Welcome to the Culpeper Triathlon Festival!

We are excited to host you for another great weekend of racing in Culpeper, VA. With rich history and modern charm, Culpeper is a great place to race and explore. 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, especially if this is your first race! We know you have worked hard to stay healthy and fit leading into this event and we want to see that hard work pay off with a great race!

As you race, please thank the Police, EMT's and volunteers out there supporting this event. Kinetic Multisports races are community events, and we cannot race without their support!

Once again, we would like to thank Mountain Run Winery for hosting a post-race party complete with live music and food trucks. We encourage you to stop by on your way home.

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

Kinetic Multisports,
#GoKinetic

Schedule of Events

Friday

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site

Saturday Race Day

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

6:00am: Transition area opens.

6:00-7:00am: Packet Pick Up / Body Marking / Chip Pick Up

7:20am: Transition area closes (no exceptions) / Pre-race meeting (swim start)
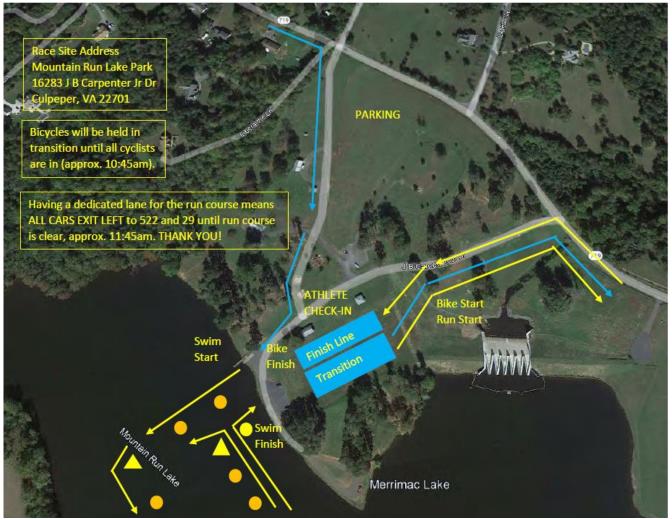
7:30am: Race Start – Olympic Distance – Time Trial Start

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

10:45am: Bike Course Closes

10:45am: Sprint Awards

11:15am: Olympic Awards

11:45: Run Course Closes

Parking & Race Site Layout

Race Site Address
Mountain Run Lake Park
16283 J B Carpenter Jr Dr
Culpeper, VA 22701

Bicycles will be held in transition until all cyclists are in (approx. 10:45am).

Having a dedicated lane for the run course means ALL CARS EXIT LEFT to 522 and 29 until run course is clear, approx. 11:45am. THANK YOU!

PARKING

ATHLETE CHECK-IN

Bike Start
Run Start

Swim Start

Bike Finish

Finish Line

Transition

Swim Finish

Mountain Run Lake

Merrimac Lake

Ample parking is available at the race site, please follow the directions of our parking volunteers so we can get you parked, ready to race and lined up for a smooth exit once all the bikes are in. All athletes need to be at the race site by 7:00am and will be "locked in" until the bike course clears at approximately 10:45am. Plan accordingly if you have small children or friends coming to watch.

Race Site Address

Mountain Run Lake Park
16283 JB Carpenter Jr. Dr
Culpeper, VA 22701

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. Be prepared for warm, humid conditions on race day. Race responsibly.
2. Race #'s and Timing Chips will be assigned on a rolling basis at Packet Pick-Up.
3. Transition Area bike racking is first come, first serve with 6 bikes per rack, 3 per side.
4. The swim is a time trial start format. Generally, faster athletes up front, slower athletes towards the back.
5. The Olympic is a 2-loop swim, 1-loop bike and 2-loop run; know your course and lap count.
6. The Sprint is a 1-loop swim, 1-loop bike and 1-loop run; know your course and lap count.
7. This bike course rewards good bike handling skills, a pre-ride is recommended.
8. The Sprint and Olympic Bike Courses diverge at mile 6.95, know your course.
9. Post-race food and drinks are provided free of charge to athletes only
10. Race hard, 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 published cut off times. Participants who do not meet these cut offs will be asked to turn in their timing chip and will not be allowed to continue.

