

Dear Athlete,

On behalf of Pleasants Landing, Louisa County and Kinetic Multisports, welcome to the Rumpus in Bumpass Triathlon!

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 for COVID transmission, 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!

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 spread out when eating your post-race, grab and go pizza. 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.



## Schedule of Events

*Friday April 23, 2021*

**5-7pm:** Packet Pickup @ Race Site

**6pm:** Pre-Race meeting @ Race Site

*Saturday April 24, 2021: Race Day*

**\*\*Arrival Time:** Please arrive at the race site no later than 8am

**\*\* 7:30am:** Transition area opens

**7:30-8:30am:** Packet pickup, Body Marking/Chip Pick-up

**8:45am:** Transition area closes (no exceptions)/Pre-race meeting (swim start)

**8:50am:** Wave 1 assembles in the starting area to prepare the start!

**9:00 – 9:15am:** Olympic Race Start

**9:30 – 9:45am:** Sprint Race Starts

## Top 10 Things to Know About Race Day

1. Stay a bike length apart, wear a mask, be ready to swim 15 minutes before your race starts.
2. PPU closes at 8:30am for both races!
3. Race #'s will be assigned on a rolling basis, first come, first serve.
4. Timing Chips will be issued when you get your Race #. Bad things happen when you lose your timing chip, therefore **DO NOT LOSE YOUR TIMING CHIP!**
5. Body marking is self-serve, markers, instructions and hand sanitizer are located in transition.
6. Bike racking is first come, first serve with 6 to a rack.
7. Rolling Swim Start: There are no assigned swim start times during your race launch window. The Olympic starts from 9:00am - 9:15am and the Sprint starts from 9:30am - 9:45am.
8. Disposable Masks: Athletes will receive a disposable mask to wear from transition to the waters edge, a 2nd disposable mask will be issued on crossing the finish line. Mask use is mandatory onsite when not racing.
9. Awards Ceremony: There is no awards ceremony, all awards will be mailed
10. Marina Access: There is no Marina Access other than athlete check-in.

## Parking



Parking is in limited supply at this venue, we ask that you carpool as much as possible, and any spectators travel in the same car as the athlete racing. Parking on road shoulders will get you towed (sorry). If you need to leave prior to the race ending, park on the gravel road. DO NOT park on the main road leading into the marina as this portion of the roadway is used for the bike and run course, as well as a means of getting emergency vehicles in and out of the race venue.

**Race Site Address – 349 Pleasants Landing Road – Bumpass, VA**

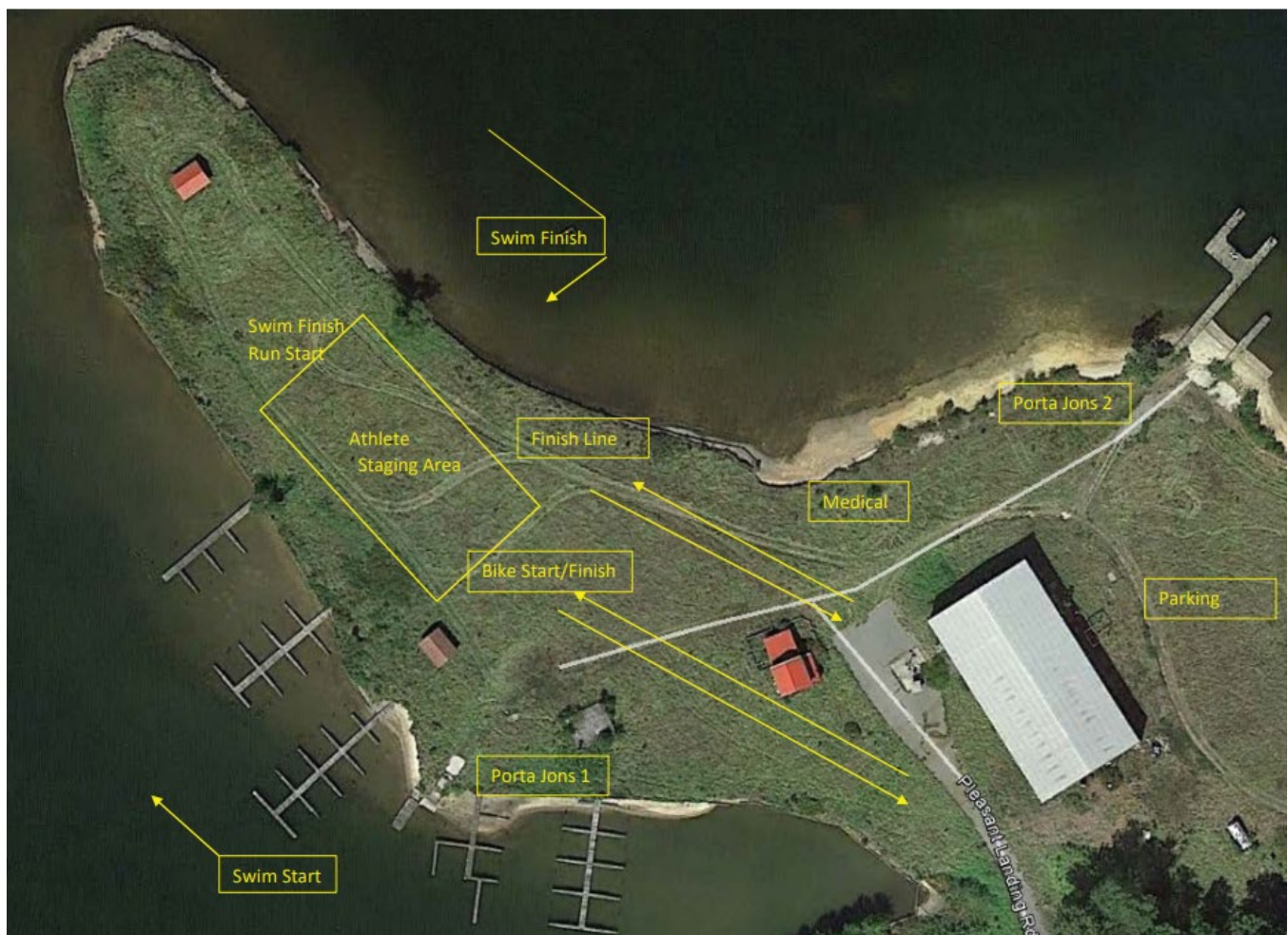
## Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **USA Triathlon Membership Card (If not a one-day member)**
- **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.



