

Welcome to the Kinetic Triathlon Festival,

We are excited to host you for a fun weekend of multisport adventure at beautiful Lake Anna State Park. With a clean water, rolling courses and outstanding racing, this weekend never disappoints!

As you get ready for race day, please 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! We know you have worked hard to stay healthy and physically fit in the months leading up to this event and want you to have a great race. We appreciate you racing with us and hope you achieve your athletic goals.

Lastly, as you race this weekend be sure to thank the Police, EMT's and volunteers that gave up their weekend to support this event. This is a team effort, and we are grateful for their support!

We look forward to seeing you on the starting line!

Kinetic Multisports,
#GoKinetic



Schedule of Events

Kinetic Half (Long Course) & Olympic Only

Friday

5-7pm: Packet Pick Up / Chip Pick Up @ Race Site

6pm: Pre-Race meeting @ Race Site

Saturday Long Course & Olympic Race Day

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

**** 5:30am:** Transition area open for racking

5:30-6:30am: Packet Pick Up / Body Marking / Chip Pick Up

6:45am: Transition area closes (no exceptions) / Pre-race meeting (swim start)

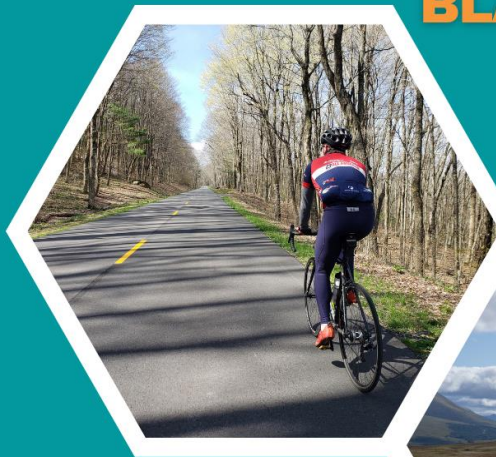
7:00am: Race Start – Long Course – Time Trial Start

7:30am: Race Start – Olympic Course - Time Trial Start

11:30am: Awards Ceremony – Olympic

1:45pm: Awards Ceremony – Long Course

BLAZE ADVENTURE TOURS



Cycling Tours



Camping



Adventure



Mountain Views



Epic Routes

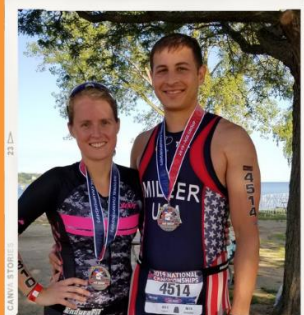


Fully Supported



*Meredith and Dave got their starts (and met!) at kinetic races. They love bicycle touring and know you will too. Because they love triathlon and Kinetic Multiports so much, they are offering 10% off your next trip! Use code Kinetic10 at checkout.

WWW.BLAZEADVENTURETOURS.COM
blazeadventuretours@gmail.com



Schedule of Events

Kinetic Sprint

Saturday

5-7pm: Packet Pick Up / Chip Pick Up @ Race Site

6pm: Pre-Race meeting @ Race Site

Sunday Race Day

****Arrival Time:** Please arrive at the race site no later than 7am

**** 6:30am:** Transition area opens

6:30-7:30am: Packet Pick Up / Chip Pick Up / Body Marking

7:45am: Transition area closes (no exceptions) / Pre-race meeting (swim start)

8:00am: Race Start – Sprint Course – Time Trial Start

10:45am: Awards Ceremony – Sprint

Parking & Race Site Layout



Please carpool as much as possible with fellow athletes and spectators. It's good for the planet and fewer cars inside the park means fewer cars going in/out during the race. **DO NOT** park on the main road leading into the park as this portion of the roadway is used for the bike and run courses, as well as a means of getting emergency vehicles in and out of the race venue. Follow the directions of our wonderful volunteers in the morning and you'll have no issues parking.



