

MY RACE HAS
EXCESS OF \$400,000 IN COLLEGE SCHOLARSHIPS
MY RACE IS UNIQUE: IT STARTS WITH A BIKE RIDE AND HAS MULTIPLE SWIMS
MY RACE CROSSES FOUR BRIDGES IN FOUR DIFFERENT CITIES
MY RACE HOSTED THE SENIOR GAMES TRI, ATTRACTING 300 TRIATHLETES FROM ACROSS THE COUNTRY
MY RACE HAD ITS TELEVISION DEBUT ON THE VERSUS NETWORK IN 2009



CARY LONG AND SHORT COURSE DUATHLON

Saturday April 09, 2011 | Cary, NC

USA Triathlon Consultancy Report

EVENT SERVICES CONSULTANT: KRISTI ENSIGN

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Event Overview

Unexpected rain and brisk air did not slow the FS Series team race morning. The Cary Duathlon provided an excellent race experience for both beginners and experienced multisport athletes as each course had a variety of challenges and volunteers were eager to offer support. Combined, the long and short course races brought nearly 200 athletes to the Thomas Brooks Park which is also the home of USA Baseball. The park was a great location for the duathlon and was easily accessible to athletes, spectators, and volunteers.

As athletes collected timing chips and racked bikes in the transition area, spectators were entertained by a face-painting artist, amusing bounce house, and a fire juggling and stilt walking extraordinaire. Spectators also had great views as athletes took off at the starting line, entered and exited transition, and raced across the finish line. All aspects of the event were very centralized and easy to navigate.

Course Layout

Run—both short and long courses shared the same run course. Athletes looped around baseball diamonds as they exited Thomas Brooks Park and raced through local communities. The short course was 2.5 miles out and back and the long course athletes completed the out and back twice to complete the first 5 mile run. The second leg of the run mirrored the first for both races. Aid stations and volunteer support were available just outside transition and at the turnaround point. Volunteers at the aid stations were encouraging and cheering enthusiastically as athletes raced by. Long course athletes also had a good opportunity to scope competition during the out and back, repeat, run course as they headed into transition and began the bike course. A few gradual climbs and throughout the course and a short, but steep, uphill battle just before the finish line was sure to test athletes' strength.



Event Profile

Race Directors: Jason Biggs, Brent Dorenkamp, & Marc Primanti

Race Organization: FS Series

Location: Cary, NC

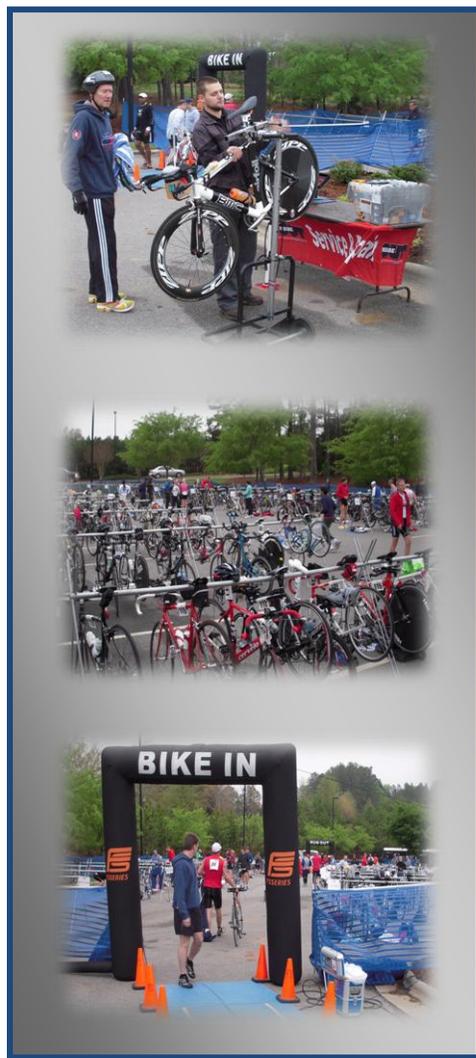
Date: April 9, 2011

Years Sanctioned: 4

Discipline: Duathlon

Long Course: 5 mile run, 31 mile bike, 5 mile run

Short Course: 2.5 mile run, 17.65 mile bike, 2.5 mile run



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Bike Course— safety is always a concern during events and it was great to have the bike course on roads local residents and traffic were knowledgeable of cyclists for both the long and short course races. The bike course also featured various combinations of steep climbs, gradual climbs, and fast flats. Bikers were also able to enjoy multiple views of Lake Jordan. The scenic view was great for those able to break away from competition concentration. Athletes were guided by FS Series course signage, volunteers, and local police support at all intersections and course turns. As athletes approached the dismount line heading into transition, they were greeted by cheering fans and spectators before they raced to finish the second run.

Transition Area—rows of empty bike racks were quickly transformed as athletes arrived early race morning. FS Series staff organized the transition area according to athletes' race numbers. Bike racks were clearly identified with number ranges making transition easy to navigate as athletes prepped for the race. Huge inflatable run in/out and bike in/out signs were set up at both ends of transition adding extra appeal as athletes raced through transition. Both the long and short course races revolved around the transition area located within Thomas Brooks Park.

Conclusion

FS Series staff took great strides to inform participants about all aspects of the event prior to race day. Information on the Cary Duathlon website was well organized and easy to navigate. Interactive course maps, course details, driving directions to Thomas Brooks Park, nearby lodging information, pricing and packet pickup information, as well as post race results and photos were all available online. The race directors did a great job to ensure athletes enjoyed the event before and after they crossed the finish line. Athletes enjoyed free massages from Avante Physical Therapy, post-race food supplied by Jimmy Johns, and unique awards. As the event ended, athletes and spectators gathered for the awards ceremony and even witnessed a marriage proposal.

The FS Series staff was well organized while simultaneously conducting two races. Positive feedback from numerous participants reflected a flawless event with great volunteer support and well executed efforts.

Top 10 Reasons to do the Cary Duathlon:

10. Great entertainment for family and friends coming to cheer you on
9. Ability to register on race day and receive all amenities
8. Effective online communications from race directors with event updates
7. Lively volunteer support
6. Challenging course design with great views
5. Well marked and safe course with plenty of police traffic control and well identified course signage
4. Extremely nice tech shirts for all participants available in men's and women's sizes
3. Race directors were personable and available on race day to answer questions and congratulate athletes
2. Chip timing with manual backup timing to ensure accurate results
1. Organization and planning efforts from the race directors made for a great day of racing and athletes are sure to have an enjoyable experience

