

Welcome to the Kinetic Triathlon Festival,

We are excited to host you for a weekend of multisport racing at Lake Anna State Park. This park is one of our favorite venues and the racing never disappoints. To get the best race experience possible, read on.

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!

This event would not be possible without the support of the State Park and the surrounding community, please be sure to thank them on race day.

We look forward to seeing you on the starting line!

V/r, The Kinetic Multisports Team

#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 food 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 <u>FAQ's</u>. Many of your questions are answered there and if they aren't, they should be.





Schedule of Events

Kinetic Prologue (Swim – Run) Friday May 7, 2021

3:30 - 4:30pm: Packet Pick Up @ Race Site
5pm: Prologue Start (Men)
5:02: Prologue Start (Women)
5:05: Splash & Dash Start
5:45: Swim Course Closes
6:00: Course Closes
6:15: Awards

Kinetic Half (Long Course) & Olympic Only

Friday May 7, 2021

3:30-7:00pm: Packet Pickup @ Race Site

6:30pm: Pre-Race Meeting @ Race Site

Saturday May 8, 2021: Half (Long Course)/Olympic Triathlon Race Day

Arrival Time: Please arrive at the race site no later than 6am

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: Long Course assembles in the starting area to prepare the start! **7am:** Race Start

11:30am: Olympic Awards / 2:00pm – Long Course Awards

Kinetic Sprint

Saturday May 8, 2021

5-7pm: Packet Pickup @ Race Site **6pm:** Pre-Race meeting @ Race Site

Sunday May 9, 2021: Sprint Race Day

Arrival Time: Please arrive at the race site no later than 7am
6am: Transition area opens
6:30-7:30am: Packet pickup, Body Marking/Chip Pick-up
7:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)
7:50am: Sprint athletes assemble in the starting area
8:00am: Race Start
11:00am: Sprint Awards, COVID Style



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 is located in transition near your rack.
- 6. Bike racking is first come, first serve with 6 to a rack, 3 per side.
- 7. Rolling Swim Start: There are no assigned swim start times during your race launch window, but we need everyone lined up and ready to go 10 minutes prior to your race start.
- 8. Disposable Masks: Athletes will receive a disposable mask to wear from transition to the water's edge, a 2nd disposable mask will be issued on crossing the finish line. Mask use is mandatory on site when not racing.
- 9. Awards Ceremony: There will be a COVID adjusted awards ceremony after each race, approx.11:30am for the Olympic, 2:00pm for the Long Course and 10:45am Sunday for the Sprint.
- 10. Park Speed Limit: The park speed limit is 25mph and is vigorously enforced. Tickets are issued every year, don't be that person, slow down





Parking & Race Site Layout



Parking is available inside the park. Please follow the directions of our wonderful volunteers. DO NOT park on the main road leading into the park 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

Packet Pickup

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.



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.

Prologue/Splash & Dash:

Athletes have from 5-6pm to complete 1-3 loops of the Prologue course. Swim course closes at 5:45 pm for last laps.

Half (Long Course) Triathlon/Aquabike:

Athletes have 8 hours to complete the entire event. Cumulative cut-offs will be: **Swim:** 1.5 hour | **Bike:** 5 hours | **Run/Finish:** 8 hours

Olympic Triathlon/Aquabike:

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 Triathlon/Aquabike/

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 2 hours before the start of the race. All bikes must be racked 15-minutes before the start of the first swimmer. Again, 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. Please be considerate of others still racing.







Aquabike

If you are racing in the Aquabike Category (swim-bike-done) 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 \$10.









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 Matts: If you want splits, you need to cross the timing matts 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

Body marking will take place inside transition area, be sure to wear your mask and be marked and ready to go 30 minutes before your race starts. You MUST have your BIB to get body marked!

Aid Stations

Half (Long Course):

Bike: 3 bottle handoffs available on the course with sport top Water bottles and sport top Gatorade.

Run: 4 aid stations on each loop of the run course, each fully stocked with the following: Water, Gatorade, Flat (de-fizzed) Coke, bananas, Oranges, Salty Snack Mix, and a Porta-John. These will flow in one direction and be self-serve. Be sure to use the trash cans provided on course for disposal of wrappers and empty cups.

Misting Tents: There will be 2 misting tents available each lap, if it's hot, we recommend you use these each lap!

Olympic:

Bike: NO Aid stations on the Olympic bike course. **Run:** 3 aid stations on each loop of the run course, each stocked with water and Gatorade.

Sprint:

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

Prologue:

Run: Water is located just outside swim finish on every loop.

Post-Race Food

All racers will receive a post-race goodie bag to include a pizza coupon, a variety of snacks and a drink. Please remember that the post-race food & drinks are for athletes only. Drinks and pizza are available for purchase at the Papa Johns food truck. The large, tented athlete seating area will not be set up for 2021, there is plenty of park to spread out and relax post-race.



Race Results & Awards

Tentative results will be online at the following link: <u>https://runsignup.com/Race/Results/13257#resultSetId-217433;perpage:5000</u>



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. Printouts and laptops will not be available to look up your times.

There will be a modified awards ceremony after each race with times noted above. If you chose not to attend the awards ceremony or can't have someone pick up the award for you, award shipping is available for \$20 in our online store <u>HERE</u>. Remember, stay masked and 6' apart at the race site!





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 <u>HERE</u>.

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.







0 9 in FOLLOW US:

ABOUT US

LOCATED IN HERNDON, VA., ABRAMS LANDAU LTD., CONCENTRATES ON SEVERAL SPECIFIC AREAS OF PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS COMPENSATION, AND OTHER ON-THE-JOB INJURIES. ABRAMS LANDAU LTD., HAS BEEN REPRESENTING CLIENTS UP AND DOWN THE EAST COAST SINCE 2000.



