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### Welcome to the 2018 Richmond Tri Club Sprint presented by Angus Dentistry Comprehensive Oral Care

On behalf of the Richmond Triathlon Club, I invite you to enjoy our 2018 triathlon home at the beautiful SwimRVA campus at Ukrop Park. This awesome venue offers so much in terms of a unique swim format that is not found anywhere else, a safe and challenging bike course, and two-loop family-friendly run course. We are very proud to be here putting on this race for you and we wish to thank you for your support and participation.

We have made a couple of updates from 2017 so please READ this athlete guide from cover to cover – even if you are an experienced vet. It may help make your day more enjoyable and it will certainly inform you about changes from last year. For instance, you'll see that the packet pickup is now at SwimRVA and our run course has been simplified versus that of previous years.

One item that makes us unique is our innovative open-water / pool-swim format that gets all 500+ athletes into the pool in less than 30 minutes! It minimizes the amount of “waiting around” typical of pool-start races and it can be quite entertaining to watch previous groups as they start and navigate the course. It will definitely get your adrenaline flowing as your group's turn in the water approaches.

Make sure to be on the pool deck by 6:40 am for a very short athlete briefing. This is where you may learn of any weather-related course changes or unfortunate circumstances that could affect your race. Your safety is our number one concern so you need to do your part and be there for this meeting.

Of course this race wouldn't be complete without our honorary first wave which features the United Athletics teams. These amazing athletes, their families, and their friends compete on the same course as you and will start at 6:50 am. You will likely see them on the bike and run course, so be sure to tell them just how awesome you think they are.

The planning for this race began last year with a dedicated core team of volunteers who are members of the Richmond Triathlon Club, with much guidance from Greg Hawkins and Don White of Kinetic Multisports (VTSMTS). If you have any questions, just ask any of the people you see around the venue in the black polo shirts featuring our new finishing medal design. Finally, please remember to thank our volunteers, who ultimately make your enjoyment possible.

Race hard, be safe, and have fun,

Greg Guinther  
Richmond Tri Club, RTC Sprint Race Coordinator



# Thanks to our sponsors for their support!



**RICHMOND TRIATHLON CLUB**



Run Course Sponsor



ENDORPHIN *FITNESS*

Bike Course Sponsor



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# Schedule of Events

Friday, April 27, 2018

Pre-Race Events

4 - 7pm: Packet Pickup SwimRVA (5050 Ridgedale Pkwy, Richmond, VA 23234)

Saturday, April 28, 2018

Race Day Timeline

5:15am Transition area opens

5:15am-6:15am: Packet pickup inside in the conference room at race site SwimRVA  
Body marking/Chip pick-up

6-6:30am: Instructional Pool will be open for warm-ups—there will NOT be any warming up on the swim race course.

6:40am: Transition area closes (no exceptions)

6:40am: Pre-race meeting (on pool deck). All athletes should be in their corrals

6:50 United Athletics Athletes Start

7:00am: Men's Elite Wave Start

7:02am: Women's Elite Wave Start

7:05am: First Wave

## Race Site Parking

All parking will be in the parking lot of the Vacant Grocery Store with the exception of handicap and special needs for exceptions contact the Race Coordinator.  
Greg Guinther [greg.guinther@aftonchemical.com](mailto:greg.guinther@aftonchemical.com)



TO POOL FROM PARKING



TO PARKING AREAS

# Race Information



Race Site Physical Address:

SwimRVA

(5050 Ridgedale Pkwy, Richmond, VA 23234)

[Directions](#)

## Packet Pickup

Packet Pickup will be located at the race site: SwimRVA  
(5050 Ridgedale Pkwy, Richmond, VA 23234)

Things to bring with you to Packet Pickup:

1. Photo ID—this is **REQUIRED!** No ID = No Race!!!
2. USA Triathlon Card— if you are a USAT member, if you paid the \$15 One-day license fee online you are all set and will not need or have a card.
3. Know your Bib number, it will be posted on the race page 24 hours before the event & at packet pick-up.
4. Questions, we love your questions

-Special notes about Packet Pickup

1. Adults—Each adult must pickup their own race packet. This also goes for **EACH** relay member.
2. Minors—Those under the age of 18 years old may have their parent/guardian pickup their packet.
3. Race Categories—You may change categories during packet pickup.
4. Swim start times— Start times will be posted by last name and by bib number. Times are final.
5. Timing Chips—You will receive your timing chip on race morning **NOT** at packet pickup.



