

Dear Athletes,

It is with great pleasure that we welcome you to the Diamond in the Rough Triathlon Festival, presented by Kinetic Multisports. Located at the top of the Chesapeake Bay in Perryville, MD this race showcases a beautiful part of our country. 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!

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 and MD Dept 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 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.



Race Schedule

Friday July 9, 2021

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site

Saturday July 10, 2021: Race Day

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

5:30am: Transition area opens

5:30-7am: Packet pickup, Body Marking/Chip Pick-up

7:10am: Pre-race meeting in transition

7:20am: Transition area closes, Olympic distance athletes line up for Time Trial swim start

7:30-7:45am: Olympic Race Time Trial Swim Start

8:00-8:15am: Sprint Race Time Trial Swim Start

Race Site Address

Perryville Community Park

100 Marion Tapp Parkway

Perryville, MD | [Directions](#)



Top 10 Things to Know About Race Day

1. The main road leading in/out of the park is CLOSED starting at 7:30am until the last cyclist comes in. So, if you park "inside" the race site, you are stuck until the last cyclist comes in.
2. Athletes, please share #1 with spectators so they know to arrive prior to 7:30am
3. The run course is on the grounds of an active VA Hospital, please be respectful.
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 located in transition.
7. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
8. Time Trial Swim Start – The swim is a time trial start format, you must start within your race launch window. Generally, faster athletes up front, slower athletes towards the back.
9. Bike Course – The Olympic bike course has several SHARP turns, ride right, pass left.
10. As always, have a great time racing and be sure to thank the folks supporting the event!

Parking & Race Site Layout



Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is staged out of a pavilion inside Perryville Community Park.

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 (**7:15am**). Bike racking is first come, first serve.

Each 10' rack holds 6 bikes (3 bikes/side), 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

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.

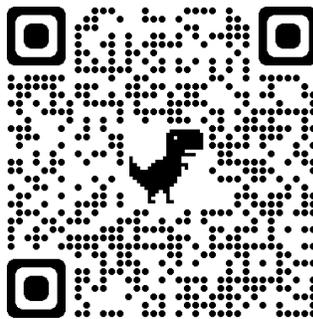
Post-Race Food

All racers will have access to our post-race food area with a variety of snacks and drinks. 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:

<https://runsignup.com/Race/Results/53243#resultSetId-217741;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](#).

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.

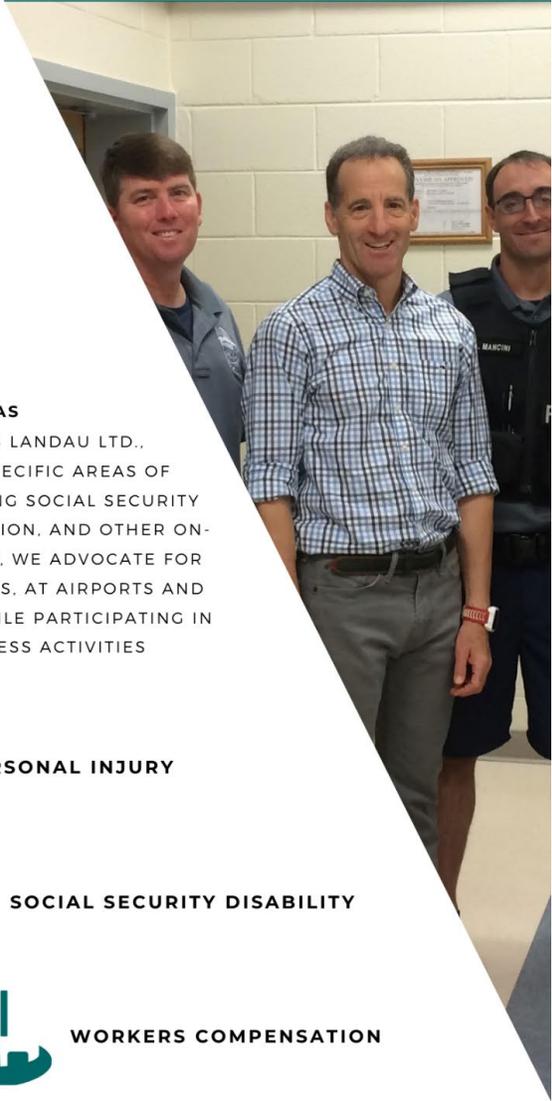




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PERSONAL INJURY



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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.
- Swim is a time trial start with athletes entering the water one at a time after crossing a set of timing mats before taking a ladder down to start the swim. Be sure to call out your race # prior to getting in the water, **NO DIVING OR JUMPING IN.**
- Be in line at swim start 15 minutes before the start of your race.
Olympic Distance Race Start – 0730 – 0745
Sprint Distance Swim Start – 0800 – 0815
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 taken and communicated via email and our Facebook page Friday morning.
- 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 assistance. You may hang onto a kayak to catch your breath; kayakers may not pull you through the course.
- **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.



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AFTER TUESDAY EXPRESS SHIPPING
AVAILABLE

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THE OFFICIAL RENTAL
COMPANY

**THE ORIGINAL &
MOST TRUSTED**
WETSUIT RENTAL STORE

LONGEST RENTAL
NO HIDDEN CHARGES



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- 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 HUMBLED 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, holding orange flags.
- It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.
- There are several SHARP, downhill turns on the Olympic Course. Ride under control.

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



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!





#GO  KINETIC