## Course Cut-Off Times

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

### Olympic:

Athletes have 4 hours to complete the entire event. Cumulative cut-offs will be:  
**Swim:** 1 hour | **Bike:** 3 hours | **Run/Finish:** 4 hours

### 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

## Transition Area

Triathletes may enter the transition area at 7:30am. All bikes must be racked 15-minutes before the start of the first swimmer (**8:45am**). Bike racking is first come, first serve in the era of COVID.

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.

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.



## Aquabike

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 tent near the "BIKE IN" tent at the transition area.



## 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.

Please refer to the Kinetic Multisports website under Novice Athletes for more information on number placement.



## 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

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

## Aid Stations

### Olympic:

- **Bike:** **NO** aid stations on the bike course
- **Run:** Aid stations will be approximately every mile on the run course and will have Gatorade & water.

### Sprint:

- **Bike:** **NO** aid stations on the bike course
- **Run:** Aid stations will be approximately every mile on the run course and will have Gatorade & water.

## Post-Race Food

All racers will receive post-race food to include a Meal, Fruits, Snacks, and various drinks. Please remember that the post-race food & drinks are for the athletes only. Food will be for sale.

## Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/27730#resultSetId-217426;perpage:10>



A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.

Due to COVID restrictions, there will NOT be an awards ceremony, awards will be mailed directly to each athlete.

## USAT Penalties

USAT penalties will also be posted inside the results tent by USAT officials as soon as they are available on race day. They will be posted on the results page of the website under the category results as well. Race officials focus on safety, education and enforcing the competitive rules.

**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.

## 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 words everyone's age group for the season will be determined by their age on the last day of the year of the race.





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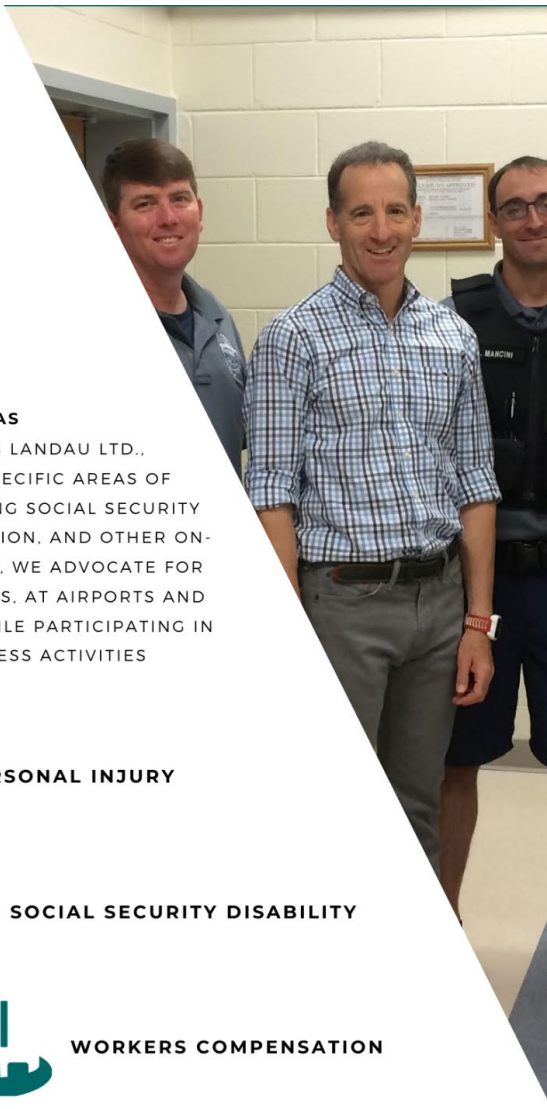
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Race Belt



