

Fall Classic Du

Saturday, September 28, 2019

Duathlon, Long Du, Reverse Du | 9:00am | Lake Elmo, MN

Registration Options:

- [Midwest Events](#)
- [Active](#)
- [Print the registration form](#)

Upon registration, you agree to the Midwest Multisport Refund and Cancellation Policies

The race fees are as follows:

		Before 4/30	5/1-5/17	Race Day
Du	Ind	\$85	\$105	\$115
	Ind-NSNM	\$75	\$85	\$95
	2 ppl	\$150	\$190	\$200
	2-NSNM	\$130	\$140	\$150
	3 ppl	\$220	\$265	\$275
	3-NSNM	\$190	\$200	\$210
Long Du	Ind	\$105	\$125	\$135
	Ind-NSNM	\$85	\$95	\$105
	2 ppl	\$170	\$190	\$200
	2-NSNM	\$150	\$160	\$170
	3 ppl	\$240	\$260	\$270
	3-NSNM	\$210	\$220	\$230
Reverse	Ind	\$85	\$105	\$115
	Ind-NSNM	\$75	\$85	\$95
	2 ppl	\$150	\$170	\$180
	2-NSNM	\$130	\$140	\$150
	3 ppl	\$220	\$240	\$250
	3-NSNM	\$190	\$200	\$210

Unless you opt for the no shirt no medal option, all participants will receive a long sleeve technical event shirt. Registrations after 4/30 may receive their shirts in the mail after the race.

Race Overview

Join us for this fall classic that effectively finishes the multi sport season in Minnesota. Same great course and same great time, but now managed by Midwest Multisport and timed by Randy Fulton. The run course remains in the park and has participants running on paved trails. This is a fairly flat course with a shorter second run – just when you need it most! (The first run is 3 miles, the second 2.5 miles.) Enjoy the rolling hills of the park and surrounding horse country on your 14 mile bike ride. This is a great course for first time duathletes as well as those more experienced duathletes looking to get in one more multi sport event during the 2018 racing season or gauge their race performance against their earlier finish time for the spring classic held on the same course.

NEW IN 2019! We've added both a long and reverse course option. Long course is a 3 mile run, 28 mile bike (2 loops), and a 2.5 mile run. Reverse course is a 14 mile bike, 2.5 mile run, and a 14 mile bike.

Join us for turkey dogs and burgers and compare notes on your 2019 multi sport season while enjoying the DJ efforts of Kyle Fulton. We have also given you the option to opt out of the medal and shirt and save some cash. Those opting for the shirts and medals will receive a long sleeve technical shirt and a finisher medal. Everyone is eligible for age group awards.

Packet Pick-Up

Your race packet will include all the materials you need for your race: race bib, timing chip, bike number, and some fun stuff like your complimentary event shirt (if you selected shirt and medal option) and special offers. Bike numbers must be attached to your bike prior to entering the secure transition area. Make sure you hang on to your bib after you are finished racing as we will be matching your bib against your bike number as you leave transition for the day. Please wear your timing chip on your LEFT ankle.

Dates and times coming soon.

Location/Directions



The race is held at 1515 Keats Avenue in Lake Elmo, MN ([get directions](#)). This beautiful park is just minutes from the St. Paul metro area.

Schedule of Events

- 7:30am | Registration and transition area opens*
- 7:45am | Race day announcements start
- 8:30am | Transition area closes*
- 8:45am | Final race announcements at the race start
- 9:00am | Race starts
- 10:30am | Barbecue
- 11:00am | Awards available
- 12:00am | Race course closes

*For the security of all athlete gear, only athletes identified by their bibs will be allowed in the transition area. The bike number must be affixed to the bike prior to entering and match the athlete's bib prior to leaving transition for the day. We apologize for any inconvenience this may cause, but hope that you will appreciate that we care as much about your gear as you do.

Awards/Prizes

Awards are given to:

- Top overall male and female athletes

- Top 2 male and female athletes in each group (19 and under*, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- Top relay team (we allow male, female, or mixed teams)

Overall winner will receive overall medals. Individual age group and team 1st and 2nd place winners will receive age group medals. Overall male and female winners are not eligible for age group awards (no double dipping).

Must be present to win. If you want your award and can't stay, shipping cost is your responsibility.