



# *Scheels Dam Duathlon*

## Athlete Guide

Thanks for signing up to race at the **SCHEELS** Dam Duathlon! Below is all of the vital information you may need for this weekend! As always, if you have any questions, don't hesitate to contact [JGFRacing@gmail.com](mailto:JGFRacing@gmail.com)

-The Just Go Faster Team

## Course Safety

- The **RUN COURSE** is almost entirely on paved road within the Coralville Lake Project. Traffic will be controlled where necessary, but please be aware of what's under your feet and ahead of you. Both run legs are the same course, however on run #1, you will go up the hill and finish through the campground, whereas on run #2, you will start running through the campground and finish downhill. Please see the transition map for traffic flow.
- **IMPORTANT:** You will NOT be able to leave the beach parking lot until the last athlete crosses the finish line.
- The **BIKE COURSE** is on a clean, open road. Johnson County Sheriff's deputies will be controlling traffic, but the course is still open. Be smart when passing other bikers.
- COURSE MAPS CAN BE FOUND [HERE](#)

## Volunteers

- These great people will be at registration and packet pickup, directing traffic, and making sure you're all going the right way!
- If you have friends or family members that want to see you race up close, have them email us to **VOLUNTEER!** We would love their help!

## Directions to Lake Macbride State Park

- [Coralville Dam Beach](#) @ Coralville Lake (just click the red pointer and “Directions” in the bubble and enter your address at the left)

## Parking

- Signs and volunteers will be posted to direct you to the appropriate parking location. You will be able to park in the main parking lot next to the beach/transition

## Packet Pickup

- 8/9/14, Noon - 5 PM at Scheels (near the big tree) in [Coral Ridge Mall](#).
- Registration will be OPEN! Bring your friends who want to race!
  - 8/10/14 (race day), 6:30 AM – 7:30 AM at the pavilion near the beach at Coralville Lake
    - Packet pickup only. NO RACE REGISTRATION.

## RACE DAY!!!!

- Transition OPENS at 6:30 AM and will CLOSE at 7:45 AM. Be sure to have your matching run/bike numbers to verify your participant status.
- Pre-race announcements at 7:50 AM
- Race START at 8AM.

- Post-race snacks will be provided for participants
- Awards will start between 10 and 10:30 AM,  
depending on finishing times

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