

# POWER MAN

# ALABAMA

# MULTISPORT WEEKEND



**2010 POWERMAN ALABAMA  
MULTISPORT WEEKEND**  
MARCH 27 & 28  
OAK MOUNTAIN STATE PARK  
BIRMINGHAM, AL

SATURDAY  
ELITE DUATHLON NATIONAL  
CHAMPIONSHIP

POWERKIDS DUATHLON

XTERRA OFF ROAD DUATHLON &  
OFF-ROAD TRAIL RUN

SUNDAY  
POWERMAN ALABAMA DUATHLON  
TEAM MAGIC SIGNATURE DUATHLON

DOUBLE OAK DUATHLON

VISIT [WWW.TEAM-MAGIC.COM](http://WWW.TEAM-MAGIC.COM) FOR DETAILS



## **Welcome to Powerman Multisport Weekend - March 27-28, 2010**

Team Magic would like to thank our new host - **Oak Mountain State Park** - for welcoming this event on such late notice after we learned our 2009 venue was not longer an option.

Team Magic would like to thank **OUR PARTICIPANTS** - for those of you that have raced with us for many years, thanks for hanging with us during all of our necessary moves - for those of you that might be racing with us for the first time, welcome aboard.

This is our **15th year** of hosting the Powerman Weekend in some form or fashion. It is our hope that we have found our new home and can continue to offer this season opener for many years to come.

**We would also like to thank our volunteer groups:** Birmingham Rugby Foundation, Vulcan Triathlon Club, BUMP, the Salvation Army and all other individual volunteers! Team Magic donates a portion of our proceeds to these charitable organizations that come out to support our weekend events.

### **RECYCLING & TRASH:**

Team Magic asks you to help us with our recycling effort throughout the weekend and please be sure to place your trash in the plentiful trash receptacles throughout the park - let's make it cleaner when we leave than when we arrive - do your part, thanks!

### **We will be recycling the following items:**

1. Aluminum Cans
2. Plastic
3. Cups from Water Stations
4. Gel Packets
5. Cardboard

Please look for our "blue top" recycling containers and please do not throw your garbage in these bags or in cardboard boxes that may be used for recycling. Look for garbage containers staged around the park and notify a Team Magic coordinator if you see any of the recycling or garbage containers overflowing so we can replace the bags. Thanks for your cooperation!

### **PORTABLE TOILETS:**

There will be portable toilets staged in the transition area for RACE DAY USE only. There are plenty of state park restrooms available within 1/4 mile or so - restroom locations are noted on an overview map provided in this race information booklet.

