

# Smith Mountain Lake Triathlon

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## 2017 Athlete Guide

## Smith Mountain

## Lake State Park

## Huddleston, VA

## 750m Swim

## 20k Bike

## 5k Run

It is with great pleasure that I welcome you to another year of the Appalachian Power Smith Mountain Lake Triathlon, presented by the Virginia-Maryland Triathlon Series and the Virginia Amateur Sports. Located in Huddleston, VA this race is has become very popular in the series. This race would not be possible without the support of the Virginia Amateur Sports and it many volunteers. This race has a great venue and volunteer base and a rich history in the VTS-MTS. Please take a moment out of your day to thank all of the volunteers and members of the VAS.

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

 Follow us on Facebook

 Follow us on Twitter @VTSMTS

 Follow us on YouTube

 Follow us on Instagram

Thanks to our sponsors for their support!



ENDORPHIN FITNESS



WE DARE YOU TO TRI



# Schedule of Events

Friday, May 5, 2017	Pre-Race Events
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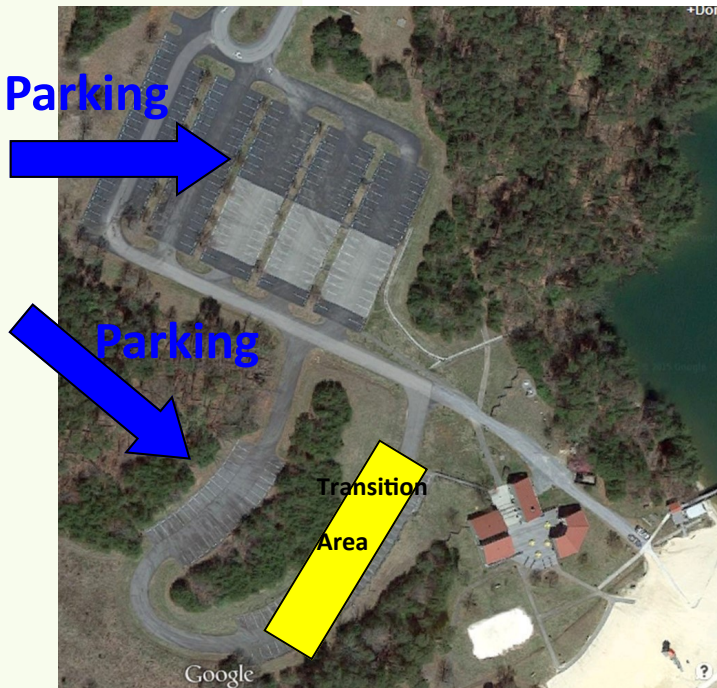
5—7pm: Packet pickup (Race Site: Pavilion; 1235 State Park Rd Huddleston, VA 24104)  
6pm: Pre-race meeting (Race Site)

Saturday, May 6, 2017	Race Day Timeline
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**\*\*Arrival Time: Please arrive no later than 7:45am\*\***

7-8:15am: Packet pickup (Pavilion/Body marking/Chip pick-up @ finish line  
8:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)  
8:50am: Wave 1 enters the swim start shoot  
9:00am: RACE START 1st Wave  
11:45am: Estimated awards time/Last athlete finishing

**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:

[Smith Mountain Lake State Park](#)

1235 State Park Rd

Huddleston, VA 24104

# Race Information

Race Site Physical Address:

