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CONTENTS

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Patriot's Sprint

Triathlon Athlete Guide

A Message from the
Race Director— Greg Hawkins

Dear Athletes,
It is with great pleasure that I welcome you to another Patriot's Sprint Triathlon , presented by the Virginia-Maryland Triathlon Series. Located in Williamsburg, VA. This race would not be possible without the support of the town of Williamsburg, VA.   Please take a moment out of your day to thank all of the volunteers.

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

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Schedule of Events

| Saturday September 9, 2017 | Pre-Race Events |

5—7:00pm: Packet Pickup @ Race Site (2217 Jamestown Rd—Williamsburg, VA 23185)

6pm: Pre-Race meeting @ Race Site

| Sunday September 10, 2017 | Race Day Timeline |

Arrival Time: Please arrive at the race site no later than 5:45am

5:30am: Transition area opens

5:30– 6:30am: Packet pickup, Body Marking/Chip Pick-up

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

6:50am: Wave 1 assembles in the starting area to prepare to for the start!

7:00am: Race Start

Race Site Parking

Parking is available inside the Park about a 1/4 mile from the Transition Area within immediate vicinity of the race site. Look for the many volunteers and signs upon entry to the park for additional directions! DO NOT park on the main road leading into the Park or at the Jamestown Settlement. The main road is used to get emergency vehicles in and out of the race venue

Orange block is Parking

Yellow block is Packet Pick Up

Long Blue is Transition Area

Green block is swim start/finish

Race Information

Race Site Physical Address:

2217 Jamestown Road

Williamsburg, VA 23185

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 1 day fee you will not have a USAT card.
3. Know your bib number will be emailed out and posted on Race Webpage.
4. 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.
   Please see the Timing Chip section on page 8.

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 3 hours to complete the entire event. Cumulative cut-offs will be:

Swim— 1 hour   Bike— 2 Hours   Run/Finish– 3 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 Virginia-Maryland Triathlon Series hold no responsibility for athlete safety after this point.

Transition Area

Triathletes may enter the transition area at 5:30AM. All bikes must be racked 15-minutes before the start of the first swimmer (7:15). 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: **NO** Aid Stations on the Bike Course

Run: Aid stations will be approximately every mile on the run course and will have Water.

> **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 when possible.**
> **Be considerate of others still racing.**

Body Marking

After racking your bike, proceed to the body marking area located near the Packet Pick up & 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!

Post Race Food

All racers will receive post race food to include Pizza, Fruits, Snacks, and various drinks will be available for the athletes. Please remember that the post race food & drinks are for the athletes only

Race Site Layout

Orange block is Parking

Yellow block is Packet Pick Up

Long Blue is Transition Area

Green block is swim start/ finish

Race Numbers

1

2

3
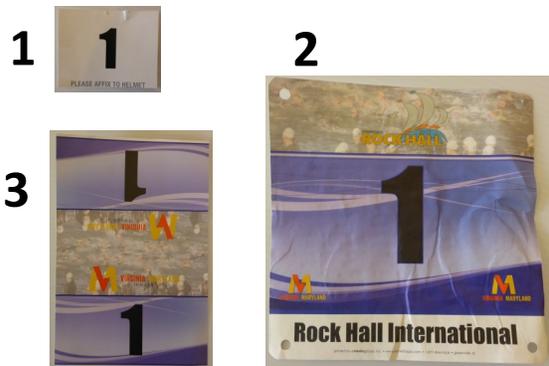
Each athlete will receive three race numbers:

- 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. It is self adhesive.

Please refer to the VTSMTS website under **Novice Athletes** for more information on number placement.
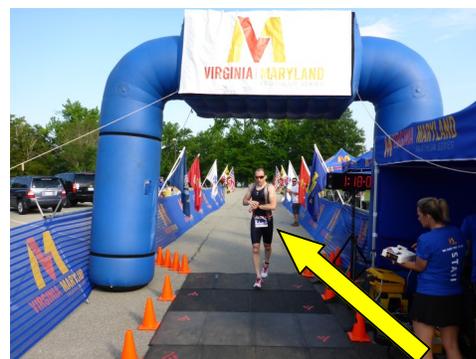
Timing Chips

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 receive a neoprene chip 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 in the Results Tent by USAT officials as soon as they are available race day. They will be posted on the results page of the website under the category results as well.

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 Overall & Age Group results with splits will be posted on www.vtsmts.com as soon as possible, usually within 24 hours.

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. Staff & Volunteers are considered officials.

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 cross 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 31st.
In other word's everyone's age group for the season will be determined by their age on the last day of the year.

