

Inaugural Civic Center Cowboy State Duathlon

Defining Duathlon across the Cowboy State

- You will be traveling the distance of 396 miles as calculated between Evanston and Pine Bluffs along I - 80.
- **336 miles of it must be biked**
- **60 miles of the distance must be ran or walked (throughout the rules I will refer to it as running)**
- Miles can be obtained running and biking indoors or outdoors. You just must be able to track the mileage and time as accurately as possible to make it fair for all participating.

Timeline

- The date participants can begin accruing and recording distances **begins at 7:00am Saturday, June 1st, 2019 and finishes Sunday, June 30th, 2019 at 12:00pm (noon)** when the Rock Springs Civic Center (RSCC) closes.
- No distances or times completed before June 1st at 7:00am or after June 30th at 12:00pm will count towards the total distances that need to be completed in the Civic Center Duathlon across the Cowboy State.
- **Registration Deadline is Friday May 31st, 2019 at 6:00pm.**

Fee to compete

- In order to compete, **participants must pay a \$25 entry fee** at the Rock Springs Civic Center.

Age Groups

- Males compete against males and females against females
- Ages groups are 15-20, 21-30, 31-40, 41-50, 51-60, 61-70, and 71 and older (**ages of the competitors must reflect their age as of June 30th, 2019 – the last day of the event**) You may be asked to provide proof of your age.

General Civic Center Duathlon Rules...

- **This event runs on an honor system.** At the RSCC there are several designated bikes to complete the ride and six treadmills on which to run as well as laps in our gym. Hopefully with the number of miles needed to complete this trek across the Cowboy State many of you will take advantage of the beautiful weather outdoors.
- Once you begin a bike or run workout the clock starts. If you rest anytime during your workout the clock continues to run. The clock stops when you complete your workout for that sport for that day. Any rest within that workout counts as time in part of that workout. (Example: The distance you want to complete on a run for the day is 2 miles. You run a ½ mile and it takes 4 minutes, if you rest for 1 minute, run another ½ mile and it takes 4 minutes again, rest for 1 minute, and you finish your last mile in 8 minutes completing your run for the day. This run total for the day is 18 minutes.)
- Headphones are allowed for the bike and run, but please be very careful when you are out on the streets. I recommend being able to hear traffic around you as you ride or run.
- The distances and times will be recorded on a leader board outside the Administration Offices located in the basement at the RSCC.
- Distances and times for each week must be written on the leaderboard each Sunday before the RSCC closes at 12:00pm, or your distances and time will not count.
- If anyone injures themselves during the event there is NO extension.

Distance that MUST be completed in the bike and run of the Duathlon...

- Bike 336 miles (540.74 kilometers)
- Run 60 miles (96.56 kilometers)

Bike Rules

- All participants must be able to measure the distance traveled on their bike or spin bikes. We will have spin bikes available for use in the RSCC with odometers. Bikes for the event will be located upstairs in our aerobic area or in the basement at the RSCC.
- Please make yourself familiar with the odometers on the spin bikes so that you are able to accurately record your time and distances traveled. Please ask if you have any questions.
- On the spin bikes each participant will be able to set their own resistance at a level that is comfortable for their ability. Keep in mind, injuries can occur if you spin too fast so we recommend each participant set the tension at a level that is safe and comfortable based on their cycling experience.
- If you prefer to bike outside. There are many phone apps for that as well. To track bike distances there is Runtastic Road Bike GPS, Map My Ride by Under Armor, Cyclemeter Cycling Running GPS, Fitmeter Bike Basic – Cycling, and more...).
- If you have a cyclometer/odometer on your bike you are also allowed to track distance with that as well.

Running Rules

- You may leave the incline at zero on the treadmill or any higher setting you prefer.
- Time begins when you begin your run. If you rest for any amount of time the belt on the treadmill must also be stopped as well, but time continues to run. Your running session ends when you are finished running for the day.
- If you want to track your run outdoors. There are several phone apps available to track distances ran...Runtastic Running Tracker, Map My Run by Under Armor, Running Distance Tracker, Nike Running Club, Run Keeper, and many more.

If a participant runs and bikes each day for the 30 day event you must travel approximately...

- Bike 11.2 miles (approximately 18.03 kilometers)
- Run 2 miles (approximately 3.22 kilometers)

Results

- Will be posted daily on a leaderboard outside the Administration Offices located in the basement at the RSCC.
- Please record distances for the bike and run as miles traveled.
- All results for each week must be recorded daily or at least by Sunday before the RSCC closes at 12:00pm, or your distances and time will not count.
- T-shirts will be provided for everyone that completes the 396 miles as calculated between Evanston and Pine Bluffs. (336 miles of it must be biked and 60 miles of the distance must be ran)
- Sweatshirts for 1st place time finishers for each gender/age group **will be ordered at the completion of the event.**
- **Winners in each age and gender group will be determined by the fastest time to complete the distances in all three events.** This may not be the fewest number of days. Even though someone may complete the duathlon in fewer than 30 days it may not be the fastest time for that age/gender group.