Welcome to the General Smallwood Triathlon!

We are excited to host you for a great morning of multisport adventure at beautiful General Smallwood State Park. With beautiful courses and outstanding racing, this race 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 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

ABRAMS LANDAU, Ltd. INJURY LAW FIRM
SPECIAL OPERATIONS WARRIOR FOUNDATION
USA TRIATHLON SANCTIONED EVENT
CHESAPEAKE BAY FOUNDATION Saving a National Treasure
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Schedule of Events

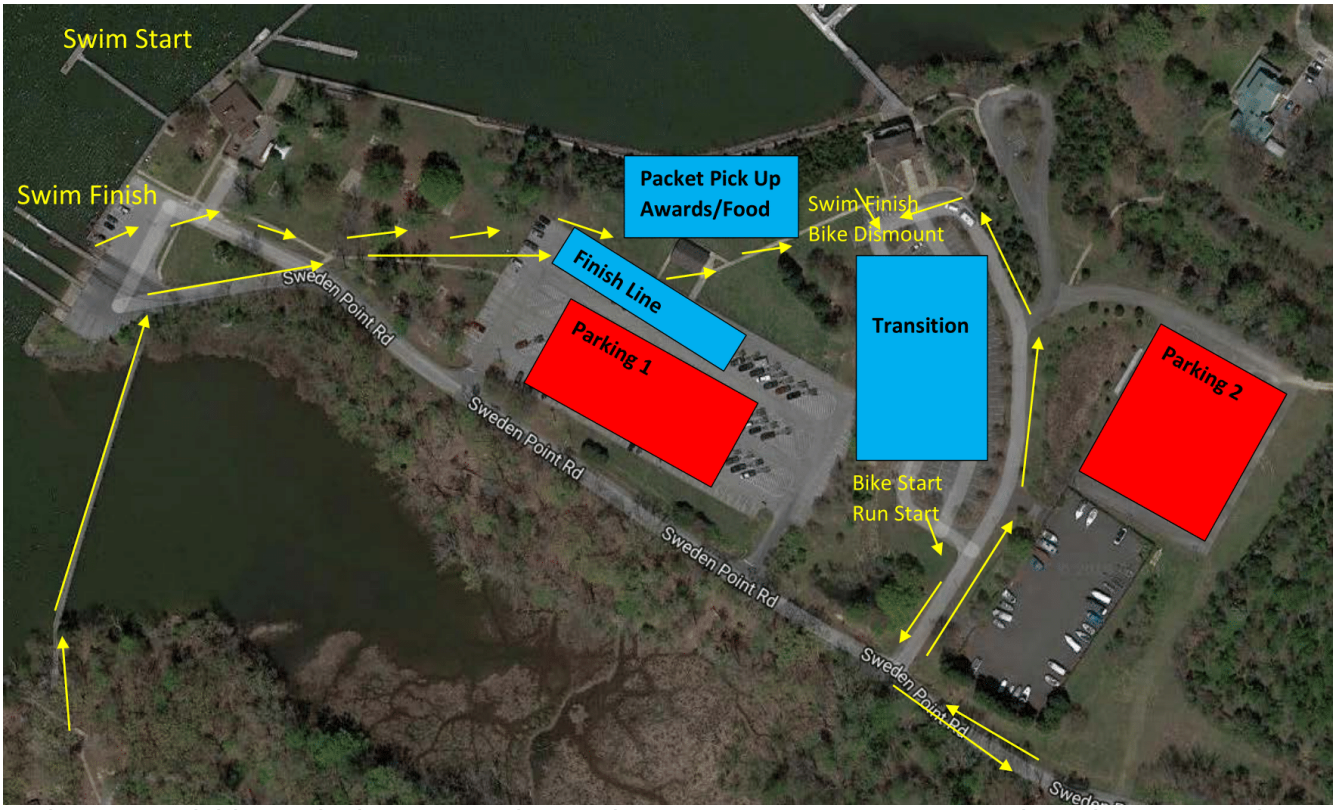
Friday

5-7pm: Packet Pickup @ Race Site
6pm: Pre-Race meeting @ Race Site

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 – Roads Close
8:30am: Race Start – Sprint Distance – Time Trial Start
11:00am: Bike Course Closes – Roads Open
11:15am: Sprint Awards
11:45am: Olympic Awards
Noon: Run Course Closes

Parking & Race Site Layout



Parking is available inside the State Park near the Transition Area. DO NOT park on the main road leading into the marina 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. Please follow the directions of our parking volunteers and Park Rangers.

Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

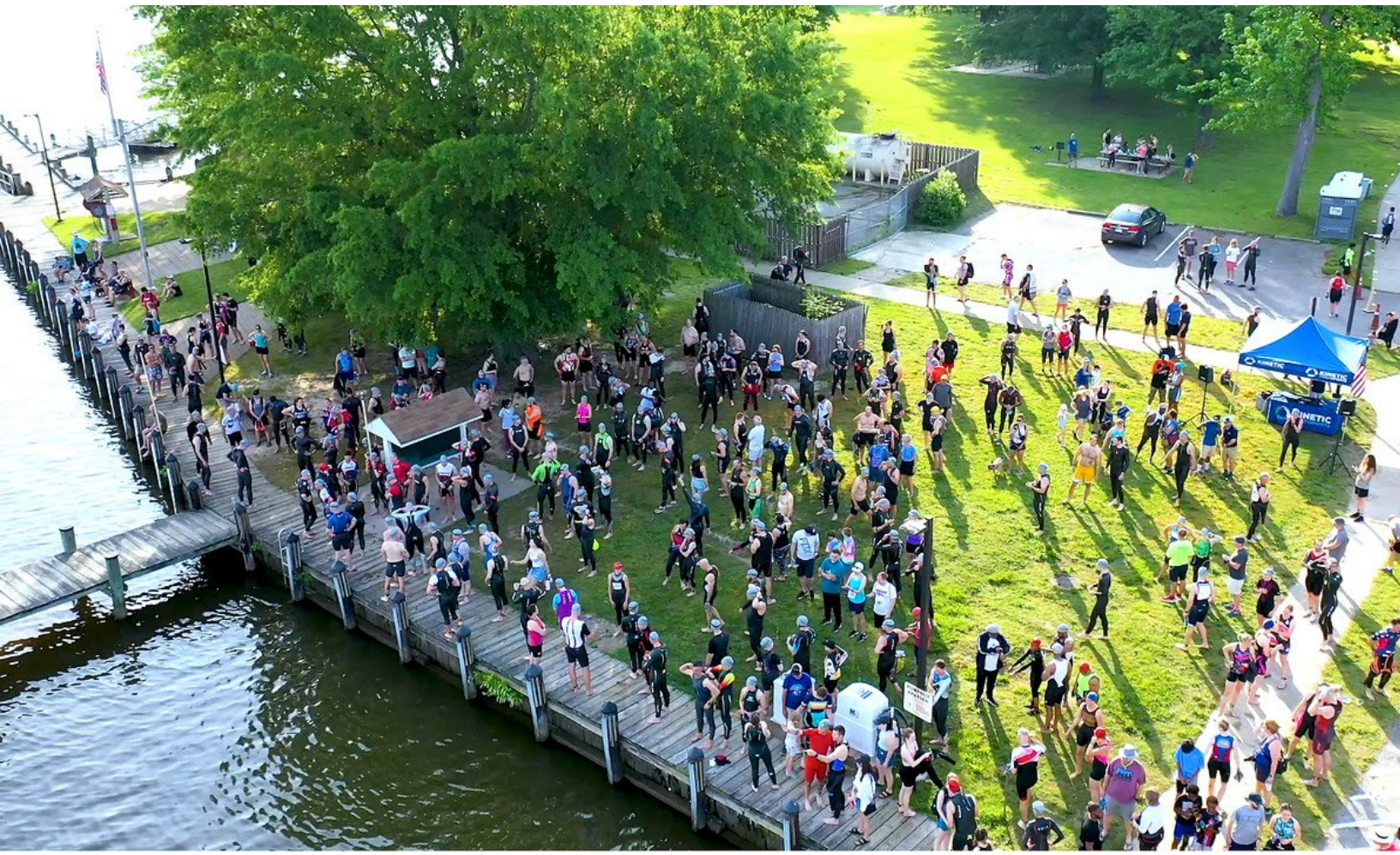
- ***PHOTO ID REQUIRED! No ID = No Race!!!***
- **Questions!**

