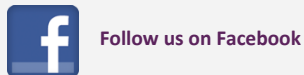




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Athlete Guide

12 May 2018

Lake Anna State Park Virginia



A Message from the Race Director— Greg Hawkins

Dear Athletes,

It is with great pleasure that I welcome you to another great year at the Kinetic Triathlon Festival, presented by Kinetic Multisports. Located at Lake Anna State Park, VA this race is one of the most popular races in the series and it would not be possible without the support of the Lake Anna State Park Staff and the many volunteers that spend all day on the course. Please take a moment out of your day to thank all of the volunteers and members of the Park Staff.

Training for a Triathlon, whether it being your first or twentieth, is a challenging endeavor and we know you have worked hard in the weeks and months leading up to this event. Getting to the starting line is a success in itself and we hope to make your race day experience positive and fun while helping you to achieve your athletic goals. Myself and the rest of the team thank you for being here and will be doing everything possible to help you reach the finish line. If you have and questions, concerns, or feedback, please do not hesitate to let us know.

Greg Hawkins—Race Director

Thanks to our sponsors for their support!



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www.Tri Team Z.com



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FOUNDATION**

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ABRAMS LANDAU, Ltd.
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WE DARE YOU TO TRI

Schedule of Events

Friday, May 11, 2018

Pre-Race Events

4—7pm: Packet pickup (Race Site: 6800 Lawyers Rd Spotsylvania, VA) Big White Tent
6pm: Pre-race meeting (Race Site) Inside Big White Tent

Saturday, May 12, 2018

Race Day Timeline

****Arrival Time: Please arrive at the race site no later than 5:30am****

5:30-6:30am: Packet pickup (White Tent/Body Marking/Chip Pick-up in Transition

6:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)

6:50am: Wave 1 enters swim start corral to start

7:00am: RACE START 1st Wave

Caution please be vigilant about the posted speed limits in the State Park, the Park Police will ticket you if you are speeding!

Race Site Parking

Parking is available inside the State Park within immediate vicinity of the race site. Look for the many volunteers and signs upon entry to the park for additional directions!

Race Site address:
[Lake Anna State Park](#)
6800 Lawyers Rd
Spotsylvania, VA 22553



Race Information

Race Site Physical Address:

Race Site address:

[Lake Anna State Park](#)

6800 Lawyers Rd

Spotsylvania, VA 22553 [Directions](#)

Packet Pickup

Things to bring with you to Packet Pickup:

1. Photo ID—this is **REQUIRED!** No ID = No Race!!!
2. USAT Card— if you are a USAT member, if you paid the \$15 One-day license fee online you are all set.
3. Know your Bib number, it will be posted on the race page and emailed to all participants 24 hours before the event & at packet pick-up.
4. Questions, we love your questions

-Special notes about Packet Pickup

1. Photo ID is **REQUIRED** to pick up your packet. You can take a picture of your ID with your phone.
2. Adults—Each adult must pickup their own race packet. This also goes for **EACH** relay member.
3. Minors—Those under the age of 18 years old may have their parent/guardian pickup their packet.
4. Race Categories—You may change categories during packet pickup.
5. Swim start times— Start times will be posted by last name and by bib number. Times are final.
6. Timing Chips—You will receive your timing chip on race morning **NOT** at packet pickup. Please see the Timing Chip section on page six





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

Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete it within the cut off times. Athletes have 8 hours to complete the entire event. Cumulative cut-offs will be:

Swim—1.5 Hours

Bike—5 Hours

Finish— 8 Hours

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 Multi-sports hold no responsibility for athlete safety after this point.

Transition Area

Triathletes may enter the transition area at 5:00AM. All bikes must be racked 15-minutes before the start of the first swimmer (6:45). 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.



Aid Stations

Bike: 3 bottle handoffs available on the course with sport top water bottles & Gatorade Sport Top Bottles being handed out at each of the 3 aid stations.

Run: 4 aid stations on each loop of the run course, each fully stocked with the following: Water, Gatorade, Flat (de-fizzed) Coke, bananas, Oranges, Salty Snack Mix, and a Porta-John.

There will also be misting tents available at 2 locations on the course so you can cool off as needed 6 times during the run course.

Transition Security: 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. Be considerate of others still racing.