# Course Cut-Off Times

Athletes have 2.5 hours to complete the entire event. The bike course must be completed within 2 hours of the last swimmer starting the race.

Participants who do not meet these cut-offs will be asked to turn in their timing chip. Finishing the race at this point is at the discretion of each athlete, but race support will no longer be provided and The Maryland Virginia Triathlon Series holds no responsibility for athlete safety after this point.

# Post Race Food

All athletes will be given wristbands at check-in. You will need the wristband to get onto the pool deck and to get your post-race food. The post race food includes a catered breakfast from Chik-fil-A & Wegmans. Available to all athletes and volunteers.



# Transition Area

Triathletes may enter the transition area at 5:15AM. All bikes must be racked and transition area cleared by 6:40am. Bike racks are numbered and triathletes must put their bicycles and gear on their designated rack.

Each rack holds 6 bikes, with positions on racks being based on a first come, first serve basis. To the right is an example of how your transition area should be organized. Please be courteous of the space and belongings of other racers before, during, and after the race.



**Transition Security:** Please note that once your race is over, many others are still racing. We will be allowing 10 athletes at a time into the transition area to get their bikes and other gear. This will keep congestion for those still racing to a minimum.

# Body Marking

After racking your bike, proceed to the body marking area located inside the transition area with roaming body markers. Triathletes must be marked at least 30 minutes before the race and must bring their bib number for verification. You **MUST** have your BIB to get body marked!

# Race Numbers

1



2



3



Each athlete will receive three race numbers:

- 1-The smallest number (sticky) must be worn on the front of the cycling helmet.
- 2-The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line.
- 3-The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle.

Please refer to the VTSMTS website under [Novice Athletes](#) for more information on number placement.



## Timing Chips

Please be aware of the following procedures to insure successful timing of your event:

- All participants will receive their ChampionChip on race morning at the Chip Pick-Up Tent. You are **REQUIRED** to show your paper bib number in order to receive your timing chip.
- Body marking is **NOT** an acceptable Bib number!
- Along with the timing chip participants will either receive a neoprene chip strap or a disposable medical ankle strap. It is **REQUIRED** that all participants wear the timing chip on their **LEFT** ankle as shown.

Additional notes: Remember, you **MUST RETURN YOUR CHIP** at the finish line.

- IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.

**RTC SPRINT TRIATHLON**

Athletes who lose their Chip or fail to return the chip after the race will be assessed a \$30 charge!



# Race Results & Awards

Tentative results will be posted as they come available on race day in the Digital Video Group Results Tent on a projection screen.

USAT penalties will also be posted on a pink slip by USAT officials. These will be posted in the black results tent near the finish line area and or food area.

Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

Questions about results can be directed towards the race timer or race director usually located near the finish line .

If you cannot make the awards ceremony, please have a friend pick up your award.

Final results with age group and splits will be posted on [www.vtsmts.com](http://www.vtsmts.com) as soon as possible, usually within 24 hours.





# Rules

USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#).

## USAT's Most Commonly Violated Rules:

|                                |   |
|--------------------------------|---|
| <b>Helmets</b>                 | Helmets MUST be worn with the chin strapped anytime you are riding your bike, before, during and after the event.<br><br><b>Penalty:</b> Disqualification   |
| <b>Outside Assistance</b>      | Only race and medical officials may provide assistance to athletes during the race.<br><br><b>Penalty:</b> Variable time penalty  |
| <b>Drafting</b>                | Keep at least three (3) bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.<br><br><b>Penalty:</b> Variable time penalty  |
| <b>Position &amp; Blocking</b> | You must stay on the far right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking.<br><br><b>Penalty:</b> Variable time penalty  |
| <b>Overtaken</b>               | Once passed, you must exit the drafting zone to the rear before attempting to re-pass.<br><br><b>Penalty:</b> Variable time penalty   |
| <b>Race Numbers</b>            | All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they pass the finish line. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.<br><br><b>Penalty:</b> Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission. |

All athletes that are USA Triathlon (USAT) annual members must present their USAT card in order to pick up their race packet. Temporary USAT cards can be printed from the USAT website. [HERE](#)

## USA Triathlon (USAT) Aging Up Policy:

Participants will compete in whichever age group they would be in as of December 31st. In other word's everyone's age group for the 2018 season will be determined by their age on December 31st.