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2017 RACE DATES

- ○ SMITHFIELD SPRINT SATURDAY, MARCH 25 SMITHFIELD, VA
- ○ RTC SPRINT SATURDAY, APRIL 22 RICHMOND, VA
- ○ SMITH MOUNTAIN LAKE SATURDAY, MAY 6 SMITH MTN LAKE, VA
- ○ KINETIC HALF & INTERNATIONAL SATURDAY, MAY 13 LAKE ANNA, VA
- ○ KINETIC SPRINT SUNDAY, MAY 14 LAKE ANNA, VA
- ○ GENERAL SMALLWOOD INTERNATIONAL SATURDAY, MAY 20 INDIAN HEAD, MD
- ○ GENERAL SMALLWOOD SPRINT SUNDAY, MAY 21 INDIAN HEAD, MD
- ○ ROCK HALL INTERNATIONAL SATURDAY, JUNE 3 ROCK HALL, MD
- ○ ROCK HALL SPRINT SUNDAY, JUNE 4 ROCK HALL, MD
- ○ JAMESTOWN INTERNATIONAL SATURDAY, JUNE 10 WILLIAMSBURG, VA
- ○ JAMESTOWN SPRINT SUNDAY, JUNE 11 WILLIAMSBURG, VA
- ○ ST. MARY'S INTERNATIONAL & SPRINT SATURDAY, JUNE 17 ST. MARYS, MD
- ○ COLONIAL BEACH SPRINT SATURDAY, JULY 8 COLONIAL BEACH, VA
- ○ COLONIAL BEACH INTERNATIONAL SUNDAY, JULY 9 COLONIAL BEACH, VA
- ○ TIDEWATER SATURDAY, JULY 15 HAMPTON, VA
- ● CULPEPER GRAN FONDO* SATURDAY, AUGUST 5 CULPEPER VA
- ○ CULPEPER INT & SPRINT SUNDAY, AUGUST 6 CULPEPER, VA
- ○ PATRIOT'S HALF & INTERNATIONAL SATURDAY, SEPTEMBER 9 WILLIAMSBURG, VA
- ○ PATRIOT'S SPRINT SUNDAY, SEPTEMBER 10 WILLIAMSBURG, VA
- ○ SAVAGEMAN 20.0 & 30.0 SATURDAY, SEPTEMBER 16 DEEP CREEK, MD
- ○ SAVAGEMAN 70.0 SUNDAY, SEPTEMBER 17 DEEP CREEK, MD
- ○ GIANT ACORN INTERNATIONAL SATURDAY, SEPTEMBER 23 LAKE ANNA, VA
- ○ GIANT ACORN SPRINT SUNDAY, SEPTEMBER 24 LAKE ANNA, VA
- ○ WATERMANS HALF & INTERNATIONAL SATURDAY, SEPTEMBER 30 ROCK HALL, MD
- ○ WATERMANS SPRINT SUNDAY, OCTOBER 1 ROCK HALL, MD
- ○ LIBERTY UNIVERSITY INTERNATIONAL SATURDAY, OCTOBER 14 SMITH MTN LAKE, VA

* DENOTES CYCLING ONLY EVENT

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Water Safety

Water Temperature

The typical water temperature for the swim is usually in the upper 70s low 80s this time of year.

The water temperature for each open water event is taken and posted on the VTSMTS 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

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°F: Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in this temperature range will mean that the athletes are inelige for awards. Wetsuit wearers results will be located in the category results in a Wetsuit section and not in the Overall results.

◊   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 Meter (Bay)

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 **Patriots Sprint** race page of the VTSMTS 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.

Patriots Sprint Swim Course_750 Meters

Bike - 20K (Flat)

The bike course map is posted on the **Patriot's Sprint** race page of the VTSMTS website.

Bike Course Map **(Scroll down)**

♦ The course will be marked with orange spray chalk arrows and VTSMTS Yellow signs with arrows at all the turns. The bike will also be marked with signs every 5 miles.

♦ 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. Crossing the yellow line is an automatic DQ.
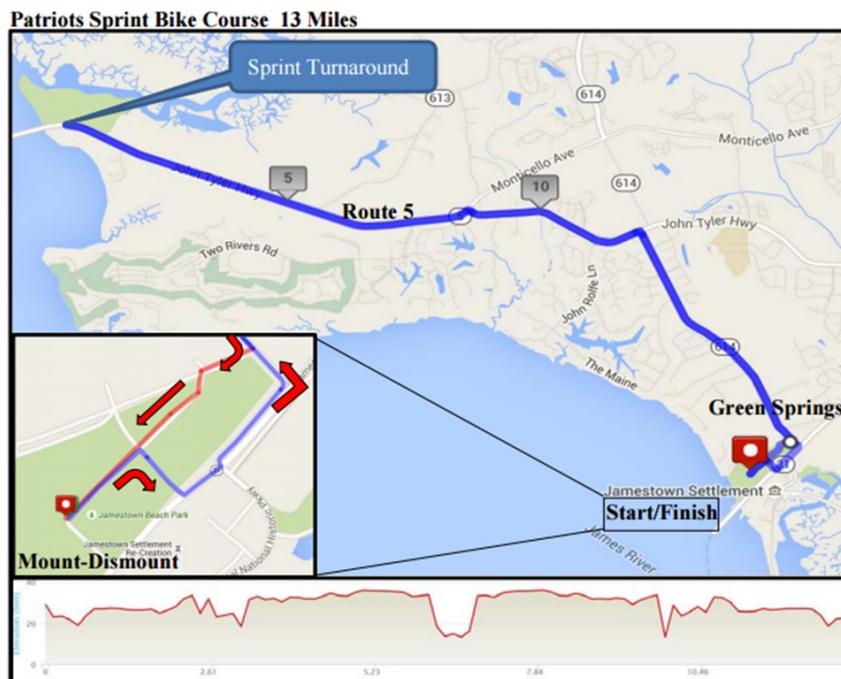
P A T R I O T ' S

Run - 5K (Flat)

♦ The run course map is also posted on the **Patriot's Sprint** race page of the VTSMTS website.

Run Course Map **(Scroll down)**

♦ The run course is an out and back course and is on the road.

♦ 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!

Patriots Sprint Run Course 3.1 Miles