

#### Dear Athletes,

It is with great pleasure that we welcome you to the Colonial Beach Triathlon. Located on the Potomac River in beautiful Colonial Beach, this race is one of the longest running triathlons on the East Coast. This race would not be possible without the support of the local community, please take a moment out of your day to thank the Volunteers and Police Officers taking time out of their weekend to support this event and our sport.

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!

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 CDCDept of Health guidelines, masks are no longer required onsite. 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/want them.

**Hygiene:** There will be hand sanitizer and hand wash stations throughout the race site, please use them.

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.





## Sprint Distance Triathlon

#### 2 Options for Packet Pick Up

- Friday July 16, 2021
   5-7pm: Packet Pickup @ Race Site
   6pm: Pre-Race meeting @ Race Site
- Saturday July 17, 2021
   \*\*\*Arrival Time: Please arrive at the race site no later than 5:45am\*\*\*
   5:30am: Transition area opens.
   5:30am 6:20am: Packet Pickup @ Race Site
   6:35am: Transition Area closes (No exceptions)/Pre-race brief in transition
   6:40am: Athletes line up for Time Trial Start
   6:50am: Sprint Distance race starts

#### **Olympic Distance Triathlon**

- 2 Options for Packet Pick Up
- Saturday July 17, 2021
   5-7pm: Packet Pickup @ Race Site
   6pm: Pre-Race meeting @ Race Site
- 2. Sunday July 18, 2021 Race Day
  \*\*\*Arrival Time: Please arrive at the race site no later than 5:45am\*\*\*
  5:30am: Transition area opens.
  5:30am 6:20am: Packet Pickup @ Race Site
  6:35am: Transition Area closes (No exceptions)/Pre-race brief in transition
  6:40am: Athletes line up for Time Trial Start
  6:50am: Olympic Distance race starts

## **Race Site Address**

30 Colonial Ave Colonial Beach, VA | Directions





## Top 10 Things to Know About Race Day

- 1. Race day is going to be warm, be sure to hydate.
- 2. Athletes, please arrive no later than 5:45am on race day.
- 3. Race #'s will be assigned on a rolling basis, frst come, first serve.
- 4. Timing Chips will be issued when you get your Race #. DO NOT LOSE YOUR TIMING CHIP
- 5. Body marking will be located in transition, please have your bib # with you
- 6. Bike racking is first come, first serve with 6 bikes per 10' rack, 3bikes per side.
- 7. The swim is a time trial start format . Generally, faster athletes up front, slower athletes towards the back.
- 8. Bike Course The Olympic bike course has several SHARP turns, rideight, pass left.
- 9. Novices If you haven't read USATs Most Commonly Violated Rules, please do so.
- 10. Stay safe, have fun,#GoKinetic!

## Parking & Race Site Layout

Free parking will be available at the American Legion Parking Lot and within the immediate vicinity of the race site. Look for signs and volunteers upon arrival to assist you to get the best spot.





## Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located in the park pavilion as noted in the map 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 OWNrace 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 cutoffs will be: **Swim:** 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

## **Transition Area**

All bikes must be racked 15-minutes before the start of the first swimmer . Bike racking is first come, first serve with each 10' rack holding 6 bikes (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 \$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 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, proceed to the body marking area located near the Packet Pick Up & Transition Area. (marked by a teadrop 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 have access to our post-race food area with a variety of snacks and drinks available. We are trying to eliminate as many plastic bottles as possible, so please take only what you need and utilize our system of 5-gallon jugs for refills. Spectators should plan on being self sufficient with water and snacks while at the race site as food & drinks are provided for athletes only.

## **Race Results & Awards**

Tentative results will be online at the following link: <u>https://runsignup.com/Race/Results/13371#resultSetId-218159;perpage:10</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.



## **USAT Penalties**

USAT penalties will also be posted inside the results tent by USAT officials as soonas 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 rational governing body for the sport of triathlon. Being an annual member or a oneday member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon <u>HERE</u>

USAT Competitive Rules will be enforced by USAT Race Officials. If this is your first race, we highly recommend taking a few moments to read through the Most Commonly Violated Rules list - <u>HERE</u>, pay special attention to the bike course rules.



SANCTIONED EVENT

#### USA Triathlon Competitive Rules (Complet e 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.





#### 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.





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## Swim

- The swim course map is posted on the Kinetic Multisports website.
- Swim is a time trial start with athletes entering the water one at a time after crossing a set of timing matts before entering the water. Be sure to call out your racenumber one digit at a time prior to getting in the water.
- Be in line at swim start 15 minutes before the start of your race.
- Faster athletes start towards the front, slower athletes towards the back.
- The official water temp will be taken race morning and communicated an hour before race start. A preliminary reading will be taken Friday morning and communicated via email and Facebook
- Water safety 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 help.
- Water safety does not make up for a lack of training in open water swimming. If you cannot finish the swim, you may continue the bike and run after notif ying our swim staff.
- If for whatever reason you do not finish the swim, please notify our staff at the swim exit and return your timing chip.





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#### 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.







## 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 you take your bike off the bike rack. 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.





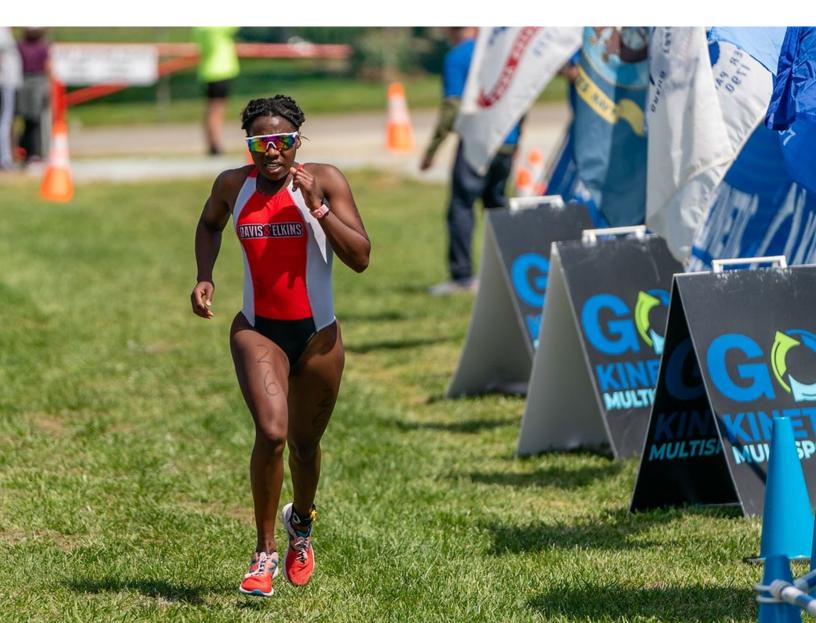
## Run

- 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 radiotype 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!







# **#G** KINETIC

