 Active Duty

I need to purchase or renew membership

[Select One]

- Youth Annual \$10**
 (17 and under on 12/31)
 Adult Annual \$50
 Memberships are valid for 365 days from date of purchase.
 Adult One-Day \$15
 I am a current member

Member number: _____

KEEP YOUR PURCHASE RECEIPT!

If you purchased an annual membership, it is your proof of purchase until your membership card arrives in the mail.

If you purchase one-day licenses they may be credited towards an annual membership if purchased within the next 12 months. Receipt must accompany annual application.

All USA Triathlon memberships are non-refundable & non-transferable

By your membership in USA Triathlon, you agree that you are subject to the USADA Protocol for Olympic and Paralympic Movement Testing and the United States Olympic Committee National Anti-Doping Policies. By submitting this application, I agree all information is correct and to abide by the USAT Competitive Rules.

PAYMENT INFORMATION

Payment Method

- Cash
 Check# _____ (Make check payable to USA Triathlon)
 Credit Card No. (VISA or Master Card ONLY) - not available for one day license

_____ Exp. ____-____ CVV# _____
(last 3 digits on back of card)

Cardholder's Signature _____

All charges will be processed when received by USA Triathlon; a \$30.00 fee will be charged for returned checks.

USA Triathlon
DONATION ENCLOSED
(tax deductible)

\$ _____

USA Triathlon
TOTAL ENCLOSED

\$ _____

Row 1	102'
2	154'
3	128'
4	68'

X Cones
 → Rocks

Rope between stakes in rows.
 Rope is marked for each row.

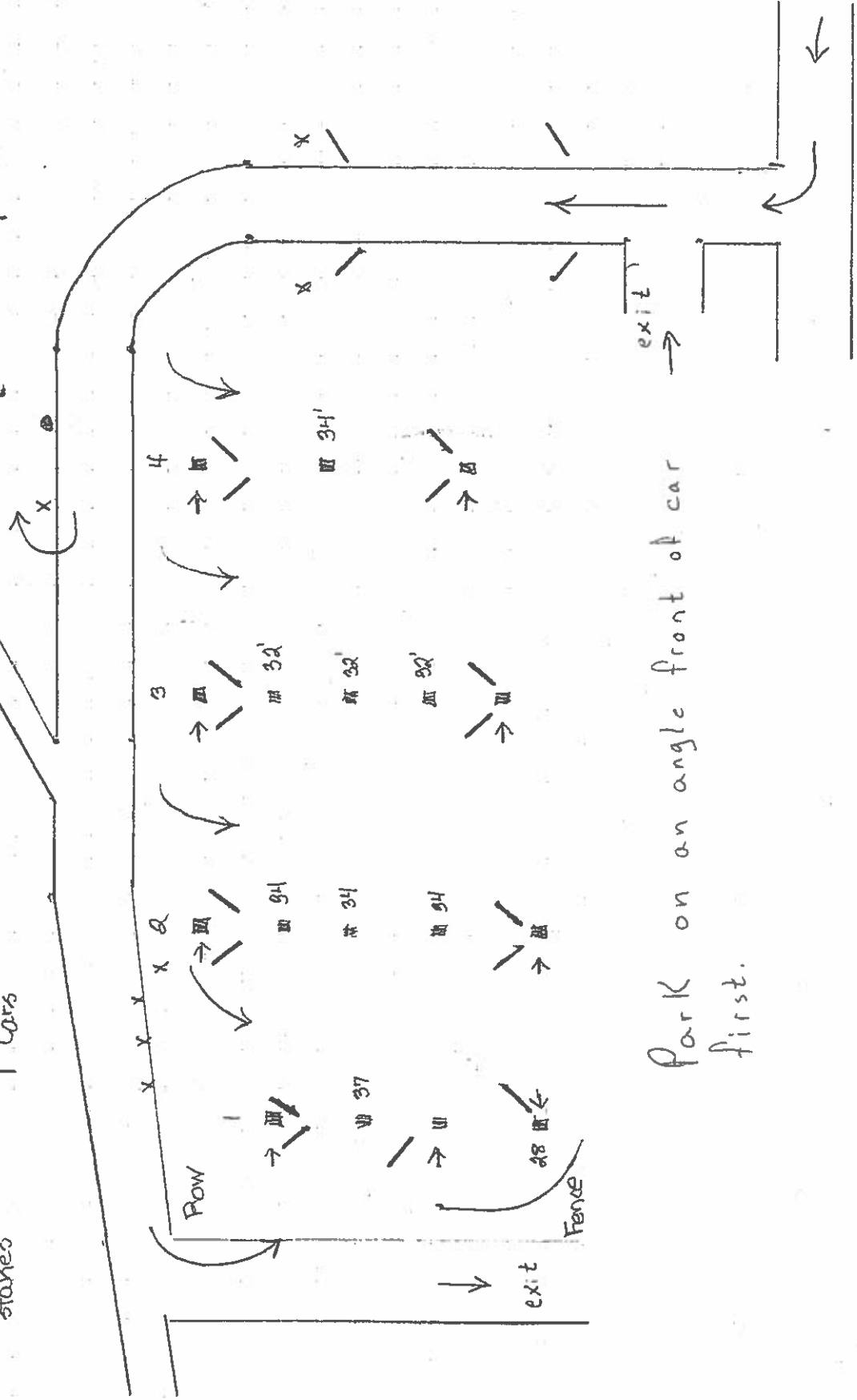
■ Metal stakes

→ 1/2" Sic Slow

● sign

- distance between stakes

| Cars



Park on an angle front of car first.