



These Ain't No Pansy Ass City Races

The 11th Annual Madison Duathlon

July 8, 2022



Montana's Only Olympic Distance Duathlon Race

Run – Bike – Run

Time of Race

Friday, July 8, 2022

All Athlete's Starting Time: 8:00 AM at Lion's Club Park in Ennis

An Olympic Distance Duathlon

First Leg: Running – 3 Km

Second Leg: Cycling – 40 Km

Third Leg: Running – 10 Km

Race Check In

Race Day Check-in: Friday, July 8, 2022 – 7:00 to 7:45 AM
Lion's Club Park
Ennis, Montana

Race day sign up will be allowed. However, t-shirts and other SWAG may be delivered later in the week depending on immediate availability.

Race Day Logistics

- Athletes arrive in Ennis by 7:00 AM for check in. They park on their own somewhere within the town, but not at the Lion's Club parking lot because there will be too many cars. The best place to park would be at the Ennis High School parking lots which are on the north end of town. Then, ride your bike down Main Street to Lion's Club Park. The check in is at Lion's Club Park in Ennis which is on the south end of town near the Madison River. The athletes check in, sign waivers (if not already done online), receive SWAG, and get their bib numbers.
- The race is an Olympic distance run-bike-run duathlon at the distances of 3K-40K-10K. The starting line is in Jeffers and the finish line is in front of the Madison County Courthouse in Virginia City. Once the race begins, athletes are on their own to complete all three stages. The awards ceremony will in Virginia City.
- Athletes will lay their bikes out in the designated area for the second leg. There will be a truck for drop bags which will be delivered to the final bike/run transition. The athletes will be shuttled to the starting line. The bikes and gear at the final transition will be loaded up by volunteers and delivered to the finish line in Virginia City.
- The estimated time frame for the race is as follows:
 - 7:00 to 7:45 AM – Race Check in at Lion's Club Park in Ennis and then athletes set their bikes out for the second leg
 - 7:50 AM – Runners will be shuttled 3K away to the starting line in Jeffers.
 - 8:00 AM – Start of Madison Duathlon with a 3K sprint. This will be a straight shot run to Lion's Club Park.
 - 8:15 AM – Athletes run into Lion's Club Park and immediately mount their bikes for the 40K cycling leg. They head out of town towards Virginia City on MT Hwy 287 and turn onto Varney Bridge Road, turn right on Shining Mountains Loop Road, turn again onto Axolotl Lakes Road, and eventually cycle all the way to Highway 287 and return to Axolotl Lakes (see map)
 - 10:30 AM – The majority of cyclists have returned from the out and back and have transited to the final 10K running leg. This is a straight shot run down what's called the Old Dump road to Virginia City. The road can be traversed by four-wheel drive vehicles but it's narrow and mostly downhill. The finish line is on Wallace Street in Virginia City right in front of or near the Madison County Court House.

- 11:45 AM – Majority of runners have finished the 10K running leg and thus have completed the race.
- 12:30 PM – Awards ceremony and post-race party for the Madison Duathlon in Virginia City
- A shuttle will be available to take athletes and their bikes back to Ennis. The bikes will be shuttled to Virginia City from the bike/run transition point. Athletes are encouraged to have friends/family meet them in Virginia City, but all will be taken care of one way or another.

Level of Participant Support

The Madison Duathlon will be **a limited support race**.

The race starts in Jeffers/Ennis and finishes in Virginia City. The route will be marked with construction cones. There will be stand-alone water stations along the 40K cycling leg as well as the 10K running leg. There will also be mobile volunteers along the route.

Please do not expect a high level of runner support like other duathlons can offer. The logistics and distances makes this kind of support difficult. We encourage runners to carry their own timing devices, water bottles, and food/gels in fanny packs. Also, please be aware and prepare in whatever fashion is available that this is a relatively high altitude race. The cyclists will start the race at about 5,000 feet and finish the bike portion at about 7,500 feet. It includes an extreme uphill of at least a few miles. Be sure to prepare and carry a repair kit for flat tires or other bike issues.

Choice of Bike

This is a tough one, but ultimately there are not too many options. The biking route is about eight miles of pavement (Highway 287 and Varney Bridge Road along the Madison River) and then 15 miles of gravel road of which at least two or three miles is pretty rough and very steep. Athletes can use only one bike for the entire race. As much as I know some of you would like to, you cannot use a road bike for the pavement portion and a mountain bike for the gravel road portion. Sorry, but we need to have an even playing field and not everyone has two bikes.

