Welcome to the Rock Hall Triathlon Festival,

We are excited to host you for a weekend of multisport racing in the beautiful town of Rock Hall, MD. With flat courses, beautiful sunsets and tremendous community support this venue is one of our favorites 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 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. As an outdoor sport, triathlon is lower risk for COVID transmission, but it is not zero risk. In accordance with local health guidelines, we no longer have a mask mandate in effect for this race. If you are more comfortable wearing a mask, please do so.. 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 Town of Rock Hall, Kent County and the surrounding community, please be sure to thank them on race day.

We look forward to seeing you on the starting line!

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 Maryland's Health Department masks are no longer required. We realize some folks may be more comfortable wearing a mask when not racing before and after the race. Disposable masks will be available at athlete check-in and at the finish line for anyone that would like one.

Distancing: Keeping your distance on course generally is not 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 while eating your post-race grub. 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

Olympic Distance Triathlon
2 Options for Packet Pick Up
1. Friday June 4, 2021
      5-7pm: Packet Pickup @ Race Site (In the Big White Tent)
      6pm: Pre-Race meeting @ Race Site

2. Saturday June 5, 2021 Olympic Distance Race Day
      Arrival Time: Please arrive at the race site no later than 7am
      6am: Transition area opens
      6-7:30am: Packet pickup, Body Marking/Chip Pick-up
      7:40am: Swimmers walk to swim start (1/4 walk from transition)
      7:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)
      7:50am: Swimmers line up for time-trial swim start
      8am: Race Start

Sprint Distance Triathlon
2 Options for Packet Pick Up
1. Saturday June 5, 2021
      5-7pm: Packet Pickup @ Race Site (In the Big White Tent)
      6pm: Pre-Race meeting @ Race Site

2. Sunday June 6, 2021 Sprint Distance Race Day
      Arrival Time: Please arrive at the race site no later than 8am
      7am: Transition area opens
      7-8:30am: Packet pickup, Body Marking/Chip Pick-up
      8:40am: Swimmers walk to swim start (1/4 mile walk from transition)
      8:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)
      8:50am: Swimmers line up for time trial swim start
      9am: Race Start

Top 10 Things to Know About Race Day

1. Rock Hall is a great place to race, the town is excited to be hosting 1000 athletes!
2. Be ready to swim 15 minutes before the start of your race.
3. Athlete check in closes 30 minutes before 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 take place inside the transition area.
7. Bike racking is first come, first serve with 6 to a rack.
8. Rolling Swim Start: There are no assigned swim start times during your race launch window.
9. This is a fantastic swim course with a massive sandbar just to your left throughout.
10. Please be sure to spend some money locally before your leave, it is a small town and it pays for little league lessons and a mortgage.

Race Site Address

Rock Hall Landing Marina
21096 W. Sharp St.
Rock Hall, MD | Directions

Parking

Parking is available on Chesapeake Ave across the street from the Transition Area. Please follow the parking signs and our wonderful volunteers. DO NOT park in the Marina parking lot; those spots are for the Marina customers only, even for Packet Pickup. DO NOT park on the main road leading into the race site either 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. Please follow the directions of our parking volunteers and our Staff.

Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located under the white tent at the race site.

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:
S**wim:** 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 2 hours before race start with all bikes racked and transitions set 20 minutes before the start of the race.

Bike rack space is first come, first serve. Each 10' rack holds 6 bikes with 3 bikes/side. 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 $10.

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 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
After racking your bike, be sure to get body marked inside the Transition Area. Triathletes must be marked at least 30 minutes before the race and must bring their bib number for verification. To make sure no one is marked incorrectly (it's early), 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 water.

Post-Race Food

All racers will receive a post-race meal as well as have access to a variety of snacks and a drink. Please remember that the post-race food & drinks are for the athletes only. There are plenty of options within walking distance for post-race food and drink, please support them before heading out of town.

Race Results & Awards

Tentative results will be online at the following link:
https://runsignup.com/Race/Results/13266#resultSetId-217460;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.

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.
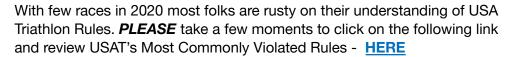
Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

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.**

With few races in 2020 most folks are rusty on their understanding of USA Triathlon Rules. *PLEASE* take a few moments to click on the following link and review USAT's 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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Course Maps: Olympic Course Map & Sprint Course Map

Swim

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

- 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…

- There is a 10-minute walk to swim start. You may wear shoes to swim start and we will transport them back to the finish line for you to pick up after the race.

- Masks are not mandatory prior to swim start. We will have disposable masks at athlete check in for those who are more comfortable wearing one prior to the swim start.

- The swim is an in-water, time trial start, 2 at a time every 5-10 seconds. So, pick a buddy and race hard!

- There is a large sandbar in the middle of the swim course, feel free to swim a bit left and stand up/rest as needed.

- 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.

KINETIC MULTISPORTS SHOP

Race Belt

Clothing

Hats and Visor

SHOP NOW

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

Taught onsite in Rock Hall, 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 2:00-3:30 PM, Lecture/Clinic: Preparing for the Swim Leg of a Triathlon

- Saturday 2:00-3:30 PM, Lecture/Clinic: Preparing for the Swim Leg of a Triathlon

Cost is $50, click HERE to register. For questions, please email CoachEd@TriTeamZ.com directly.

There is no actual swimming in this clinic as swimming is NOT allowed in the harbor outside of the actual race.
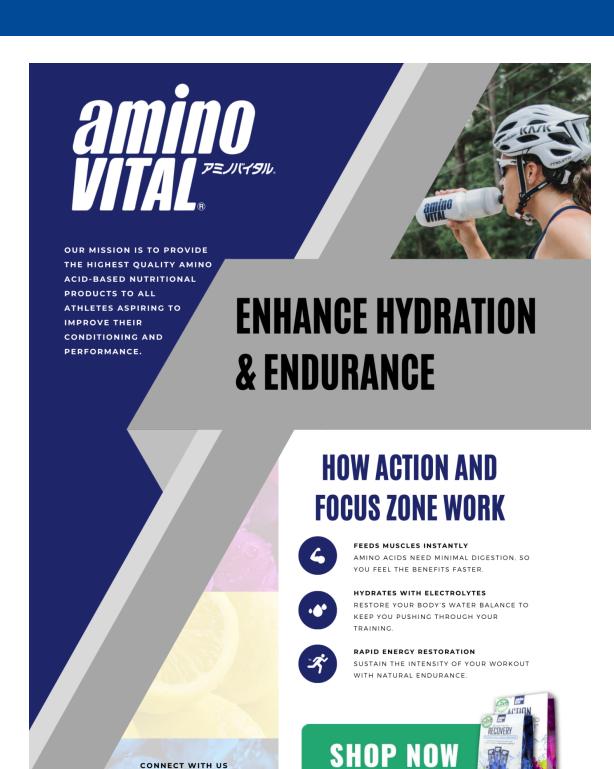
Bike

- 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.
- 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 Olympic course is 2 loops and the sprint course is 1 loop. Olympic athletes start their 2nd lap by the Mariners Motel, if you turnaround in the finish line chute you have gone too far.

- 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!