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. General Smallwood State Park is a great venue, but it is out there. Give yourself extra travel time!
2. The Olympic is a 2-loop swim, 1-loop bike and 2-loop run; know your course and lap count.
3. The Sprint is a 1-loop swim, 1-loop bike and 1-loop run; know your course and lap count.
4. Race #'s and timing chips will be assigned on a rolling basis, first come, first serve.
5. Timing Chips are expensive and time consuming to replace, don't lose it.
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 starts two at a time every few seconds. Generally, faster athletes towards the front.
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. 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 Triathlon/Aquabike:

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 Triathlon/Aquabike:

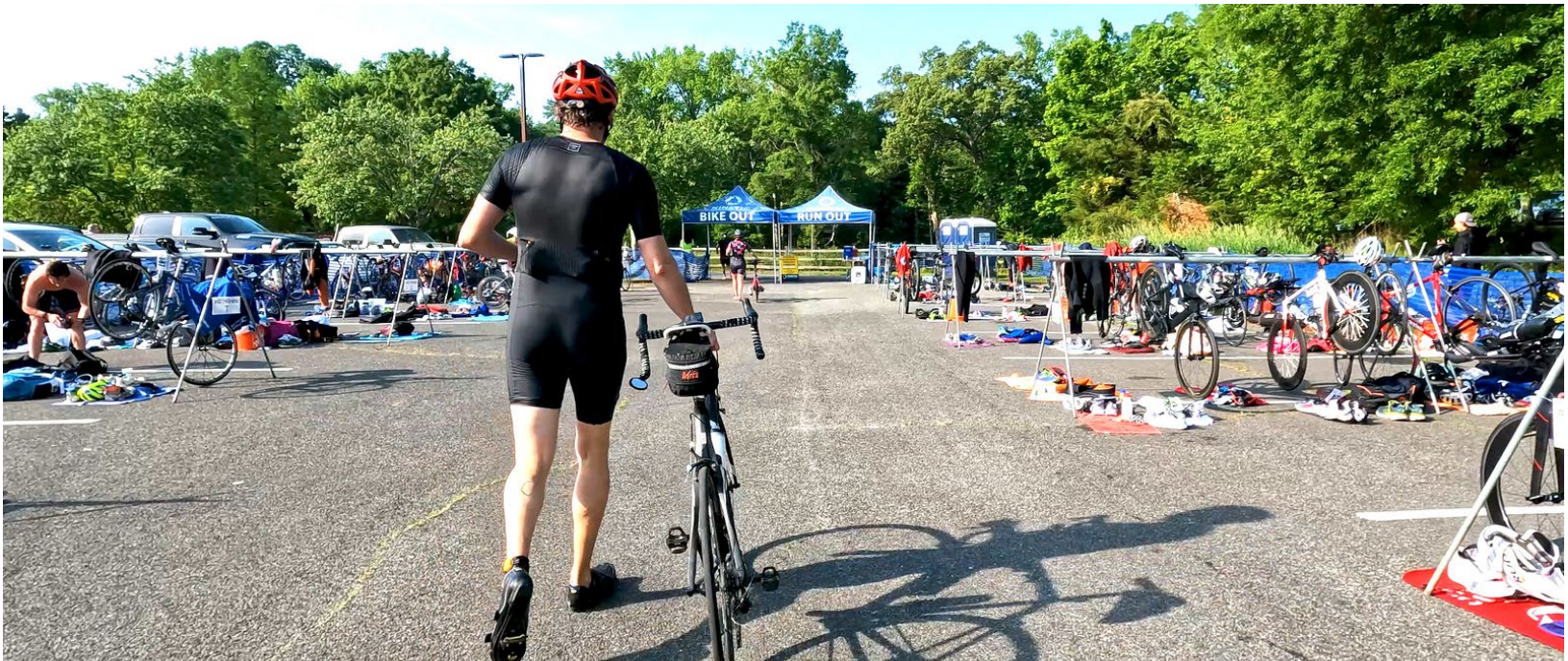
Athletes have 2.5 hours to complete the entire event. Cumulative cut-offs will be:
Swim: 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

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 $75 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 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

- **Bike:** No aid stations on the Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade.