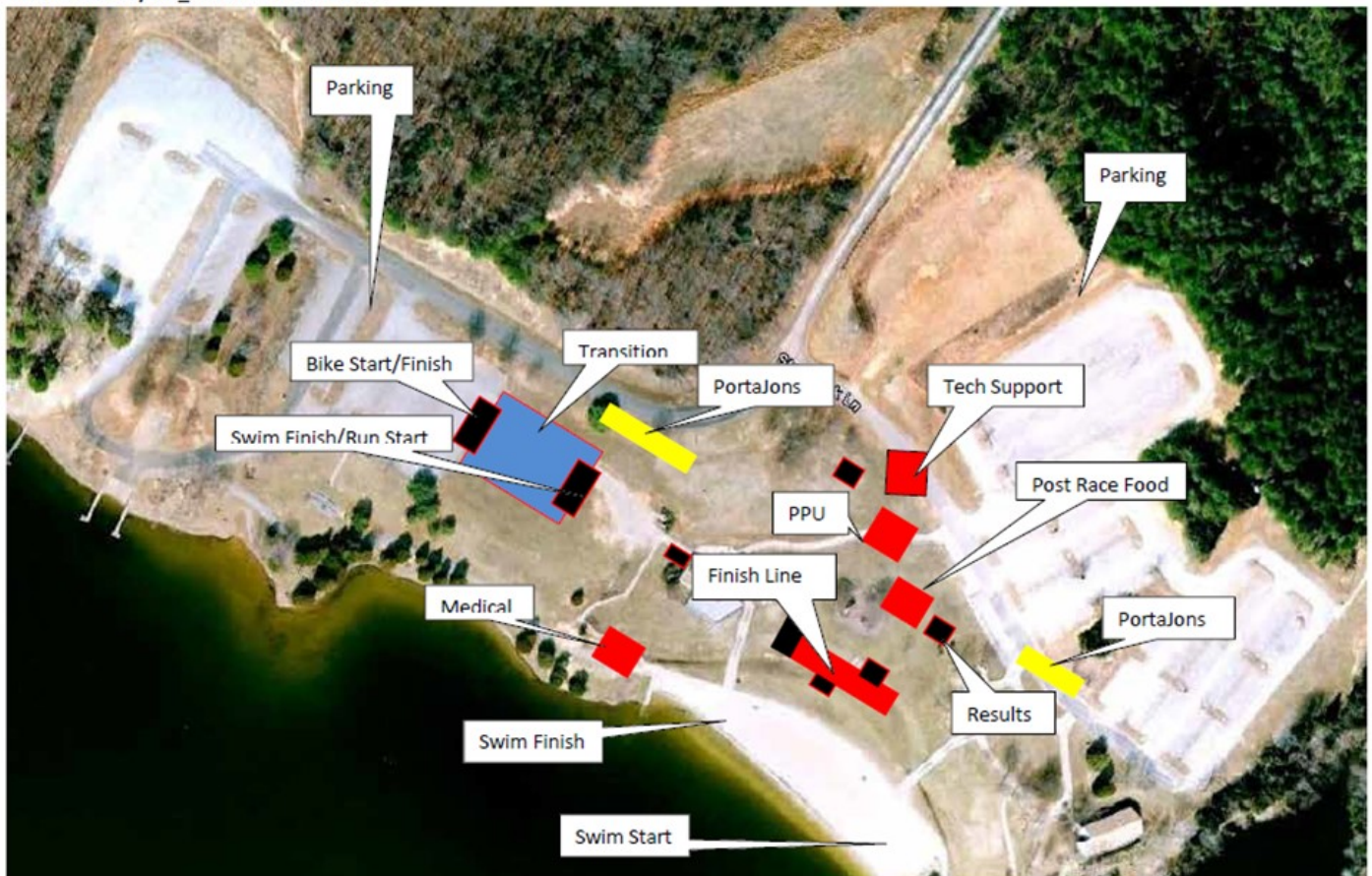
Body Marking

After racking your bike, proceed to the body marking area located near the Packet Pick & Transition Area. (marked by a tear drop 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!

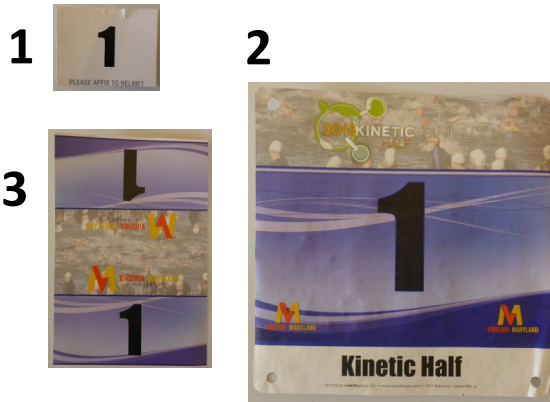


Race Site Layout

Kinetic Site Layout_Lake Anna State Park



Race Numbers



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 website under [Novice Athletes](#) for more information on number placement.