Hats and Visor



Clothing



**SHOP NOW**

## Swim

- The swim diagram is posted on our website
- The official water temp will be taken race morning and a preliminary reading taken and communicated via email on Thursday evening. The water was 65F on Monday 4/19/21.
- Be ready to get in a socially distanced line 15 minutes before your race.
- The swim is a time trial start, 2 at a time every 5-10 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. There are no lane lines and you cannot see nor touch the bottom. Water safety does not make up for a lack of training in open water swimming.
- 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.

### **Lecture/Clinic: Preparing for the Swim Leg of a Triathlon (Open Water Swimming) Friday April 23 at the Rumpus in Bumpass Race Site**

This clinic is intended for the novice or first-time triathlete. No previous knowledge of the rules or how triathlons are organized is required. The purpose of this clinic is to educate you about equipment, strategies, and safety protocols related to an open water swimming leg of a triathlon. This is not a swimming technique clinic; this is a lecture on dry land. We will help remove the unknown and replace that big scary void with information and a plan! We'll talk about the different types of wetsuits (bring one if you have it, they are not required) - how to know if they fit properly, where to get them, and what to expect to spend. We'll teach you things like "snorkels are legal" in triathlon swimming. So is breaststroke, sidestroke, or backstroke (or whatever your versions of those strokes look like – nobody is judging). So is walking. So is hanging on a boat. And we're not kidding. Once you have attended this clinic you will have a clear understanding of what to expect on race day and be ready to have fun.

- 1-3:00 PM, Lecture/Clinic: Preparing for the Swim Leg of a Triathlon
- 3-4:00 PM, Open water practice swim on a guarded course (with buoys).
- The coach leading the lecture will also be on hand for guidance during the practice swim (for clinic participants only).
- The practice swim will have shallow water so participant can stand/stay close to shore.
- While the practice swim is open to anyone, clinic spaces are limited

Please email [CoachEd@TriTeamZ.com](mailto:CoachEd@TriTeamZ.com) directly with questions or to register for this clinic. Clinic cost is \$75.

# WETSUITRENTAL

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- BUY A DIVE/SURF WETSUIT
- BUY TRIATHLON GEAR




**OUR PHILOSOPHY**

WE ARE DEDICATED TO THE TRIATHLON WORLD. YES, IT'S A SPORT, BUT THAT SPORT HAS SPAWNED A COMMUNITY OF PEOPLE WHO WORK CLOSELY TOGETHER TO FURTHER SOMETHING AS SIMPLE AS THE HEALTH AND WELL BEING OF ITS MEMBERS NEW AND OLD. IT'S A WORLD WHERE COMPETITORS ARE THE BEST OF FRIENDS - ON THE COURSE AND IN BUSINESS, AND WE'RE PROUD AND HUMBLLED TO BE A PART OF IT.



**COMPANY INFO**  
 1000 NORTH HAMILTON ST STE C5  
 CHANDLER, AZ 85225  
 CALL US: 360-297-1818  
[HTTPS://WWW.WETSUITRENTAL.COM/](https://www.wetsuitrental.com/)

## Bike

- The bike course map is posted on the Rumpus Triathlon Page of the Kinetic Multisports website. The Olympic course is 2 loops and the Sprint course is 1 loop.
- 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!
- 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.

## Run

- The run course map is also posted on the Rumpus Triathlon Page of the Kinetic Multisports website. The Olympic course is 2 loops and the sprint course is 1 loop. The turnaround to start the 2nd lap for the Olympic is not all the way back near transition. It is on the road just before entering the woods on the far side of the woods from the race site.
- 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.
- Athletes will remove their own chip at the finish line and place in a bucket of soapy water.



#GOKINETIC