



Welcome to the Marsh Creek Triathlon!

We are excited to host you at the Marsh Creek State Park, one of Pennsylvania's hidden triathlon gems. 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. You have worked hard to stay healthy and fit leading into this event and these are all key to a safe, fun, and successful race. We appreciate you racing with us and hope you achieve your athletic goals!

This race is a community event, please be sure to thank the Police, EMT's, Park Rangers and volunteers that gave up their weekend to make this event happen. We appreciate their support and cannot do it without them!

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

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



## Schedule of Events

### *Saturday*

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

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

### *Sunday Race Day*

**\*\*Arrival Time:** Please arrive at the race site no later than 6:30am\*\*

**6:00am:** Transition area opens.

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

**7:15am:** Transition area closes (no exceptions) / Pre-race meeting (swim start)

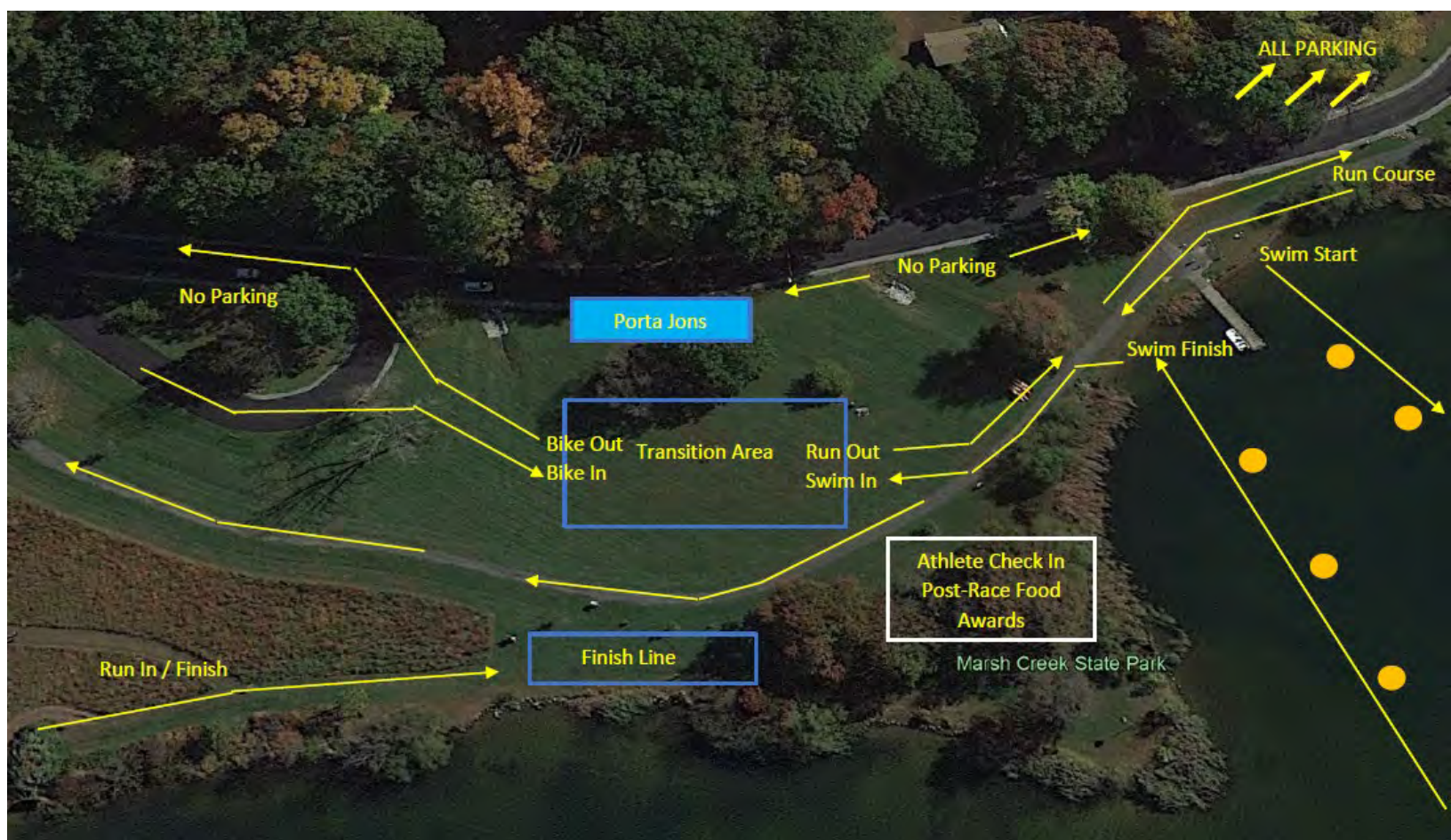
**7:30am:** Time Trial Race Start

**9:30am:** Bike Course Closes

**10:15am:** Sprint Awards



## Parking & Race Site Layout



There is plenty of parking at the upper lots near the pool. Please do not park in the kayak/boat launch rental area. Just follow our signs and the directions of our super helpful volunteers and you'll be OK! Please, DO NOT park on the main road leading into the race site as this roadway is used for the bike course and to get emergency vehicles in/out of the race site as needed. Thank you.

### Race Site Address

Marsh Creek State Park  
675 Park Rd  
Downingtown, PA || [Directions](#)

## 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. It is going to be cool race morning, bring layers!
2. Pack a headlamp and give yourself plenty of extra time in the morning to get parked and walk to transition.
3. This race features a 1-loop swim, 1-loop bike and 1-loop run; know the course!
4. There is a sharp, downhill turn at mile 2.5 of the bike course, ride under control!
5. Race #'s and timing chips will be assigned on a rolling basis, first come, first serve.
6. Timing Chips are expensive and time consuming to replace, don't lose it.
7. Body marking will be located adjacent to transition, please have your bib # with you.
8. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
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 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.

### **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

### 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 on our website [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.





## USAT Rules & Penalties

Please take a moment to review USA Triathlon Most Commonly Violated Rules - [HERE](#)

