



Welcome to the Giant Acorn Triathlon!

We are excited to host you for a weekend of multisport racing at Lake Anna State Park. This park is one of our favorite venues and the racing 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 fit leading into this event and we want to make sure you have a great race. We appreciate you racing with us and hope you achieve your athletic goals!

This race is a team effort, please be sure to thank the Police, EMS and volunteers that gave up their weekend to support this event. Our races can't happen without them.

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

***Kinetic Multisports,***  
***#GoKinetic***





## Schedule of Events

### Giant Acorn Olympic Triathlon

#### Friday

**5-7pm:** Packet Pickup @ Race Site

**6pm:** Pre-Race meeting @ Race Site

#### Saturday Olympic Distance 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 / Body Marking / Chip Pick Up

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

**8:00am:** Race Start – Olympic Distance – Time Trial Start

**11:00am:** Bike Course Closes

**11:15am:** Olympic Awards

**Noon:** Run Course Closes

### Giant Acorn Sprint Triathlon

#### Saturday

**4-5pm:** Course Preview w/RD (Optional)

**5-7pm:** Packet Pickup @ Race Site

**6pm:** Age Group Pre-Race Brief

#### Sunday

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

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

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

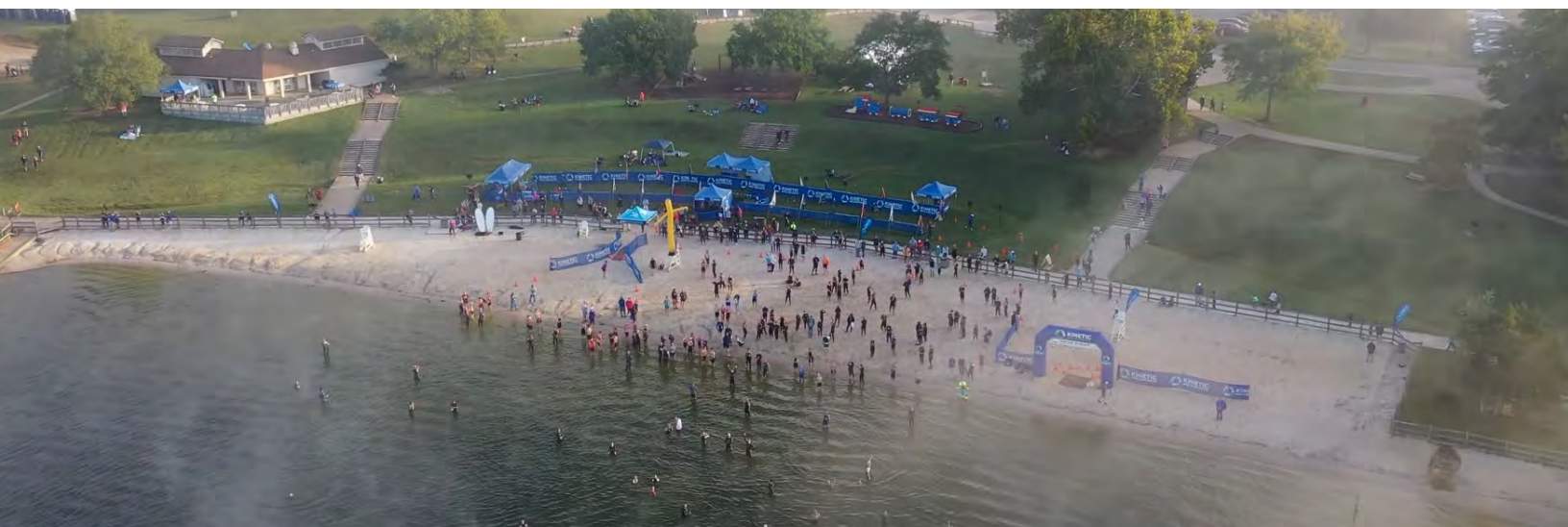
**7:45am:** Transition area closes (no exceptions) / Pre-race meeting (swim start)

**8:00am:** NCAA Collegiate Women Race Start – Sprint Distance – Mass Start

**8:10am:** Age Group Race Start – Sprint Distance – Time Trial Start

**10:30am:** Bike Course Closes

**11:00am:** Sprint Awards / Run Course Closes





## Parking & Race Site Layout



Ample parking is available inside the park. Please follow the directions of our wonderful volunteers. 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.

