

Dear Athlete,

On behalf of Virginia Amateur Sports, Smith Mountain Lake State Park and Kinetic Multisports, welcome to the Smith Mountain Lake Triathlon Presented by FocusOne!

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!

We look forward to seeing you on the starting line!

V/r,

***The Kinetic Multisports Team***

**#GoKinetic**



## Proud to be the title sponsor of the 2021 Smith Mountain Lake Triathlon!



Building on a long tradition of financial services expertise, FocusOne is committed to strong technical knowledge and a client-centered approach to financial planning.



Bo Blankenship, MTA, CFP.  
Ben Fry, CFP, CLTC.  
Adam Peters, CFP, AIF.



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Phone: 540-767-4824  
[www.focusonefp.com](http://www.focusonefp.com)

## 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 goodie bag. 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 30, 2021*

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

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

*Saturday May 1, 2021: Race Day*

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

**\*\* 7:00am:** Transition area opens

**7:00-8:15am:** 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 – 9:20am:** Sprint Race Time Trial Start

## Top 10 Things to Know About Race Day

1. Stay a bike length apart, wear a mask, be ready to swim 15 minutes before the race starts.
2. PPU closes at 8:15am!!!
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 will take place in the transition area, be sure to wear your mask.
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 Sprint starts from 9:00am - 9:20am. You'll need to stay 6' apart and masked as you approach the waters edge.
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. Cars will not be allowed to leave the race site until the last cyclist is in, be prepared to stay a bit.



## Parking



There is ample parking at this venue, but it is not unlimited at the race site parking area. We ask that you carpool as much as possible, and any spectators travel in the same car as the athlete racing. There is overflow parking at the boat ramp ¾ mile down the road. Please do not park on the grass and DO NOT SPEED. The park has a strictly enforced 25 mph speed limit and issues tickets every year, you have been warned!

**Race Site Address**  
 Smith Mountain Lake State Park  
 1235 State Park Road  
 Huddleston, VA 24104-9547

## Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is at the beach concession area as noted in site layout.

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.

### 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 7:00am. All bikes must be racked 15-minutes before the start of the first swimmer (**8:45am**). Remember, athletes only in transition.

Rack locations are not pre-assigned, they are first come, first serve. Each rack holds 6 bikes (see photo). Your transition space should be organized and not expand outside of your bubble. 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. Please be considerate of others still racing.



## 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 in transition. 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

### Sprint:

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

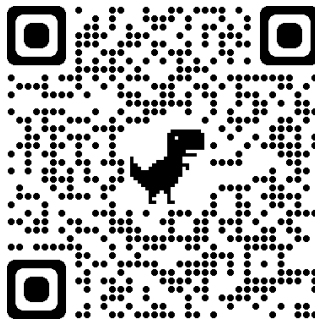
## Post-Race Food

All racers will receive post-race goodie bag to include a various snacks and a drink. Please remember that the post-race food & drinks are for the athletes only.

## Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13367#resultSetId-217430;perpage:5000>



You can also take a picture of the QR code above to be taken directly to the results page. 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.

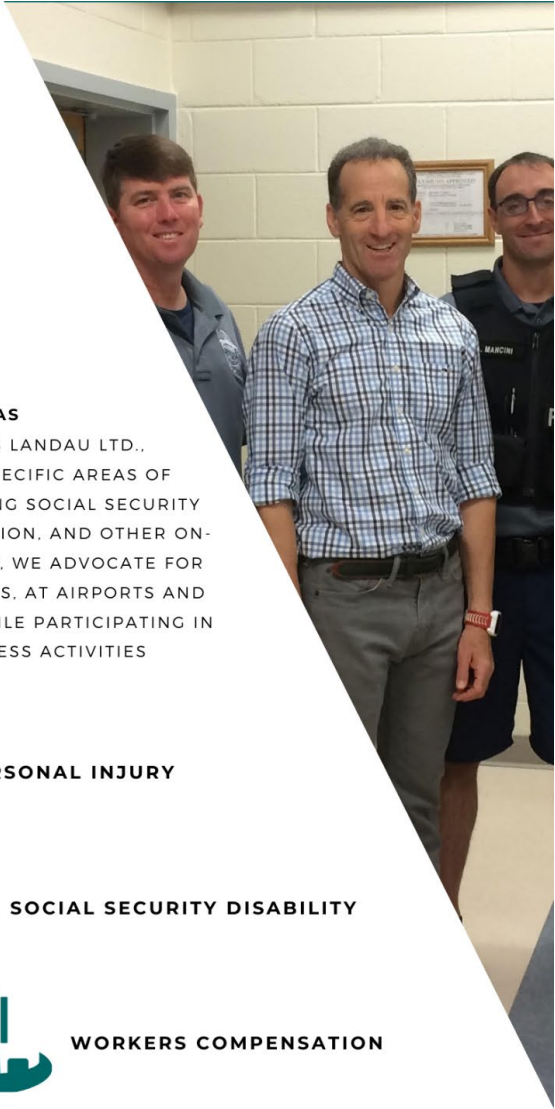




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INJURY LAW FIRM

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**ABOUT US**

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# KINETIC MULTISPORTS SHOP

Race Belt



Hats and Visor



Clothing



**SHOP NOW**



## Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is beach start and beach finish with a short set of stairs to leave the beach.
- The official water temp will be taken race morning and communicated by 8:00am. A preliminary reading taken and communicated via email and our Facebook page Friday morning. We expect a wetsuit legal event, just how wetsuit legal is TBD...
- 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.



