

Dear Athlete,

Welcome to the Giant Acorn Triathlon Festival! We are thrilled to have you racing with us this weekend and can't wait to see you on the starting line. We know you have worked hard to stay healthy and physically fit in the months leading up to this event. Oftentimes, just getting to the starting line and being race ready is a success in and of itself! We appreciate you racing with us and being a member of the Kinetic Multisports family, we hope you achieve your athletic goals.

Kinetic Multisports is committed to providing a safe, boutique race that brings our community together and leaves all our athletes with happy memories, sore muscles, and an endorphin rush! As a valued member of our racing community, we ask that you do your part to be race ready by taking a moment to review the following pages of our athlete guide and read the emails we send you; these are all key to a safe, fun, and successful race!

Lastly, our team has been racing at Lake Anna State Park since 2005. The park staff and surrounding community have been fantastic to work with over the years and we absolutely cannot do these races without their support. So, as you race this weekend, be sure to thank the Police, EMS and volunteers for supporting the sport we love and hosting us in their community. We truly cannot do what we do without their cooperation and support!

Thank you for racing,

Kinetic Multisports
#GoKinetic!



COVID PRECAUTIONS – READ THIS FIRST!

COVID Screening: If you are showing symptoms of COVID (fever, aches, loss of taste/smell, etc) or have been in close, recent contact with a COVID positive person, stay home.

Masks: Per CDC guidelines, masks are no longer required at our events. We realize there are varying levels of comfort in this regard, and that's OK. Masks will be available at athlete check in and the finish line for those who need/want them.

Hygiene: There will be hand sanitizer and hand wash stations throughout the race site, please use them.

We highly recommend reviewing our full COVID Mitigation plan and other resources in our [FAQ's](#). Many of your questions are answered there and if they aren't, they should be.



Schedule of Events

Olympic Distance Only Packet Pick Up

Friday September 24, 2021

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site in the big white tent.

Saturday September 25, 2021: Olympic Distance Triathlon Race Day

****Arrival Time:** Please arrive at the race site no later than 6:30am**

6am: Transition area opens

6-7:30am: Packet pickup, Body Marking/Chip Pick-up

7:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)

7:50am: Athletes assembles in the starting area to prepare the start!

8:00am: Collegiate Men Start

8:02am: Collegiate Women Start

8:04am: Olympic Race Time Trial Start – Everyone Else

Sprint Distance Packet Pick Up

Saturday September 25, 2021

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site in the big white tent.

Sunday September 26, 2021 - Sprint Race Day

****Arrival Time:** Please arrive at the race site no later than 6:30am**

6am: Transition area opens

6-7:30am: Packet pickup, Body Marking/Chip Pick-up

7:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)

7:50am: Athletes assemble in the starting area to prepare the start!