## 2018 RACE DATES

- SMITHFIELD **SPRINT** APRIL 7 | SMITHFIELD, VA
  - RUMPUS IN BUMPASS **OLYMPIC / SPRINT** APRIL 21-22 | LAKE ANNA, VA
  - RTC **SPRINT** APRIL 28 | RICHMOND, VA
  - SMITH MOUNTAIN LAKE **SPRINT** MAY 5 | SMITH MTN LAKE, VA
  - NJ DEVILMAN **OLYMPIC / SPRINT** MAY 6 | CEDARVILLE, NJ
  - KINETIC **HALF / SPRINT** MAY 12-13 | LAKE ANNA, VA
  - GENERAL SMALLWOOD **OLYMPIC / SPRINT** MAY 19 | INDIAN HEAD, MD
  - ST. MARY'S **OLYMPIC / SPRINT** MAY 20 | ST. MARY'S, MD
  - ROCK HALL **OLYMPIC / SPRINT** JUNE 2-3 | ROCK HALL, MD
  - INDEPENDENCE **OLYMPIC / SPRINT** JUNE 3 | QUAKERTOWN, PA
  - JAMESTOWN **OLYMPIC / SPRINT** JUNE 9 | WILLIAMSBURG, VA
  - TRI IT **OLYMPIC / SPRINT** JUNE 17 | BEAR, DE
  - DIAMOND IN THE ROUGH **OLYMPIC / SPRINT** JULY 7 | PERRYVILLE, MD
  - COLONIAL BEACH **OLYMPIC / SPRINT** JULY 14-15 | COLONIAL BEACH, VA
  - TIDEWATERS **SPRINT** JULY 21 | HAMPTON, VA
  - CULPEPER GRAN FONDO **100, 62 & 32 MILER** AUGUST 4 | CULPEPER VA
  - CULPEPER **OLYMPIC / SPRINT** AUGUST 5 | CULPEPER, VA
  - TOP OF DELAWARE **SPRINT** AUGUST 19 | NEWARK, DE
  - NORTH EAST **OLYMPIC / SPRINT** AUGUST 26 | NORTH EAST, MD
  - PATRIOT'S **HALF / OLYMPIC / SPRINT** SEPTEMBER 8-9 | WILLIAMSBURG, VA
  - DIAMOND MAN **OLYMPIC / SPRINT** SEPTEMBER 9 | BEAR, DE
  - SAVAGE MAN **20.0 / 20-20 / 30.0 / 60.0 / 80.0** SEPTEMBER 15-16 | DEEP CREEK, MD
  - MARSHMAN **SPRINT** SEPTEMBER 23 | DOWNINGTOWN, PA
  - GIANT ACORN **OLYMPIC / SPRINT** SEPTEMBER 22-23 | LAKE ANNA, VA
  - WATERMAN'S **HALF / OLYMPIC / SPRINT** SEPTEMBER 29-30 | ROCK HALL, MD
  - PLEASANTS LANDING **OLYMPIC / SPRINT** OCTOBER 13-14 | LAKE ANNA, VA
  - LIBERTY UNIVERSITY **OLYMPIC / SPRINT (DL)** OCTOBER 20 | SMITH MTN LAKE, VA
- Denotes Cycling Only Event ○ Denotes New Event for 2018

