
2019 KANSAS CITY CORPORATE CHALLENGE

DUATHLON & TEAM DUATHLON

RACE DATE / TIME: Sunday, June 9, 2019
Race starts at 7:00 a.m.
Parking Gate opens at 5:00 a.m.

RACE LOCATION: Shawnee Mission Park
Race Day Parking at Theatre in the Park (enter off of Renner Road)
7710 Renner Road
Shawnee, KS 66217

PACKET PICK-UP DATE /TIME: Saturday, June 8, 2019 (11:00 a.m. – 4:00 p.m.)
Shawnee Mission Park Marina parking lot under tent in NW corner
7900 Renner Road
Shawnee, KS 66217



The Duathlon is an endurance event, thus training is highly important for the successful completion of this event.

THERE WILL BE NO RACE DAY PACKET PICK-UP. ALL PARTICIPANTS MUST CHECK-IN AT PACKET PICK-UP OR SEND SOMEONE TO CHECK-IN AND COLLECT YOUR PACKET FOR YOU.

- A Pre-Race Orientation Meeting for all participants will be held at 4:00 p.m. on Saturday, June 8 at the Shawnee Mission Park Marina parking lot by the tent in the northwest corner of the lot. It is advantageous for all participants to attend this meeting!
- The Duathlon consists of a run-bike-run race with Men's and Women's Individual Competition and a three-person Coed Team Competition.
- Each company may enter only one male and one female participant in the Individual Duathlon in each of the following age groups: 19-29, 30-39, 40-49, 50-59, and 60+. Each company will also be able to enter one additional participant per gender in the Individual Duathlon which will be called a "Wild-Card" participant. Each company may enter one three-person Coed Team in the Team Duathlon, which may consist only of 2 men & 1 woman, or 2 women & 1 man.
- The Duathlon and Team Duathlon will be held as a single "meet." Individuals will compete within their age group against competitors from all divisions, but results will be scored by division. The Team Duathlon will be scored by division.
- KCCC medals will be awarded in 5-year age groups, no additional medal points are given for these medals.
- KCCC medals will be awarded to the top 3 duathlon teams per division, no additional medal points are given for these medals.
- The start line will close 12 minutes after the initial start gun sounds. No additional athletes will be allowed to cross the mats after this time.
- Participants will not be eligible for places, points (including participation), or medals after 3 hours and 30 minutes. The first two legs (First Run + Bike) must be completed in 2 hours and 30 minutes. If you have not come back into transition by the 2 hour and 30 minute mark, you will not be allowed to run the final leg of the race and will not receive points.

KCCC DUATHLON (continued)

- Chip Timing will be used for this event. NO CHIP = NO TIME
- Results will be finalized on Wednesday, June 12th. Please reserve all results questions until after Wednesday, June 12th.
- **RULES APPLYING TO THE RACE:**
 - 1) The Duathlon will begin at 7:00 a.m. Gates to get into the Theatre in the Park to park your car will open at 5:00 a.m. We recommend that participants arrive by 6:00 a.m. **All duathletes should rack their bikes and immediately report to the Information Tent and body marking area located in the northwest corner of the parking lot where they will have their race number marked on their body.** Because Shawnee Mission Park is closed to all traffic to ensure a safe event, **parking on race day will be at The Theatre in the Park parking lot.** It is approximately $\frac{1}{2}$ - $\frac{3}{4}$ miles from this parking lot to the transition area where the race will begin, so participants should arrive early enough to be ready for the 7:00 a.m. start.
 - 2) Each individual competitor will receive a helmet sticker, bike tag and a bib number in their packet, prior to the race. These are to be worn throughout the race. Bib numbers should be affixed to the **front** of the competitor's shirt or shorts using the safety pins provided.
 - 3) Team Duathletes will be identified by the following markings: biker will be issued a helmet sticker, bike post sticker and race number body marking on both arms, runners will be issued a bib number to be pinned on the **front** of the shirt or shorts along with race number body marking on both arms. These must be worn throughout the event to identify the official contestants in the race.
 - 4) **RUN DISTANCE - The distances will be a 3.1 mile run, a 13.5 mile bike, and a 3.1 mile run.** The race begins on the park road near the check-in tent. The run segments will take place on the park road and the Streamway trail system; the bike segment will consist of *three* laps around the park on the main park road. **Both the run and bike portions are hilly courses.**
 - 5) Medical Personnel shall have ultimate authority to remove a participant from the race if that participant is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any participant will result in automatic disqualification.
 - 6) If a contestant withdraws from the race, it is mandatory that he/she notify KCCC Staff at the Information Tent.
 - 7) A map of the Duathlon Race Course is posted on the KCCC website (www.kccorporatechallenge.com).
 - 8) Specific rules for the BIKE segment of the Duathlon are as follows:
 - A) Absolutely no drafting of another bike or any other vehicle is allowed. This is an individual endurance event. Teamwork that produces any advantage over single competitors is not allowed. A space of at least two bike lengths must be left between riders. Drafting will be defined as maintaining a static distance of less than two bike lengths between riders. You may enter the space of less than two bike lengths **ONLY** to pass a rider ahead. So long as you continue to overtake the rider ahead you shall not be deemed drafting. If you cannot pass you must drop back. If you are passed, you must either proceed to overtake the rider ahead, or

