



Welcome to the Lums Pond Triathlon Festival!

It is with great pleasure that we welcome you to the Lums Pond Triathlon. Located just off I-95 in Bear, DE at beautiful Lums Pond State Park with clean water, flat courses, and fast times!

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 we want to see that hard work pay off.

This race is a community event and a team effort, please be sure to thank the Police, EMT's and volunteers that gave up their weekend to make this race happen. Our races can't happen without their support!

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 7am**

6:00am: Transition area opens

6:00-7:00am: Packet Pick Up / Body Marking / Chip Pick Up

7:15am: Transition area closes (no exceptions) / Pre-race meeting (swim start)

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

8:00am: Race Start – Sprint Distance – Time Trial Start

10:30am: Bike Course Closes

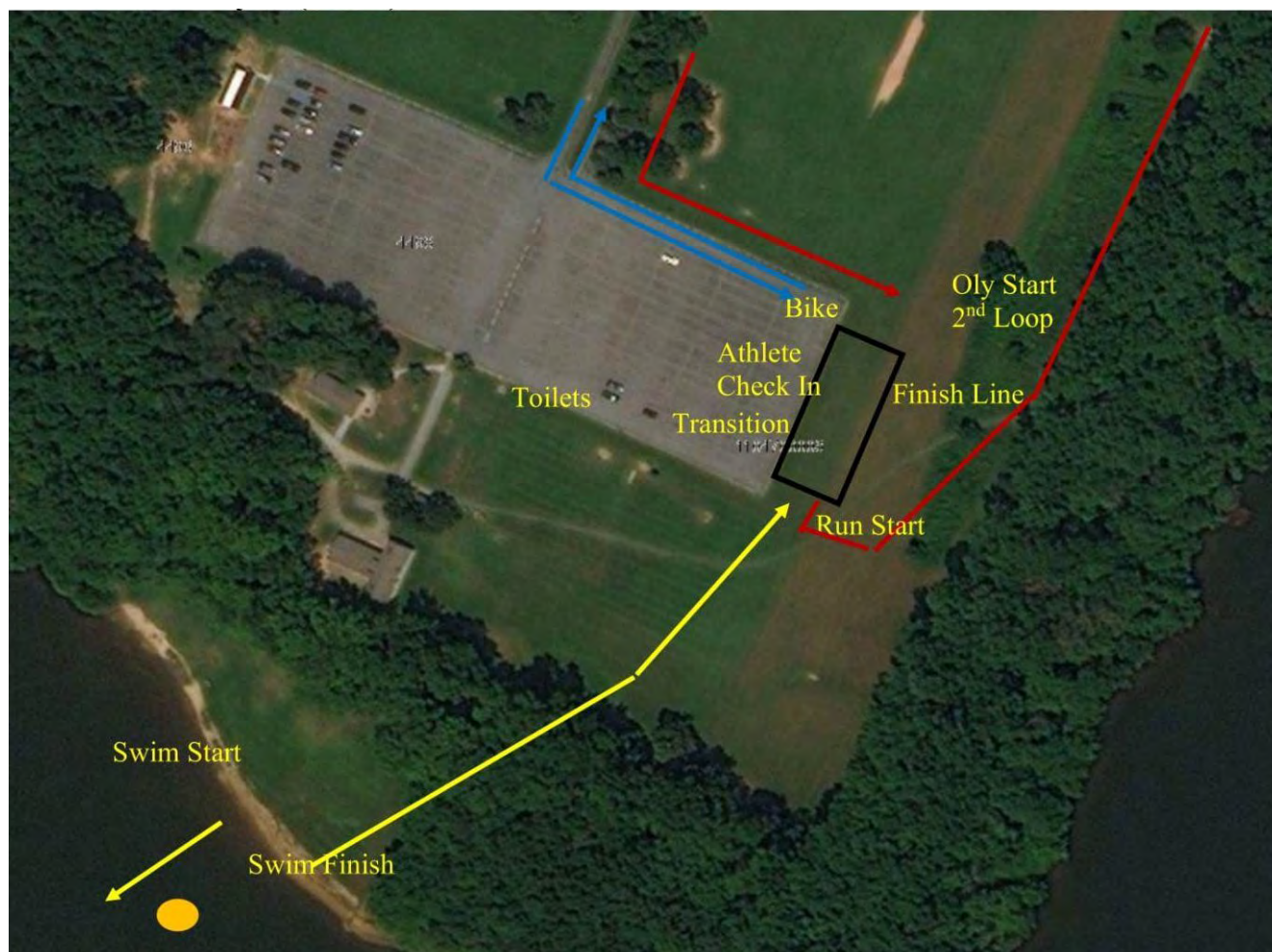
10:45am: Sprint Awards

11:15am: Olympic Awards

11:30am: Run Course Closes



Parking & Race Site Layout



Free parking is available in the state park for those arriving before 7am. Please follow the parking signs and the directions of our wonderful volunteers. DO NOT park on the main road leading into the race site 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

Lums Pond State Park – Area 1 (Race Site)
1068 Howell School Rd
Bear, DE 19701 || [Directions](#)

Note: This is a large park with multiple use areas, triple check you are going to the main entrance at 1068 Howell School Road and not the campground.

