

**MARSHMAN**
SPRINT TRIATHLON

Dear Athlete,

Welcome to the MarshMan Triathlon! We are thrilled to have you racing with us this weekend and can't wait to see you on the starting line. 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 appreciate you racing with us and hope you achieve your athletic goals.

Our team at Kinetic Multisports is committed to providing a safe, boutique triathlon experience that brings our community together and leaves our athletes with good memories and sore muscles! We ask that as you get ready for race day take a moment to 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!

The Marsh Creek State Park staff and surrounding community have been fantastic to work with over the years and we absolutely cannot do these races without their support. So, as you race this weekend, be sure to thank the Police, EMS and volunteers for hosting us and supporting the sport we love.

Thank you for racing and being a part of the Kinetic Multisports family,

#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

Saturday September 25, 2021

5-7pm: Packet Pickup @ Race Site (*park in designated lot only*)

6pm: Pre-Race meeting @ Race Site

Sunday September 26, 2021 Race Day

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

6am: Transition area opens

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

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

7:25am: Wave 1 assembles in the swim starting area to prepare the start!

7:30am: Race Start

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3 Convenient Locations

- 56 Penn Oaks Dr. West Chester, PA 19380
- 223 Windgate Dr. Chester Springs, PA 19380
- 202 Phillips Rd. Exton, PA 19341

Top 10 Things to Know About Race Day

1. Race morning is going to be cool, bring layers.
2. Athletes, please arrive no later than 6:30am on race day.
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 adjacent to 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 towards the front.
8. There is a sharp, downhill turn about 2.5 miles into the bike, slow down.
9. Bagels, snacks and are drinks provided free of charge to athletes.
10. Stay safe, have fun, #GoKinetic!



Parking & Race Site Layout



Please follow the parking signs and the directions of our wonderful volunteers, there is plentiful parking just around the corner from the race site by the pool. Please, **DO NOT** park on the main road or in front of Marsh Creek Watersports so emergency routes, businesses and courses remain clear. Aim to arrive NLT 0630 race day.

Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located at the race site in front of the park office. As you arrive, be sure to park in the designated area each day, thank you.

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.

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

Transition opens at 6:00am and all bikes must be racked 15 minutes before the start of the race. Rack space is available on a first come, first serve basis. Each 10' section of rack will hold 3 bikes per side for a total of 6 bikes. Be a good neighbor in transition and be mindful of those who are 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.

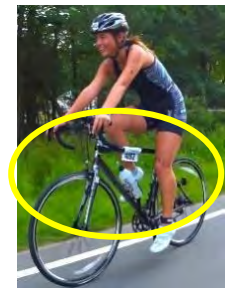


Race Numbers

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

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 have access to our post race hospitality tent with a variety of bagels, snacks and drinks. Please note, post-race food & drinks are for athletes and volunteers only.

Race Results & Awards

We plan on having an in-person awards ceremony around 10AM. Awards go 3 deep overall and in all categories, so we hope you stick around to cheer on your fellow athletes.

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/53251#resultSetId-218204;perpage:10>



Note: Take a picture of the above QR code 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.

Depending on bandwidth, results can take up to 15 minutes to populate on your smartphone. Be patient, #gokinetic!

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.
- The official water temp will be taken race morning and communicated by 6:30am. 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...
- The swim is a time trial start, 1 at a time every 2-3 seconds. Be sure to call out your race # as you cross the starting timing matt.
- 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.
- **Water safety does not make up for a lack of training in open water swimming. You cannot touch the bottom and there are no lane lines, know your abilities.**
- 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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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.
- There is a sharp, downhill turn about 2.5 miles into the course, slow down.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- There will be police presence on the course for your safety. However, 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

- The course is still open to traffic, ride to the right to allow faster athletes and traffic to pass.
- Crossing the yellow centerline is an automatic DQ.
- 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 fastened before removing your bike from the rack. Failure to fasten your helmet is in an automatic DQ.
- 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.



Run

- The run course map is posted on the Kinetic Multisports website.
- The run is a cross country style 5k loop. You'll start by running past Marsh Creek Kayak Rentals and take the shoreline trail to the upper pool parking lot. You'll make a circuit of the parking lot then loop back to transition the same way you came and do an additional 1 mile XC loop before circling back to the waterfront finish line.
- 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

