

Clackamas River Runoff

Trail Run/Off-Road Duathlon/Off-Road Triathlon

Additional Information for ALL DUATHLON & TRIATHLON TEAMS

The team competition is set-up for one member to complete the mountain bike segment, followed by one member completing the run course....and lastly, in the triathlon division, one member completing the kayak section.

Bike to Run Transition Rules

- The team runner stands by in the staging area adjacent to the transition outlet.
- Once the team cyclist enters the transition area, the runner may start the run course.
- You do not need to tag your teammate.
- Cyclist **MUST** dismount prior to entering the transition or you will be disqualified.

Run to Kayak Transition Rules

- The team kayaker stands by in the staging area adjacent to the upper boat ramp.
- The team kayaker should have all gear on.
- The kayak and paddle must be inside the transition area - not on the boat ramp.
- Once the runner arrives at the kayak transition, the kayaker may exit and begin the kayak course.
- You do not need to tag your teammate.
- The runner may assist the kayaker carrying the boat to the water.

Team Triathlon Shuttle

Triathlon teams are responsible for providing their own shuttle. If you have one vehicle, a recommendation is to do the following:

The team kayaker drops off the team runner and cyclist at the main transition area. Give a spare key to your runner at that time so you don't forget during the race. The kayaker drives the vehicle to the kayak transition where there is ample parking nearby. The team runner finishes the run section of the course and then drives the vehicle back to the main transition area to meet up with the other teammates.

Note: The team triathlon is the only division that requires a shuttle because of the runner to kayaker hand-off. In all other divisions, all participants start and finish at the main transition area.