### **PARKING:**

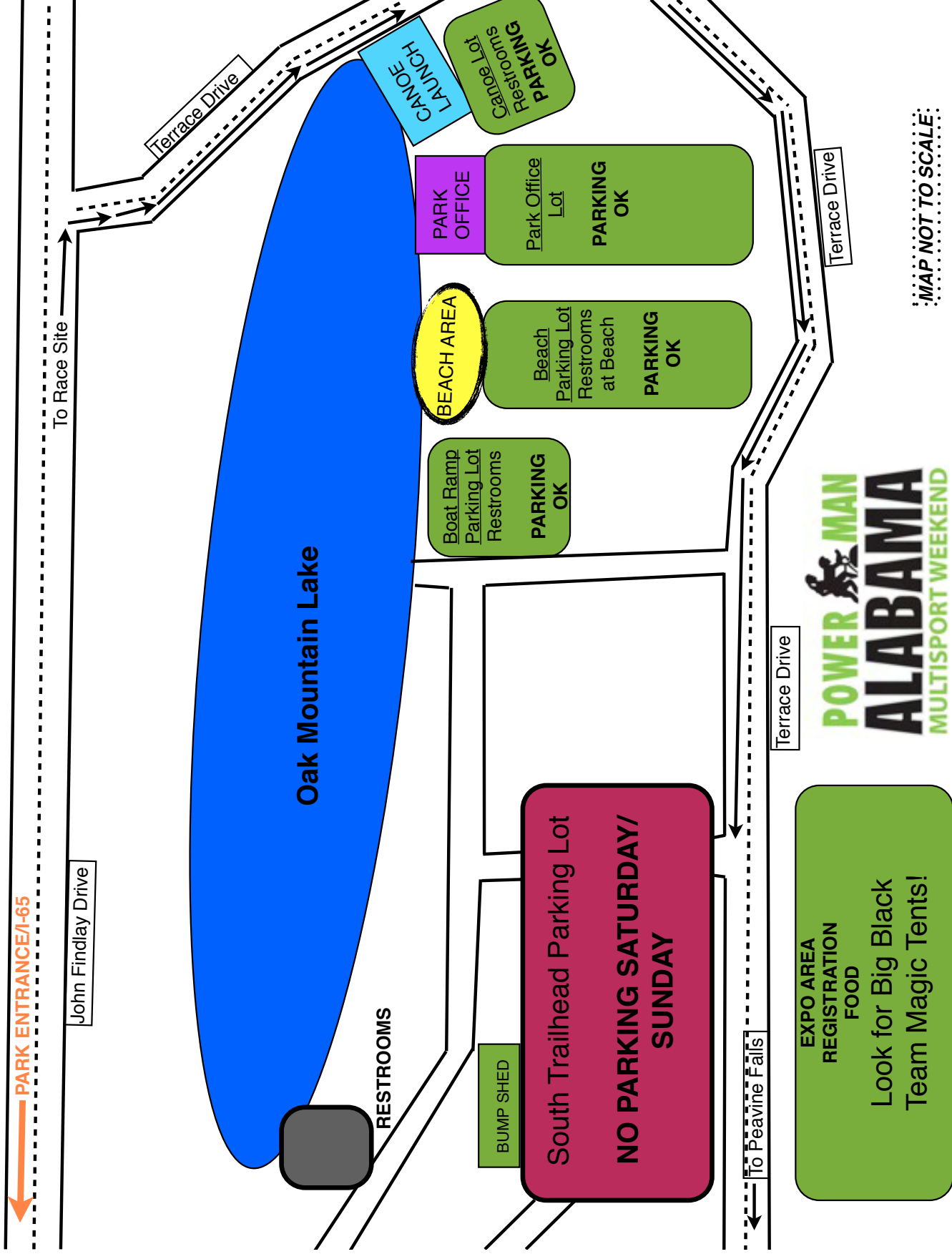
There is plenty of parking in lots noted on the overview map included in this booklet. PLEASE DO NOT PARK on the sides of the main Terrace Drive or the road that loops along the lake from Terrace Drive - this is part of your race course and parking here will impede your race by disrupting visibility, space to race, etc... Use the lots provided - note that you will hit the parking areas BEFORE you get to the race main staging area.

### **AFTER THE RACE:**

Please, please, please be cautious of others still racing as you are getting your items and yourself back to your car. There will be an exit gate from the Transition Area near the Relay Team Tent. Volunteers will direct you to this gate. Again - please do not walk in the way of other racers - look around before you cross and be alert for warnings from volunteers that bikes may be approaching.

### **MAIN STAGING:**

All race activities (packet pick-up, awards, food) all take place at our TEAM MAGIC BLACK TENTS.



MAP NOT TO SCALE

**POWER MAN**  
**ALABAMA**  
 MULTISPORT WEEKEND

## SCHEDULE OF EVENTS

All event activities take place at the west end of Terrace Drive in [Oak Mountain State Park](#).

### FRIDAY

3 pm - 6 pm

Packet Pick Up & Late Registration

4 pm

Race Overview for All Amateur Racers; Main Staging Area - Black Tent

4:30 pm

Pro Racers Introduced at Main Staging Area - Black Tent

5 pm

Professional Athlete Meeting; Main Park Office on Terrace Drive

### SATURDAY

The Powerman Alabama Elite Duathlon Championship, PowerKids Duathlon, XTERRA Off-Road Duathlon, 8k Trail Run and USAT Officials Clinic will take place on Saturday.

09:00 am - 11:00 am

Registration & Packet Pick Up for **Saturday Races Only**; Race Expo Booths open 9-5

10:00 am **PowerKids Duathlon Races**

10:00 am Age 3-4: 50 ft. run; 500 ft. bike; 50 ft. run

10:10 am Age 5-6: 1/8 mile run; 1/2 mile bike; 1/8 mile run

10:20 am Age 7-8: 1/4 mile run; .85 mile bike; 1/4 mile run

10:40 am Age 9-10: 1/2 mile run; .85 mile bike x 2 laps; 1/2 mile run

11:00 am Age 11-12: 1/2 mile run; .85 mile bike x 3 laps; 1/2 mile run

11:00 am Saturday Event Late Registration & Packet Pick Up Closes

11:15 am PowerKids Duathlon Awards

12:00 pm Start Elite National Duathlon Championship

01:00 pm Start XTERRA Duathlon & Trail Run

02:00 pm Registration open for Sunday events

02:30 pm XTERRA Trail Run Award Ceremony

03:30 pm Elite Duathlon National Championship Award Ceremony

04:30 pm XTERRA Duathlon Award Ceremony

05:00 pm Registration & Expo Booths Close

2pm - 5 pm USAT Officials Clinic; Main Park Office on Terrace Drive

### SUNDAY

The Powerman Alabama Amateur Duathlon, Team Magic Signature Duathlon and Double Oak Duathlon will take place on Sunday.