The best bike of choice would be a cross bike. This can gain some speed on the pavement and do well on the rough section of the route. A mountain bike with skinny tires may also work well. A regular mountain bike with knobby tires will do well on the gravel and rough section of road, but obviously not too well on the pavement. Another option might be a touring bike that is very sturdy. If you're accustomed to riding it on gravel roads, it might work. You may end up pushing it up the hill, but in previous years many cyclists were pushing anyway for about one mile regardless of their bike. Also in the past some cyclists used road racing bikes and just took it easy on the rough section of gravel road. In some cases, athletes carried the bikes up the steep parts.

Cautions

There are a few things to be aware of aside from the normal challenges posed by a duathlon race. First off, all participants will be required to sign a waiver before the race. If these waivers are not signed, the athlete will not be allowed to run the race. All cyclists must wear a helmet.

Some other things to be aware of: traffic, hills, and wildlife.

Traffic – Part of the cycling route is on Montana Highway 287. It has a narrow shoulder and the shoulder on Varney Road is non-existent. The sprint running route is also on Highway 287, but only partially as it is on roads in and around Jeffers.

Hills – The cycling route includes a gut-busting section on gravel that is extremely challenging. There is another very steep uphill and downhill (since there's a four mile out and back) that must be navigated. The running leg will be a gradual downhill except for the final few hundred yards to the finish line in Virginia City.

Wildlife – On the running leg, the route is quite remote and there are all kinds of critters. Several years ago, there was a juvenile grizzly bear on the route as well as a moose. It is not unreasonable to consider carrying bear spray on the running leg.

The Races

There is only an individual race category. The route is A to B. All athletes will begin at the same time. The starting line is in Jeffers and the finishing line is in Virginia City.

The Course Route (map included below)

The Madison Duathlon will be an Olympic distance race. This means it is a run-bike-run format on an A to B route.

Running Leg – 3 kilometers

This first leg is considered a 'sprint' by serious athletes. The duathletes will be shuttled to a starting line in the community of Jeffers just outside of Ennis and off of Highway 287. They will run to Lion's Club Park. Runners should run directly to their bicycles which will be arranged near the fences of the baseball fields. The athletes will place their bikes and cycling shoes and helmet in designated spots before the race begins.

Cycling Leg – 40 kilometers

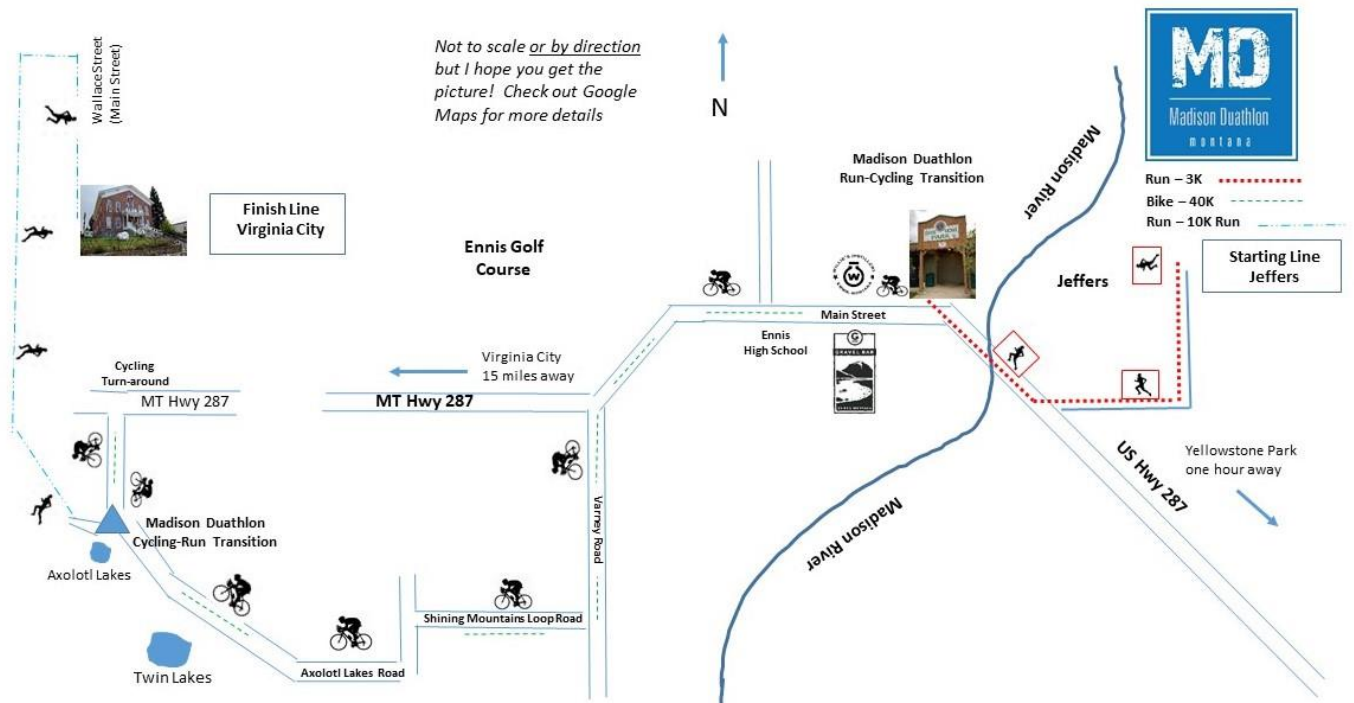
The cycling leg is a mix of pavement and gravel roads. It is very similar to the original duathlon route. It starts within Lion's Club Park and goes down Main Street and towards Virginia City. There will be traffic with vehicles at highway speeds include semi-trucks so care should be taken.