Race Site: Smith Mountain Lake State Park

1235 State Park Rd

Huddleston, VA 24104 [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





32 OUTSTANDING EVENTS OF EVERY DISTANCE ACROSS  
THE GREAT STATES OF VIRGINIA AND MARYLAND.

#### 2017 RACE DATES

- SMITHFIELD SPRINTSATURDAY, MARCH 4 | SMITHFIELD, VA
- RTC SPRINTSATURDAY, APRIL 2 | RICHMOND, VA
- SMITH MOUNTAIN LAKEATURDAY, MAY 6 | SMITH MTN LAKE, VA
- KINETIC HALF & INTERNATIONALSATURDAY, MAY 13 | LAKE ANNA, VA
- KINETIC SPRINTSUNDAY, MAY 14 | LAKE ANNA, VA
- GENERAL SMALLWOOD INTERNATIONALSATURDAY, MAY 20 | INDIAN HEAD, MD
- GENERAL SMALLWOOD SPRINTSUNDAY, MAY 21 | INDIAN HEAD, MD
- ROCK HALL INTERNATIONALSATURDAY, JUNE 3 | ROCK HALL, MD
- ROCK HALL SPRINTSUNDAY, JUNE 4 | ROCK HALL, MD
- JAMESTOWN INTERNATIONALSATURDAY, JUNE 10 | WILLIAMSBURG, VA
- JAMESTOWN SPRINTSUNDAY, JUNE 11 | WILLIAMSBURG, VA
- ST. MARY'S INTERNATIONAL & SPRINTSATURDAY, JUNE 17 | ST. MARYS, MD
- COLONIAL BEACH SPRINTSATURDAY, JULY 8 | COLONIAL BEACH, VA
- COLONIAL BEACH INTERNATIONALSUNDAY, JULY 9 | COLONIAL BEACH, VA
- TIDEWATERSATURDAY, JULY 15 | HAMPTON, VA
- CULPEPER GRAN FONDO\* SATURDAY, AUGUST 5 | CULPEPER VA
- CULPEPER INT & SPRINTSUNDAY, AUGUST 6 | CULPEPER, VA
- PATRIOT'S HALF & INTERNATIONALSATURDAY, SEPTEMBER 9 | WILLIAMSBURG, VA
- PATRIOT'S SPRINTSUNDAY, SEPTEMBER 10 | WILLIAMSBURG, VA
- SAVAGEMAN 20.0 & 30.0SATURDAY, SEPTEMBER 16 | DEEP CREEK, MD
- SAVAGEMAN 70.0SUNDAY, SEPTEMBER 17 | DEEP CREEK, MD
- GIANTACORN INTERNATIONALSATURDAY, SEPTEMBER 23 | LAKE ANNA, VA
- GIANTACORN SPRINTSUNDAY, SEPTEMBER 24 | LAKE ANNA, VA
- WATERMANS HALF & INTERNATIONALSATURDAY, SEPTEMBER 30 | ROCK HALL, MD
- WATERMANS SPRINTSUNDAY, OCTOBER 1 | ROCK HALL, MD
- LIBERTY UNIVERSITY INTERNATIONALSATURDAY, OCTOBER 14 | SMITH MTN LAKE, VA

\* DENOTES CYCLING ONLY EVENT

Register now at  
[www.vts.mts.com](http://www.vts.mts.com)

# Course Cut-Off Times

Athletes have 2.5 hours to complete the entire event. Cumulative cut-offs will be:  
Swim—1 Hour      Bike—2 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 The Maryland Virginia Triathlon Series hold no responsibility for athlete safety after this point.

# Post Race Food

Drinks, bagels, fruit, cookies, and assorted candy be provided free of charge to athletes following the race.

# Transition Area

Triathletes may enter the transition area at 7:00AM. All bikes must be racked 15-minutes before the start of the first swimmer (8:45). 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



**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 near the 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!



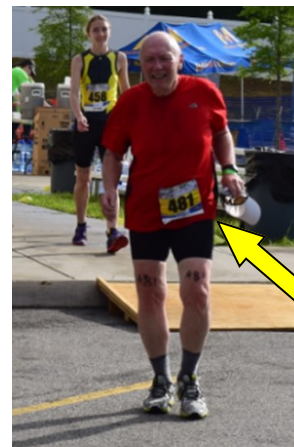
# Race Numbers



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 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.

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



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 in the results tent.

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.

