

Dear Athletes,

It is with great pleasure that I welcome you to the Jamestown Triathlon Festival, presented by Kinetic Multisports. Located in Jamestown, VA this year this race is the USA Triathlon Mideast Olympic Distance Regional Championships and the Virginia State Championships. This race would not be possible without the support of the local towns and counties. Please take a moment out of your day to thank all the volunteers, Police Officers and EMS supporting this event.

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 has been 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. 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



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: Per the most recent CDC guidance and the VA Dept of Health, masks are no longer required pre and post-race attire. We realize there are varying levels of comfort in this regard, and that's OK. Masks will be available at athlete check in and the finish line for those who need them.

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.



Schedule of Events

Friday June 18, 2021

3:30 – 7:00pm: Packet Pick Up @ Race Site

6:30 pm: Olympic & Sprint Triathlons Course Preview

Saturday June 19, 2021 Olympic & Sprint Triathlons 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 (Sprint) (no exceptions)/Pre-race meeting (swim start)

6:50am: Athletes line up for time trial swim start

7am: **Olympic race** starts

7:30am: **Sprint race** starts



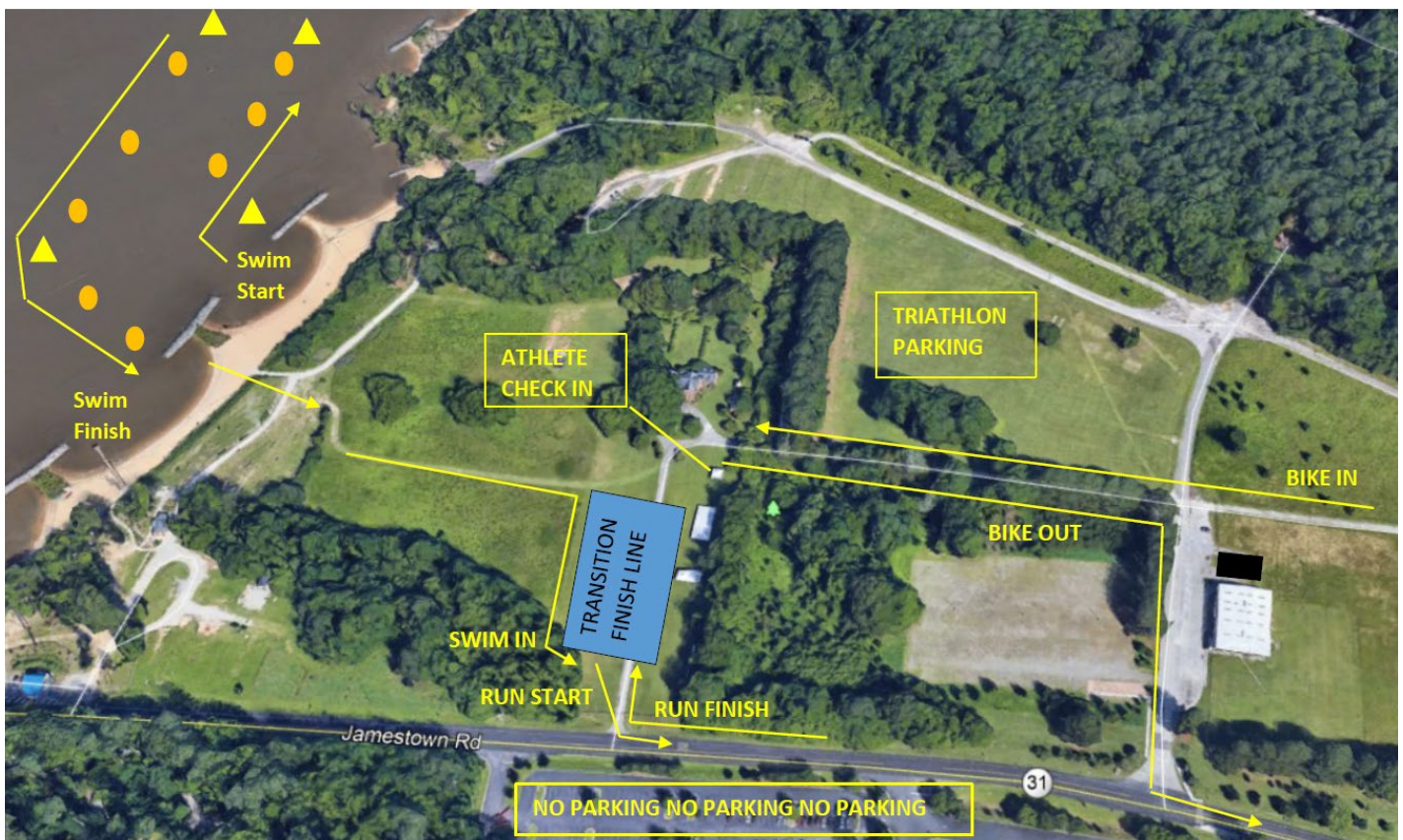
Top 10 Things to Know About Race Day

1. It's going to be hot, be sure to hydrate and take care of yourself. Slowing down is an option!
2. Williamsburg is a great place to visit, be sure to spend some time visiting local attractions!
3. PPU closes 30 minutes prior to the race start!
4. Race #'s will be assigned on a rolling basis, first come, first serve.
5. Timing Chips will be issued when you get your Race #. **DO NOT LOSE YOUR TIMING CHIP!**
6. Body marking will be done adjacent to transition.
