

Grandman Triathlon Emergency Backup Plan Duathlon

In the event that the swim portion of the race cannot be held without unduly jeopardizing the safety of the race participants, the event can be run as a Duathlon, starting with a 1-mile run followed by the 18-mile bike leg and a 5k run leg to finish. The start method is outlined below and all other aspects of the modified race would remain the same in either start method.

START SEQUENCE: Because the race is organized as a time trial and participants are organized based on their swim time, the race will go forward as a time-trial start for the Duathlon as well. Participants will still be grouped by swim cap color, lined up by race/bib number and each participant will start individually at approximately 3 seconds apart in numeric order. This will require strong volunteer support to keep athletes staged and organized and moving towards the start line to ensure that start times remain on 3-second intervals.

1. Start line will be measured from the entrance to the transition area back through the park to measure as close as possible to one mile with the start expected to be near the guard shack entrance to park at Fairhope Municipal pier. Racers will be staged on the grass on the west or bay side of the park entrance by swim cap color. The area should be able to accommodate the racers in each color group. Since a Duathlon will require a timing mat for participants to cross at the start, it does not negatively impact an athlete to be in the first or second start of a wave if a wave is split. All groups following those which are starting can be staged on a Southward line towards the rose garden, if necessary. Participants should not be staging in or near the transition exit or any area where racers on the bike leg will be traveling toward the bottom of the hill.

2. The run course will be approximately a 1-mile loop through the municipal park, which is as close as possible to approximating the average swim leg time. Racers will enter and run the reverse course from the end of the race meaning they will enter and run on the western or Bayside lane and loop back on the eastern side running against the normal traffic direction. This will enable us to stack the racers on the grass and funnel those out of the park and into the transition area more easily. On the return leg of the run as runners exit the park loop, they will be routed along the same path as the end of the regular portion of the run. They will follow the appropriate flagging and directions of volunteers, who otherwise would have been on the water support.