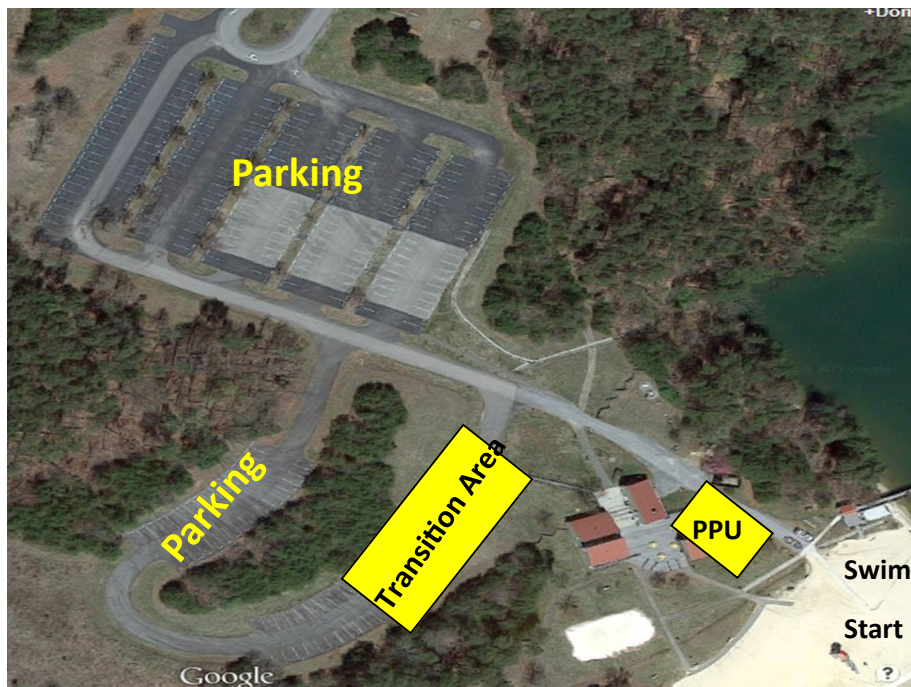
Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

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.

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.

# Site Layout Map







# 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.  <b>Penalty:</b> Disqualification
<b>Outside Assistance</b>	Only race and medical officials may provide assistance to athletes during the race.  <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.  <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.  <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.  <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.  <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 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 31st, 2017. In other words everyone's age group for the 2017 season will be determined by their age on December 31st, 2017.

# Online M Store



## VTS-MTS Online Store

[www.vtsmts.com/store/](http://www.vtsmts.com/store/)

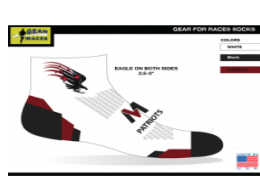
Vintage Race T-Shirts! \$5.00

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 the Smith Mountain Lake Triathlon is usually in the upper 60's.

The water temperature for each open water event is taken and posted on the event website, the series event 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

The VTS-MTS 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.

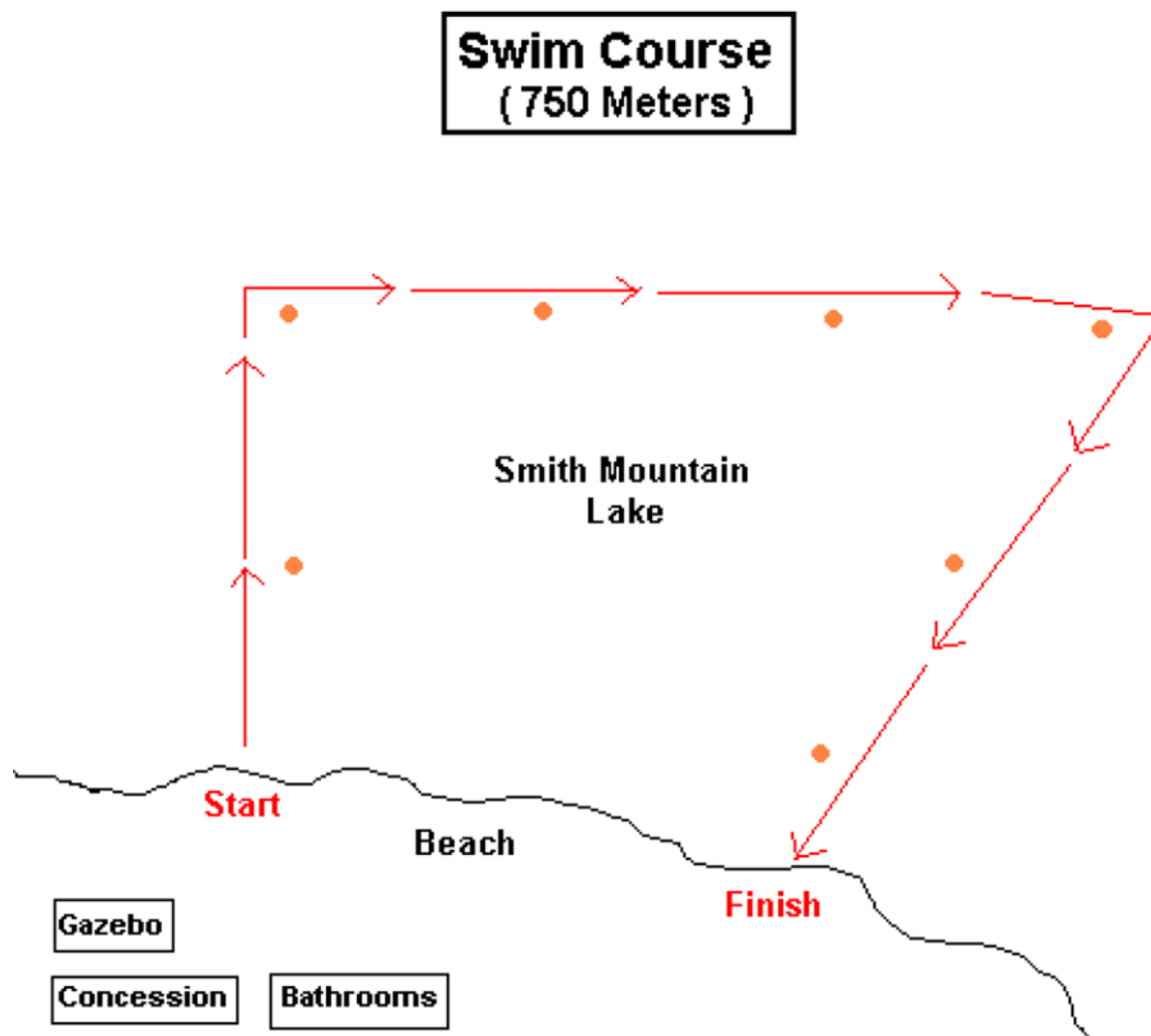
A yellow wiggly man will mark the exit of the swim. Be sure to sight for the wiggly man in the final straightaway of the swim.