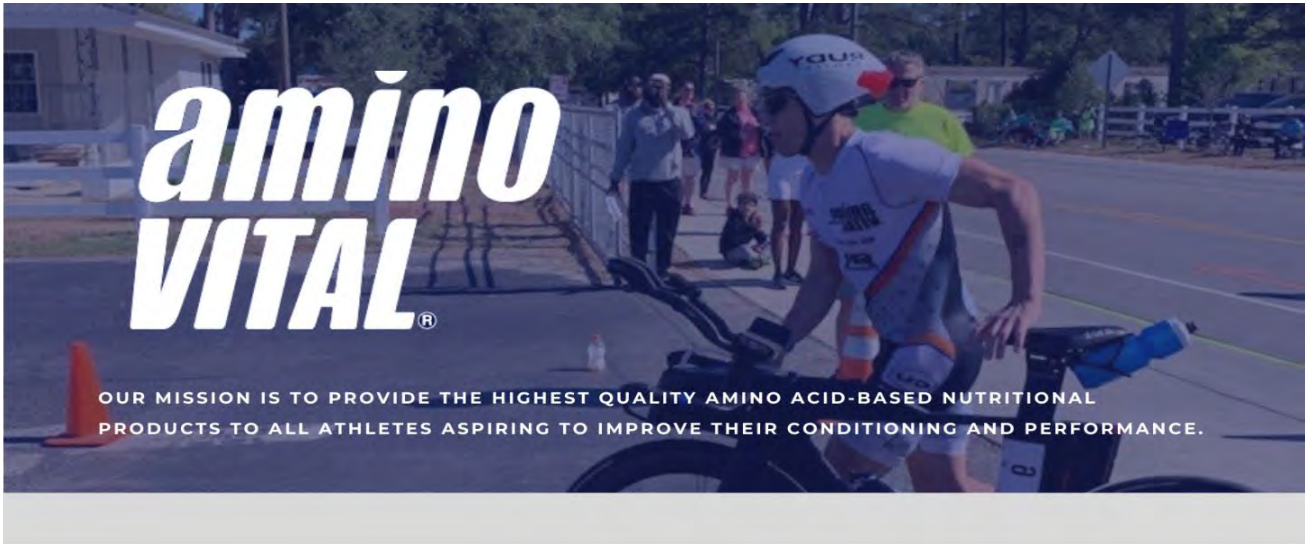
8am: Sprint Race Time Trial Start

Race Site Address

Lake Anna State Park Beach Front

6800 Lawyers Road

Spotsylvania, VA 22551 | [Directions](#)



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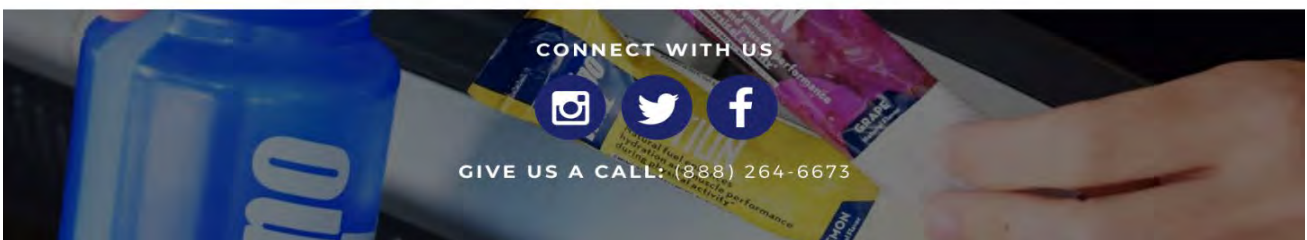
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Top 10 Things to Know About Race Day

1. Race morning is going to be cool, bring layers.
2. Athletes, please arrive no later than 6:30am on race day.
3. Race #'s will be assigned on a rolling basis, first come, first serve.
4. Timing Chips will be issued when you get your Race #. **DO NOT LOSE YOUR TIMING CHIP!**
5. Body marking will be located adjacent to transition, please have your bib # with you.
6. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
7. The swim is a time trial start format. Generally, faster athletes up front, slower athletes towards the back.
8. The Olympic race is Saturday, the Sprint Race is Sunday, know the course.
9. Pizza, snacks and are drinks provided free of charge to athletes.
10. Stay safe, have fun, #GoKinetic!



Parking & Race Site Layout



Parking is available inside the park. Please follow the directions of our wonderful volunteers. DO NOT park on the main road leading into the park as this portion of the roadway is used for the bike and run course, as well as a means of getting emergency vehicles in and out of the race venue.

Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located at the white tent as noted on the previous page.

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **USA Triathlon Membership Card (If not a one-day member)**
- **Questions!**

Special notes about Packet Pickup:

- Bib #'s will be assigned and timing chips distributed at packet pick up, don't lose either one!
- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay team member**.
- **Minors:** Those under the age of 18 years old may have their parent/guardian pickup their packet.
- **Race Categories:** You **MAY** change categories during packet pickup.



Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race within the cut off times. 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 Kinetic Multisports holds no responsibility for athlete safety after this point.

Olympic:

Athletes have 4 hours to complete the entire event. Cumulative cut-offs will be:

Swim: 1 hour | **Bike:** 3 hours | **Run/Finish:** 4 hours

Sprint:

Athletes have 2.5 hours to complete the entire event. Cumulative cut-offs will be:

Swim: 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

Transition Area

All bikes must be racked 15-minutes before the start of the first swimmer. Bike racking is first come, first serve with each 10' rack holding 3 bikes per side.

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.

Please note that once your race is over, many others are still racing. We will be allowing athletes into the transition area to get their bikes and other gear when possible. Please be considerate of others still racing.



Aquabike

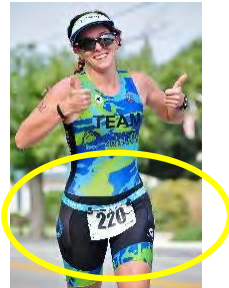
If you are racing in the Aquabike Category we will have a separate finish line for you near the Transition Area. Look for the “**AQUABIKE FINISH**” tent near the “**BIKE IN**” tent at the transition area.