b) KCCC DUATHLON (continued)

drop back to allow a distance of a least two bike lengths. Riding side by side in a crosswind is also considered to be drafting. There will be no warning. Course Marshals will be present to enforce this rule. ANY INFRACTION OF THIS RULE WILL RESULT IN DISQUALIFICATION. It is incumbent upon each contestant to immediately reject any attempt to draft or provide a drafting situation. **SLOWER BIKERS MUST STAY TO THE RIGHT SIDE OF THE ROAD.**

- C) CPSC, ASTM, or SNELL approved helmets *are required, and must be buckled at all times* during the race. **Any participant seen riding without a bike helmet will be disqualified.**
- D) No individual support allowed. No person shall drive or bike alongside contestants. Infraction of this “support” rule will result in disqualification of the contestant. **There are no water stations on the bike course. It is recommended that you have an on-bike water bottle in order to hydrate yourself on the bike course.**
- E) Each participant will be individually responsible for the repair and maintenance of their own bike. Each biker must be prepared to handle any possible mechanical malfunction.
- F) Bikers are expected to heed directions and instructions of all race officials and public authorities. **SLOWER BIKERS MUST STAY TO THE RIGHT SIDE OF THE ROAD.**
- G) Participants may walk their bikes if necessary.
- H) Bikers are individually responsible for following traffic laws and are solely responsible for the consequences of any infractions.
- I) No headphones will be allowed.

SCORING THE DUATHLON AND TEAM DUATHLON MEET

- The Duathlon and Team Duathlon will be held as a single “Meet”. Individuals will compete within their age group against competitors from all divisions, but results will be scored by division. The Team Duathlon will be scored by division.
- The top eight finishers in each age group, by division, in the Individual Duathlon will be awarded points toward your company’s Duathlon “Meet Points” as follows:

Place	Points
1 st	10
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

- Additional points will be awarded to the top fifteen finishers in each age group, *overall* (not by division). These points will also go toward your company’s Duathlon “Meet Points” as follows:

Place	Points
1 st	15
2 nd	14
3 rd	13
4 th	12
5 th	11

Place	Points
6 th	10
7 th	9
8 th	8
9 th	7
10 th	6

Place	Points
11 th	5
12 th	4
13 th	3
14 th	2
15 th	1

- The top eight finishers in each division in the Team Duathlon will be awarded points toward your company's Duathlon "Meet Points" as follows:

Place	Points
1 st	20
2 nd	16
3 rd	12
4 th	10
5 th	8
6 th	6
7 th	4
8 th	2

- Additional points will be awarded to the top fifteen teams *overall* (not by division). These points will also go toward your company's Duathlon "Meet Points" as follows:

Place	Points
1 st	30
2 nd	28
3 rd	26
4 th	24
5 th	22

Place	Points
6 th	20
7 th	18
8 th	16
9 th	14
10 th	12

Place	Points
11 th	10
12 th	8
13 th	6
14 th	4
15 th	2

- After "Meet Points" are accumulated from all finishers in the Duathlon Meets, company winners will be determined and points will be awarded, by division, to your *overall* KCCC total, as follows:

Place	Points
1 st	40
2 nd	34
3 rd	28
4 th	24

Place	Points
5 th	20
6 th	16
7 th	12
8 th	10

Place	Points
9 th	8
10 th	6
11 th	4
12 th	2

- Medals and additional "Medal Points" will be awarded toward your *overall* KCCC Total for the top three finishers in each age group in the Individual Duathlon. These medals and "medal points" will be awarded overall by age group, not by division. Medal points will be scored as follows:

Place	Points
1 st	3
2 nd	2
3 rd	1

For more information regarding the Duathlon & Team Duathlon,
contact Katy Renner at 913.826.2964 / Kathryn.Renner@jocogov.org