

Lake Anna, VA * Olympic & Sprint Triathlons



Welcome to the Rumpus in Bumpass Triathlon Festival,

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 Sheriff's Dept, EMS and volunteers for supporting the sport we love.

We look forward to seeing you on the starting line!

Kinetic Multisports,
#GoKinetic



Schedule of Events

Friday

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

6pm: Pre-Race Meeting from transition – attendance optional (streamed on FB Live)

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 & Road Closures



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

Road Closures & Detours

- Pleasants Landing Road, the main road to the Marina will be CLOSED (9-12)
- Eastham Road between Greene’s Corner (601) and Pleasants Landing will be closed to through traffic (9-12)
- Greene’s Corner Road (601) will be alternating one way while the run course is live (approx. 10-1)

Packet Pick Up / Athlete Check In

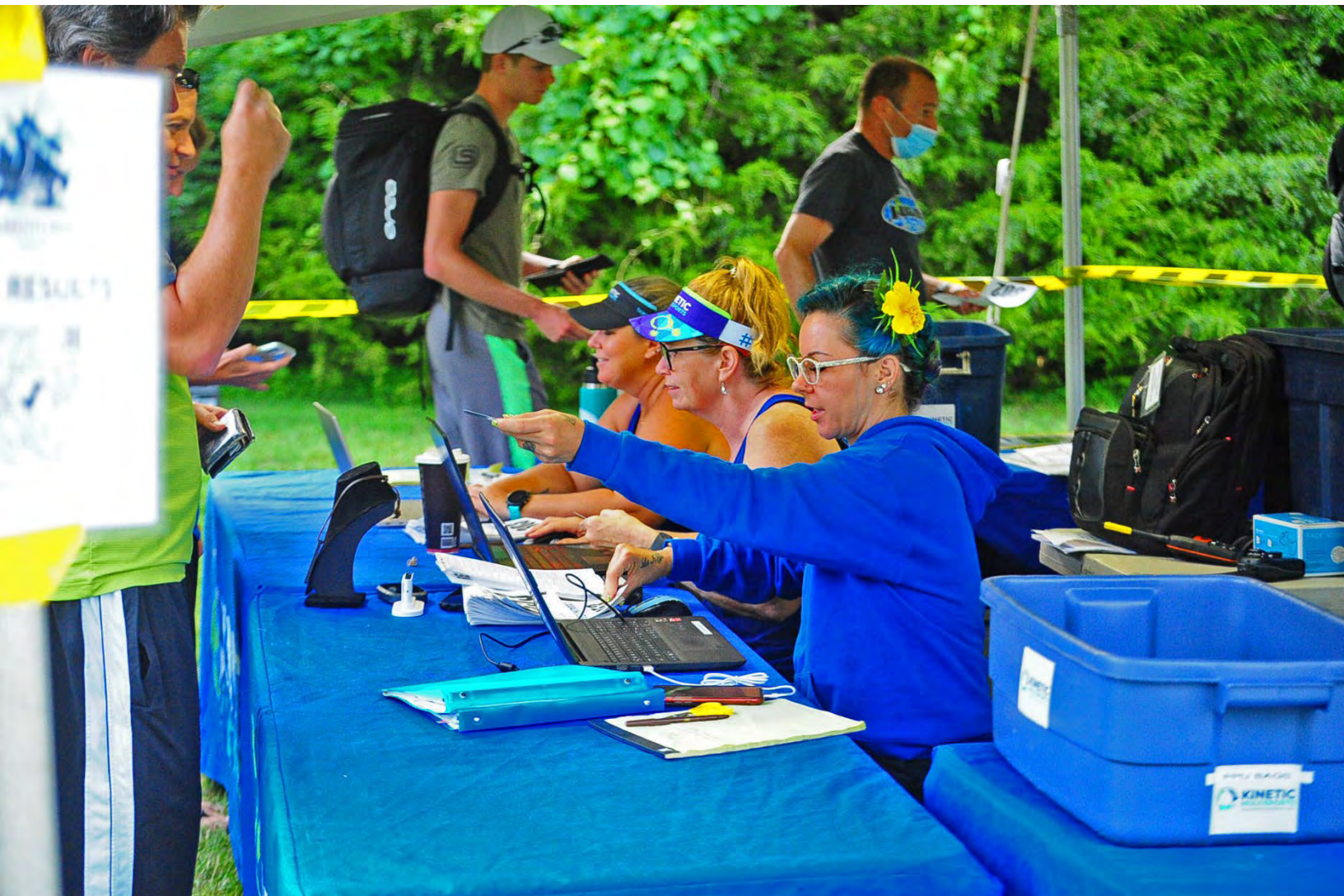
Packet Pick Up (PPU) / Athlete Check In is located under the white tent next to the beach.

