

Welcome to the Pleasants Landing Triathlon,

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 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. We appreciate you racing with us and hope you achieve your athletic goals.

This race would not be possible without the great folks at Pleasants Landing, Louisa County and the entire Lake Anna Community. This is a team effort, and we 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 look forward to seeing you on the starting line!

Kinetic Multisports,
#GoKinetic



WETSUITRENTAL

Schedule of Events

Friday

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

6pm: Pre-Race Meeting in transition - attendance optional

Saturday Race Day

****Arrival Time: Please arrive to the race site no later than 8:00am****

7:30 - 8:30am: Packet Pick Up / Chip Pick Up / Body Marking at Race Site

7:30am: Transition open for racking

8:45am: Transition Closes / Pre-Race Brief at swim start (no Q&A), National Anthem

9:00am: Race Start Olympic Distance – Time Trial Start!

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



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

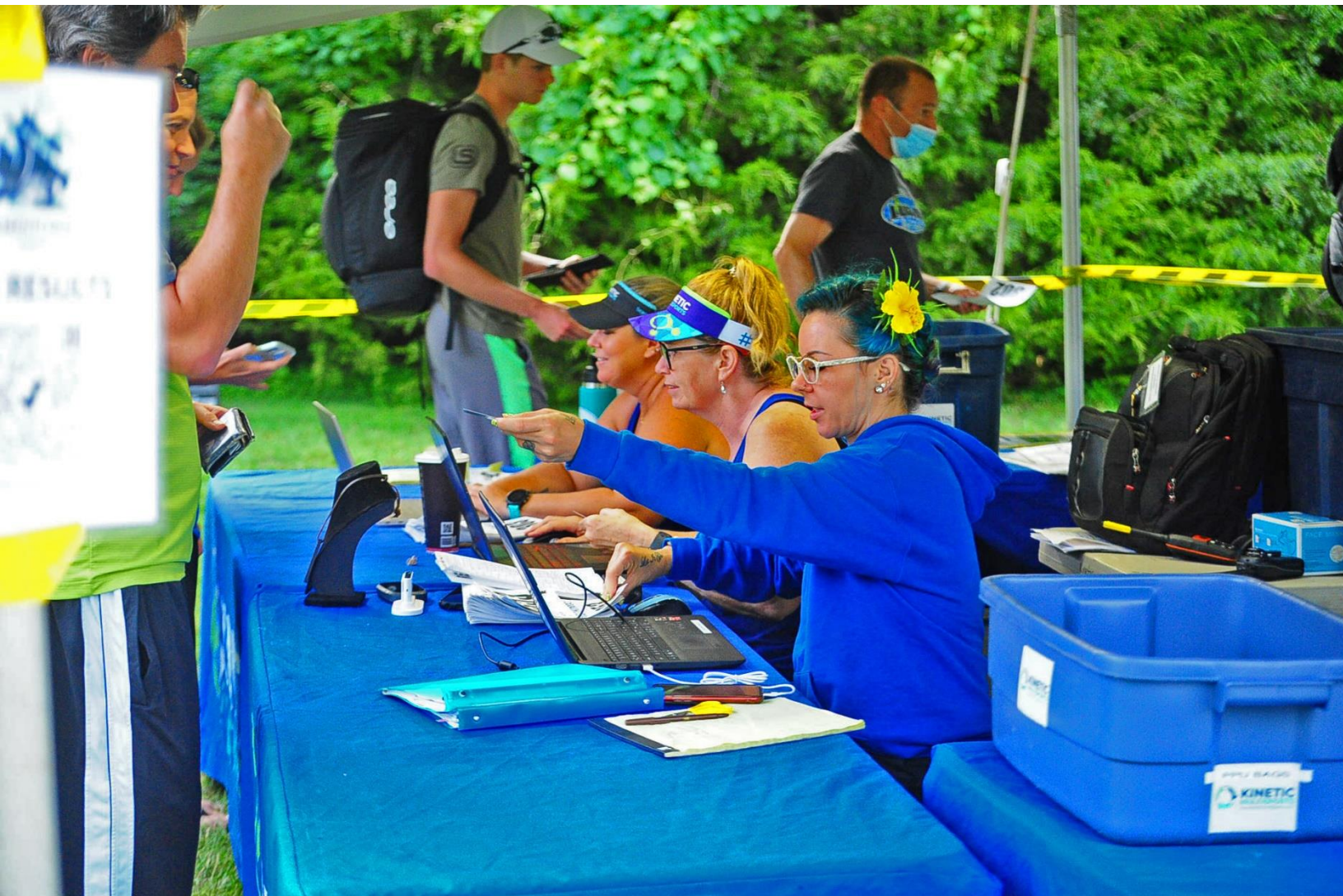
Packet Pick Up (PPU) / Athlete Check In is located at the white tent adjacent to the beach.

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. 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 #. These are expensive and time consuming to replace, please do not lost your timing chip.
5. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
6. The swim is a time trial start format. Generally, faster athletes towards the front.
7. This is a fantastic swim course and very spectator friendly!
8. Post-race food and drinks are provided free of charge to athletes only
9. Please carpool as much as possible, parking is at a premium at this venue.
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.

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 starting at 7:00am. 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!



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. There is a \$50 replacement fee if you lose or otherwise fail to return your chip, be sure to return it to the finish line.
2. We recommend the left ankle, non-chainring side.
3. If you want splits, you need to cross the split points marked by yellow cones when you race!
4. If you drop out of the race, please bring your timing chip to the finish line and inform our timers 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

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



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



Results & Awards

We are planning on an in-person awards ceremony starting at approximately noon. We'll start with the Sprint awards and roll directly into the Olympic.

Tentative results can be accessed via your smartphone [HERE](#). Remember, results are preliminary and can shift as we approach the awards ceremony.

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

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 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](#)





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ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

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Water Safety

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 when packet pick up opens.



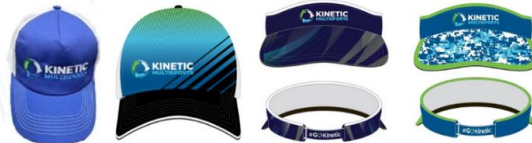


KINETIC MULTISPORTS SHOP

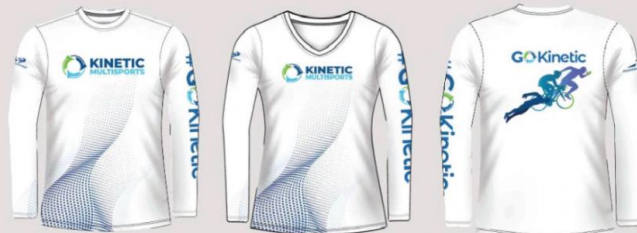
Race Belt



Hats and Visor



Clothing



SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is a rectangular course with 3 right hand turns. Boat ramp in, stairs out.
- The official water temp will be taken race morning. A preliminary reading will be taken and communicated via email and social Friday morning.
- The swim is a time trial start, 2 at a time every 2-3 seconds. So, pick a buddy and race hard!
- There will NOT be wetsuit strippers.
- 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. If you do not finish the swim, please notify our staff at the swim exit.
- 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 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
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- 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 HUMBLER 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.
- Police will control intersections for your safety, but the rest of the course is open to traffic.
- 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 yellow mounting line outside of transition. Likewise, you **MUST** dismount your bike **BEFORE** crossing the yellow 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 cycling 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!