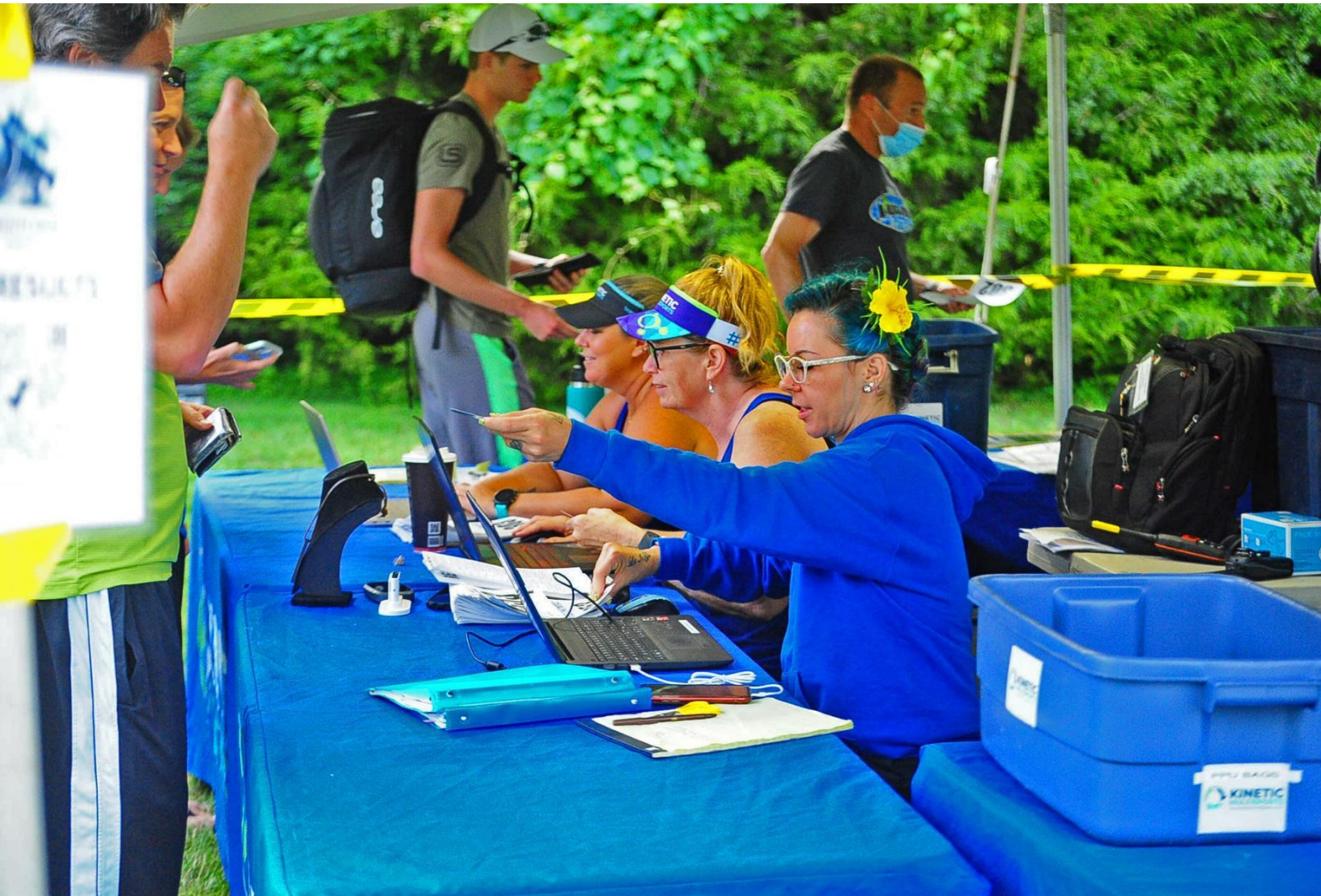
Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- 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 as well!**
- **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.



Top 10 Things to Know About Race Day

1. Lake Anna State Park is a great place to race, but it is out there. Give yourself extra travel time!
2. The Long Course & Olympic 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 #. These are expensive and time consuming to replace, please 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!

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.

Half (Long Course) Triathlon/Aquabike:

Athletes have 8 hours to complete the entire event. Cumulative cut-offs will be:

Swim: 1.5 hour | **Bike:** 5 hours | **Run/Finish:** 8 hours

Olympic Triathlon/Aquabike:

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 Triathlon/Aquabike:

