



Mt. Rainier Duathlon

May 5, 2024 ***NEW* START TIME: 9 AM**
 Enumclaw Expo Center 45224 284th Ave SE, 98022

Race Site:
 See results
 & photos



--PRE-RACE--	7:30 AM	- Transition Opens - NW Tri & Bike onsite	--RACE--	9 AM	LONG course Mass Start	--POST-RACE--	11 AM	Short & Flat Course Awards*
	8 AM	- Packet pickup open - Transition monitored		9:05 AM	SHORT Course Mass Start		12 PM	- All bikers are off bike course. - Long Course Awards*
	8:45 AM	MANDOTORY pre-race meeting		9:30 AM	FLAT Course Mass Start		1 PM	Course closes = > no support on course
							*Award times are approximate	

General Rules & Info Be aware of others around you. At all times.
USAT Rules Apply at ALL Times –You are responsible for being familiar with USAT rules.
 (Please review the [USAT Commonly Violated Triathlon Rules](#))

USA Triathlon Rules

Devices: Phones are allowed on course. **But you may not use your phone, smart watch, etc. in a distracting manner.** If someone else can hear it – it's distracting.



• **NO HEADPHONES, EARBUDS, Portable speakers,** etc. on course – **BIKE or RUN**
It doesn't matter if it doesn't cover your ears – it is still not allowed.

Transition Info & Rules – **Please have your bib number when you set and remove your bike from transition.**

When you enter transition with your bike, we will be checking the following:

- The bike number is on your bike.
- Handlebar ends must be solidly plugged

To rack your bike, find the rack with your number range. You have the width of your bike handlebars to set items out. If you are taking up too much space a staff member may move it or ask you to.

- The transitions for all events will take place in the same area.
- **You may not ride your bike inside transition.**
- **When removing your bike after the race you must have your bib number with you.**

*Bikes will **not** be released until we see the bib with the bike*



ROADS are OPEN for both run and bike.
 BE AWARE OF OTHERS ON THE ROAD
 Be alert to all traffic and traffic control –

You may be asked to pause at an intersection.

Runners – There will be a water station on both the 8K and 6K runs.

Run course turns are indicated by 2 orange cones with directional arrows.

You need to follow these cones.

Bikers – Helmets must be on whenever you're on the bike with strap fastened.

- Bring a water bottle for your bike.
- Bike course turns are indicated by 3 orange cones with directional arrows. **You need to follow these cones.**

***On 410 there are rumble strips in the shoulder areas, some are in the white line; there may also be sand or gravel and some potholes. This is a mountain pass. – PLEASE USE CAUTION**