7. Bike racking is first come, first serve with 6 to a rack, 3 bikes/side.
8. Rolling Swim Start: There are no assigned swim start times during your race launch window. Generally, faster folks up front, slower folks towards the back.
9. When riding your bike, stay to the right of the lane as best you can, be vocal, on your left!
10. Have a great time and be sure to thank the police, emt's and volunteers out there supporting the race!

Race Site Address

Jamestown Event Beach Park
 2217 Jamestown
 Williamsburg, VA | [Directions](#)

Parking & Race Site Layout



Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located at the white tent as noted on the previous page.

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 5:30am. All bikes must be racked 15-minutes before the start of the first swimmer (**6:45am**). 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. 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 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 1.0-1.5 miles 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 1.0-1.5 miles on the run course and will have Gatorade & water.

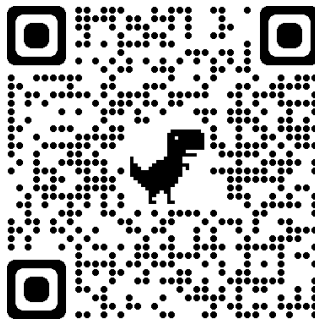
Post-Race Food

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/13356#resultSetId-217667;perpage:10>



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.

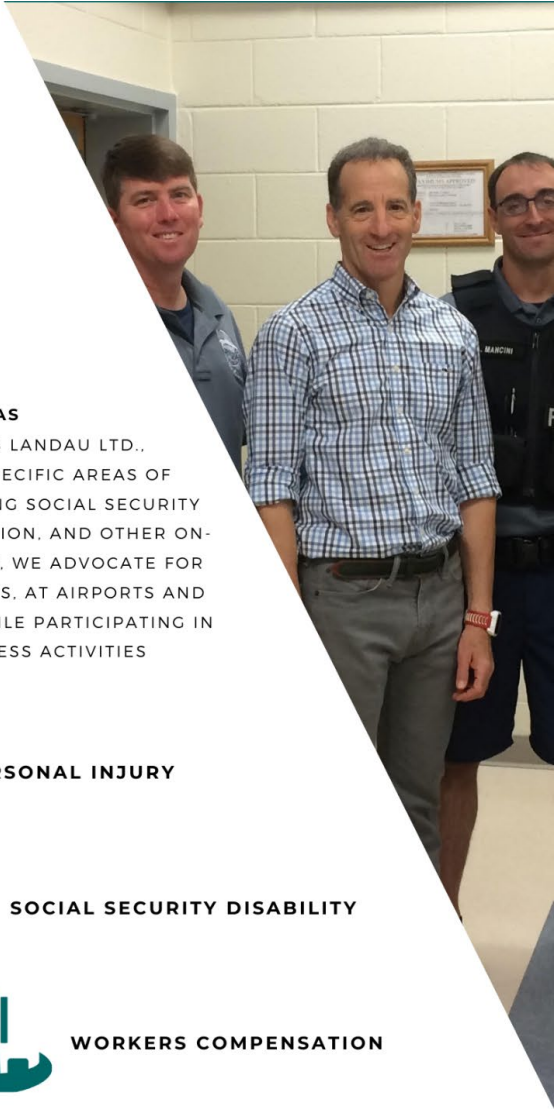




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PREMISES LIABILITY



SPORTS CASES



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 ¼ mile run from the beach to transition.
- The official water temp will be taken race morning and communicated ASAP race morning. A preliminary reading will be taken and communicated via email and our Facebook page Friday morning.
- 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!
- 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. Finishing the bike & run courses is an option if you cannot finish the swim, we just need to know.