07:00 am - 08:30 am Late Registration & Packet Pick Up

08:00 am Race brief with Q&A in transition area / Bikes Must Be In Transition

08:30 - 08:40 am Double Oak Duathlon Wave Start

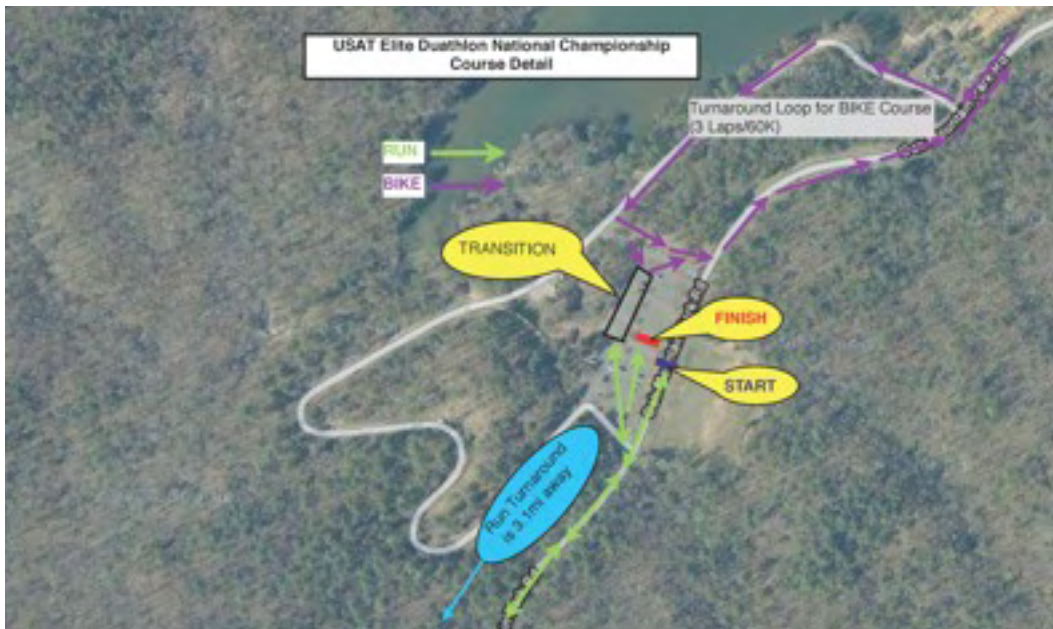
12:00 pm Double Oak Duathlon Awards

08:40 - 08:50 am Team Magic Signature Duathlon Wave Start

01:00 pm Team Magic Signature Duathlon Awards

08:50 - 09:00 am Powerman Alabama Wave Start

02:00 pm Powerman Alabama Duathlon Awards



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MARCH 27 & 28, 2010  
OAK MOUNTAIN STATE PARK  
XTERRA RUN COURSE  
FIRST RUN- 8K  
&  
OFF-ROAD TRAIL RUN

Start Southwest on Terrace Cr  
Right onto Lake Trail (blue)  
Continue on Lake Trail (yellow)  
Clockwise Direction

Start/Finish  
Transition Area

BUMP

Bike Link

TEAM DUATHLON

**XTERRA DUATHLON BIKE COURSE**  
17MI  
COUNTERCLOCKWISE

TRANSITION

WILDLIFE CENTER TRAIL 0.8 mi  
ORANGE 0.7 mi  
BLUE 0.7 mi  
RED 0.7 mi  
DOUBLE OAK TRAIL 1.0 mi

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OAK MOUNTAIN STATE PARK  
XTERRA RUN COURSE  
SECOND RUN- 2K

Exit Transition and proceed to Family Trail (green)  
Complete Counterclockwise Loop (green)  
Right Turn onto Lake Trail (blue)  
Left Turn onto Red Trail  
Right Turn in Parking Lot  
Left Turn to Finish Line

Start/Finish  
Transition Area

BUMP

Bike Link

TEAM DUATHLON



**2010 Powerman Alabama Multisport Weekend ROAD BIKE COURSE**

- Powerman Duathlon Participants complete 3 Laps for 60K total distance
- Team Magic Signature Duathlon Participants complete 2 Laps for 40K total distance
- Double Oak Duathlon Participants complete 1 Lap for 20K total distance