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

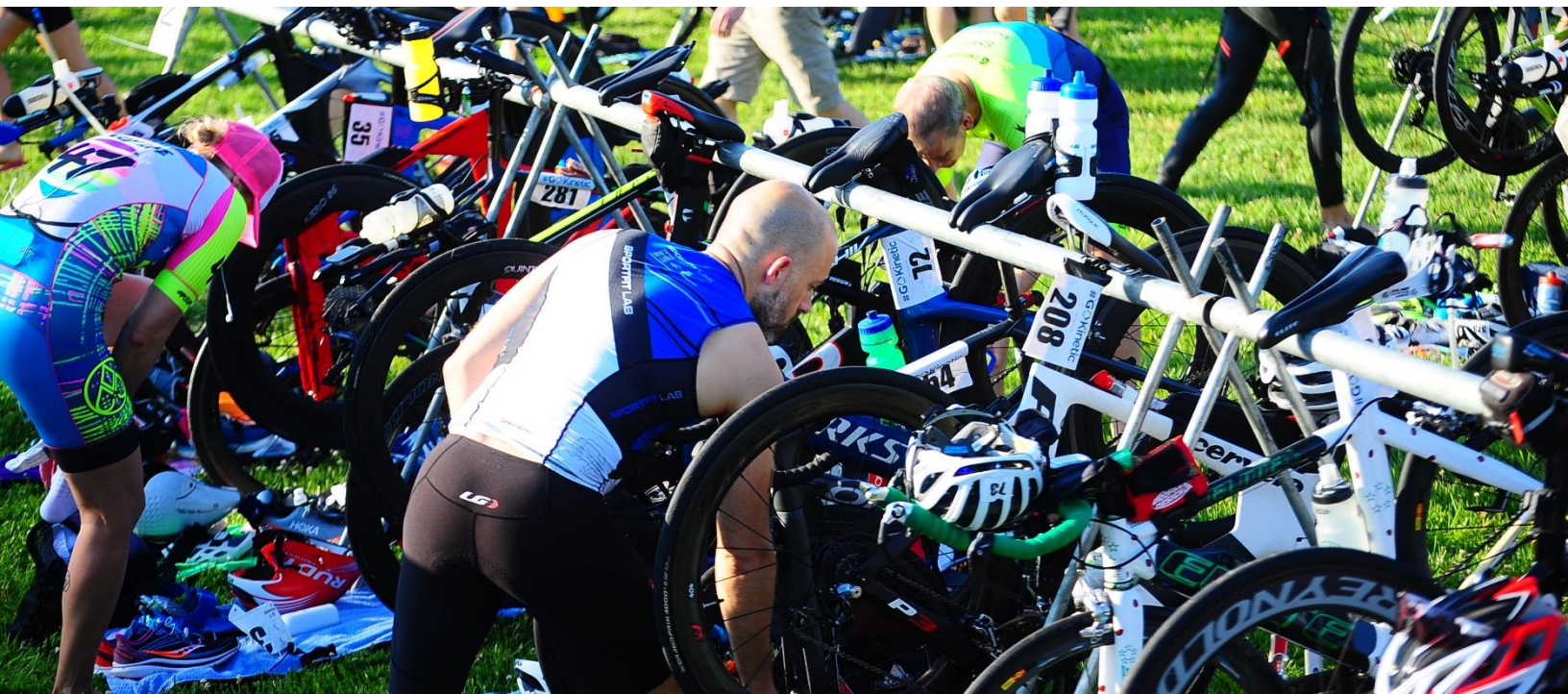
Triathletes may enter the transition area during packet pick up times. All bikes must be racked and transition preparation done 15-minutes before the start of the first swimmer.

Bike racking is first come, first serve with each 10' section of bike rack holding 6 bikes (3 per side). 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.

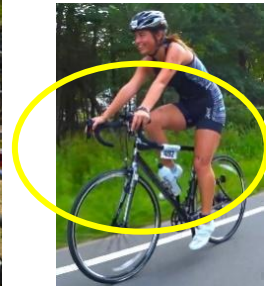


Race Numbers

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 \$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 \$50 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 wires when you race!
1. If you drop out of the race, bring your timing chip to the finish line and inform our volunteers of your decision.



Body Marking

Be sure to get body marked race morning. We recommend racking your bike first, then circling back with your bib # to the body marking area just outside of transition. You'll get #'s on both shoulders, both quads and left hand along with your USAT Age or Category on your calf. **(Bring your BIB # to get body marked!)**

Aid Stations

Half (Long Course) Triathlon/Aquabike:

- **Bike:** There are 2 Water/Gatorade stops on the bike course, each of these are hit twice so athletes have 4 opportunities to replenish with sport top Gatorade/Water. There are porta jons and trash cans at each location to use as needed. Please discard all empty bottles 50 meters before/after each bike aid station.
- **Run:** There are 4 Water/Gatorade stops on each loop of the run course. Each of these will have a variety of snacks and fluids available to include: Water, Gatorade, Coke, ice, pretzels and bananas. Please help us keep the park clean and use the trash cans provided at each aid station to dispose of empty cups, banana peels, etc.

Olympic Triathlon/Aquabike:

- **Bike:** No aid stations on the Olympic Bike Course.
- **Run:** Aid stations approximately every 1 – 1.5 miles on the run course with Water & Gatorade.

