

Welcome to the Pleasants Landing Triathlon Festival,

We are excited to host you for a fun day of multisport adventure. With a beautiful swim, rolling courses and great views, Pleasants Landing never disappoints!

As we approach race day, know that the Kinetic Multisports team is committed to providing a safe, fun triathlon experience that brings communities together and leaves our athletes with good memories and sore muscles! 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!

Pleasants Landing, Louisa County and entire Lake Anna Community have been fantastic to work with over the years and we absolutely cannot do these races without them. So, as you race this weekend, be sure to thank the Police, EMT's and volunteers for supporting the sport we love.

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.

Thank you for racing, we look forward to seeing you on the starting line!

Kinetic Multisports,
#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 October 8, 2021

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site

Saturday October 9, 2021 Race Day

****Arrival Time:** Please arrive at the race site no later than 8am**

7:30am: Transition area opens

7:30-8:30am: Packet pickup, Body Marking/Chip Pick-up

8:45am: Transition area closes (no exceptions)/Pre-race meeting (swim start)

9am: Race Start Olympic Distance – Time Trial Start

9:30am: Race Start Sprint Distance – Time Trial Start



Top 10 Things to Know About Race Day

1. Pleasants Landing is a great place to race, but it is out there. Give yourself extra travel time!
2. The Olympic and Sprint are both on Saturday, know your course and lap count.
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. This is a fantastic swim course and very spectator friendly!
9. Post-race food and drinks are provided free of charge to athletes only.
10. Stay safe, have fun, #GoKinetic!



Parking



Parking is in limited supply at this venue, we ask that you carpool as much as possible, and any spectators travel in the same car as the athlete racing. Parking on road shoulders will get you towed (sorry). If you need to leave prior to the race ending, park on the gravel road. DO NOT park on the main road leading into the marina 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.

Race Site Address – 349 Pleasants Landing Road – Bumpass, VA

Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located at the water side of the main marina building.

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 6:30am Saturday and 7:30am Sunday. 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.

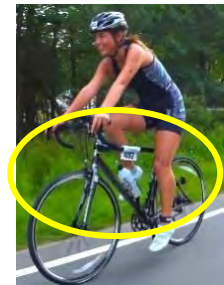


Race Numbers

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

Body marking is located adjacent to the transition area. Volunteers will write your race # on top of your hand, both shoulders and the front of both legs. Your age or race category will go on your right calf. Be sure to show your race # or chip to the volunteer to make sure you get the correct #!

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 bag to include Papa Johns pizza, snacks and a drink. Please remember that the post-race food & drinks are for the athletes only. Food and drink will be available for purchase at the Papa Johns food tent.



Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/56021#resultSetId-218310;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 at the awards podium 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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FOLLOW US:





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 rectangular course with 3 right hand turns, time trial start. Boat ramp in, stairs out.
- The official water temp will be taken race morning and communicated by 7:45am. A preliminary reading taken and communicated via email and our Facebook page Friday morning.
- The swim is a time trial start, 1 at a time every 5-10 seconds. So, pick a buddy and race hard!
- **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 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.



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- 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 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.
- 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.
- Olympic Distance Athletes: Do 2 loops of the course by going straight past marina to start 2nd lap, finish 2nd lap turn left into marina.
- Sprint Distance Athletes: One loop only.

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 Olympic course is 2 loops and the sprint course is 1 loop. The turnaround to start the 2nd lap for the Olympic is on the gravel road outside the marina, be sure to double check the maps and do the correct course!
- 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