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **USA Triathlon Membership Card (If not a one-day member)**
- **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 remote. Give yourself extra travel time!
2. Parking is in limited supply at this venue. Please carpool as much as possible and be aware of road closures starting at 0900.
3. The Olympic and Sprint are both on Saturday, know your course and lap count.
4. Race #'s will be assigned on a rolling basis, first come, first serve.
5. 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.
6. Body marking will be located adjacent to transition, please have your bib # with you.
7. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
8. The swim is a time trial start format. Generally, faster athletes towards the front.
9. Triathlons and Tacos are an epic combination and are provided free to registered athletes only. El Gran Patron will be open early with specials with plenty of food and beverage for sale.
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 7:30am. 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!

Aquabike

If you are racing in the Aquabike Category your time stops once you cross the yellow dismount line. Please re-rack your bike then head to back of the main finish line for your finishers medal and to return your timing chip.



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

This is the perfect venue for the legendary combination of triathlons and tacos. This benefit is provided free to registered athletes only. El Gran Patron and Mid-Atlantic Watersports will be open for additional purchases of food, drinks, beer, and ice cream.

Race 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 will be online at the following link:
<https://runsignup.com/Race/Results/27730#resultSetId-188333;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.



USAT Penalties

USAT penalties, if any, will be noticed to athletes **ON COURSE**. *This consists of the athletes being shown 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.

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.





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.



ABOUT US

MINUTES FROM WASHINGTON DULLES INTERNATIONAL AIRPORT, LOCATED BY 20 MILE MARKER OF THE WTOP 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.



PERSONAL INJURY



WORKERS COMPENSATION



AIRPORT INJURY



PREMISES LIABILITY



SPORTS CASES

PHONE: (703) 796-9555

EMAIL: FRONTDESK@LANDAULAWSHOP.COM

ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

FOLLOW US:     

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. Wetsuit wearers results will be located in the category results in a Wetsuit section and not in the 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. The water temperature for each open water event is taken and posted on the Kinetic Multisports Facebook page, 36-48 hours before the posted packet pick-up time. This temperature reading is a preliminary reading. The official water temperature to determine wetsuit eligibility will be taken on race morning about 60—90 minutes prior to race start by the USAT official on site.

Swim Gear

Please note that snorkels, fins, visibility buoys and wetsuits exceeding 5mm are not allowed. If you have specific questions on gear, direct them to the USAT Official onsite race morning. All swimmers are required to wear their issued swim cap.



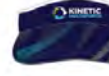


KINETIC MULTISPORTS SHOP

Race Belt



Hats and Visor



Clothing



SHOP NOW

Swim

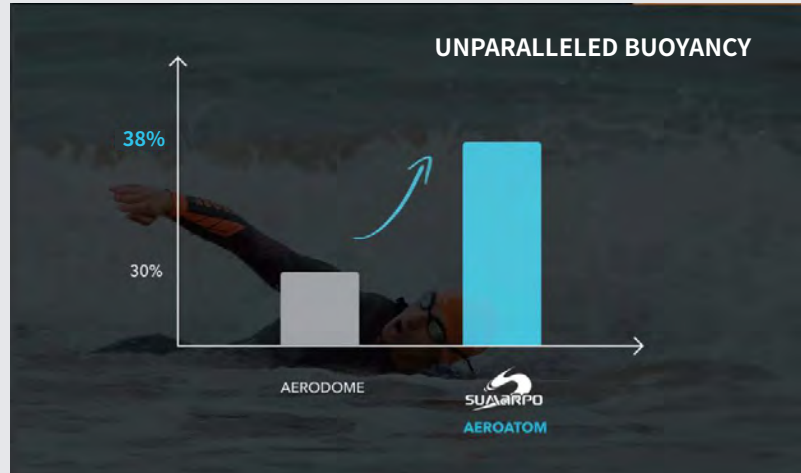
- The swim course map is posted on the Kinetic Multisports website.
- It is a rectangular course with 3 right hand turns. Boat ramp in, swim ladders out.
- The official water temp will be taken race morning and communicated by 7:45am. A preliminary reading will be taken and communicated via email and our Facebook page Friday morning.
- The swim is a time trial start, 1 at a time every 2-3 seconds. So, pick a buddy and race hard!
- Lifeguards 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. There are no lane lines and you cannot see nor touch the bottom.
- **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.