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- RENT A TRIATHLON WETSUIT
- BUY A TRIATHLON WETSUIT
- 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 HUMBLED 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 Kinetic Multisports website.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- 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.



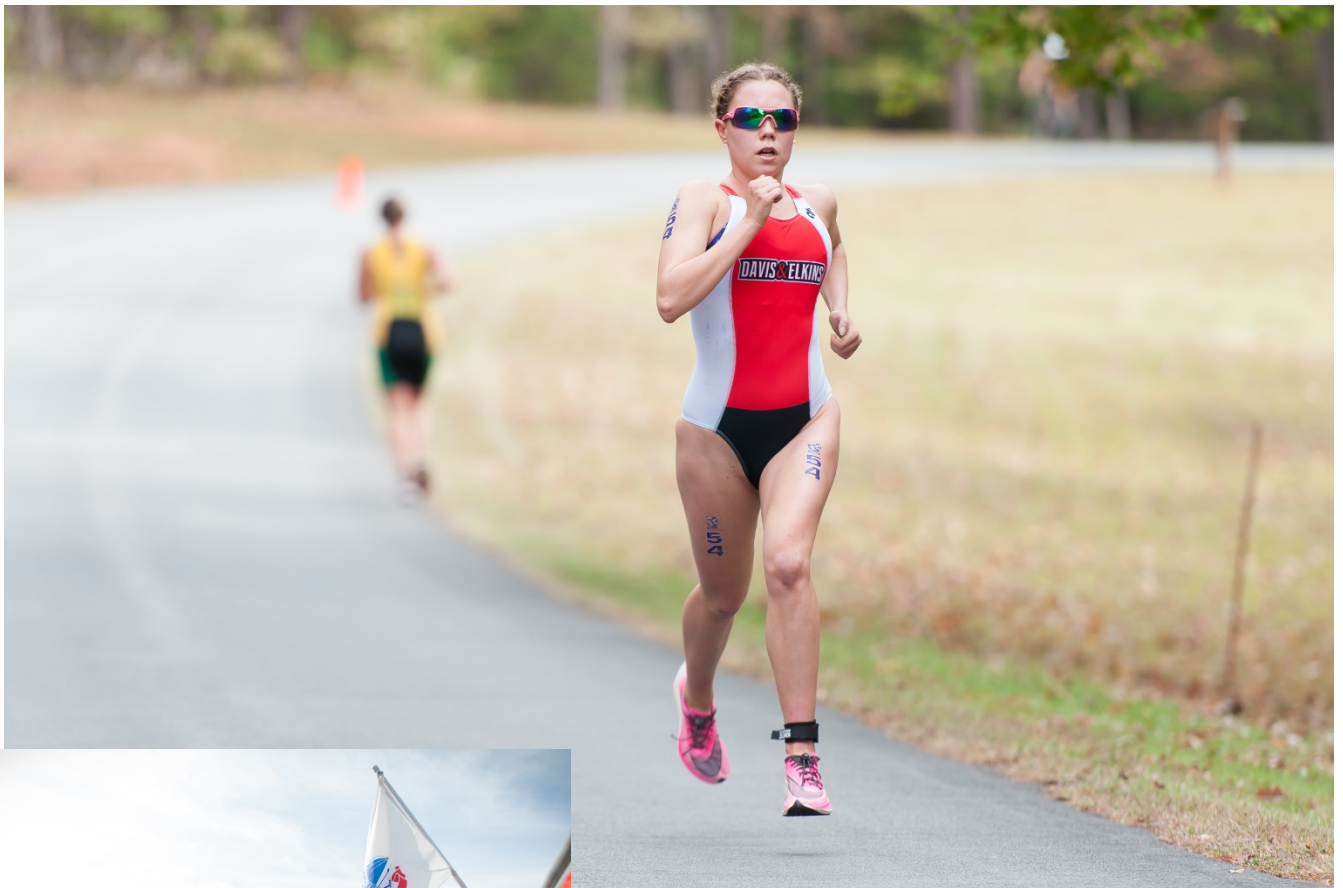


## Run

- The run course map is posted on the Kinetic Multisports website.
- 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**