Post Race Food

All racers will receive a post-race goodie bag to include BBQ, snacks and drinks. Please note, snacks and drinks are provided for athletes only. Spectators and family members need to plan accordingly.

Race Results & Awards

We are planning on an in-person awards ceremony starting at approximately 11am. 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/13364#resultSetId-159482;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.

Questions about results can be directed towards the race timer or race director usually located near the finish line.

USAT Rules & Penalties

Please take a moment to review USA Triathlon Most Commonly Violated Rules - **HERE**

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.

USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon and helps enforce the competitive rules of the sport. 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.**

SafeSport: As a USA Triathlon Sanctioned Event this event follows SafeSport Guidelines for the prevention of child abuse. You can find out more on how to keep our minor athletes safe **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.

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. We expect a wetsuit legal event, just how wetsuit legal is TBD.

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 DULLES INTERNATIONAL 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.

PHONE: (703) 796-9555
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KINETIC MULTISPORTS SHOP
Race Belt
Hats and Visor
Clothing
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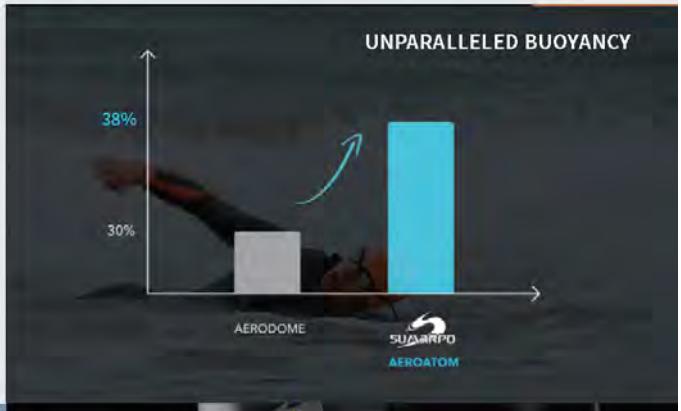
Swim

- 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!
- Athletes finish the swim via a paved boat ramp finish with a 250-meter run to transition.
- 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 be posted on our Facebook page 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 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.

SUMARPO

SUSTAINABLE
100% ECO FRIENDLY WETSUIT

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 competiton, but the specific wetsuits with exquisite cutting and the most appropriate materials selecting. At Sumarpo, find the wetsuit that suits you best.



MAX SPEED

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VICTORY TRIATHLON WETSUIT
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VANGUARD TRIATHLON WETSUIT
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RACE TRIATHLON WETSUIT
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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 Olympic and Sprint Bike Courses SPLIT at Mile 5.5 (Sprint - Straight / Olympic - Right)***
- ***The Olympic and Sprint Bike Courses MERGE at Mile 7 (Sprint) / Mile 16 (Olympic)***
- 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 a police presence on the course for your safety, the course is still open to traffic, please BE ALERT and BE CAREFUL!

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.
- Hard shell helmets must be worn and must be fastened before touching bike after swim.
- 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 Kinetic Multisports website.

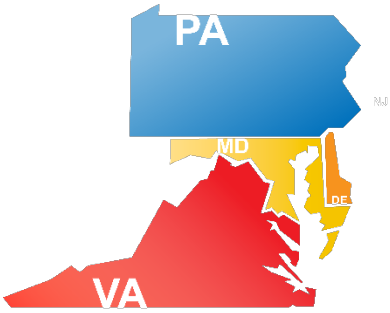
- The Olympic Race is 2 loops of the 5k run course
- Olympic Athletes – Start 2nd Lap – Stay Right to run past race site (Mile 3.1)
- Olympic Athletes – Finish 2nd Lap – Turn Left to Finish (Mile 6.1)
- The Sprint features a 1-loop, 5k course
- The run course is heavily shaded and mostly paved. There is a short section of gravel road into the back entrance to the park.
- Please do not run outside the coned shoulder on the main road.
- 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!

General smallwood TRIATHLON SWIM BIKE RUN



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