

# Southern Oregon Time Trials & Duathlon

## VENUE

Sam's Valley Elementary School  
14235 Table Rock Rd, Central Point, OR 97502

## WHEN & WHAT

April 20<sup>th</sup> 9:00 am start: Time Trial & Duathlon, 12.7mi with individuals starting every 30 seconds.  
Duathlon participants will transition to 5k run following.

May 25<sup>th</sup> 9:00 am start: Time Trial 40k with TT only racers starting every 30 seconds  
9:20 am start: Group start Duathlon 5k Run, 40k bike, 5k Run.

7:30am Packet Pickup/Registration Opens

8:45am Registration closes

Starting times will be assigned at registration for April 20<sup>th</sup> event and TT Racers for May 25<sup>th</sup> event.

## FEES

OBRA membership required for all riders. Single day race memberships are available for \$5.00.  
Annual OBRA memberships are available for \$35.00 online, mail in, or in person at the race.

Time Trial	\$25 per race	\$45 for both
Individual Duathlon	\$40 April 20 <sup>th</sup>	\$50 for May 25 <sup>th</sup>
Team Duathlon	\$60 April 20 <sup>th</sup>	\$70 for May 25 <sup>th</sup>

(Jrs are free)

## CATEGORIES: Men/Women

Time Trial	Duathlon
Jr <18	Jr <18
4/5	18-39
1/2/3	40+
40+ Masters	50+
50+ Masters	Team
	Mix Team

An OBRA Waiver is required, to preregister or expedite day of it can be found here  
<http://www.obra.org/pdfs/waiver.pdf>

## RACE RULES

- Riders and Runners STAY RIGHT as safely possible.
- Yield to the faster mover.
- All riders, No drafting except 1) when unsafe 2) when vehicles are immediately present 3) Webber & Table Rock Roads should course become congested.
- Riders Pass only on the Left, passing on the right causes crashes.
- Certified Flaggers will be at Key intersections, follow their directions.
- Volunteers will be at turnarounds to help guide race flow. Follow their directions.

## **SAFETY**

- OBRA and the organizers of this race do not provide insurance coverage for injuries that occur at the race. The cost related to any injuries are the responsibility of the individual participants.
- Helmets must be worn at all times while on a bike at the venue and on the race course.
- Roads are Open therefore safety is your responsibility, keep your awareness. High Visibility clothing is recommended.
- Webber & Table Rock Rd will have runners and cyclist on it at the same time especially during the final cycle/run legs of the May 25<sup>th</sup> event. Keep you head up, eyes and ears open and defer to the Faster mover.

## **COURCES**

April 20<sup>th</sup> 12.7 mi TT & Duathlon Bike: Start/staging on Table Rock Road at Sam's Valley Elementary North to a Right on Webber Rd, Left on Meadows. Turn around at approximately 6 mile marker (top of climb) Return Meadows, Right on Webber Rd, Left on Table Rock.

Duathlon 5k Run: Transition at School and head out North on Table Rock Rd (right side), Right on Webber, Turn around just before Meadows, Continue on Webber on to gravel section, Turn around just before Perry Rd, Right on Table Rock Rd to finish. Course is essentially a "T"

May 25<sup>th</sup> 40k TT: Start staging on Table Rock Rd at Sam's Valley Elementary North to a Right on Webber Rd, Left On Meadows. Turn Around on Meadows at 20k. Return Meadows, Right on Webber Rd, Left on Table Rock.

Duathlon 5k/5k: Both runs follow same course. Mass Start Run in School Parking lot, Left on to Table Rock Road (stay to the right), Right on Webber Rd, Turnaround just Before Meadows, Follow Webber to gravel section, Turn around just before Perry Rd, Right on Table Rock to finish. Course is essentially a "T"

Transition to Bike at school. Cycle leg Course is the same as the TT above.

Transition back to run in school lot. 2<sup>nd</sup> Run leg is the same Course as the 1<sup>st</sup> run leg.

## **NUMBER PLACEMENT**

Time Trial racers 1<sup>st</sup> number should be on the right side (Bottom right of the number should be near the arm pit, bottom left of the number should be at the hip). The second number should on the back.

Duathlon racers numbers should be front and back.

## **CONTACT INFO**

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Preregistration by mail: 621 Valley View Dr. Medford Or 97504