With over 15 years experience in Triathlon wetsuits, Sumarpo has now professionally developed our wetsuits based on thousands of testing feedback and analysis results. Sumarpo will not just provide you a wonderful wetsuits for your competitor, but the specific wetsuits with exquisite cutting and the most appropriate materials selecting. At Sumarpo, find the wetsuit that suits you best.



ULTIMATE FLEXIBILITY



MAX SPEED



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VICTORY TRIATHLON WETSUIT
TOP-LEVEL



VANGUARD TRIATHLON WETSUIT
COMPETITION-LEVEL



RACE TRIATHLON WETSUIT
PERFORMANCE-LEVEL



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ENTRY-LEVEL



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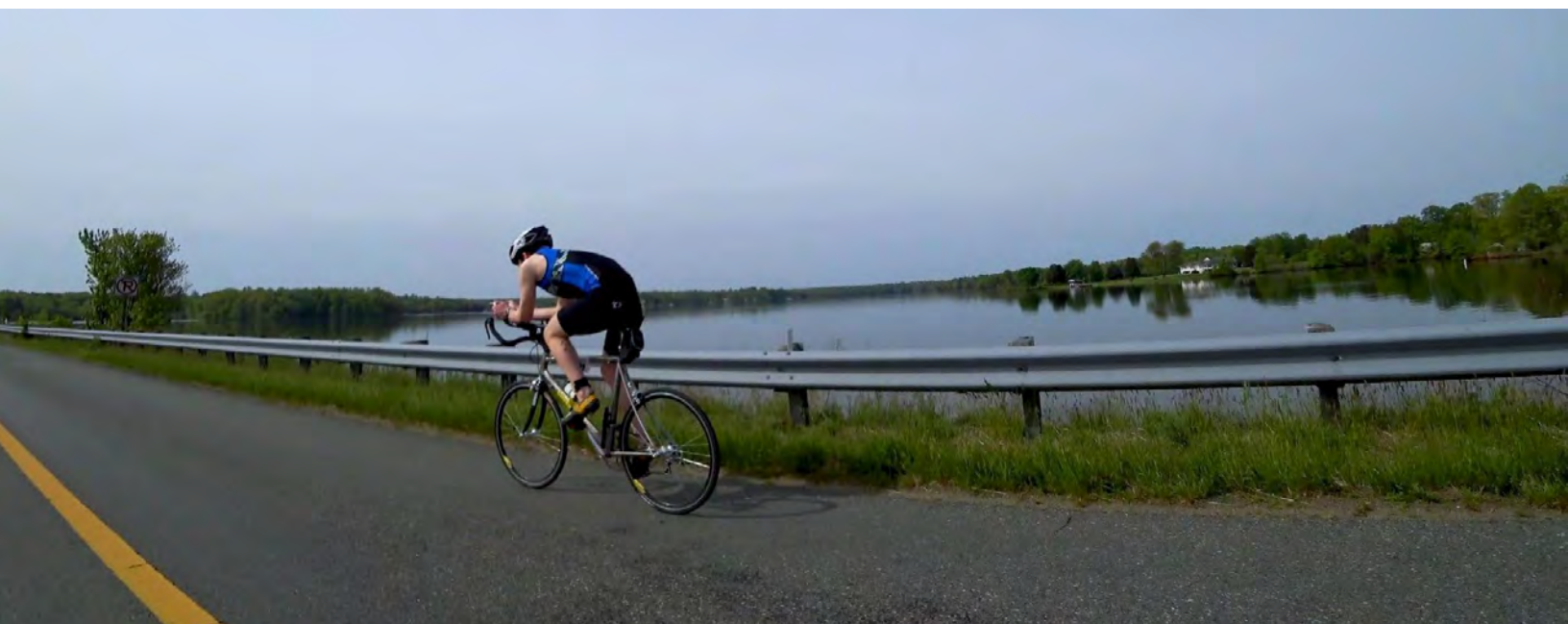
WWW.SUMARPO.COM

Bike

- The bike course map is posted on the Kinetic Multisports website.
- Athletes will stay left on the first and last ¼ mile of the course on Pleasants Landing Road
- Olympic Distance Athletes: Do 2 loops of the course by going straight past marina to start their 2nd lap, finishing 2nd lap turn left into marina.
- Sprint Distance Athletes: One loop only.
- 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, orange vests and 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 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 Olympic 2nd lap is adjacent to the aid station 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!



Lake Anna, VA * Olympic & Sprint Triathlons



#GOKINETIC

