



Welcome to the Independence Triathlon!

We are excited to host you for a great morning of multisport adventure at beautiful Lake Nockamixon 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



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 6am**

5:30am: Transition area opens

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 – Olympic Distance – Time Trial Start – **Roads Close!!!**

7:30am: Race Start – Sprint Distance – Time Trial Start

10:00am: Bike Course Closes – Roads Open

10:15am: Sprint Awards

10:45am: Olympic Awards

11:00am: Run Course Closes



Parking & Race Site Layout



Parking is limited inside the park, please carpool and have spectators ride in the same car.

Athletes will park either in the state park adjacent to the Transition Area or on the NE shoulder of 563. If you park on the shoulder, please make sure your bumper & bike rack are completely off the road. Inside the park, be sure to stay off the grass and park in designated areas only. The main road leading into the race site is our emergency egress, bike and run course, so must remain clear.

Remember, the parking lot and all park roads are CLOSED until the last cyclist is off the course or 10am, whichever is earlier. If you are bringing toddlers, plan accordingly and pack snacks!



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 Nockamixon State Park is a great venue, but it is out there. Give yourself extra travel time!
2. The Olympic is a 2-loop swim, 2-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!



ROCK HALL TRIATHLON FESTIVAL
MAY 30 – 31 / ROCK HALL, MD
OLYMPIC & SPRINT DISTANCE RACES



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.

Aquabike

If you are racing in the Aquabike Category your race ends when you cross the yellow dismount timing loop. Please re-rack your bike in transition then return your chip at the finish line and collect a finisher's medal.



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 you 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

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

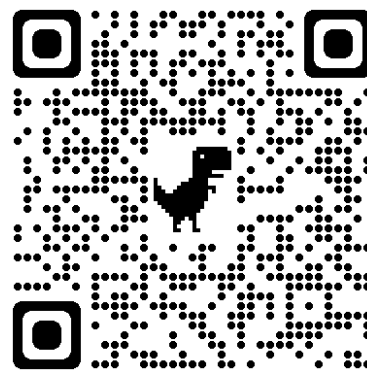
- **Bike:** No aid stations on the Sprint Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade.

Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/53241#resultSetId-217453;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 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 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.

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

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.



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

EMAIL: FRONTDESK@LANDAULAWSHOP.COM

ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

FOLLOW US:     



KINETIC MULTISPORTS SHOP

Race Belt



Hats and Visor



Clothing



SHOP NOW

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!
- This is a paved boat ramp start/finish with a 100-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 go out via email and FB 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.



Bike

- The bike course map is posted on the Kinetic Multisports website.
- The Olympic features a 2-loop bike course.
- Olympic Athletes – Start 2nd Lap – Straight at the race site entrance (Mile 11).
- Olympic Athletes – Finish 2nd Lap – Right at race site entrance (Mile 22).
- The Sprint features a 1-loop bike 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.
- The bike course will be blocked at both ends to through traffic, but still, 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.
- Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. 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 also posted on Kinetiic Multisports website.
- The Olympic Race features a 2-loop run.
- Olympic Athletes – Start 2nd Lap – Turnaround by swim start (Mile 3.1)
- Olympic Athletes – Finish 2nd Lap – Continue straight to finish line
- The Sprint features a 1-loop, 5k out and back course.
- The run course is an out and back paved road course on the coned off shoulder of 563.
- Do not run outside the coned shoulder.
- 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 at the finish line

CONGRATULATIONS YOU DID IT!