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

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 receive a neoprene chip 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.

Race Results & Awards



Tentative results will be posted as they come available on race day on a projector screen in the results tent located near the finish line/food area.

USAT penalties will also be posted on a pink slip by USAT officials. These will be posted in the 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. You may also pay for the shipping of your award via our [online store](#).

Final results with age group and splits will be posted on www.vtsmts.com as soon as possible, usually within 24 hours.

Post Race Food

Drinks, fruit, cookies, chips, and assorted candy be provided free of charge to athletes following the race. Papa Johns will be on hand with their Pizza truck and trailer to furnish hot pizzas to all the competitors. There will also be food available for sale.





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:

Helmets	Helmets MUST be worn with the chin strapped anytime you are riding your bike, before, during and after the event. Penalty: Disqualification
Outside Assistance	Only race and medical officials may provide assistance to athletes during the race. Penalty: Variable time penalty
Drafting	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. Penalty: Variable time penalty
Position & Blocking	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. Penalty: Variable time penalty
Overtaken	Once passed, you must exit the drafting zone to the rear before attempting to re-pass. Penalty: Variable time penalty
Race Numbers	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. Penalty: 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 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](#)

USAT Aging Up Policy:

Participants will compete in whichever age group they would be in as of December 31 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!



Online Store



Online Store!

www.vtsmts.com/store/

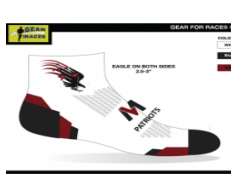
Vintage Race T-Shirts! \$5.00

Race Socks! \$3.00 Beanies \$24

Visors \$24 Running Hats \$24

Cycling Jerseys/ \$75

Race Belts \$12



Water Safety

Water Temperature

The typical water temperature for Lake Anna is usually in the upper 60's this time of year.

The water temperature for each open water event is taken and posted on our Facebook Page, 36-48 hours before the posted packet pick-up time. This temperature reading is a preliminary reading. The official water temperature to determine wetsuit eligibility will be taken on race morning about 60—90 minutes prior to race start by the USAT official on site.

Wetsuit Rules

Kinetic Multisports abides by USAT cutoffs concerning water temperature and wetsuit eligibility:

- ◇ 78° F or below: Wetsuits ARE Allowed
- ◇ 78.1° F to 83.9° : Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in this temperature range will mean that the athletes are ineligible for awards.
- ◇ 84° F and above: wetsuits are NOT permitted—this is for your own safety.

Water Safety

Lifeguards will be available throughout the swim course to ensure your safety. If you are in need of assistance, roll on your back and put your hand straight in the air to signal a lifeguard to your assistance. You may hold on to a lifeguard's surfboard or kayak, but using a lifeguard for forward progress will result in a DQ.



In the case of strong water currents, please keep aware of your surroundings and sight for buoys frequently.

If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'ed (Did Not Finish) the swim.

A yellow wiggly man will mark the exit of the swim. Be sure to sight for the wiggly man in the final straightaway of the swim.



Swim - 1.2 miles

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

- ◇ The swim diagram is posted on the [Kinetic Half](#) race page of the website.
[Swim Course Map](#) (Scroll down)
- ◇ Swim caps will be provided at Open Water Swim Events at Packet Pick Up.
Please wear the designed color of your swim wave.
- ◇ Participants will start in age/category specific waves, be sure to Start IN YOUR WAVE TIME!
- ◇ Be prepared to line up for the swim start a minimum of 10 minutes before your wave starting time.
- ◇ Official swim wave times will be posted on the Event website 48hrs in advance, and will also be posted at packet-pickup and race morning.
- ◇ **Orange** oval buoys are guide buoys—go straight, while the **Yellow** triangular buoys are turn buoys. Please review the swim course before the race. Knowing the course is ultimately YOUR responsibility.



Bike - 56 miles

The bike course map is posted on the [Kinetic Half](#) race page of the VTS-MTS website.

[Bike Course Map](#)

- ◆ The course will be marked with orange spray chalk arrows and Yellow directional signs with arrows at all the turns. The 5,10, 15, 20, 25, 30, 35, 40, 45, 50, and 55 mile points will also be marked with signs.
- ◆ 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 your bike outside the transition area. 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.



Run—13.1 miles

- ◆ The run course map is also posted on the [Kinetic Half](#) race page of the website.

[Run Course Map](#) (Scroll down)

- ◆ The run course is 3 loops and all on pavement within the limits of the State Park. You will receive a rubber bracelet after completing laps 1 and 2. Please stay alert and remain aware of your surroundings as the main road will be shared with athletes finishing the bike.
- ◆ 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

