



A Message from the Race Director

Welcome to the 2019 Richmond Tri Club Sprint presented by Angus Dentistry

On behalf of the Richmond Triathlon Club, I invite you to enjoy our 2019 triathlon home at the beautiful Swim RVA campus at Ukrop Park. This awesome venue offers so much in terms of a unique swim format not found anyplace 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.

Our race follows the same course as 2018 (a change from previous years) 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. One cool addition that will make you glad you're still reading is a fun post-race get-together at our sponsor Kindred Spirit Brewery located in the West Creek office park (Goochland Co). Arrive at 4:30 pm, bring your wrist band, and you'll receive a commemorative glass and beer ticket.

This triathlon features an innovative open-water / pool-swim format that is unique because we get all athletes into the pool in less than 30 minutes! To accomplish this racers are placed into starting heats of 10 athletes (based on seed times you provided) and given color-matched swim caps which MUST be worn. Your cap is obviously very important so keep track of it after check-in. There is minimal "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 that features the United Athletics teams. These amazing athletes, families, and 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 cheer them on.

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. If you have questions, just ask any of the people you see around the venue in the RED T-shirts saying, "ASK ME". 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*

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ENDORPHIN *FITNESS*BAKERY  CAFE

Race Site Address

Swim RVA 5050 Ridgedale Pkwy, Richmond, VA 23234 | [Directions](#)

Schedule of Events

Friday April 26, 2019

5-7pm: Packet Pickup @ Race Site inside the Pool Building in the conference room.

6pm: Pre-Race meeting @ Race Site

Saturday April 27, 2019: Race Day

5:15am: Transition area opens

5:15am - 6:15am: Packet pickup, 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)/Pre-race meeting (pool deck)

6:50am: United Athletics Athletes Start

7:00am: First wave starts.

Parking & Race Site Layout

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



Packet Pickup

Things to bring with you to Packet Pickup:

- **Photo ID:** this is REQUIRED! No ID = No Race!!!
- **USA Triathlon Membership:** if you are a USAT member you are all set. If you paid the 1-day fee you will not have a USAT card and are all set.
- **Know your bib number.** It will be emailed out and posted on the race participant list. (see the race website).
- **Questions!**



Special notes about Packet Pickup:

- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay 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.
- **Swim start times:** Start times will be posted by last name and by bib number. Times are final.
- **Timing Chips:** You will receive your timing chip on race morning NOT at packet pickup. Please see the Timing Chip section for more details.

Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete it 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.

Sprint:

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

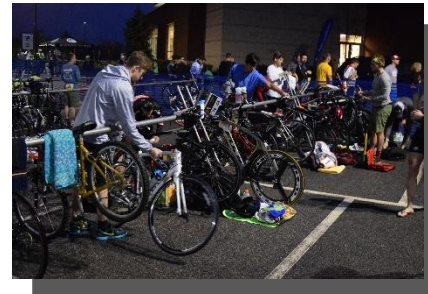
Swim: 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

The bike course must be completed within 2 hours of the last swimmer starting the race.

Transition Area

Triathletes may enter the transition area at 5:15am. All bikes must be racked 15-minutes before the start of the first swimmer (6:45am). 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 athletes into the transition area to get their bikes and other gear when possible. Be considerate of others still racing.

Body Marking

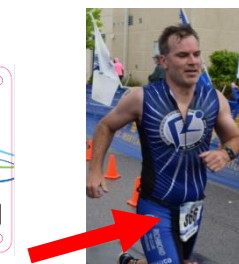
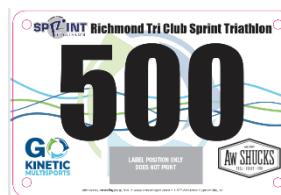
After racking your bike, proceed to the body marking area located near the Packet Pick Up & Transition Area. (marked by a tear drop flag). Triathletes must be marked at least 30 minutes before the race and must bring their bib number for verification. **You MUST have your BIB to get body marked!**

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. It is self-adhesive.

Please refer to the Kinetic Multisports 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.
- **You MUST RETURN YOUR CHIP at the finish line. Athletes who lose their Chip or fail to return the chip after the race will be assessed a \$30 charge!**
- 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.



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.

Post-Race Food

All racers will receive post-race meal from Great Harvest Bakery Cafe, and various drinks. Please remember that the post-race food & drinks are for the athletes only.

Race Results & Awards

Tentative results will be posted as they come available on race day located in the Results Tent!

USAT penalties will also be posted inside 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 kineticmultisports.com as soon as possible, usually within 48 hours.

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 Line Tent near the bike in section of the transition area.



USA Triathlon 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. 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.

Cell Phones

New in 2019 athletes will be allowed to have their cell phones with them on the bike and the run but they will not be allowed to have any music playing and are not allowed to have headphones as well.

Penalty: If officials see an athlete using a phone, calling or texting, while on the race course, it will be considered "endangerment" which is a DQ instead of a time penalty.

USAT Aging Up Policy

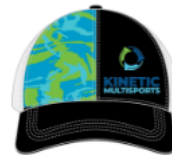
Participants will compete in whichever age group they would be in as of December 31st. of the year of the race. In other word's everyone's age group for the season will be determined by their age on the last day of the year of the race.



Race Belts



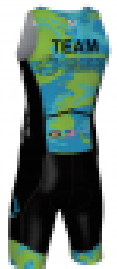
Headwear



Clothing



Cycling Jerseys





RTC Sprint AFTER PARTY




EVENT PINT GLASS • BEER TICKETS

April 27

**Kindred
Spirit
Brewery**

4:30pm

Celebrate race day with other Sprint athletes, volunteers, friends and family! Bring your race bib or volunteer wristband to snag a beer ticket and receive a special event pint glass while supplies last!

Course Maps: [Here](#)

Swim – 400 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 [RTC Sprint](#) race page of the Kinetic Multisports website.
- You must be in your corral no later than 6:45am, look for the volunteers with signs.
- This is an “open water pool swim” event. All swimmers are expected to be in the water within 30 min.
- The pool is 7’7” deep all the way around. There is not a place to stand or walk.
- You may use the sides of the pool to rest, but you may not push off the wall or make any forward progress by using the wall. Using the wall for such purposes will result in disqualification.
- The swim will start in numerical order in waves of 10 swimmers. There will be 30 seconds in between 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.

Bike – 20 kilometers

- The bike course map is posted on the [RTC Sprint](#) race page of the Kinetic Multisports website.
- 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 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! We will have volunteers at all of the critical points on the course and Police Officers at the major intersections on the bike course.
- Volunteers will be at all corners wearing safety 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.

Run – 5 kilometers

- The run course map is also posted on the [RTC Sprint](#) race page of the Kinetic Multisports website.
- 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 a 2 loop course through the park. At the end of the first loop you will run past the finish line to start your second loop.
- 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

