



**2nd Annual Duathlon and 5k Run located at
Nathan Benderson Park**



Saturday November 21, 2015

Hosted by Sarasota Crew

Event information listed in this packet explains race details and registration instructions.

Please contact Monica Whitehouse at regattadirector@sarasotacrew.org with any further questions.

Event Overview

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

Duathlon (important note: not your typical duathlon format)

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.

Please refer to the timing portion of the information packet for further details regarding the specific timing procedures.

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 Nathan 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/about-us/nathan-benderson-park.html>

Registration

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

Registration is open until November 12, 2015 at 11:59 PM EST.

Complete line-ups must be submitted on regattacentral.com no later than November 13, 2015 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. The waiver can be submitted electronically at:

http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic

*Waiver must be signed by November 20, 2015.

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

Youth: A competitor who, does not attain the age of 19 in 2015, 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 2015. 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.

5K Run Only

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

Time starts as the athlete crosses the mat on the launch dock and will continue until the athlete crosses the finish line of the run.

While transition time is included in the total time, recovery dock personnel and variances in boat launch times will assist in keeping the transition time organized, safe, and as quick as possible.

All athletes in team boats must complete the run in order to be ranked against the other competitors.

All warm up must be completed on land. There will be no warm up space on the water.

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://groups.reservetravel.com/group.aspx?id=12582>

