

Dear Athlete,

On behalf of Person and Caswell Counties, welcome to the Hyco Lake Triathlon! We are excited to host you and many collegiate triathletes from around the Nation.

The sport of triathlon is a challenging endeavor, and 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 is a success in and of itself! We value your dedication to training and the time and effort you put into being able to swim-bike-run with us. Our mission is to put on safe, fun races in beautiful venues. We appreciate you racing with us and hope you achieve your athletic goals.

Racing in 2021 is going to be different, especially our early season races. As always, we are committed to providing safe, fun multisport events with athlete and community safety as our #1 priority. As an outdoor sport, triathlon is lower risk, but it is not zero risk. So, we must make sure people keep their distance, wear masks, and wash their hands. As vaccines are further rolled out and we can reduce/eliminate measures, we will. It is a new process, but it is still swimming, biking, and running in beautiful, boutique venues. Please 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!

We are honored to support the sport of triathlon at the Collegiate level and thrilled to have you racing with us. To have the best race possible, please review the rest of this athlete guide and attend the pre-race meeting at 6PM on Friday in transition. As long as you do the training, we'll make sure you are good to go on race day!

On behalf of the Kinetic Multisports Team, thank you for racing,

Greg Hawkins,
Race Director
#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: Masks are required onsite attire when not racing. This applies to everyone in your party, even if you have been vaccinated. We realize this is an inconvenience and we appreciate your opinion, but we need masks on people to keep our permits. Disposable masks will be provided at athlete check in to wear until you get in the water. Another mask will be provided at the finish line to wear as you remove your gear from transition and head to your car.

Distancing: Keeping your distance on course generally isn't an issue, it's the before and after we have to mitigate. The race site has been re-engineered to keep athletes from crowding and many of the typical gathering points have been eliminated. We'll need you to spread out when lining up for the swim and eat your post-race, grab and go BBQ elsewhere. Stay a bike length apart!

Hygiene: There will be hand sanitizer and hand wash stations throughout the race site, please use them. Don't blow snot rockets, high five, hug, etc.

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.

Highlights

- Packet and Chip Pick Up is the day before from 5-7PM inside the Community Building at the race site (see location next page)
- Pre-race brief is in the transition area at 6PM.
- Transition opens at 6:30AM on Saturday.
- Masks are required onsite when not racing or warming up
- Stay masked and Socially Distant while waiting to enter the water, dispose of mask just prior to entering water
- Swim – 750 meter swim, in water start – water temp was 65F (4/10/21)
- Bike – 12.4 mile out and back course
- Run – 3 loops inside park, start additional loops just prior to finish line
- Finish Chute: Put on provided mask, remove timing chip, grab a water, grab a finishers medal, proceed immediately to transition area to remove your gear.
- “Grab and Go” BBQ meal is available in parking lot for off-site consumption.
- Get home safe, then sign up for your next Kinetic Multisports race!

Schedule of Events

Friday April 16, 2021

5-7pm: Packet Pick Up/Chip Pick Up inside Community Building at race site

6:00pm: Optional Pre-Race Meeting & Race Q&A in transition

Saturday April 17, 2021: Race Day

6:30 – 7:30am: Packet Pick Up / Chip Pick Up inside Community Building at race site

6:30 – 7:45am: Transition open for racking

7:45am: Pre-Race Brief at beach (no Q&A), National Anthem

8:00am: Race Start!

Parking & Race Site Layout



Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **Questions!**

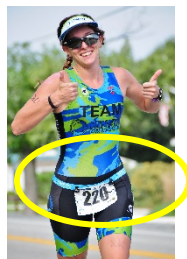
Special notes about Packet Pickup:

- 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.

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.



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: Sharpies will be provided in transition area, please write your race # on the right and left shoulder and the front of both quads above the knee. Your age or Category goes on the back of your right calf.

Results

Tentative results and times will be emailed and posted online as they become available. The fastest way to get results is to sign up for live tracking or scan the QR code displayed at the finish line and around the race site to bring up your splits.

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 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.



Since 1989, Abrams Landau Injury Law Firm has been representing athletes in personal injury, workers compensation, sports injury and more. As a long-time athlete, Team USA member and attorney, Doug and his team are uniquely qualified to represent you! If you need legal help, look for Doug on a podium near you or reach out to his office at <https://landauinjurylaw.com/> Whether it's your race or your case, Abrams Landau will be there at the finish line!





Shop Online **HERE**



Race Belts



Hats & Visors



Clothing



Swim – 750 meters – In Water Start – Beach Finish

- The swim diagram is posted on the last page of this guide and on our website
- The official water temp will be taken race morning and a preliminary reading taken and communicated via email on Thursday. The water was 65F on 4/10/21.
- Be ready to line up at the swim by 7:45am, the race starts promptly at 8:00am.
- The swim is a time trial start, 2 at a time every 10 seconds. So, pick a buddy and race hard!
- ***Wear the issued disposable mask to swim start, discard in trash at waters edge***
- 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. Water safety does not make up for a lack of training in open water swimming. There are no lane lines and you cannot see nor touch the bottom.
- 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.
- Be sure to sight on the yellow “Wiggley-Man” at swim finish.

