

Saturday November 15, 2014

Join us at Nathan Benderson Park for the Inaugural Sarasota Duathlon at theBend!

Hosted by Sarasota Crew

A USRowing Sanctioned Event

In this packet you will find information about the event including details about the race and instructions on how to register.

If you have further questions, please contact Regatta Director Rosa Kemp at regattadirector@sarasotacrew.org

**Event Overview**

There are two event options offered. Participants can enter in the duathlon or in the 5K run only event.

**Duathlon**

A typical duathlon features a run, followed by a cycling portion followed by another run. For this event, participants signed up for the duathlon will row a 5K head race on the water, proceed through the transition area and then complete a 5K run.

All athletes will be chipped and your time starts as you enter the launch dock. Your row time will end when you exit the recovery dock. All warm up must be completed on land. There will be no warm up space on the water.

Rowers will then place equipment on labeled racks in the transition area and start their run.

**5K Run Only**

This is a separate race in and of itself. The 5K run will be the first event of the day and will be run on the lake path at Benderson Park. Runners will be chipped individually.

**Venue Information**

Nathan Benderson Park

5851 Nathan Benderson Circle

Sarasota, FL 34243

Driving directions are available online at <http://www.worldclassrowing.com/venues/nathan-benderson-park>

**Registration**

Registration for either event must be completed online at regattacentral.com

Registration is open until November 5, 2014 at 11:59 PM EST.

**Complete line-ups must be submitted on regattacentral.com no later than November 7, 2014 at 11:59 PM EST. If you fail to adhere to this, your event will not be timed properly.**

**Entry Fees**

Duathlon: $50 per athlete, regardless of boat class

\*Coxswains compete for free

5K Run Only: $25 per athlete

**Waivers**

**All competitors in all events must sign and submit the waiver provided by USRowing**. The waiver can be found under the ‘Waiver’ tab on the event page at regattacentral.com.

The waiver can be submitted electronically or mailed to:

Attn: Waiver Compliance

343 Palmetto Avenue

Osprey, FL 34229

\*Mailed waivers must be received by November 14, 2014.

**Scratch Policy**

Scratches made the day of the event must be reported to registration at least one hour prior to the start of the race. A $25 scratch fee will apply to each entry scratched on race day.

**Cancellation Policy**

If weather or unforeseen events cause the race course or venue to become unfit or unsafe, the races will be cancelled. No refunds will be given.

**Categories:**

**Duathlon**

This event is sanctioned by USRowing therefore all USRowing rules apply.

**Youth:**  A competitor who, does not attain the age of 19 in 2014, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. No collegiate rowers allowed.

**U17:** A rower or coxswain shall be defined as an Under 17 competitor until the 31st of December of the year in which he or she reaches the age of 16.

**U15:** A rower or coxswain shall be defined as an Under 15 competitor until the 31st of December of the year in which he or she reaches the age of 14.

**Master:** A competitor who has attained or will attain the age of 21 in 2014. A competitor becomes a Master on January 1 of the year of his or her 21st birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

Masters handicapping will follow USRowing guidelines.

**Novice:** A competitor who is in their first year of rowing.

\*Competitors may NOT row down in classification.

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Runners will be ranked against participants of the same gender and based on the following age categories:

11 & Under, 12-14, 15-17, 18-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75-99

An overall male and female winner will also be awarded.

**The full event list can be found on regattacentral.com**

**Timing**

Alta Vista Sports will provide the timing services for this event. All athletes in both the duathlon and the run only event will be chipped.

**Duathlon**

The water time starts as participants proceed on to the launch dock and ends at the exit of the recovery dock. Athletes will then place their equipment on labeled racks in the transition area and prepare for the run. Run time ends as the athletes cross the finish line mat.

Participants will be able to see their water time, run time and combined scores. All athletes in team boats must complete the run in order to be ranked against the other competitors.

**5K Run Only**

All runners will start at the same time. The run time ends as the athlete crosses the finish line mat.

**\*All chips must be turned in at the finish line.**

**Awards**

Medals will be given for 1st, 2nd, and 3rd place finishes in events with four or more entries.

For events with less than four entries, medals will only be awarded to the first place finisher.

**Accommodations**

For hotel accommodations please follow the link below to the housing bureau for this event.

<http://www.worldclassrowinghotels.com/index.php?option=com_content&view=article&id=345&Itemid=226>