> **Olympic Triathlon/Aquabike:**
> Athletes have 4 hours to complete the entire event. Cumulative cut-offs will be:
> **Swim:** 1 hour | **Bike:** 3 hours | **Run First Lap:** 3.5 hours | **Run Finish:** 4.0 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 posted packet pick up times. All bikes must be racked, and transition preparation completed 15-minutes before the start of the first swimmer. There is no overnight racking and please, athletes only in transition.

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.

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. Split points are noted by yellow cones and located throughout the event, be sure to cross them so can get splits!
4. If you need to stop racing, please stop by the finish line to return your chip and let our team know.

Body Marking

Be sure to get a 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

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.

Results

Tentative results will be online at the following link:
https://runsignup.com/Race/Results/13379#resultSetId-265095;perpage:100

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement. Remember, results are preliminary and can shift as we approach the awards ceremony.
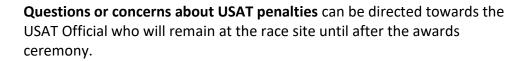
Questions about results can be directed to the timing team located near the finish line.

USAT Penalties

USAT Officials will post the penalty list at the awards area 15 minutes prior to the awards ceremony. After race day penalties can be found under category results on our website, HERE. Race officials are valued members of our team and ambassadors for our sport. Their focus is 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.

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.**

Read USA Triathlon Most Commonly Violated Rules - **HERE**
Read the USA Triathlon Competitive Rules (Complete List) - **HERE**

KINETIC MULTISPORTS

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 preliminary water temperature will be posted on the Kinetic Multisports Facebook/Instagram page 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 —

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PREMISES LIABILITY

SPORTS CASES

ABOUT US

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

FOLLOW US:

KINETIC MULTISPORTS SHOP

Race Belt

Hats and Visor

Clothing

SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- The Olympic has a 2-loop swim course, athletes stay in the water to start their 2ⁿᵈ lap.
- The Sprint features a 1-loop swim course.
- The swim features a time trial start, 2 athletes every 2-3 seconds, pick a buddy and go!
- Swim Start is located adjacent to a small dock, no diving please.
- Swim Finish is located in front of the transition area with a quick 50 meter run into TA.
- 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 go out via email/ social Friday morning.
- Lifeguards and kayaks 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 briefly rest by holding onto safety kayaks; kayakers cannot provide forward assist.
- **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.
- Knowing the course is ultimately YOUR responsibility, there is no substitute for pre driving or pre-riding the course
- Both courses have sharp turns, descents, ascents, etc. A pre-ride is always recommended.
- The Olympic and Sprint Bike Courses SPLIT at Mile 6.95. (Sprint - Straight / Olympic - Left)
- The Olympic and Sprint Bike Courses MERGE at Mile 11 (Sprint) / Mile 19 (Olympic)
- The Olympic has a low water bridge with bad pavement at mile 13.7, take it slow.
- 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!

Rules & Etiquette

- When exiting transition only get on your bike AFTER you cross the yellow bike mount line
- When coming back into transition, dismount your bike BEFORE crossing the yellow dismount line at the end of the bike.
- Hard shell helmets must be worn and fastened anytime you are on your bike race day.
- Helmet straps must be fastened before taking your bike off the rack, likewise helmets must remain fastened until your bike is safely racked after the cycling portion. Safety first!
- Ride in the right 1/3 of the lane adjacent to the shoulder. This allows 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 Kinetic Multisports website.
- Both courses are out and back rolling courses with 50% shade.
- The Olympic distance is 2 loops of the Sprint course. Athletes start their second lap outside the park at the parking area for the dam.
- Please run out and back in the coned lane closest to the lake
- Aid stations will be located approximately every 1-1.5 miles with ice water and Gatorade Endurance.

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 at the finish line

CONGRATULATIONS YOU DID IT!