PRACTICE AREAS

THE ATTORNEYS OF ABRAMS LANDAU LTD., CONCENTRATE ON SEVERAL SPECIFIC AREAS OF COMPENSATION. AND OTHER ON-THE-JOB INJURIES. ADDITIONALLY, WE ADVOCATE FOR THOSE INJURED IN CAR ACCIDENTS, AT AIRPORTS AND OTHER PUBLIC PREMISES. AND WHILE PARTICIPATING IN AMATEUR SPORTS AND FITNESS ACTIVITIES







WORKERS COMPENSATION



PREMISES LIABILITY



SPORTS CASES



SOCIAL SECURITY DISABILITY



AIRPORT INJURY









Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is beach start and beach finish with a short run to leave the beach.
- There will NOT be wetsuit strippers.
- The official water temp will be taken race morning and communicated one hour prior to race start. A preliminary reading will be 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 line-up in a socially distanced and masked fashion 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.
- Know your abilities! 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.





ZONEZ

WETSUITRENTAL

ORDER BY TUESDAY FOR THIS WEEKEND AFTER TUESDAY EXPRESS SHIPPING AVAILABLE

RENT A ZONE3 WETSUIT THE OFFICIAL RENTAL COMPANY THE ORIGINAL & MOST TRUSTED WETSUIT RENTAL STORE

LONGEST RENTAL

RENT NOW

- RENT A DIVE WETSUIT
- RENT A SURF WETSUIT
- RENT A TRIATHLON WETSUIT

OR BUY

- BUY A TRIATHLON WETSUIT
- BUY A DIVE/SURF WETSUIT
- TRIATHLON GEAR

COMPANY INFO 1000 NORTH HAMILTON ST STE C5 CHANDLER, AZ 85225 CALL US: 360-297-1818 HTTPS://WWW.WETSUITRENTAL.COM/

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.





Z ZOOL Aqua Sphere



NEW CLINIC - Preparing for the Swim Leg of a Triathlon (Open Water Swimming)

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.

• Friday 1:45-3:45 PM, Lecture/Clinic: Preparing for the Swim Leg of a Triathlon. Includes open water practice swim on Friday from 3:45-4:45 PM with lifeguards and buoys.

• Saturday 1:45-3:45 PM, Lecture/Clinic: Preparing for the Swim Leg of a Triathlon Includes open water practice swim on Friday from 3:45-4:45 PM with lifeguards and buoys.

Please email <u>CoachEd@TriTeamZ.com</u> directly with questions or to register for this clinic. Cost is \$75.

Swimming is allowed at your own risk at any time over the weekend. There is no cost to practice swim during our pre-swim session 3:45-4:45 on Friday/Saturday.





Bike

- The bike course map is posted on the Kinetic Multisports website.
- There are 2 bike courses on Saturday with a very important decision point at mile 8.9 where the Olympic turns left on Tatum and the Long Course continues straight on Lawyers. Our team does our best to direct you where to go, but we cannot ride the bike for you. Review the maps, pre-drive the course.
- Long Course Aid Stations There are 2 aid station locations on the bike with water, Gatorade and a portajon. Please discard your empty bottles 50 meters on either side of the aid station. Anything else is littering and will result in a DQ. Again, there are no aid stations on the Sprint and Olympic Bike courses.
- Long Course Solar Farm There is a 6000 acre solar farm under construction on the Long Course bike, please use caution if pre-riding in the weeks leading up to the event.
- 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.



amino VITAL®

OUR MISSION IS TO PROVIDE THE HIGHEST QUALITY AMINO ACID-BASED NUTRITIONAL PRODUCTS TO ALL ATHLETES ASPIRING TO IMPROVE THEIR CONDITIONING AND PERFORMANCE.

HOW ACTION AND FOCUS ZONE WORK



FEEDS MUSCLES INSTANTLY

AMINO ACIDS NEED MINIMAL DIGESTION, SO YOU FEEL THE BENEFITS FASTER.



HYDRATES WITH ELECTROLYTES

RESTORE YOUR BODY'S WATER BALANCE TO KEEP YOU PUSHING THROUGH YOUR TRAINING.



RAPID ENERGY RESTORATION

SUSTAIN THE INTENSITY OF YOUR WORKOUT WITH NATURAL ENDURANCE.

SHOP NOW





SUSTAINED POWER

ACTION PROVIDE STEADY ENERGY TO HELP YOU PUSH YOURSELF TO YOUR LIMIT WHILE SUPPORTING HEALTHY MUSCLES AND A SHARP MIND. FREE-FORM AMINO ACIDS REQUIRE MINIMAL DIGESTION BEFORE YOUR BODY PUTS THEM TO USE, ALLOWING THEM TO TAKE EFFECT RIGHT AWAY.

JUST ADD WATER

AMINOVITAL PRODUCTS ARE EASY TO USE. JUST ADD THE AMINO ACID POWDER TO A 16-20 OZ BOTTLE OF WATER AND SHAKE. THE ADDITION OF ELECTROLYTES TO THE MIX MEANS THAT ACTION HYDRATE BETTER THAN WATER ALONE, HELPING YOU WORK HARDER AND LONGER IN ANY ENVIRONMENT.





Run

- The run course map is posted on the Kinetic Multisports website.
- The run course is all on pavement on low traffic park roads
- The run course is most definitely not flat.
- The Long Course is a 3 loop course, the Olympic is a 2 loop course. Know what lap you are on as you approach the finish line.
- Athletes that do not do the required # of laps will be DQ'd.
- Aid stations will be located approximately every mile on the run and are covered in depth in the aid station section of this guide.

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.



