



2010 –Timeline

Friday Pre race:

- ◆ 9am Transition area set-up
- ◆ 3-8pm Registration & Packet pickup – Fleet Feet

Race day:

- ◆ 6:30am transition opens
- ◆ 7:00- 8:30am packet pickup inside airport terminal
- ◆ 8:30am pre-race meeting and announcements
- ◆ 8:30 am all other law enforcement arrive
- ◆ 8:40am Color Guard, National Anthem and Prayer
- ◆ 8:50am last chance to return to transition
- ◆ 8:45am close airport runway and set cones/barricades/signage
- ◆ 8:55am close transition
- ◆ 8:55am stage first run group
- ◆ 9:00am Duathlon group one (males)
- ◆ 9:02am Duathlon group two (females)
- ◆ 9:04am Duathlon run group three (teams)
- ◆ 9:10am 5K Run start
- ◆ 9:12am 1 Mile Fun Run/Walk
- ◆ 9:15am first duathlon runner into transition
- ◆ 9:20am first biker out of transition
- ◆ 9:40am first 5K finisher
- ◆ 9:45am last duathlon runner into first transition
- ◆ 9:50am first biker at turn around (Woolsey Rd)
- ◆ 10:00am Bike Time Trial begins
- ◆ 10:00am last 5K runner on airport runway
- ◆ 10:05am sweep airport runway
- ◆ 10:25am open airport runway
- ◆ 10:25am first return biker to transition
- ◆ 10:30am first duathlon runner on 2nd run course
- ◆ 10:40am first duathlon runner at 2nd run course turn around
- ◆ 10:50am first duathlon finisher
- ◆ 10:50am last biker at turn around point
- ◆ 11:30am last biker into transition
- ◆ 11:35am transition area opens to retrieve bikes
- ◆ 11:55am last duathlon runner at 2nd run course turn around
- ◆ 12:25pm final duathlon finisher
- ◆ 12:35pm Awards/prizes ceremony