August 18, 2017

Dear Entrant,

Welcome to this year’s event…the 2017 Presque Isle Duathlon * which will take place Saturday, August 26 at Presque Isle State Park. Your race application has been received, processed and confirmed. You are one of nearly 400 athletes who will compete in year’s event.

As you likely know (via email 8/14 and posted on discoverpi.com), the race format for the 2017 Presque Isle Triathlon (17th Annual), has been changed to a Duathlon, a run-bike-run event.*

The following information will be helpful to you to have a safe, great race experience.
Please read it carefully.

Further, please visit www.discoverpi.com for the Race Day Agenda and additional updates through Friday, 8/25/17.

GENERAL INFORMATION
1. Race Packets, which will contain your race numbers (bib and bike), T-shirt, etc. can be picked up at the following times and locations:
   • **Friday, August 25. Tom Ridge Environmental Center, Room 108. 5 PM-7:00 PM.** TREC is located at the top of the hill on Peninsula Drive at the traffic light across from Waldameer Park. Note: From the TREC front doors, room 108 is located to the left, near the far end of the west wing of the building.
   • **Saturday, August 26. Race Day, at the Waterworks Cookhouse Pavilion, the Registration Site (near the Transition Area), 6:30 to 7:30 AM.**
     NOTE: Pre-registration (in advance of 8/26) is required. There is no race day registration. On race day 8/26, there will only be check-in of those who have pre-registered.

2. Race Site. **Waterworks Cookhouse Pavilion** area is located approximately 3 miles from the entrance (bottom of the hill) to Presque Isle State Park. Traffic speed limit on PISP is 25 mph and consistently enforced. Plan your travel, arrival and parking time accordingly.

3. PARKING !!
   • Watch for signs and triathlon volunteers who will be giving parking directions.
   • Parking will be directed primarily to the large parking area located near the cabins (shelters), across the road and approximately 0.2 mile northwest of the race site.
Additional parking is available along the lake side road near the Rotary Pavilion, across the main road from the race site. The Rotary Pavilion parking is approximately 0.15 mile by walking the sidewalk that connects Rotary (lake side) and the Cookhouse (bay side).

Rotary Pavilion parking can be accessed by car by driving past the race site, making a hard left turn @ the next intersection (Marina Rd.), then turning left again onto the lake road. Rotary area parking is directly ahead.

Very limited parking will be available in the eastern end of the lot near the Cookhouse Pavilion.

No parking will be permitted along both sides of the road near the Cookhouse area. NO PARKING signs will be posted. Please...do not park in areas marked NO PARKING.

Some parking along the road (east and west of the Cookhouse Pavilion) may be available. Again, please observe the NO PARKING SIGNS.

If you choose to park along the road, all four wheels of parked vehicles must be off the road as well as all four wheels off the Multi-purpose Trail.

Please advise families and friends as these parking rules apply to EVERYONE. With that, everyone’s cooperation will be appreciated!

4. Check-in on race day is required for all participants...all individuals and all relay team members...at the registration site. This is true also for those who may have picked up their race packets Friday evening. At the registration site, triathlon volunteers will check in all participants. Next, all triathlon participants will be directed to

- Be given their race packet  (if they did not pick up Friday evening)
- Pick up their numbered ChampionChip and Velcro band that needs to be worn on one ankle throughout the race; (NOTE: There are special band / chip instructions for Relay Team Entrants. See Timing Note below).
- Set up their bike and needed equipment in their designated section of the bike racks within the transition area

5. Timing

- The Presque Isle Duathon will be timed by the Runner’s High using Champion Chip technology. On race day, all individual entrants and all relay team runners will be issued a computer chip, which will be attached to a small velcro band.
- This chip and band must be worn on one ANKLE throughout the race. Please be sure to fasten the band securely so it does not fall off and is lost. See below.
- All individual entrants must wear the chip and band from the start until they cross the finish line. No band / chip = no timing is possible for those entrants.
- Each time each entrant crosses the designated timing mats, the time for that segment of the race will be recorded. Again, no chip = no time recorded.
- All relay team runners must wear the chip. After Run 1…the team runner 1 will hand off their band / chip to their team cyclist. All cyclists... after completing the bike...will hand off their band and chip to their team runner. Team runner 2 must wear the band / chip throughout the run and across the finish line. Provided that chips are worn throughout the race, timing mats at the finish of each event will record all run 1, bike and run 2 times as well as transition times (run-to-bike, bike-to-run). Again, no chip worn = no time recorded.
• **NOTE-RELAY TEAMS.** Again, relay teams will receive one one chip and one band. This one chip and band will be shared by the team and will be handed-off to the next team member. The finishing runner must wear it across the finish line.

• **NOTE-RELAY TEAMS:** With the change in race format from triathlon to duathlon, the intended team swimmer may instead run one of the duathlon runs —or- the team cyclist may run one of the duathlon runs.

• **All chips and bands must be turned in to race officials at the finish line. It is the responsibility of each entrant to be sure to do this. No exceptions.**

• **There will be a charge of $30 for chips not returned. All 2017 PI Du entrants, by taking part in this year’s event, agree to this timing CHIP detail.**

• **Participants who own their own chips in advance of August 26 will need to provide their ChampionChip number to race officials at the timing location on race day.**

• **After the race, participants may purchase a chip from the Runner’s High for future use at other races. Purchased chips may then be used at any chip race in the world.**

6. **Bike Helmets** that meet or exceed accredited safety standards are **REQUIRED** from start to finish on the bike segment of the race.