Register now at  
**KINETIC MULTISPORTS .COM**

# Online M Store



## Online Store!

<http://www.store.vtsmts.com/>

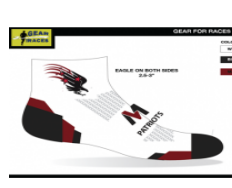
**Cycling Jerseys**

*Vintage Race T-Shirts! \$5.00*

*Race Socks! \$3.00 Beanies \$24*

*Visors \$24 Running Hats \$24*

**Race Belts \$12**



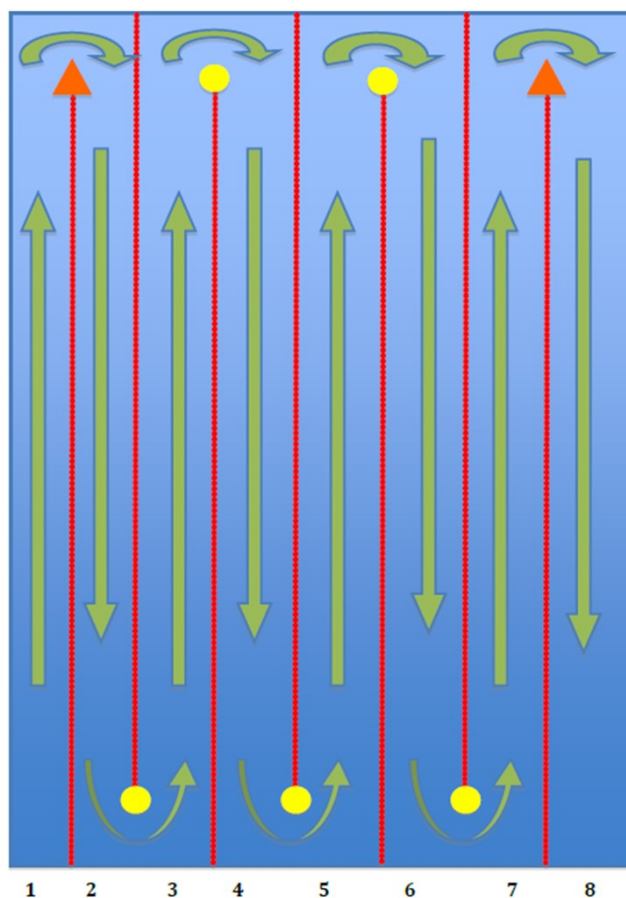
# Swim - 400 meters



Official swim start times will be posted on the website 48hrs before the event, at packet-pickup and on race-day.

- ◇ No spectators are allowed on the pool deck, spectators can view the swim from the grandstands above.
- ◇ The swim diagram is posted on the [RTC Sprint](#) race page of the race website. [Swim Diagram](#)
- ◇ You must be in your corral no later than 6:45 am
- ◇ This is an “open water pool swim” event. All swimmers will be in the water within 30 minutes.
- ◇ The pool is 7’7” deep all the way around. There will be no place to stand or walk.
- ◇ You may use the side of the pool to rest, but may not push off the wall or make any forward progress by using the wall. Using the wall for such purpose will result in disqualification.
- ◇ The swim will start in numerical order in waves of 10 swimmers. There will be :30 between waves after the elite waves.
- ◇ You may exit the water anywhere between the cones at the end of the last length. You do not have to wait to use the ladder.

Richmond Tri Club Sprint Presented By 3Sports





# Bike - 20 k

The bike course map is posted on the [RTC Sprint Triathlon](#) race page of the VTS-MTS website. [HERE](#)  
(scroll down)

- ◆ During the first and last mile of the bike course, riders will stay in the left lane.
- ◆ The course will be marked with orange spray chalk arrows and Black & Yellow VTSMTS signs with black arrows at all the turns. The 5 and 10 mile points will also be marked.
- ◆ Though there will be police presence on the course for your safety, the course is still open to traffic please BE ALERT and BE CAREFUL!
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.

## Rules & Etiquette

- ◆ You must wait to mount your bike until AFTER you cross the mounting line outside of transition. Likewise, you must dismount your bike BEFORE crossing the line at the end of the bike.
- ◆ No drafting, no headphones/iPods/radios. USAT officials will be on the course and penalties will be assessed (see previous section on USAT rules).
- ◆ Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area.

Richmond Tri Club Bike Course 12.75 Miles



## Run - 5k (3.1 miles)

- ♦ The run course map is also posted on the [RTC Sprint Triathlon](#) race page of the VTSMTS website. [HERE](#) (scroll down)
- ♦ The run course is all on asphalt or sidewalk through Ukrop Park. The course will be closed to traffic, however please stay alert and remain aware of your surroundings!
- ♦ This is two-loop course; please follow the yellow & black VTSMTS signs.
- ♦ One aid station will be located at the start of each loop.

### Rules & Etiquette

- ♦ No headphones, earphones or any radio-type devices will be allowed.
- ♦ You must have your run number on your front as you approach the finish line.
- ♦ Please be sure to return your timing chip to designated volunteers after crossing the finish line...CONGRATULATIONS YOU DID IT!



RTC Triathlon Run Course\_3.1 Miles\_(2 Loops)

