

Duathlon/Triathlon Competition Information

Please carefully read the following information regarding the Des Moines Corporate Games duathlon/triathlon competition at Big Creek State Park Marina in Polk City:

Participants **MUST** check in on Friday, July 10 by phone between 4:00 and 7:00 pm. Call 888-777-8881 and press 0. If you receive a busy signal, please try again. Staff will be monitoring all three lines that come into the office. Participants will be assigned a race number at this time. Packets with the timing chip and race number will be placed in the participant's assigned spot (by race number) in the transition area Sunday morning. **If you do not check in on Friday, you cannot compete Sunday. No exceptions.**

Temperatures will be taken prior to being allowed in transition to set up. There will be a general check in at this time. From there, you will receive further instructions.

If you have declared interest for both the duathlon and triathlon, you must choose one. These events run concurrently and it is not possible to do both.

If you are competing in the team triathlon: **You must know who is on your team.** Only one person needs to call in on Friday and receive the race number, but we will check in all participants for the team. Please contact your company admin if you don't know who your team members are, as you will need to know your race number.

Awards

Des Moines Corporate Games participants will receive medals and points based on their finish in their age group compared to other Des Moines Corporate Games participants.

For further information, including course maps, please visit the Duathlon or Triathlon pages on our website.

Des Moines Corporate Games COVID-19 Triathlon/Duathlon Guidelines:

In an effort to keep participants, volunteers, and staff safe, below are guidelines and protocols that will be put into place for this event:

- Packet Pick-up & Registration
 - Event will be limited to 150 Corporate Games participants
 - One triathlon team is equal to one participant
 - Participants will check-in by phone on Saturday, 11 (see check-in information for details)
 - On-site registration will not be allowed
- Spectators
 - Spectators are encouraged to stay home
 - If needed, spectators are limited to 1-2 people per athlete
- Waves
 - Time Trial start will be used
- Race Packets
 - Disposable timing chips will be used
 - Race packets will be placed at participant's bike position:
 - Swim Cap
 - Bib Number
 - Timing Chip
- Transition
 - Bike racks will be numbered to correspond with race numbers
 - Transition will be larger than past years
 - Limited number of athletes/bikes per rack

- Pre-Race Check-in
 - Temperatures will be taken prior to entering transition area
 - Race check-in will take place when entering transition
 - We ask that athletes check their temperature prior to coming to the race
 - If participant's temperature is 100.4 degrees or higher they are asked not to attend the event
- Pre-Race Videos
 - Race briefing
 - Self-body marking
 - Course overview
- Refreshments
 - No open refreshments
 - Athletes are asked to bring their own refreshments
- Water Stations & Hydration
 - Bottled water will be provided on the course, no cups will be used
 - Refilling water bottles will not be allowed
 - There will be no jugs provided to refill bottles if athletes run out
 - Athletes must bring their own water or use the bottled water that is provided
- Awards Ceremony/Results
 - Participants will be provided a link the day before to view results during and after the event
 - Medals can be picked up at a future Corporate Games event
 - No onsite live stream of results
- Restrooms
 - Park restrooms will be open
 - Portable restrooms will be provided, along with a handwashing station

In general, athletes and volunteers are asked to bring their own hand sanitizer and PPE. Athletes and spectators are asked to continue to social distance before, during, and after the race.