

Athlete & Race Day Information Guide



Blowing Springs at Back40 October 3, 2021

*Thank you! [Walton Family Foundation](#)
For supporting TrailFest for MS and
your support of our sport!*

WALTON FAMILY
FOUNDATION





Time & Location

All activities take place at the Back40 Trails, Clark Pavilion, race start @ 8:00 am

Back40 Trails
Blowing Springs at the Gear Garden
The Back 40 Trail
Bella Vista, AR 72714

Sunday, October 3 - 8:00 am

| | |
|---------------|--|
| 6:30am – 7:30 | Onsite registration and packet pickup available |
| 6:30am | Transition opens |
| 7:45am | Mandatory pre-race announcements and course review |
| 7:58am | ALL Athletes to the start |
| 8:00am | Race begins |
| 10:30-ish | Results & awards |

Have breakfast on us!

All athletes receive complimentary coffee and muffin from [211 Cafe](#)



Post-race recovery!

All athletes receive complimentary refreshing and clean smoothie post-race from [Wholesome Smoothies](#)





Event Officialness

While TrailFest for MS Off-Road Duathlon is *not* a USAT Sanctioned event, we have certain measures in place that are still in accordance with USAT rules and regulations. Athletes will need to be conscious of the following applicable race rules. Those who do not comply with these rules will not be permitted to participate in the event:

- 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.

Rules & Notables

Timing – TrailFest for MS Off-Road Duathlon is 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 lightning 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 Bella Vista with [Weather.com](https://www.weather.com)

Handlebars – 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! Just in case though, you can see [Revolution Mobile Bike Repair](#) who will be onsite race morning!

Check out Revolution [Mobile Bike Repair](#)





Course & Transition

All activities take place at the Back40 Trails, specifically at Blowing Springs.

Driving Directions:

- Driving north bound, turn right off of Hwy 71 onto Mercy Way
- Go straight through the stop sign, turning into Blowing Spring Rd.
- Keep going straight on Blowing Spring Rd., past the RV Park
- Keep traveling all the way to the Gear Garden area.
- Transition is in the parking lot at the rear of the park where the road ends

Parking: The Gear Garden at Blowing Springs parking lot.



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



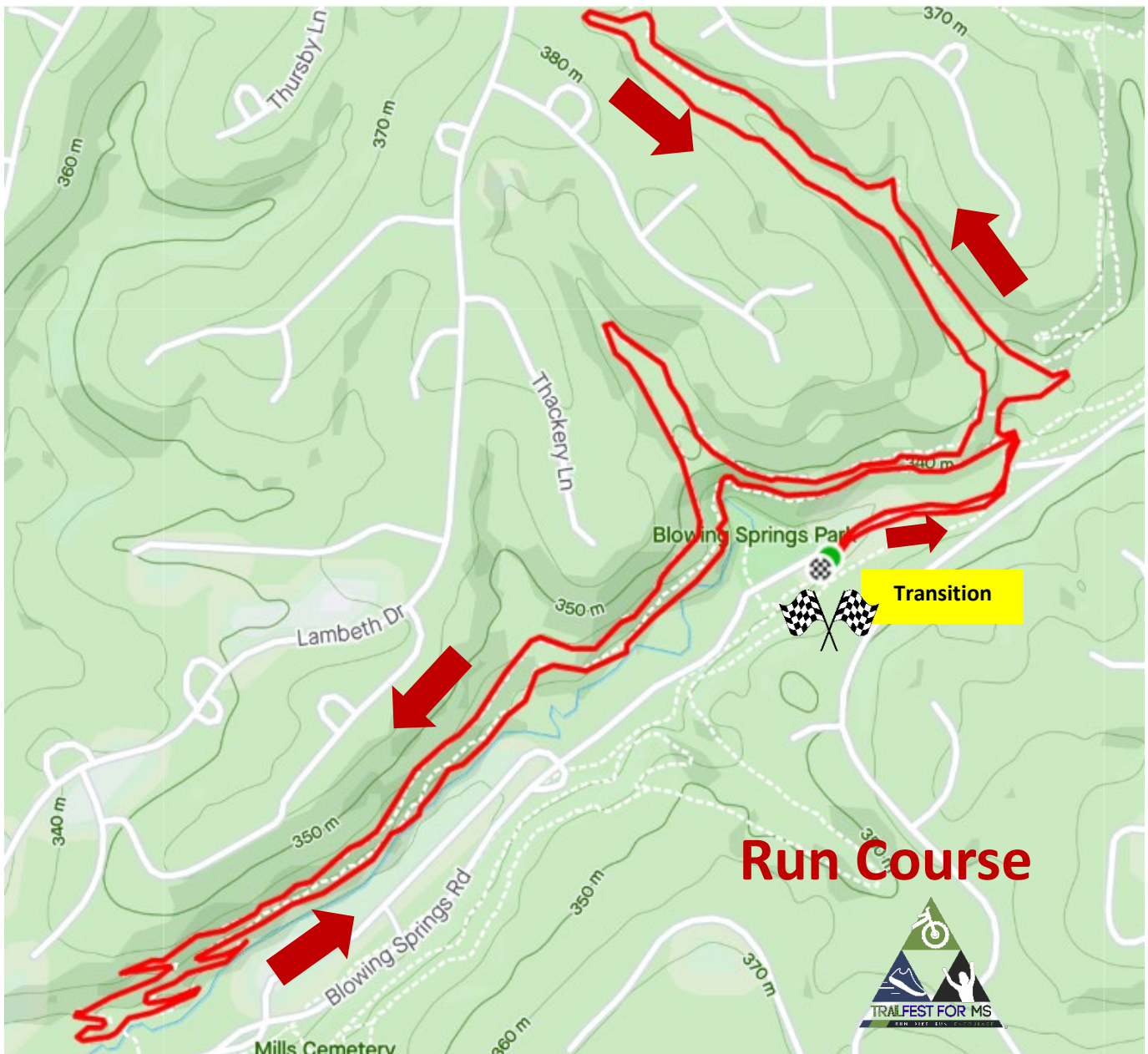
BASE
PERFORMANCE



Run Course

Athletes will utilize the Blowing Springs North Upper, then the Blowing Springs Lower trails for the 3.25 mile trail run, running counterclockwise

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

Leaving transition, athletes will travel the Back40 loop out the back of Blowing Springs going *counterclockwise* up to Mulligan, to Rago back to Blowing Springs.

At approximately the 1-mile mark athletes will turn right to complete the loop. The trail will intersect the leg back to transition at approximately mile 6.8 to finish the bike

