Natural Bridge Caverns Duathlons
Race Day Instructions

Race Date: Sunday, November 21, 2010

Directions: Natural Bridge Caverns is located 8 miles west of IH35 on FM3009. Follow the signs.

Parking: Exit FM3009 onto the Natural Bridge Caverns property and follow the road. Volunteers will then show you where to park.

Race Day Packet Pickup: Packet Pickup will open at 6:00am and will be available at the Trailer. Look for the lovely ladies.

Transition: Transition will open at 6:00am and close at 7:30am. You must be body marked and have your helmet and bike inspected before entering the Transition area. Open racking.

Security: The Transition Area will be closed to all non-participants, only athletes will be allowed inside. You will be provided a small sticker with your number that you will need to attach to your bike. This DOES NOT go on your helmet5. If your bike does not have a number attached then you will not be allowed to remove the bike until all other participants have left the transition area.

USAT RULES:
No drafting, maintain 3 bike lengths behind the next rider.
Passing: You must pass within 15 seconds
Blocking: Ride to the right of the road
Chin Strap must be buckled at all time when on the bike.
Helmet must be worn when riding the bike
Cyclists must obey ALL traffic laws
Bib Number must be on the FRONT during the run
No trash left on the course

Timing Chips: Chips will be handed out race morning. Look for the lovely ladies by the Trailer. After the Race please allow the volunteers to remove the chip from your leg.

Course

Run: All races will start out of the cave. Each person will start by time trial basis based on your run time. The T-Rex will start first followed by Sabertooth, Wholly Mammoth and Cave Bear. There will be a few NO PASS places in the cave. All runs will be on the same caliche road with different turnaround points that will be clearly marked. The second run will lead out of transition and follow the same out and back route. Finish will be next to the building.

Bike: All bike courses will exit out of the transition area and follow the road to FM3009.
Sabertooth Course will take a right onto a caliche road before FM3009. The offroad route will be marked by orange streamers and signs.
Cave Bear route will proceed east on FM3009, left on N. Schoenthal Road. When you get to FM1863, Cave Bear route will turn left and proceed to FM3009. Turn left on FM3009 and proceed back to race site.
Wholly Mammoth and T-Rex route will proceed east on FM3009, left on N. Schoenthal Rd and then turn right on FM1863. The Wholly Mammoth and T-Rex route will continue on FM1863 and then turn right on Kruegar Canyon. You will follow this road until you come to a turnaround after a steep descent (use caution). You will then turn around and go back up Kruegar Canyon and then take a left on FM1863. Proceed on FM1863 and then take a left on FM3009 and proceed back to the Cavern property

Food: We will have fruit and cookies pre-race and then post race we will have sausage wraps and Frito Pies ready. Water and Sports drink will be available.

Awards: We will have the award ceremony soon after the last person finishes the race.

Timing: Please do not go and ask the timing people what your race time is. The timing people will post preliminary results as quickly as possible.

RULES: All USAT rules will be strictly enforced.

The Staff at Redemption Race Productions would like to Thank You for participating in the World's first Cave Multisport event.

THANK YOU!!!