7. **Weather forecast for Saturday, August 26.** Watch the weather forecasts for Presque Isle State Park, Erie PA for updates throughout 8/26/17.

8. A **Lead Vehicle** will lead the first cyclist and runner throughout the race. The lead vehicle for the runs will be a race official on a bicycle. A **trail vehicle** will follow the last cyclist and runner throughout the race. The trail “vehicle” for the run will be a volunteer cyclist or runner.

9. **Race Volunteers** are exactly that: volunteers who are giving of their own time on to help provide a safe and enjoyable experience for all. This includes those at registration, those in the transition area, radio operators, lead and trail vehicles, road marshals, water station staff...all volunteers. **It is expected that all participants treat every volunteer with respect.** Please offer your thanks to the volunteers for being there. **If you have families or friends who may want to volunteer, please have them email pitriathlon@gmail.com in advance of 8/26/17.**

10. **Traffic and pedestrian safety control** will be in place throughout the course on race day to help provide traffic control and safety throughout the race.

• The designated bike course will be the **outside (right hand) lane** of the main road that circles PISP.

• The designated run course will also be restricted to the outside (far right hand) lane of the main road.

• **Cyclists are NOT to ride on the Multipurpose Trail at anytime throughout the race, even when the MPS is immediately adjacent to the road.**

• Again, the outside (right hand) lane of the main road on PISP will be designated for duathlon runners and cyclists and will closed to motor vehicular traffic on race day morning. The inside lane (left hand lane) will be open to vehicular traffic.

• Again, motor vehicle traffic will be directed to the inside (left hand) lane throughout the race.
Cyclists…and runners… are reminded NOT to cross the centerline at anytime, other than @ the (almost U-turn) bike course turn-a-round @ Beach 1. Race marshals will give directions to cyclists @ the Beach 1 bike turn-a-round.

No other roads on Presque Isle will be closed to motor vehicle traffic on this day.

It is everyone’s responsibility to be alert at all times and to race safely.

Related note: The Multipurpose Trail near the race site will be closed to general public use from 7 AM – approx. 11 AM. The Multipurpose Trail east and west of the run course and Transition area will remain open throughout the day. Again, cyclists are NOT to ride on the Multipurpose Trail at anytime throughout the race.

11. The race course will officially close at 11 AM. At that time, volunteers are directed to leave their sites. Throughout the race, the race committee reserves the right to remove any participant for reasons of health, safety, failing to comply with race rules or inappropriate behavior.

12. Transition Area / Bike Racks. Each entrant’s position on the bike racks in the transition area will be determined by race number and will be marked accordingly.

- Position your bike on the bike racks according to your race number.
- Respect other athletes’ space and equipment.
- No additional bike racks (brought in by athletes themselves) are permitted.

13. Volunteer Organizations. The following organizations will be on hand to assist throughout:

- Allegheny Health Network / Saint Vincent Sports Medicine will be on-site on race day to provide medical coverage. The AHA Mobile Medical Unit will be on-site and the Saint Vincent Sports Medicine tent @ the finish line will be staffed by AHA/SV physicians and related personnel.
- The Radio Association of Erie will be in place throughout the course to provide radio communication throughout the race.
- Millcreek Paramedic Service will be stationed @ the race site and at strategic locations throughout the course.

14. Pre-race Bike Adjustments. It is the responsibility of every competitor to come prepared and to be sure their bike is in good working condition. John Adams Cycling & Fitness will be on site race day morning (near the Cookhouse) until approximately 8:30 AM to help provide pre-race bike adjustments as needed. Note: No major bike parts or helmets will be available and no major repairs will be possible race day morning. Again, come prepared.

15. Race Results will be posted as available near the finish line throughout race morning. Complete race results (finish places, run, bike, run times and transition times) will be posted, if not sooner, by the day after 8/27 at www.runhigh.com.


17. This information provides a great deal of information….details, details, details!
We hope it is helpful. The more you know in advance, the better everyone’s experience will likely be.

See additional information to be posted on www.DiscoverPL.com coming this week:
   Race Day Agenda and 2017 Course Rules

Again, thank you for your entry, we hope your training has gone well, and best wishes for a great race. We appreciate your understanding of the change in race format…from triathlon to duathlon.*

With that, we look forward to seeing you Saturday, August 26 at the Waterworks Cookhouse Pavilion area on beautiful Presque Isle State Park.

PI Du 2017 promises to be a decidedly different but, again, another great race!

- Presque Isle Duathlon / Triathlon Committee
  pitriathlon@gmail.com

* NOTE: Just as so many of you likely have devoted much time and energy to training for a swim-bike-run, it’s important to keep in mind, this is true for race organizers as well in preparing for this event. The change in race format…from triathlon to duathlon…is no one’s first choice. Situation as it is, multiple options have been considered, including relocating the entire race site. For a number of reasons based on the best available information and advice, #1 being the safety and well-being of all, the decision is what it is:
The 2017 Presque Isle Triathlon will be the 2017 Presque Isle Duathlon.
It will be another great race!