Race Numbers

Race Numbers: Each athlete will receive three (3) race numbers...

1. The smallest number (sticky) must be worn on the front of the cycling helmet.
2. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.
3. The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line, we have safety pins or you can purchase a Kinetic race belt for \$12.

Please refer to the Kinetic Multisports website under Novice Athletes for more information on number placement.



Timing Chips

Timing Chips: Each athlete will receive their timing chip at athlete check in, we *highly recommend* putting it on immediately.

1. Do not lose your timing chip and be sure to return it at the finish line. There is a \$30 replacement fee if you lose or otherwise fail to return your chip.
2. We recommend the left ankle, non-chainring side.
3. Timing Mats: If you want splits, you need to cross the timing mats when you race!
4. If you drop out of the race, bring your timing chip to the finish line and inform our volunteers of your decision.



Body Marking

After racking your bike, proceed to the body marking area located near the Packet Pick Up & Transition Area. (marked by a teardrop flag). 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!**

Aid Stations

Olympic:

- **Bike:** **NO** aid stations on the bike course
- **Run:** Aid stations will be approximately every mile on the run course and will have Gatorade & water.

Sprint:

- **Bike:** **NO** aid stations on the bike course
- **Run:** Aid stations will be approximately every mile on the run course and will have water.

Post-Race Food

All racers will get a free personal pizza, fruit, snacks and drinks after the race. Please remember that the post-race food & drinks are for the athletes only.



Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13392#resultSetId-218191;perpage:100>



You can also take a picture of the QR code above to be taken directly to the results page. A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.

We anticipate an Olympic Awards Ceremony around 11:45am on Saturday and a Sprint Awards Ceremony around 10:45am on Sunday.



USAT Penalties

USAT penalties will also be posted at the awards tent by USAT officials as soon as they are available on race day. They will be posted on the results page of the website under the category results as well. Race officials focus on safety, education and enforcing the competitive rules.

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.

USA Triathlon

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](#).

USA Triathlon Most Commonly Violated Rules - [HERE](#)

[USA Triathlon Competitive Rules \(Complete List\)](#)

USAT Aging Up Policy

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





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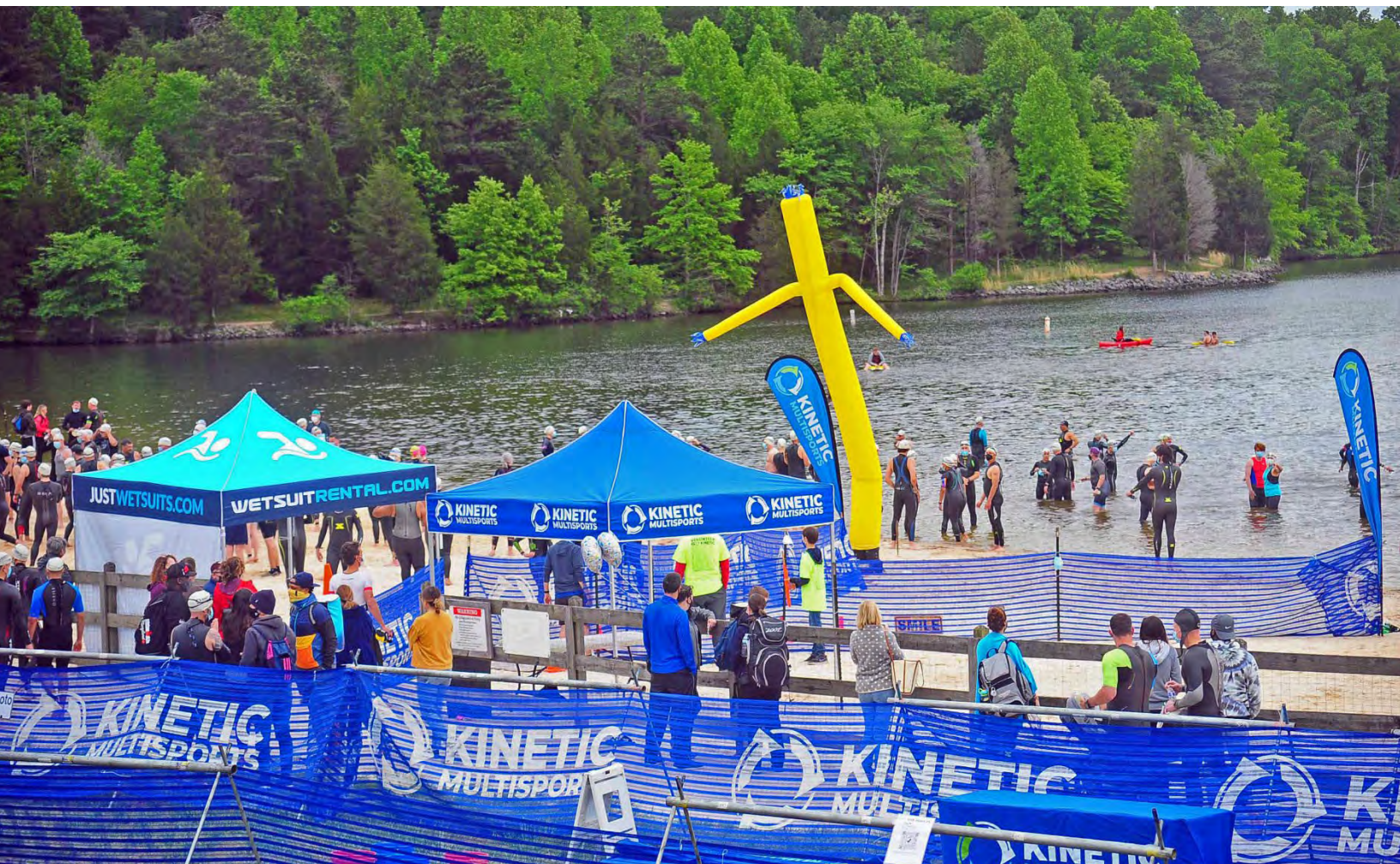
Clothing



SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is beach start/finish with a short run to transition
- The official water temp will be taken race morning and communicated by 7:00am. A preliminary reading taken and communicated via email and our Facebook page Friday morning. We expect a wetsuit legal event, just how wetsuit legal is TBD...
- The swim is a time trial start, 1 at a time every 2-3 seconds. So, pick a buddy and race hard!
- **Make sure to call out your BIB number to the timer at the start of the swim.**
- Lifeguards will be available throughout the swim for emergency assistance. If you need assistance, roll on your back (float) and wave your hand in the air to signal for assistance. You may hang onto a kayak to catch your breath; kayakers may not pull you through the course. There are no lane lines and you cannot see nor touch the bottom.
- **Water safety does not make up for a lack of training in open water swimming.**
- If for whatever reason you do not finish the swim, please notify our staff at the swim exit and return your timing chip to the finish line.



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- RENT A TRIATHLON WETSUIT
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- BUY A DIVE/SURF WETSUIT
- BUY TRIATHLON GEAR

OUR PHILOSOPHY

WE ARE DEDICATED TO THE TRIATHLON WORLD. YES, IT'S A SPORT, BUT THAT SPORT HAS SPAWNED A COMMUNITY OF PEOPLE WHO WORK CLOSELY TOGETHER TO FURTHER SOMETHING AS SIMPLE AS THE HEALTH AND WELL BEING OF ITS MEMBERS NEW AND OLD. IT'S A WORLD WHERE COMPETITORS ARE THE BEST OF FRIENDS - ON THE COURSE AND IN BUSINESS. AND WE'RE PROUD AND HUMBLLED TO BE A PART OF IT.



COMPANY INFO

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CHANDLER, AZ 85225

CALL US: 360-297-1818

[HTTPS://WWW.WETSUITRENTAL.COM/](https://www.wetsuitrental.com/)

Bike

- The bike course map is posted on the Kinetic Multisports website.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- 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 bright yellow shirts and orange vests, 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 you take your bike off the bike rack. Failure to fasten your helmet results in an automatic DQ.
- Stay to the right to allow faster cyclists to pass on the left and obey the yellow line rule.
- Crossing the yellow line is an automatic DQ



Run

- The run course map is posted on the Kinetic Multisports website.
- The run course is 2 loops for the Olympic, 1 loop for the Sprint.
- Aid stations will be located approximately every mile on the run.

Rules & Etiquette

- No headphones, earphones or any radio-type devices will be allowed.
- You **MUST** have your run bib 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!





#GOKINETIC