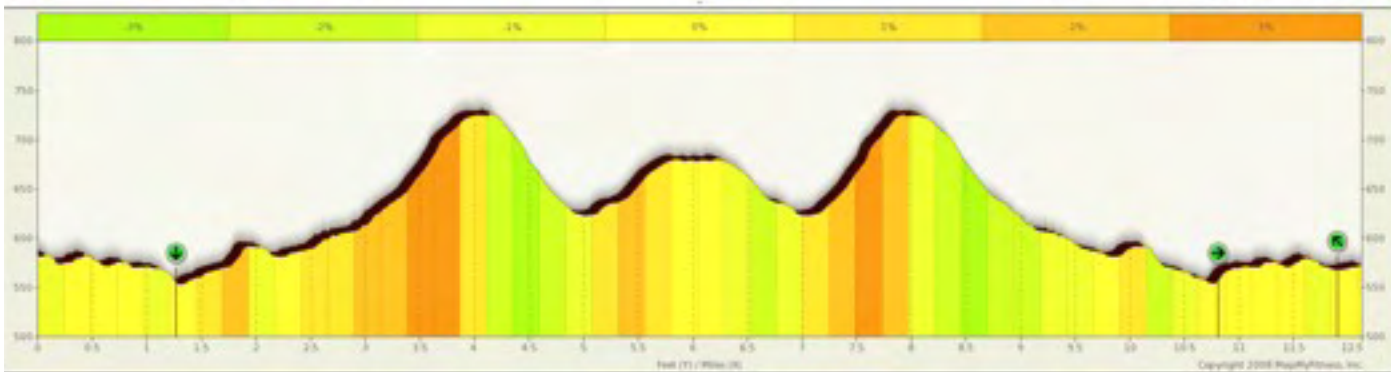
## SUNDAY & ELITE BIKE COURSE

All road courses on same course

PMA = 3 laps  
Signature = 2 laps  
Double Oak = 1 lap

### BIKE COURSE DIRECTIONS

- > Leave staging NE on Terrace Drive
- > Right On John Findlay Drive
- > Turnaround at 6.2 miles before bridge
- > Return back to staging area
- > See "loop/finish detail" on prior page



## SUNDAY & ELITE RUN COURSE

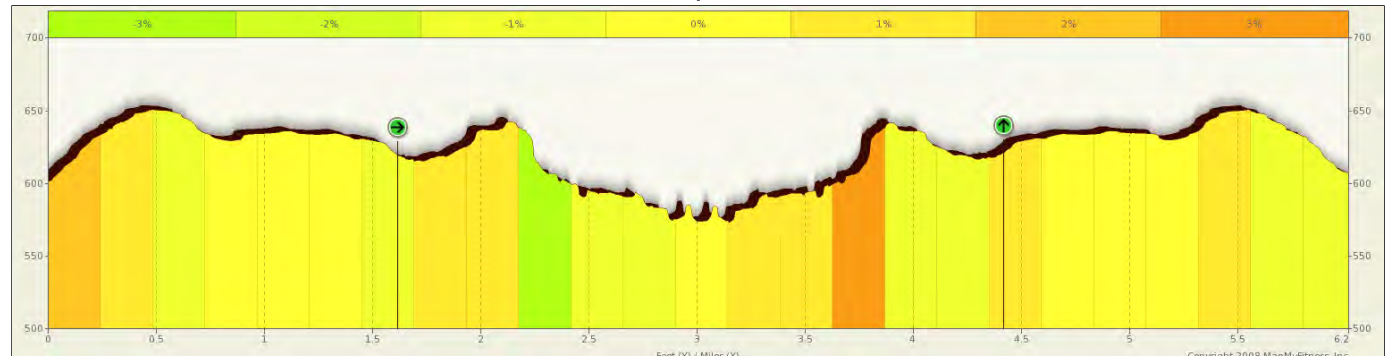
All road courses on same course  
out and back courses

PMA = turn around at 5k  
Signature = turn around at 2.5k  
Double Oak = turn around at 1.25k

### RUN COURSE DIRECTIONS

- > Leave staging SW on Oak Mtn Drive
- > Curve Right On Oak Mtn Drive
- > For PMA - right on John Findlay to turn around
- > Return back to staging area

\* Water stations approximately every mile



## IMPORTANT RACE NUMBER AND EVENT TIMING INFORMATION

**DUATHLETES** WILL GET A BIB #, HELMET #, BIKE FRAME #, WRIST BAND AND TIMING CHIP ON A VELCRO BAND. All of the numbers should be the same!

