



Welcome to the Kinetic Triathlon Festival,

We are excited to host you for a fun weekend of multisport adventure at beautiful Lake Anna State Park. With clean water, rolling courses and outstanding racing, this weekend 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 and want you to have a great race. We appreciate you racing with us and hope you achieve your athletic goals.

Lastly, as you race this weekend be sure to thank the Police, EMT's and volunteers that gave up their weekend to support this event. This is a team effort, and we are grateful for their support!

We look forward to seeing you on the starting line!

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



## Schedule of Events

### **Kinetic Half (Long Course) & Olympic Only**

#### *Friday*

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

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

#### *Saturday Long Course & Olympic Race Day*

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

**\*\* 5:30am:** Transition area open for racking

**5:30-6:30am:** Packet Pick Up / Body Marking / Chip Pick Up

**6:45am:** Transition area closes (no exceptions) / Pre-race meeting (swim start)

**7:00am:** Race Start – Long Course – Time Trial Start

**7:30am:** Race Start – Olympic Course - Time Trial Start

**11:30am:** Awards Ceremony – Olympic Awards and Long Course Aquabike

**1:45pm:** Awards Ceremony – Long Course



**SWIBIRU**  
COACHING

# READY TO LEVEL UP?

SWIBIRU Coaching provides coaching and training plans designed specifically for triathletes who want to:

- ✓ Successfully move up to 70.3
- ✓ Improve performance at the half-iron distance
- ✓ Compete for World Championship qualification

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right coach.*

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online at [swibirucoaching.com](http://swibirucoaching.com)



## Schedule of Events

### **Kinetic Sprint**

#### *Saturday*

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

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

#### *Sunday 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 / Chip Pick Up / Body Marking

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

**8:00am:** Race Start – Sprint Course – Time Trial Start

**10:45am:** Awards Ceremony – Sprint



## Parking & Race Site Layout



Please carpool as much as possible with fellow athletes and spectators. It's good for the planet and fewer cars inside the park means fewer cars going in/out during the race. **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. Follow the directions of our wonderful volunteers in the morning and you'll have no issues parking.



## 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. Lake Anna State Park is a great place to race, but it is out there. Give yourself extra travel time!
2. The Long Course & Olympic are both on Saturday, know your course and lap count. Note that the Long Course bike will be marked with PINK duct tape and the Olympic will be marked with YELLOW duct tape. **The new Long Course Bike Route debuted in 2025!**
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 lose your timing chip.
5. Body marking will be located adjacent to transition, please have your bib # with you.
6. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
7. The swim is a time trial start format. Generally, faster athletes towards the front.
8. This is a fantastic swim course and very spectator friendly!
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 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.

### Half (Long Course) Triathlon/Aquabike:

Athletes have 8 hours to complete the entire event. Cumulative cut-offs will be:

**Swim:** 1.5 hour | **Bike:** 5 hours | **Run/Finish:** 8 hours)

- *No one will be allowed to start the 3<sup>rd</sup> lap of run after 210pm -*

### 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

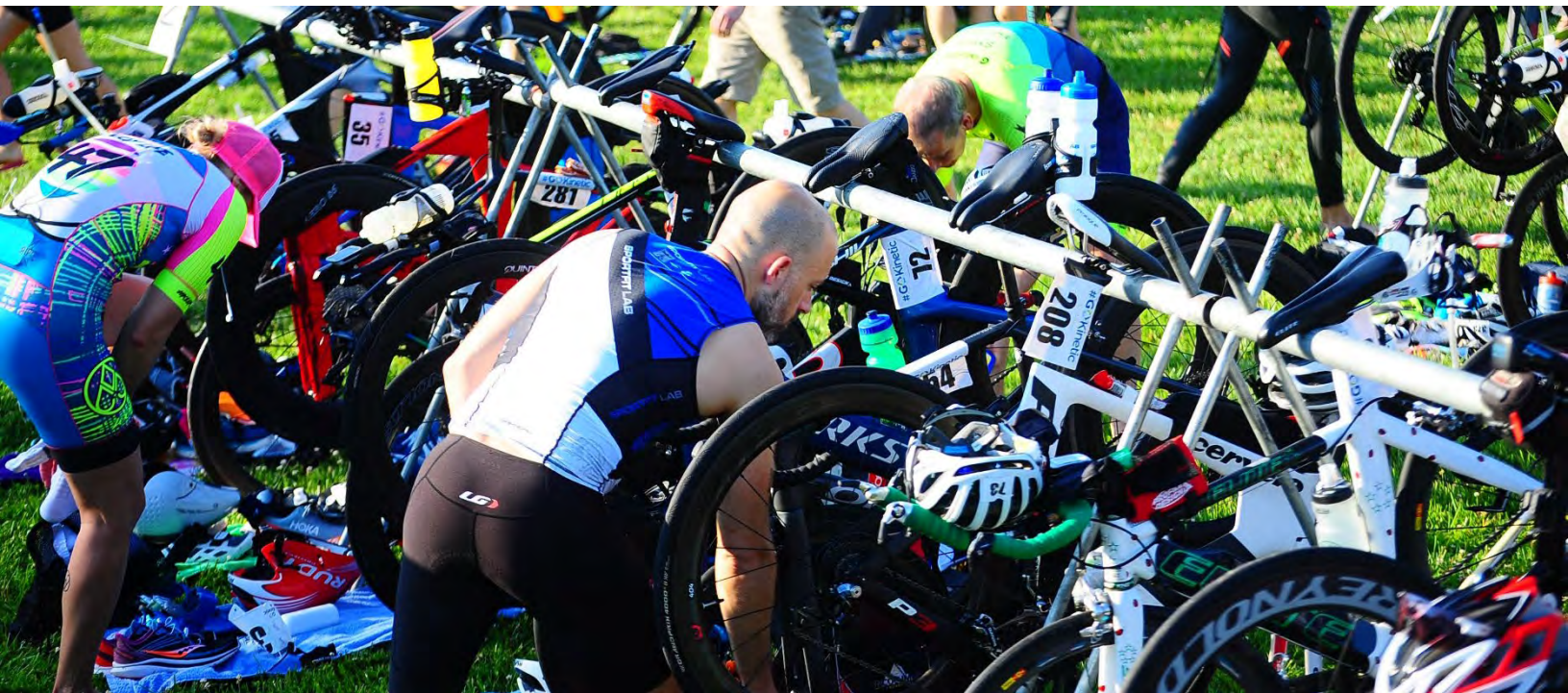
Triathletes may enter the transition area during packet pick up times. All bikes must be racked and transition preparation done 15-minutes before the start of the first swimmer.