WETSUITRENTAL

Wetsuitrental.com has the nation's largest selection of Orca, BlueSeventy, Zoot, Zone3, 2XU, Aqua Sphere full-sleeve and sleeveless triathlon wetsuits for rent, ensuring you get the wetsuit that fits your body. Triathlon wetsuits provide you with additional buoyancy to lift your body in a horizontal streamlined position, increasing speed and reducing energy expenditure. Wetsuitrental.com has the lowest and longest rental period in the industry starting at \$70 for 2 weeks with shipping both ways included. Reach out and rent a wetsuit today!



Bike – 12.4 Miles – Out and Back Course

- The bike diagram is posted on the last page of this guide and on our website
- The bike course map is an out and back course with great pavement and minor elevation change.
- The bike turnaround point will have a traffic cone in the middle of the road, a volunteer and police cruiser managing traffic.
- Stay to the right of the guard shack on exiting the race site, stay to the right on your way back in.
- Athletes will loop around to the back of transition on their bikes and dismount an uphill, right hand turn, be careful.
- 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.

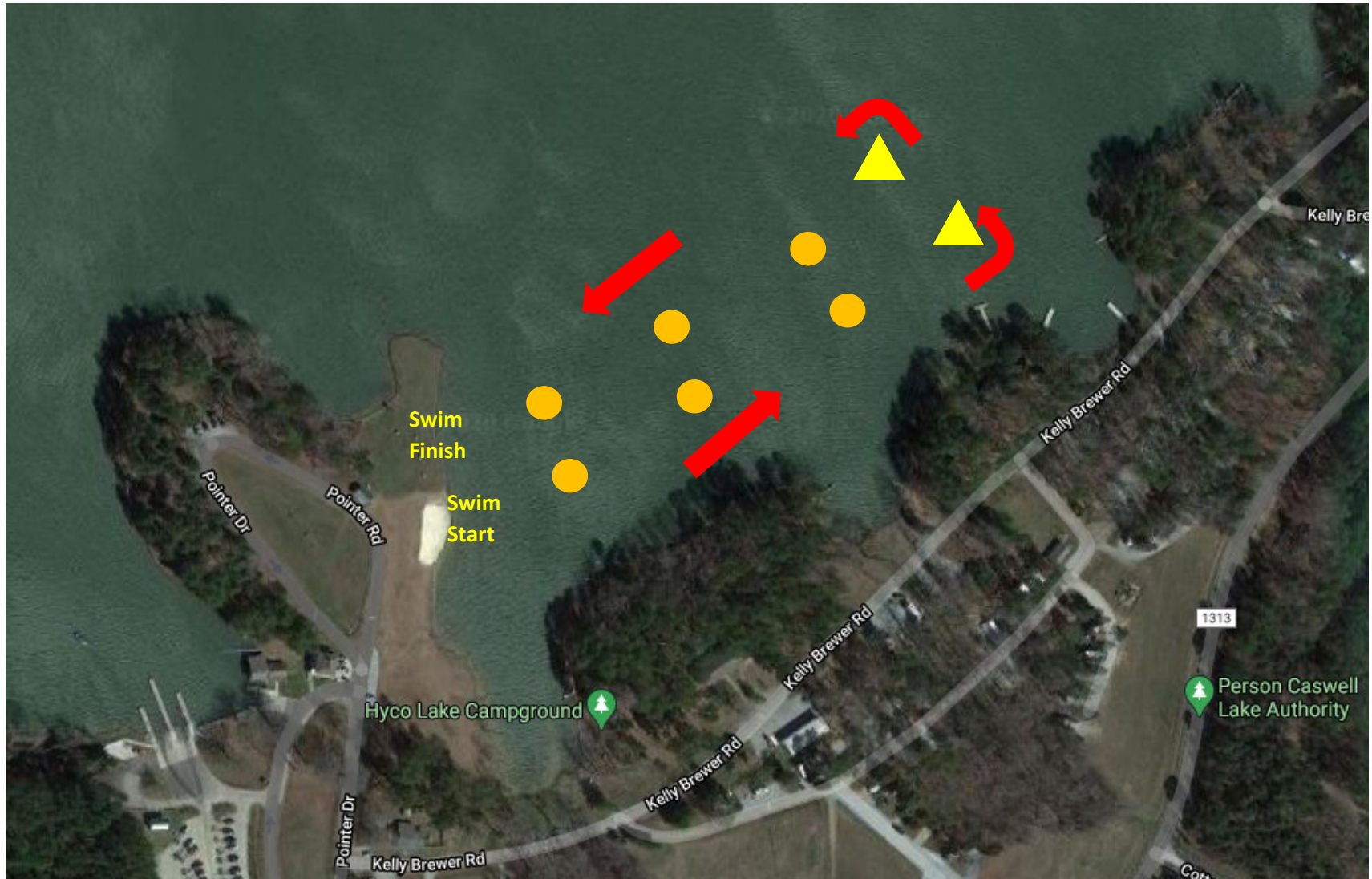


Run – 5K – 3 x 1.0 mile loops inside park

- The run diagram is posted on the last page of this guide and on our website
- This is a three (3) loop run course.
- The run course is a rolling, heavily shaded course with pavement until the finish line, the finish line is an uphill, grass finish.
- There will be one aid station on course and is available each lap.