**8K RUNNERS & POWERKIDS** WILL GET A BIB #, WRIST BAND AND TIMING SHOE TAG.



**BIB NUMBER:** The larger paper number is usually called your bib number. This number **MUST** be on your body during the entire run. It can be worn attaching it to your racing top or shorts with safety pens. The number **MUST** be on the front. You can also attach it to a race number belt, which can be worn with the number in the back or the front, and can easily be turned from back to front. We need your race number facing forward at the finish so the race announcer can identify you, as well as the race photographer.

**You need to present your bib number to get body marked on race morning to be sure they mark your body with the correct race number. BODY MARKING WILL BE NEAR THE TRANSITION AREA.**

**Please also have your bib number and keep your arm bracelet on after the race when you go to the transition area to retrieve your bike and gear & be sure to leave your bracelet on so you can access the food area after the race.**



**FOR THE DUATHLONS:**

**HELMET NUMBER:** This number will be a small adhesive number to be placed on the **front of your biking helmet**. This helps race officials and the race photographer identify you.



**DUATHLON EVENT TIMING** This event is timed with the IPICO electronic timing system. **You will receive your chip and ankle band at race packet pick up.** This chip is programmed to coincide with your individual race number. During the event, you will cross mats that will record your time from your chip. **YOU MUST CROSS** the mats to be scored! It is imperative that you wear **YOUR** assigned chip until you cross the finish line. Someone will take your chip from you after you finish. If you do not turn in your chip, you will be billed for \$35 + an additional \$1 a day for chips not returned within 7 days of the event date. Please also remember to return the velcro strap – there is a \$5 additional charge for missing straps.



**Timing Splits:** Your timing splits that you will receive post-race will be a pure swim time, the swim to bike transition will include your run to transition from the swim and your transition until you exit on the bike, the bike time will be a pure split, you will have a bike finish to run start transition time, a 1<sup>st</sup> lap run split, 2<sup>nd</sup> lap run split and complete run split and overall finish time.

**8K & PowerKids Duathlon - TIMING:** Racers receive a racing chip/tag at packet pick up or on race morning. You must show your bib number to receive the chip/tag. If you lose or do not return the chip/tag - you will be charged a \$15 replacement fee. An additional \$1 a day fee is added for any chip/tag not returned after 7 days. Volunteers will collect your tag at the finish line. Be sure your tag is securely fastened to your shoe - zip ties will be provided.



# A Message from the Head Referee



Many duathletes come to races with only a rudimentary understanding of the rules of the sport. Indeed, too few have ever read through the *Competitive Rules* in its entirety. In order to minimize misunderstandings on race day, I hope you will take the time to read the following summary of Position Violations, which you probably know as the drafting rules.

I have reduced the Position Rules to the following concepts which everyone can remember:

**Ride on the right side of your lane.**

**Keep three bike lengths between yourself and the cyclist in front of you.**

**Pass on the left of the cyclist in front, never on the right.**

**Complete your pass within 15 seconds.**

**If you are passed, drop back immediately and drop back 3 bike lengths or more before attempting to re-pass the person who passed you.**

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the marshals are reviewed by the Head Referee who then decides if a penalty should be assessed. The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Marshals commonly cite the following violations:

*Illegal Position or Blocking* – riding on the left side of the lane without passing.

*Illegal Pass* – passing on the right.

*Overtaken* – failing to fall back immediately after being passed or failing to drop back three bike lengths before re-passing a competitor who passed you.

*Drafting* – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though Position Violations carry a time penalty for each occurrence, if you are cited for three violations, you will be disqualified.

**Always have your helmet on and chin strap securely fastened when you are on your bike, EVEN ON THE WAY TO AND FROM YOUR CAR BEFORE AND AFTER THE RACE!** The chin strap rule is the easiest to follow, but some folks always seem to forget – that's a DQ!

**All handlebar ends must be solidly plugged.** The penalty is a DQ. Bar ends that are unplugged or plugged only with tape or other “makeshift” items are very dangerous in the event of a crash.

**Remember to treat other athletes, volunteers, and officials with courtesy and consideration.** Failure to do so is called Unsportsmanlike Conduct and you will be disqualified.

**Do not abandon any equipment or trash on the course.** Discard trash only at aid stations or you will receive a penalty. We want the community to welcome triathletes back every year.

All that being said, I hope you have a great race, lots of fun, and achieve all your goals.