### Updated Rules for 2023

- Helmets must be fastened **prior** to removing bikes from the transition rack while racing and must remain fastened until re-racking is complete
- No headphones during the bike/run and phone must be secured and not in use while racing
- 10-meter drafting zone on bike for Sprint/Olympic distance
- USAT penalties, if any, will be given to athletes ON COURSE with a Blue or Yellow card requiring a stop at the Penalty Tent located at Run Out.



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](#)



### *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. You can find a water temperature history for this race in the [FAQ's](#) listed on our website [HERE](#).





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**PHONE:** (703) 786-9555  
**EMAIL:** FRONTDESK@LANDAULAWSHOP.COM  
**ADDRESS:** 797 CENTER STREET, HERNDON, VA 20170

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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.
- The swim features a time trial start from the grassy shoreline, 2 athletes at a time.
- The official water temp will be taken race morning and communicated by 6:30am. A preliminary reading taken and communicated via email and our Facebook page Friday morning. We expect a wetsuit legal event, just how wetsuit legal is TBD...
- 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 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.**
- Athletes that do not finish the swim may continue the bike and the run after notifying the swim coordinator on shore.



## 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.
- There is a SHARP downhill turn at approximately mile 2.5 on the course, heads up.
- 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*

- The roads are open to traffic (intersections are controlled), please ride to the right.
- As a general rule, ride in the right 1/3 of the lane adjacent to the shoulder and pass in the middle 1/3 of the lane. This allows faster cyclists (and traffic) to pass safely on the left.
- Mount/Dismount Line: Be sure to walk/run your bike past the yellow mount line before getting on and riding, be sure to dismount before crossing on your way back in as well.
- Hard shell helmets must be securely on and fastened before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- USAT Officials will be enforcing the competitive on the bike course.



## Run

- The run course map is posted on Kinetic Multisports website.
- The run is a cross country style 5k loop. You'll start by running past Marsh Creek Kayak Rentals then head along the shoreline before turning left and heading uphill to loop through the upper pool parking lots. After looping around the upper lot, athletes reverse course along the shoreline, pass between the transition and finish line to do the last loop through the meadow.
- Running surfaces are a combination of grass, pavement and packed gravel.
- Aid stations will be located approximately every mile on the run 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!**