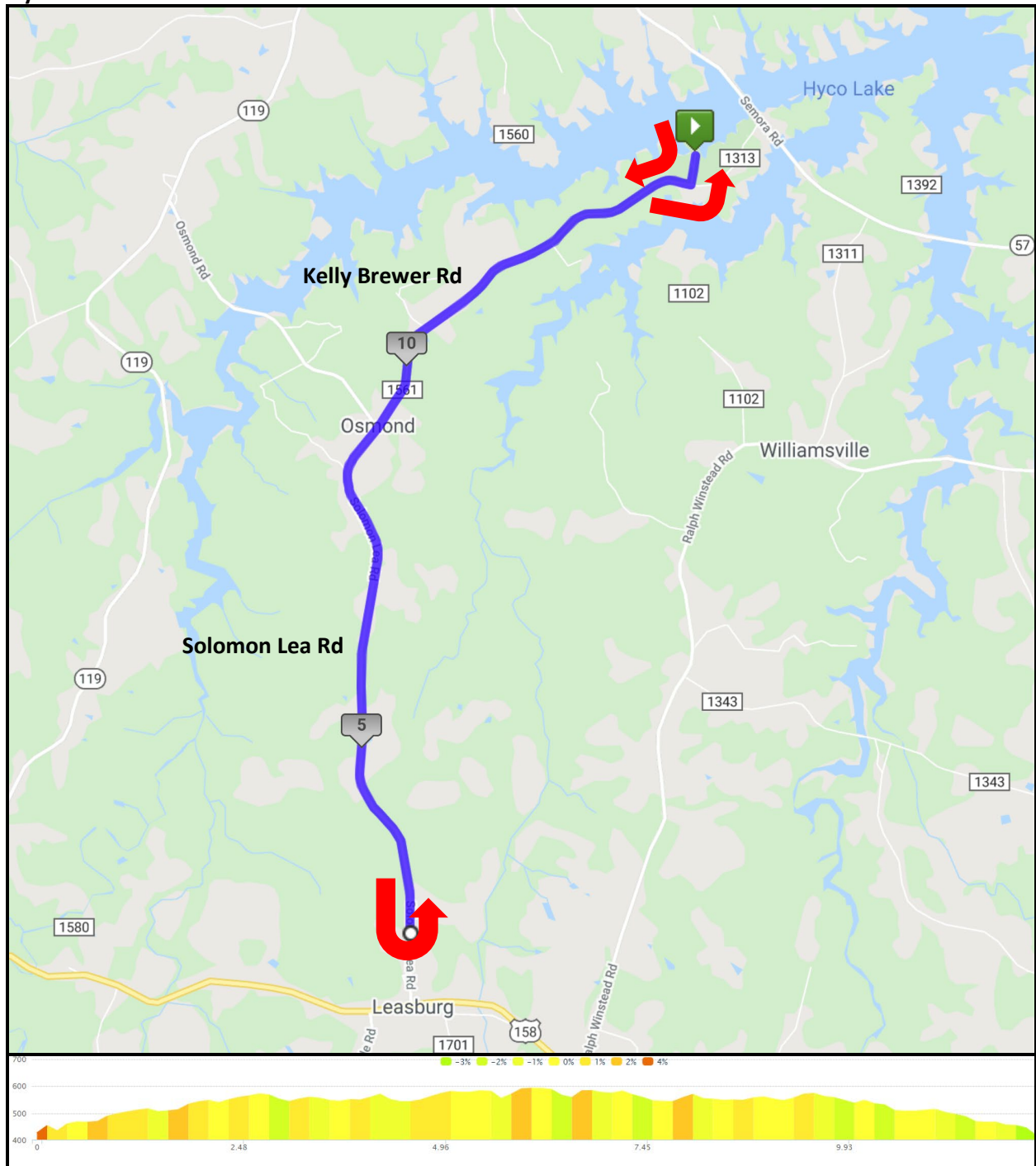
Hyco Lake Triathlon Swim Course_750 Meters (0.45 miles)



Water is cool (60'sh F) and clear with a beach start and finish. If you need assistance, roll on your back and flag one of our lifeguards.



Hyco Lake Triathlon Bike Course – 12.4 Miles



Bike Course is rural, lightly rolling with great pavement. The road is not closed to traffic for the Age Group race, these are however lightly traveled. USAT Rules will be enforced. Ride to the right, no drafting, etc.



Hyco Lake Triathlon Run Course 3.1 Miles (3 loop 5k)

Race Course Road Closures (Approx)

- 0800 - 1000 (AG Event)
- 1100 - 1200 (D1/D2 Race)
- 1300 - 1400 (D3 Race)
- 1500 - 1600 (Collegiate Club)