# Swim - 750 meters

Official swim start 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 [SML Race](#) page of the website. [Swim Course Map](#)
- ◇ 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.



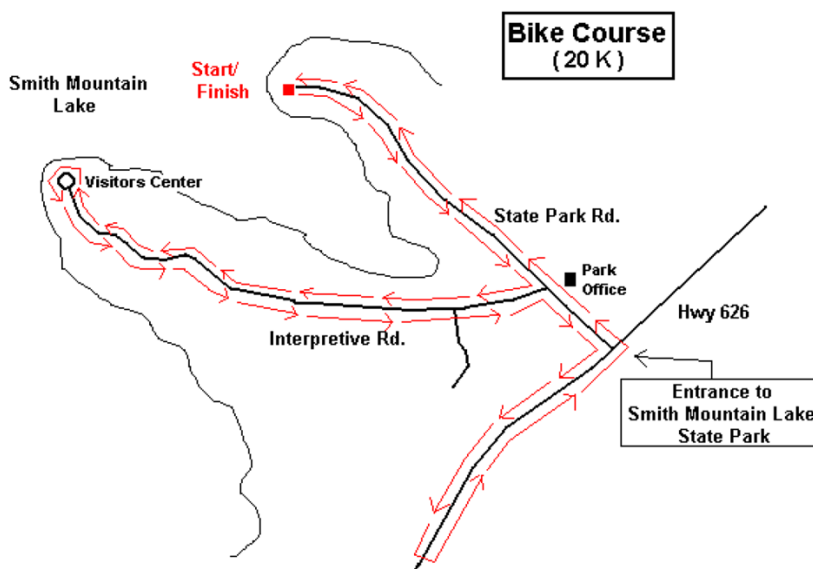
# Bike - 20k

The bike course map is posted on the [SML](#) race page of the VTS-MTS website. [HERE](#) (Scroll down)

- ◆ The course will be marked with orange spray chalk arrows and VTSMTS Yellow signs with arrows at all the turns. The 5 and 10 mile points will also be marked in orange spray chalk.
- ◆ 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. 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—5k

- ◆ The run course map is also posted on the [SML](#) race page of the VTS-MTS website. [HERE](#) (Scroll down)
- ◆ The run course is an out and back on all pavement within the limits of the State Park.  
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 at the start and at the turnaround on the run (1.5 miles).

## 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!