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AFTER TUESDAY EXPRESS SHIPPING
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- RENT A SURF WETSUIT
- 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 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/)

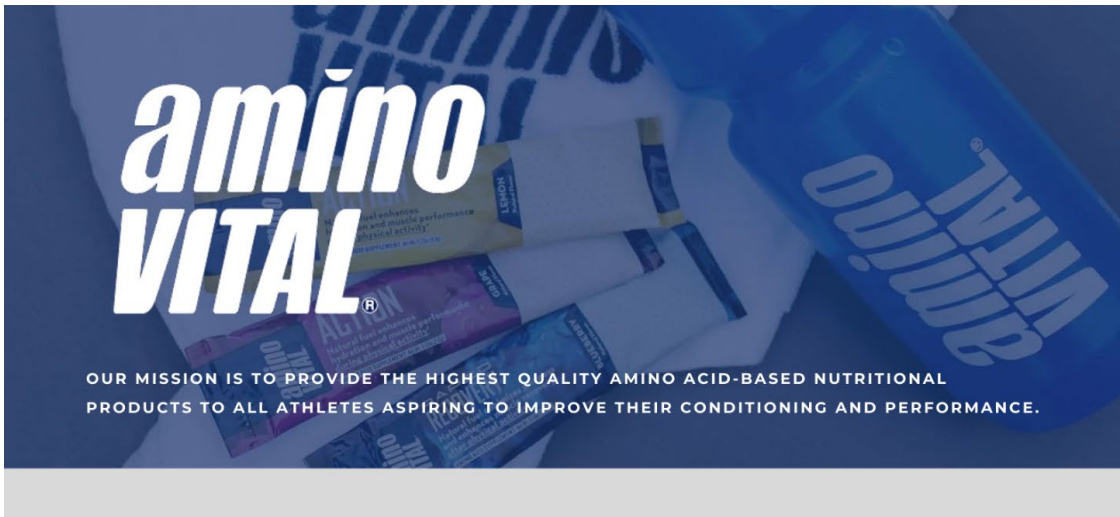
Bike

- The bike course map is posted on the 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
- 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.





THE SCIENCE BEHIND AMINO ACIDS

AMINO ACIDS ARE THE CELLULAR BUILDING BLOCKS OF PROTEIN. AMINO ACIDS ARE EITHER SYNTHESIZED BY YOUR BODY, INGESTED IN FOOD, OR OBTAINED THROUGH SUPPLEMENTATION. THE DISTINCT ADVANTAGE OF AMINO ACIDS OVER PROTEIN IS THE RATE AT WHICH THEY ARE ABSORBED. THE BODY UTILIZES PURE, FREE-FORM AMINO ACIDS QUICKER THAN IT DIGESTS PROTEIN, MAKING THEM IDEAL BEFORE AND IMMEDIATELY AFTER ACTIVITY.



PREVENT FATIGUE

AMINO ACIDS PROVIDE PHYSICAL AND MENTAL FUEL BY REPLENISHING MUSCLE GLUCOSE AND SLOWING THE RELEASE OF SEROTONIN AND TRYPTOPHAN, TWO OF THE ELEMENTS THAT CONTRIBUTE TO EXERCISE-RELATED FATIGUE.*



PROTECT YOUR MUSCLES

DELAYED ONSET MUSCLE SORENESS (DOMS) IS A COMMON MUSCLE STRAIN CAUSED BY INTENSE PHYSICAL ACTIVITY. AMINO ACIDS HELP ALLEVIATE DISCOMFORT WHILE REPAIRING MUSCLE DAMAGE AND INHIBITING MUSCLE BREAKDOWN.*



PUREST FORM OF PROTEIN

AS THE BUILDING BLOCKS OF PROTEIN, AMINO ACIDS OFFER ALL THE BENEFITS OF TRADITIONAL PROTEIN SUPPLEMENTS IN A PURE AND SIMPLE FORM. YOUR BODY DOESN'T HAVE TO BREAK THEM DOWN, SO THEY START WORKING RIGHT AWAY.*

GET A **FREE**
SAMPLE PACK



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MANY PEOPLE LOVE
AMINO-VITAL!

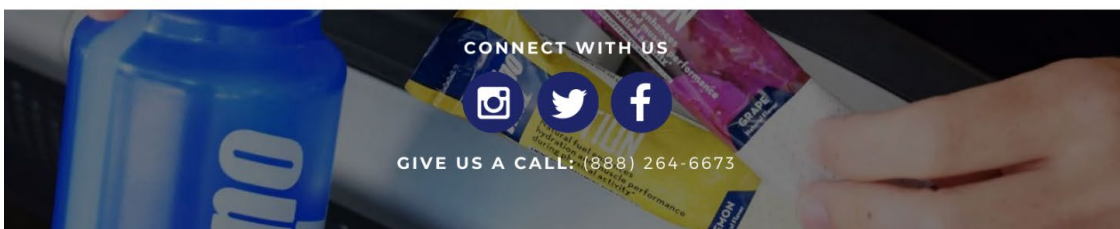
- Reduce Muscle Wasting
- Fight Off Mental & Physical Fatigue
- Improve Your Performance



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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.
- Please be sure to return your timing chip to designated volunteers after crossing the finish line...

CONGRATULATIONS YOU DID IT!





#GOKINETIC

