Athlete & Race Day Information Guide

Lake Atalanta

July 31, 2021

Time & Location

All activities take place at the Lake Atalanta Park, Clark Pavilion, race start @ 8:00 am

Lake Atalanta Park
Clark Pavilion
500 E. Walnut
Rogers, AR 72758

Saturday, July 31

NOTE THAT THE RACE START HAS BEEN MOVED TO 7:00am

5:30am – 6:30	Onsite registration and packet pickup available
5:30am	Transition opens
6:45am	Mandatory pre-race announcements and course review
6:58am	ALL Athletes to the start
7:00am	Race begins
9:30-ish	Results & awards
Post race	Athletes are provided lunch by Taqueria Vega

USA Triathlon Sanctioned Event

TrailFest for MS Off-Road Duathlon is a USAT Sanctioned event. In accordance with USAT, athletes will need to be conscious of the following applicable rules. Those who do not comply with these rules will not be permitted to participate in the event:

- USAT Membership – During registration athletes had to verify USAT membership. Because of this, all Athletes are required to show photo ID at packet pickup.
- Bike Safety – All athletes are required to wear a bicycle helmet before leaving transition on the bike out and until back inside transition on the bike in.
- Handlebars – All bicycle handlebars must have the ends covered. Handlebars may not have the tubular end exposed – this is for rider safety.
- Bibs / Race Numbers – The bib, bicycle, and helmet numbers must be visible at all times.

Thank you! Phat Tire Bike Shops
For supporting TrailFest for MS

Rules & Notables

Timing – TrailFest for MS Off-Road Duathlonis a chip timed race. Your anklet must be outside of any clothing (pants, socks, gaiters, etc).

Weather – We are racing rain or shine! In case of thunder/lightning storms, we will delay the start of the race until we have been thunder/lightning free for 30 minutes. For example, if there is lighting at 6:55am, we will delay the race until at least 7:25 am.

Heavy rains may also delay the start of the race, per the organizers' discretion.

It will be hot on race day! Check the weather regularly for Rogers with Weather.com

Handlebars – Per USAT regulations, all handlebar ends must be capped. For example, the rubber grips on your handlebars must cover the entire opening of the end of the handlebar. Organizers will have duct tape and quarters available for make-shift handlebar closing if need be.

Bike Support - Come ready to ride! Onsite bike support will not be available, please come with any tools or tubes you may need!

*Thank you! Walton Family Foundation
For supporting TrailFest for MS and
your support of our sport!*

WALTON FAMILY

F O U N D A T I O N

*Happily accepting your used and retired
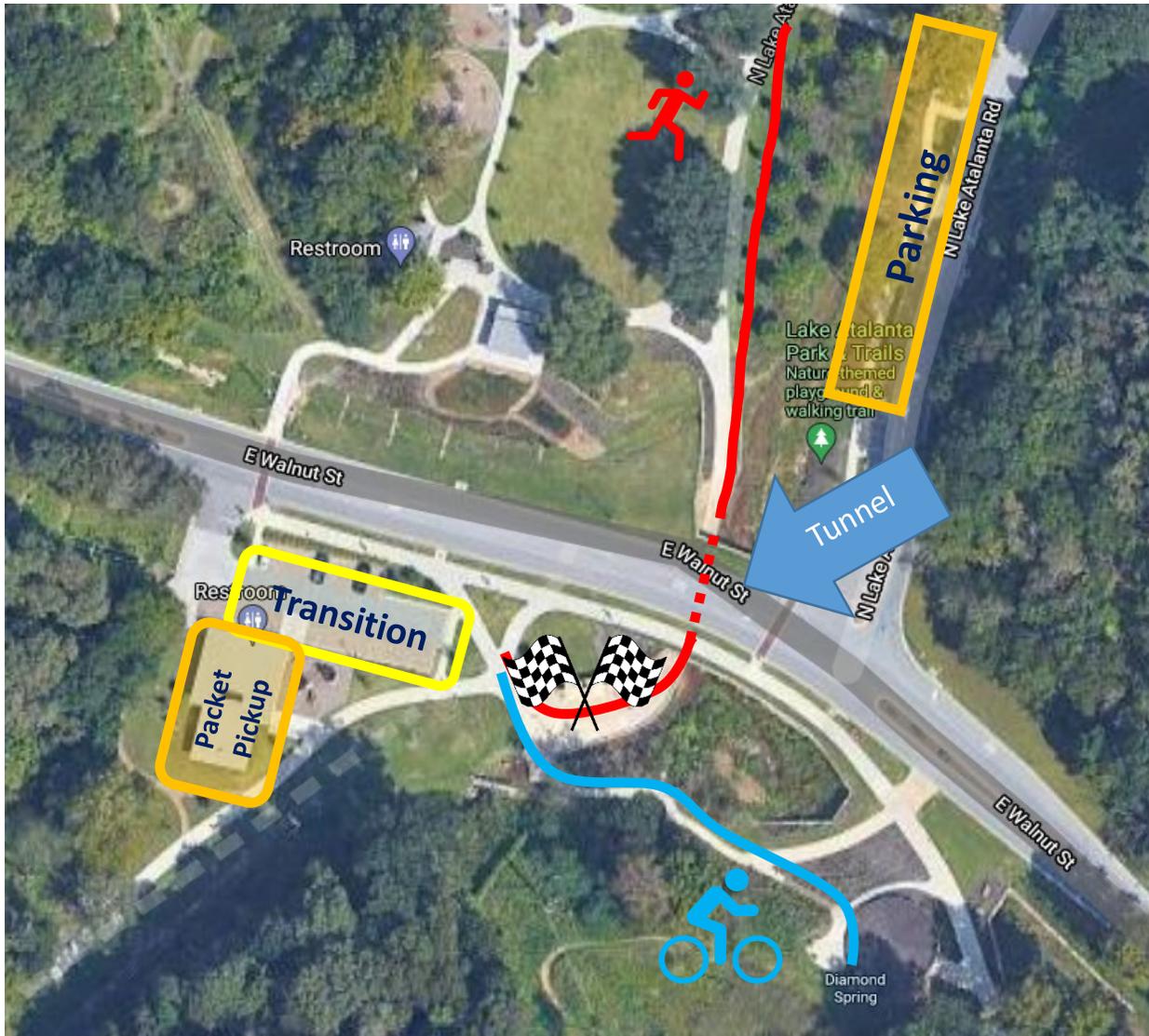running shoes! Help reduce landfill waste!*

Course & Transition

All activities take place at the Lake Atalanta Park, specifically the Clark Pavilion.

Parking: Along the lake on the western edge.

Athletes park in the designated area, walk under the tunnel to the Clark Pavilion for Packet Pickup and Transition.

Official Hydration sponsor of TrailFest:
Base Performance Hydro and BASE
Electrolyte Salt all over race day!

Run Course

Athletes will utilize the Lake Trail for the run, running counterclockwise around the lake with one aid station (just water and BASE Hydro) approximately halfway through.

The transition area is depicted by the yellow rectangle. Runners will start the race from transition, return to transition to retrieve their bicycles, complete the bike back to transition, and then run the run course again.

Bike Course

Athletes will utilize the Railyard trail system for the bike, doing a total of **three laps**. There is one aid station (just water and BASE Hydro) at the turn around point on the out-and-back leg.

Leaving transition, athletes will travel south to the Railyard going counterclockwise. Just past the 1.5 mile mark athletes will turn right for an out-and-back leg (ample room for two-way bike traffic). Returning into transition to finish the run.

Transition

Bike Course Map

Aid Station