

Dear Athlete,

It is with great pleasure that we welcome you to the Culpeper Triathlon. Located just west of Culpeper, VA at the base of the Blue Ridge Mountains, this is a beautiful part of the country to race in and a fun area to explore before and after the race. Be sure to check out the post-race party at [Mountain Run Winery](#)!

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. As you race this weekend, be sure to thank the Police and volunteers for supporting the sport we love and hosting us in their community. We truly cannot do what we do without their support!

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 CDC guidelines, masks are no longer required at our events. 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 [FAQ's](#). Many of your questions are answered there and if they aren't, they should be.



Schedule of Events

Friday July 30, 2021

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site

Saturday July 31, 2021 Race Day

****Arrival Time:** Please arrive at the race site no later than 6:30am**

6am: Transition area opens

6am-7am: Packet pickup, Body Marking/Chip Pick-up

7:15am: Transition area closes (no exceptions) /Pre-race meeting (swim start)

7:25am: Olympic distance athletes line up for time trial swim start.

7:30am: Olympic Race Start

7:55am: Sprint distance athletes line up for time trial swim start.

8:00am: Sprint Race Start

Race Site Address

Mountain Run Lake Park

16100 JB Carpenter Jr. Dr

Culpeper, VA | [Directions](#)



Parking & Race Site Layout



Ample parking is available at the race site. All athletes need to be at race site by 6:30am and all cars parked by 7:00am. Look for signs and volunteers upon arrival at the race site for additional directions. Once the race begins, you will not be able to exit the park until the last biker has finished.

Top 10 Things to Know About Race Day

1. Race day is going to be warm, be sure to hydrate.
2. Athletes, please arrive no later than 6:30am on race day, spectators no later than 7:00am.
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 #. **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, 3 bikes per side.
7. The swim is a time trial start format. Generally, faster athletes up front, slower athletes towards the back.
8. An Olympic and Sprint course are being run concurrently, know your course.
9. Novices – If you haven't read USAT's Most Commonly Violated Rules, please do so.
10. Stay safe, have fun, #GoKinetic!



Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located in the pavilion by the lake as noted in the 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.

Olympic:

Athletes have 4 hours to complete the entire event. Cumulative cut-offs will be:

Swim: 1 hour | **Bike:** 3 hours | **Run/Finish:** 3.5 hrs to start 2nd lap of run, 4 hrs total

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

All bikes must be racked 15-minutes before the start of the first swimmer. Bike racking is first come, first serve with each 10' bike 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 at Athlete Check In (\$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 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.

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.

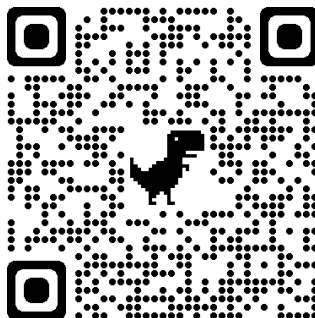
Post-Race Food

All racers will receive a post-race goodie food along with a variety of snacks and a drink. Please remember that the post-race food & drinks are for the athletes only. We are trying to reduce the # of plastic bottles in use at races, please help us to conserve natural resources by refilling water and Gatorade from our onsite filling stations.

Race Results

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13379#resultSetId-218168;perpage:100>



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.

Awards

We plan on having an awards ceremony at the race site. The Sprint ceremony will take place around 10:30/10:45 and the Olympic ceremony around 11:00/11:15AM

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.



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 PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS 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



PERSONAL INJURY



WORKERS COMPENSATION



PREMISES LIABILITY



SOCIAL SECURITY DISABILITY



AIRPORT INJURY



SPORTS CASES



KINETIC SHOP

Race Belt



Hats and Visor



Clothing



SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is a time trial boat ramp start/finish.
- The official water temp will be taken race morning and communicated an hour before start. We do not anticipate a wetsuit legal event
- Be at the start and ready to swim 15 minutes before your race.
- Faster athletes start towards the front, slower athletes towards the back.
- **Make sure to call out your BIB number to the timer at the start of the swim.**
- 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 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 notifying 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.



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
 NO HIDDEN CHARGES



- RENT A DIVE WETSUIT
- 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 HUMBLER 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.
- ***Bike Course Mile 6.95 – Sprint Goes Straight – Olympic Turns Left***
- 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 and has been updated since the last running of this event.
- ***The Olympic is 2 loops, the Sprint is one loop (see map)***
- The Far Turnaround on the Olympic is past the Sprint Turnaround (see map)
- Olympic athletes Start their 2nd Run Lap outside the park (see map)
- The run course is a well paved out and back course with 25% shade.
- Aid stations will be located approximately every mile on the run with water and Gatorade.

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!
#GoKinetic





#GOKINETIC

