



“Connections” Duathlon Participant Information

Start Location:

The Duathlon starts in front of the SUNY Fredonia Business Technology Incubator at 214 Central Ave. in Dunkirk, NY.

Transition:

The transition zone will be in Memorial Park along the shores of Lake Erie in Dunkirk, NY. There is approximately 2-3 blocks separating the start of the race and the transition zone. The transition zone will be open at 8 am on the race day for participants to find their space and leave their transition supplies. Do note, however, that we are running a CLEAN transition zone with MINIMAL transition items (i.e., running shoes). The transition zone will be monitored by volunteers. Only race participants will be allowed in the transition area.

Restroom Facilities:

Restroom facilities will be available in the SUNY Fredonia Business Technology Incubator. A few portable potties will be available at the transition area.

Parking:

Parking is available at the Clarion Hotel (2 blocks from the race start), as well as at the empty parking lot across from the Clarion Hotel. The address for the Clarion Hotel is 30 Lake Shore Drive East, Dunkirk, NY, 14048.

Driving Directions: (<http://www.clariondunkirk.com/directions.html>)

The Clarion Hotel & Conference Center is conveniently located midway between Buffalo, NY and Erie, PA along the historic Seaway Trail (NY Route 5). If you are traveling on NYS I-90, take exit 59. Turn right on Route 60 and follow the Route 5 (Lakeshore Drive East). Turn left at this traffic light, we are just up on the right.



Timing:

The “Connections” Duathlon will be timed by “Score-This”. We will be doing a time trial start with 15 bicyclists starting every minute in bib order. Since bib numbers will be randomly

assigned, participants of differing levels will be starting at the same time, which will help to distribute the riders along the course.

The biking segment will be by clock start, with mats placed at both ends of the transition zone to allow for separate biking, transition zone and running splits. For teams, chips will need to be transferred from the biker to the running in the transition zone. As this is an Earth Week event, we will be using reusable chips that must be returned at the end of the race.

Course Delineation:

We have amassed an amazing numbers of volunteers for this event. Every single intersection and street corner will be manned by at least 2 people. All turns will be marked with spray chalk, flags and more volunteers. There are a couple of sharp turns on the bike route. Please be aware and be attention to your volunteers.

Bike Route:

Start on Central Avenue in front of the Business Technology Incubator (Dunkirk). Follow Central Ave. from Downtown Dunkirk into Fredonia. (3 miles). {Going away from the waterfront.}

Central Ave. will dead-end into Temple Street. Turn left onto Temple Street. Temple becomes Water Street beyond Main Street in Downtown Fredonia. Continue on Water Street to Webster Road. (2 miles)

Turn right on Webster Road to Chautauqua St. (2 miles)

Turn right on Chautauqua St. Just before Rte 20 (Main Street) turn right onto Houghton. Houghton will dead end into Seymour St. (1.25 miles)

Turn left on Seymour Street, which becomes Chestnut Street after the light. Continue on Chestnut to Willow. (2.5 miles)

Turn right onto Willow and take it to Brigham Road. (2.25 miles)

Turn right on Lakeshore Drive. End at Memorial Park transition area. (1500 feet or so).

Google Map:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=107867184482582708259.00048300f95ae7aea9285&ll=42.452088,-79.33897&spn=0.075489,0.208569&z=13>

Running Route:

Aside from the initial part of the run, which wraps around the park on a paved path, the running portion of the Connections Duathlon event is on-road.

The run will follow the paved path around the park. Starting on the front end of the park, follow the paved path around to the backside of the park (closest to the waterfront) exiting onto Woodrow Avenue.

Take Woodrow Avenue to Lakeshore Dr. (Half of this road will be shut down during the race.)

Follow Lakeshore to Point Drive.

Turn right onto Point drive and follow this road around Point Gratiot back to Lakeshore Ave.

Follow Lakeshore back to Memorial Park.

Google Map:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=107867184482582708259.000482cf1a54fdffdcef8&ll=42.488476,-79.346952&spn=0.009431,0.026071&z=16>