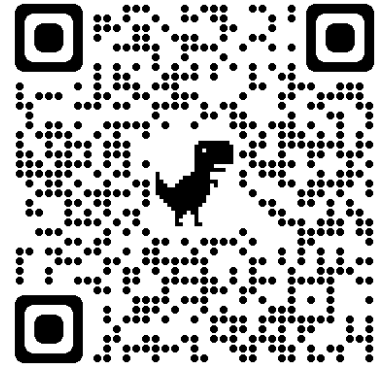
Sprint Triathlon/Aquabike:

- **Bike:** No aid stations on the Sprint Bike Course.
- **Run:** Aid stations approximately every 1 – 1.5 miles on the run course with Water & Gatorade.

Race Results & Awards

Tentative results will be online at the following link:
<https://runsignup.com/Race/Results/13257#resultSetId-188430;perpage:10>

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.



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 and plan accordingly. Food and drink will be available for purchase at the Papa Johns food tent.

PAPA JOHNS®
LOCALLY OWNED & OPERATED

Individual Pizza (Cheese or Pepperoni)	\$8.00
Chicken Poppers (10Pc)	\$8.00
Can Soda/Water	\$1/\$2
Gatorade	\$3.00
Chips/Candy	\$2/\$3



USAT Penalties

USAT penalties will also be posted by USAT officials inside the gym as soon as they are available race day. After race day penalties can be found under category results on our website, [HERE](#). 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 this year.



Wetsuit Rules

Kinetic Multisports abides by USAT cutoffs concerning water temperature and wetsuit eligibility:

- 78° F or below: Wetsuits ARE Allowed
- 78.1° F to 83.9° F: Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in this temperature range will mean that the athletes are ineligible for awards. Results for athletes that wear wetsuits in this temperature range will be listed separately from standard Overall Results.
- **84° F and above: wetsuits are NOT permitted—this is for your own safety.**

Water Temperature

The typical water temperature for the swim is usually in the mid 60s at this time of year and was 70.2F on Sunday May 1, 2022. The preliminary water temperature will be posted on the Kinetic Multisports Facebook/Instagram page 24-48 hours before race start. The “Official” water temperature reading to determine wetsuit eligibility will be taken by the USAT official race morning and announced 60—90 minutes prior to race start.





ABRAMS LANDAU, Ltd.
INJURY LAW FIRM

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



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.

PHONE: (703) 796-9555
EMAIL: FRONTDESK@LANDAULAWSHOP.COM
ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

FOLLOW US:     



PERSONAL INJURY



SOCIAL SECURITY DISABILITY



WORKERS COMPENSATION



AIRPORT INJURY



PREMISES LIABILITY



SPORTS CASES

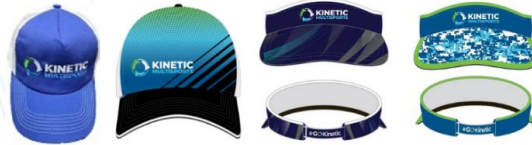


KINETIC MULTISPORTS SHOP

Race Belt



Hats and Visor



Clothing



SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is beach start and beach finish with a short run to leave the beach.
- There will NOT be wetsuit strippers.
- The official water temp will be taken race morning and communicated one hour prior to race start. A preliminary reading will be 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, 2 at a time every 3-5 seconds. So, pick a buddy and race hard!
- Lifeguards and rescue craft 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 you do not finish the swim, please notify our staff at the swim exit.



Bike

- The bike course map is posted on the Kinetic Multisports website.
- **Mile 8.9 Long Course & Olympic Distance Diverge**
 - **Olympic - Left (Tatum Rd)**
 - **Long Course – Straight (Lawyers Rd)**
 - **Know the course.**
- **Mile 28/49 Long Course**
 - **Start 2nd Lap – Straight (Post Oak)**
 - **Finish 2nd Lap – Left (Stubbs Bridge)**
 - **Know the course.**
- Long Course Aid Stations – There are 2 aid station locations on each lap of the bike with water, Gatorade and a portajon. Please discard your empty bottles 50 meters on either side of the aid station. Anything else is littering and will result in a DQ. Again, there are no aid stations on the Sprint and Olympic Bike courses.
- 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 your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- Ride to the right to allow faster cyclists and traffic to pass on the left.
- Crossing the yellow line is an automatic DQ.



Run

- The run course map is posted on the Kinetic Multisports website.
- The run course is all on pavement on low traffic, park roads
- The run course is most definitely not flat.
- The Long Course is a 3 loop course, the Olympic is a 2 loop course. Know what lap you are on as you approach the finish line.
- Athletes that do not do the required # of laps will be DQ'd.
- Aid stations will be located approximately every mile on the run and are covered in depth in the aid station section of this guide.

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**