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.**

## Aquabike

If you are racing in the Aquabike Category (*swim-bike-done!*) your time stops when you cross the Bike In dismount line. Please rack your bike then proceed to the run finish to receive your finishers medal and turn in 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. Do not lose your timing chip and be sure to return it at the finish line when you are done. 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. Timing Mats: If you want splits, you need to cross the timing wires when you race!
4. If you drop out of the race, bring your timing chip to the finish line and inform our volunteers of your decision.



## 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

### Half (Long Course) Triathlon/Aquabike:

- **Bike:** There are 2 Water/Gatorade stops on the bike course, the first one (mile 20) is hit once, the second (miles 33 & 48) is hit twice, so athletes have 3 opportunities to replenish with sport top Gatorade/Water. There are porta-jons and trash cans at each location to use as needed. Please discard all empty bottles 50 meters before/after each bike aid station.
- **Run:** There are 4 Water/Gatorade stops on each loop of the run course. Each of these will have a variety of snacks and fluids available to include: Water, Gatorade, Coke, ice, pretzels and bananas. Please help us keep the park clean and use the trash cans provided at each aid station to dispose of empty cups, banana peels, etc.

### Olympic Triathlon/Aquabike:

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

### 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.

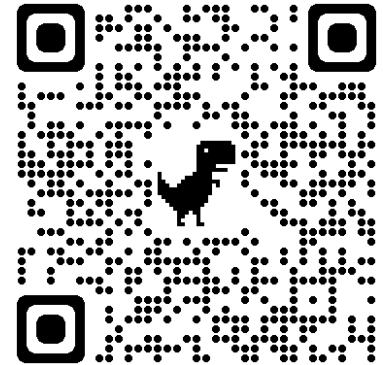


## Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13257#resultSetId-188430;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.



## Post-Race Food

All racers will receive access to the post race food area with burrito bowls, snacks and drinks. Please remember that the post-race food & drinks are for the athletes only and plan accordingly.



## USAT Rules & Penalties

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

### Updated Rules

- Helmets must be fastened **prior** to removing bikes from the transition rack while racing
- No headphones during the bike/run and phones must be stowed and not in use.
- 12-meter drafting zone on the bike.
- 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 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](#). [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.

**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](#).



### *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 typical water temperature for the swim ranges from the mid 60's to mid 70's. A preliminary water temperature will be posted on the Kinetic Multisports Facebook/Instagram page 24-48 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.





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INJURY LAW FIRM

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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/finish with a short 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 taken and communicated via email and our Facebook page Friday morning.
- The swim is a time trial start, 2 at a time every 3-5 seconds. So, pick a buddy and race hard!
- 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 you do not finish the swim, please notify our staff at the swim exit.



## Bike

- The bike course map is posted on the Kinetic Multisports website.
- **Mile 4 Long Course & Olympic Distance Diverge**
  - **Olympic – Straight (Lawyers)**
  - **Long Course – Right (Stubbs Bridge)**
- **Long Course Mile 37.5 – Start 2<sup>nd</sup> Lap – Left on Lawyers**
- **Long Course Mile 52.4 – Finish 2<sup>nd</sup> Lap – Straight on Lawyers**
- Long Course Aid Stations – There are 2 aid station locations on each lap of the bike with water, Gatorade and a portajon. Please discard your empty bottles 50 meters on either side of the aid station. Anything else is littering and will result in a DQ. Again, there are no aid stations on the Sprint and Olympic Bike courses.
- The Long Course Bike will be marked with PINK duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- The Olympic Course Bike 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 and orange vests, 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).
- Ride to the right to allow faster cyclists and traffic to pass on the left.
- Crossing the yellow line is an automatic DQ.



## Run

- The run course map is posted on the Kinetic Multisports website.
- The run course is all on pavement on low traffic, park roads.
- The run course is not flat.
- The Long Course is a 3 loop course, the Olympic is a 2 loop course. Know what lap you are on as you approach the finish line.
- Athletes that do not do the required # of laps will be DQ'd.
- Aid stations will be located approximately every mile on the run and are covered in depth in the aid station section of this guide.

### 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!**

