

7TH ANNUAL

SAYVILLE

ELEMENTARY DUATHLON



½ Mile Run - 2 Mile Bike Ride - ½ Mile Run

Saturday October 22nd, 2022

- Event held at Sunrise Drive Elementary School
- For Sayville Students grades PreK-6th Grade
- ½ Mile Fun Run option for PreK-1st grade @ 7:45am
- Duathlon to Follow at 8:00am and the event should finish by 9:15am

Please Scan QR Code to register:





1/2 Mile Run:

One loop on the grass around Sunrise Drive campus and back to the transition area.

2-mile Bike:

Exit transition, and as you leave the parking lot turn left onto Sunrise Drive, then a quick left onto Sayville Blvd and head south. Turn around before Montauk Hwy and head north on Sayville Blvd. Turn right onto Versa Pl. and a quick left onto Seville Blvd which will take you through the gate and back into the transition area.

1/2 Mile Run:

One loop on grass around Sunrise Drive campus to the finish line.

1/2 MILE FUN RUN

The PreK-1 Fun Run will be held on the Sunrise Drive Elementary School fields. The run will begin at 7:50AM and parents are welcome to run/walk with their children.

Duathlon to Follow at 8:00am and the event should finish by 9:00am

Please Scan QR Code to register:



Important Information

****PreK-1 MAY CHOOSE EITHER DUATHLON OR FUN RUN****

***The bike course will be well marked with volunteers and police officers. Parents of PreK-1 children participating in the duathlon are welcome to ride with their child.**

Age group categories are separate and start one minute apart. They are as follows:

6th grade boys and girls, 5th grade boys, 5th grade girls, 4th boys, 4th girls, 3rd boys, 3rd girls, 2nd grade boys, 2nd grade girls, 1st grade boys along with 1st grade girls and Kindergarten and PreK boys/girls will start together

Please Bring: Bike, Helmet, Warm Clothes (hat/gloves), Sneakers, Water

Parking on Sunrise Drive Property (Parking lot & North field)

****Please Avoid parking on side streets****



Check-In on race morning will be from 7:00 to 7:45AM in the cafeteria. This will be the time to set up your bike in the transition area, check-in at desk, be assigned a number, look over the course, get your T-shirt and any other preparation you need. Parking at Sunrise Drive is available in parking lot and North athletic field.

During Check-in you will receive a race number and a “wave” start time. Each wave will start 1 minute apart beginning with the 6th graders. Your race number will be marked on your right hand and leg with a black marker for timing and safety purposes.

All duathletes **MUST** wear a hard shell helmet while participating in the bicycle segment of the race. The chin strap must be fastened at all times. You will not be able to compete without a helmet. Duathletes must supply their own helmet and bicycle.

For more information regarding this event contact Mr. Gary Jensen by email at: Gjensen@sayvilleschools.org

Training For Your First Duathlon

Duathlon and Triathlon are becoming more popular sports among kids and adults. Triathlon is a combination of a Swim, Bike, & Run while Duathlon combines running and biking in a Run, Bike, Run format. These sports are fantastic opportunities to stay healthy and competitive throughout your life.

Training for your first race should be simple. Try to encourage your family members to train with you as you prepare for this event. Go for bike rides together for anywhere from 10-30 minutes. Try jogging for 5-10 minutes before and after your ride to see how it will feel. Try to include some harder “efforts” while you are riding or running. Be sure to eat healthy and drink plenty of fluids before and after you exercise. The most important part of this training is to enjoy yourself and the outdoors.

A special thank you to our supporters from the Sayville community:

**LONG ISLAND
SPORTS**



**& REHABILITATION
CENTER**

