



Welcome to the Colonial Beach Triathlon Festival!

We are excited to host you for another great weekend of racing in Colonial Beach, VA, the Playground of the Potomac. 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, especially if this is your first race. These details 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 we want to see that hard work pay off with a great race!

Kinetic Multisports triathlons are community events, please thank the Police, EMT's and volunteers that support us throughout the year. 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- Packet Pick Up*

**5-7pm: Olympic & Sprint Packet Pickup @ Race Site**

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

### *Sunday - Race Day (Olympic & Sprint)*

**\*\*Arrival Time:** Please arrive at the race site no later than 6:00am\*\*

**5:30am:** Transition area opens

**5:30-6:20am:** Packet pickup, Body Marking/Chip Pick-up

**6:35am:** Transition area closes (no exceptions)/Pre-race meeting (swim start)

**6:50am:** Olympic race time trial start!

**7:20am:** Sprint race time trial start!

**10:00am:** Awards (approx.)





## Race Site Address

30 Colonial Ave  
Colonial Beach, VA 22443 || [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. This race has an early start, give yourself plenty of time to get to the race site.
2. Race #'s and Timing Chips will be assigned on a rolling basis at Packet Pick-Up.
3. Transition Area bike racking is first come, first serve with 6 bikes per rack, 3 per side.
4. The swim is a time trial start format. Generally, faster athletes up front, slower athletes towards the back.
5. Depending on the tide, there will be an up or downstream current, swim accordingly.
6. The Olympic bike course does 2-loops of the Sprint Course, know your course!
7. The run course is beautiful with expansive water views and minimal shade on the first and last mile.
8. Post-race food and drinks are provided free of charge to athletes only.
9. The Colonial Beach Triathlon is one of the longest running triathlons on the East Coast, be sure to thank the Police, EMS and volunteers that have made it happen throughout the years!
10. Race hard, 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.

### **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 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

### 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.

## Results

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13371>



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

- Helmets must be fastened **prior** to removing bikes from the transition rack while racing
- **NO HEADPHONES** during the bike/run and phones must be secured and not in use while racing
- 12-meter drafting zone on bike for Sprint/Olympic distance
- USAT penalties, if any, will be given to athletes **ON COURSE** with a Yellow Card (warning) or a Blue Card (penalty) 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.

**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](#).

For information, please contact USA Triathlon [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.





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**Race Belt**



**Hats and Visor**



**Clothing**



**SHOP NOW**

## Swim

- The swim course map is posted on the Kinetic Multisports website.
- The swim features an elite wave then a time trial start, 2 athletes every 2-3 seconds.
- Swim Start/Finish are adjacent to each other on the beach.
- Athletes may stage shoes/flip-flops at swim finish to wear for the run back to TA
- 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/social 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.
- Colonial Beach works with the Potomac Riverkeeper to monitor water quality, all data can be found [HERE](#).
- There is a one-hour cut-off time to finish the swim from when the last athlete starts.



## 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 bike course is 2 loops of the Sprint course, Olympic distance athletes will start their 2<sup>nd</sup> lap by turning left at mile 13.
- 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!
- There is a 3-hour cumulative cutoff time to finish the bike.

### 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 fastened when riding your bike before, during and after the race. Failure to wear a buckled helmet when on your bicycle will result in a DQ.
- ***Ride in the right 1/3 of the lane adjacent to the shoulder. This allows 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 Kinetic Multisports website.
- Both the Olympic and Sprint are flat, fast out and back courses.
- The Sprint run course has open waterfront views and full sun.
- The back half of the Olympic course is mostly shaded and runs through neighborhoods on the bay side.
- Aid stations will be located approximately every 1.0-1.5 miles on the run with ice water and Gatorade Endurance.
- There is a 4-hour cumulative cut-off time to finish 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!**