The route veers off Highway 287 onto Varney Road which parallels the Madison River. At Shining Mountains Loop Road, the cyclists turn right onto a gravel road. Then, they will cycle to Axolotl Lakes Road for about seven miles before veering right to cycle out to Highway 287. At that point, they will turn around and cycle back to Axolotl Lakes. This will be the bike/run transition point. All running gear will be laid out by volunteers. The bikes will be loaded up and delivered to Virginia City.

Running Leg – 10 kilometers

The final running leg is the same as the original duathlon route. It’s down the Old Dump Road leading to Virginia City. The runners will enter the town and run down 1st street and make a big U-turn and then run up Wallace Street (which is the main drag for Virginia City) to the finish line in front of or near the Madison County Courthouse which is the oldest operating court house in Montana.

Route Map



Madison County Hotels and Restaurants

The home base for the Greater Yellowstone Adventure Series (GYAS) races is in Ennis, Montana. This is a small town on the Madison River. It is about 50 miles from Bozeman. The drive from Bozeman airport (BZN) to Ennis takes about an hour. Ennis is 70 miles from Yellowstone National Park (the west gate entrance).

Some of the Madison County hotels that we recommend are:

Red Bear Inn – www.redbearinn.com

El Western – www.elwestern.com

Sportman's Lodge – www.sportsmanslodgemt.com

McAllister Inn – www.mcallisterlodging.com

Lure Me Inn – www.luremeinn.com

Rainbow Valley Lodge – www.rainbowvalleylodge.com

Riverside Motel – www.riversidemotel-outfitters.com

Moriah Motel – www.moriahmotel.com

King's Motel – www.kingsmotelllc-mydirectorystay.com

Some of the nicer places to eat and drink include:

G Bar – 305 East Main Street, Ennis Tel: (406) 682-5553

Willies Distillery – 312 Main Street, Ennis Tel: (406) 682-4117

Alley Bistro – 59 MT Hwy 287, Ennis Tel: (406) 682-5695

Bynee's – 214 Main Street, Ennis Tel: (406) 682-3156

The Continental Divide – 47 Geyser Street, Ennis Tel: (406) 682-7600

Tavern 287 – 129 East Main Street, Ennis Tel: (406) 682-7287

Longbranch Saloon – 125 Main Street, Ennis Tel: (406) 682-7020

Yesterday's Soda Fountain – 124 Main Street, Ennis Tel: (406) 682-4246

The Pic A Nic Basket – 97 North 1st Street, Ennis Tel: (406) 682-7900

Ennis Sugar High – 170 North Main Street, Ennis Tel: (406) 682-7113

Nacho Mamma's Burrito – 111 West Main Street, Ennis Tel: (406) 682-4006

McAllister Inn Steakhouse – 5566 Highway 287, McAllister Tel: (406) 682-5000

Sportman's Lodge – 310 North Main Street, Ennis Tel: (406) 682-4242

Wells Fargo Steak & Coffee House – 314 West Wallace Street, Virginia City Tel: (406) 843-5556

Mill Creek Inn – 102 Mill Street, Sheridan Tel: (406) 842-5565

The Shovel and Spoon – 108 North Main, Sheridan Tel: (406) 842-7999

The Old Hotel – 101 East 5th Avenue, Twin Bridges Tel: (406) 684-5959

The Shack – 301 North Main, Twin Bridges Tel: (406) 684-5050