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. Be prepared for warm, humid conditions on race day. Race responsibly.
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. The Olympic is a 2-loop swim, 3-loop bike and 2-loop run; know your course and lap count.
6. The Sprint is a 1-loop swim, 1-loop bike and 1-loop run; know your course and lap count.
7. The bike feels like a race course with wide shoulders and all right hand turns, be sure to stay in the right third of the lane of travel, pass in the middle third.
8. The run course is a 50/50 mix of well packed gravel trails and pavement.
9. Post-race food and drinks are provided free of charge to athletes only
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 (**Start 2nd lap of run 3.5 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.

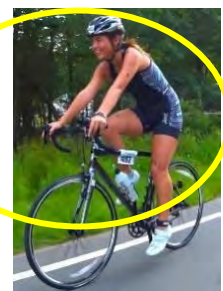


Race Numbers

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 may 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 bring your bib # with you 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.

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

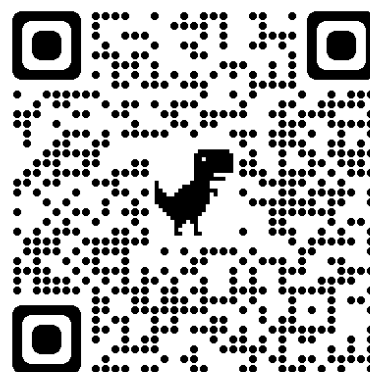
- **Bike:** No aid stations on the Sprint Bike Course.
- **Run:** Aid stations approximately every 1–1.5 miles on the run course with Water & Gatorade.

Results & Athlete Tracking

Tentative results can be found [HERE](#). Remember, results are preliminary and can shift as we approach the awards ceremony.

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 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 and must remain fastened until re-racking is complete
- No headphones during the bike/run and phone 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 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. 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](#).

Read USA Triathlon Most Commonly Violated Rules - [HERE](#)

Read the USA Triathlon Competitive Rules (Complete List) - [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 24 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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PERSONAL INJURY



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AIRPORT INJURY



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ABOUT US

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PHONE: (703) 796-9555

EMAIL: FRONTDESK@LANDAULAWSHOP.COM

ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

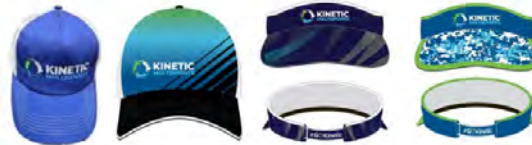
FOLLOW US:



Race Belt



Hats and Visor



Clothing



SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- The Olympic features 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!
- Swim Start/Finish are located on the shoreline of a grassy beach with gradual entry/exit paths.
- There is a 250-meter run from swim finish to transition, athletes may stage shoes/flip-flops at swim finish to wear for the run back to TA
- There will NOT be wetsuit strippers.
- The official water temp will be taken race morning and communicated one hour prior to race start.
- 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.
- Knowing the course is ultimately YOUR responsibility, there is no substitute for pre-driving or pre-riding the course.
- The Olympic Bike Course is **3 LOOPS**. Athletes **START** their 2nd and 3rd laps **OUTSIDE** the park by going straight past the park entrance. Athletes **FINISH** their third lap by turning right into the park at mile 21. **KNOW YOUR COURSE AND LAP COUNT!**
- The Sprint Bike Course is a 1 loop, 10-mile 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.
- There will be a police presence on the course for your safety, however the majority of the course is still open to traffic please BE ALERT and BE CAREFUL!

Rules & Etiquette

- Hard shell helmets must be on and fastened before removing your bike from the bike rack and must remain on (and fastened) until your bike is re-secured on the rack. (Think safe!)
- Mount/Dismount Line: When racing, don't get on your bike until you are past the YELLOW Mount/Dismount line. Likewise, be sure to be off your bike before the line when coming back into transition.
- Ride in the right 1/3 of the lane adjacent to the shoulder. This allows faster cyclists and traffic to pass on the left. Be vocal and encouraging when passing!
- Crossing the yellow line is an automatic DQ.



Run

- The run course map is posted on Kinetic Multisports website.
- The run course is awesome and uses a lot of the State XC Championship course. Expect a 50/50 mix of well packed gravel running trail and pavement, 75% shaded.
- The Sprint run is a 1 loop, 5k course.
- The Olympic run is 2 loops of the 5k course.
- Olympic Athletes – Start 2nd Lap – Straight past finish line at mile 3.1, Finish 2nd Lap - Turn right into chute at mile 6.2.
- 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!