If your team is bringing a bus, please use the designated bus parking area to the right as you approach the lake.

## Race Site Address

Lake Anna State Park Beachfront  
6800 Lawyers Road  
Spotsylvania, VA 2255 || [Directions](#)



## Rules Briefing

Be sure to review the online 2023 Rules Briefing pdf [HERE](#). Athletes and Coaches are responsible for reviewing the rules pdf and course maps before race day.

## Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located under the white tent adjacent to the parking lot.

### Special notes about Packet Pickup:

- Coaches will pick up packets for all their athletes at once.
- Timing Chips will be distributed with the race packets.
- Numbered swim caps must be worn.

## Course Preview

An online course preview can be found [HERE](#).

The next best solution for course intel is to watch last years race videos [HERE](#).

As always, a pre-ride or pre-drive of the bike and run courses is recommended.

## Transition Area (Draft Legal)

- Draft Legal athletes may enter the transition 90 minutes before their race start. Spaces will be assigned, and the athletes designated gear box must be used.
- The transition area will be on a grassy field, be prepared for a bit of rain and mud if the weather turns.
- The Collegiate Cup transition area is set inside the standard AG transition area





## Race Numbers / Timing Chips / Results

**Race Numbers:** Each athlete will receive a set of race #'s to include the following...

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. Body Marking will go on the sides of both shoulders and the front of each thigh.
4. Numbered swim caps must be worn during the swim.

## Timing Chips

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.



## Race Results & Awards

Draft legal results will be printed and reviewed by the results committee prior to being certified as official. Standard protest times rules will apply. Tentative results and times will be posted online as they become available.

Tentative results can be found online [HERE](#).

Questions about results can be directed to the USAT Official and/or Timing Team located near the finish line.



## Aid Stations

### 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 can be found [HERE](#).

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.







**ABRAMS LANDAU, Ltd.**  
 INJURY LAW FIRM

### PRACTICE AREAS

HELPING PEOPLE WITH INJURY CASES, INCLUDING  
 WORKER'S COMPENSATION FOR ON-THE-JOB INJURIES,  
 CAR CRASHES, DOG ATTACKS, OR ACCIDENTS WHILE  
 TRAINING FOR SPORTS OR FITNESS. WE WORK HARD TO  
 PREVENT BRAIN INJURIES IN SCHOOL CHILDREN BY OUR  
 EDUCATIONAL AND SAFETY PROGRAM ("LIDS ON KIDS")  
 AND DISTRIBUTING FREE BICYCLE HELMETS EACH YEAR.



**PERSONAL INJURY**



**WORKERS COMPENSATION**



**AIRPORT INJURY**



**PREMISES LIABILITY**



**SPORTS CASES**

### ABOUT US

MINUTES FROM WASHINGTON  
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 AIRPORT, LOCATED BY 20 MILE  
 MARKER OF THE WTOD TRAIL IN  
 A HANDICAP ACCESSIBLE 100+  
 YEARS OLD HOUSE. ABRAMS  
 LANDAU HAS HELPED ATHLETES  
 AND THEIR FAMILY FROM ALL  
 OVER THE US, AND AROUND  
 THE WORLD.

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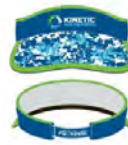
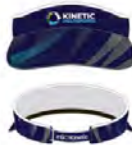


# KINETIC MULTISPORTS SHOP

**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 100 meter run to transition.
- Be at the beach ready to race 15 minutes before the start of your race.
- The official water temp will be taken race morning and communicated by 7:00am. A preliminary reading will be taken and communicated via email and social media Friday morning.
- 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 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





## 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
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- This is a 15-mile road course that goes outside the park on rolling country roads.
- The bike course is NOT closed to traffic.
- Since this is not a multi-loop course, there is not a wheel pit. Neutral tech support will be on course.
- There is a 25 meter carpeted run to the Bike Mount and Dismount line.
- The first ½ mile of the course is uphill, be sure to rack your bike in the appropriate gear.
- There is a sweeping downhill right turn before the dismount line, slow down and ride in control. #knowthecourse





## Run

- The run course map is posted on Kinetic Multisports website.
- The run course is all on pavement on low traffic, park roads
- The course is marked with yellow duct tape arrows and yellow Kinetic signs
- The run course is most definitely not flat.
- The penalty tent is located adjacent to the to the run out tent, be sure to check the penalty board.

**CONGRATULATIONS YOU DID IT!**