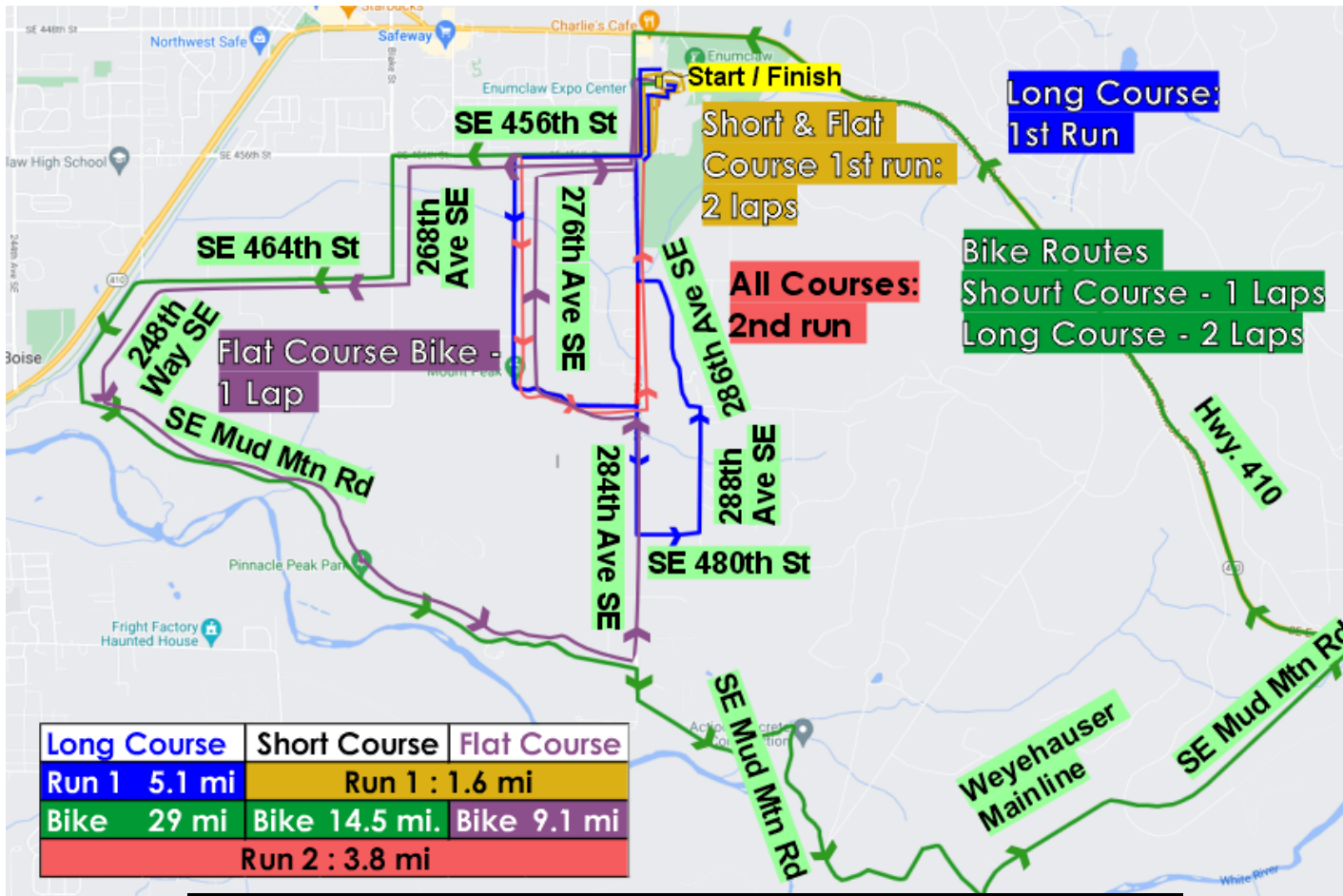


If any staff or volunteer reports anyone breaking a rule above or listed in USA Triathlon rules. You will be disqualified.

Relay Teams - The runner will meet the bicyclist in the transition area, transfer the timing chip. The cyclist will return to the transition area, at the same place he/she left from to transfer the timing chip to the runner.



2024 Mt. Rainier Duathlon Routes



Type ridewithgps.com/routes/route/# to get to routes.

Links for routes:

Segment	Route #	Segment	Route #
Short & Flat Course 1st Run	45927613	Long Course 1st Run	46214855
Hill (Short & Long) Bike Route	41428011	Flat Bike Route	44093723
Hill Bike Route - Short: 1 Loop; Long: 2 Loops		2nd Run (All)	44553027

If you need to review a larger map, please use the links below. We will not have maps onsite.

See below for links to individual routes to the left below or follow the QR code to the collection.



Per USAT Guidelines, it is the participant's responsibility to know the course.

NEW ! The fastest* in each segment from last year!

2023

*All racers in the Age Group category that finished their race were looked at.

LONG COURSE		SHORT COURSE	
2nd Run	1st Run	2nd Run	1st Run
Bike	Bike	Bike	Bike
0:24:32	1:23:47	0:55:37	0:12:04
B. Kawaoka	B. Kawaoka	A. Swanson	A. Swanson
0:22:39	0:29:18	0:23:12	0:09:35
J. Kalmus	G. Cotreau	Z. Fung	Z. Fung
	E. Kawaoka	F. Burnside	
		S. McInnes	



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