



Welcome to the Giant Acorn Triathlon!

We are excited to host you for a weekend of multisport racing at Lake Anna State Park. This park is one of our favorite venues and the racing 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 we 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

Giant Acorn Olympic Triathlon

Friday

5-7pm: Packet Pick Up @ Race Site

6pm: Pre-Race Meeting @ Race Site

Saturday Olympic Distance 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

11:00am: Bike Course Closes

11:15am: Olympic Awards

Noon: Run Course Closes

Giant Acorn Sprint Triathlon

Saturday

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site

Sunday Sprint Distance 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: Age Group Race Start – Sprint Distance – Time Trial Start

10:00am: Bike Course Closes

10:45am: Sprint Awards / Run Course Closes



Parking & Race Site Layout



Parking is available inside the park. Please follow the directions of our wonderful volunteers. 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



Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

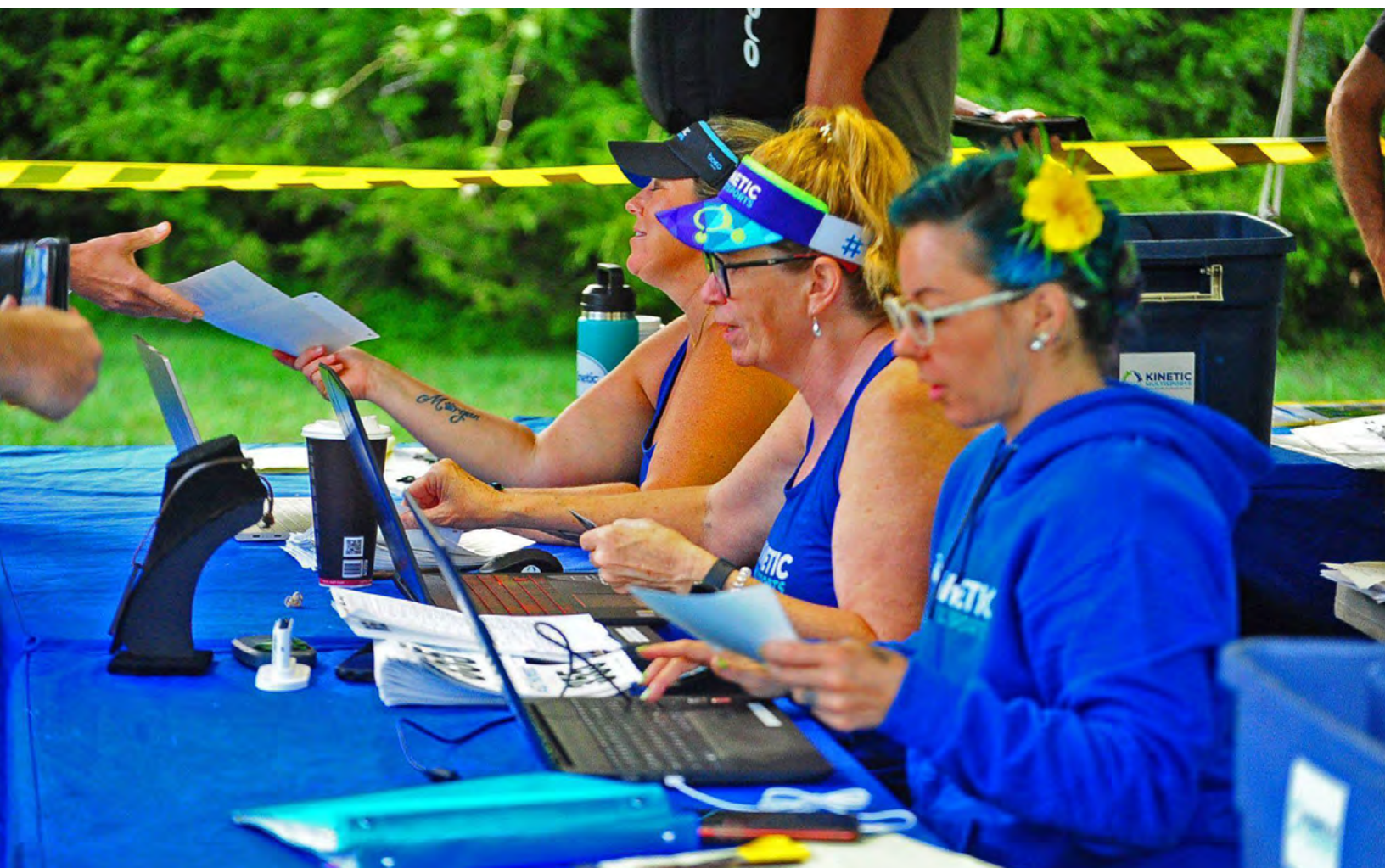
- **PHOTO ID REQUIRED! No ID = No Race!!!**
- Questions!

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.

Race Site Address

Lake Anna State Park Beachfront
6800 Lawyers Road
Spotsylvania, VA 2255 || [Directions](#)



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 Olympic is on Saturday, the Sprint is on Sunday with an 8am start each day.
3. It is the athlete's responsibility to know the course, bonus points for pre-driving/riding!
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. Post-race food and drinks are provided free of charge to athletes only
9. This race is a community event, please thank the support staff and volunteers for being out here!
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 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 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 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 can be found [HERE](#).

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 and must remain fastened until re-racking is complete
- **No headphones** during the bike/run and phones must be secured and not in use while racing
- 10-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.

For information, please contact USA Triathlon [HERE](#).

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

Read the USA Triathlon Competitive Rules (Complete List) - [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](#).



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. **If you choose to wear a wetsuit in a Kinetic Multisports race that is in this range you will start in the back of the line so we can accurately note that you are wearing a wetsuit and inform you of your choice to remove item or continue in the swim.**
- 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 when packet pick up opens.





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:



Race Belt



Hats and Visor



Clothing



SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is beach start and beach finish with a short run to leave the beach.
- 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 social 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 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 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!

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.
- ***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.
- The run course is all on pavement on low traffic, park roads
- The run course is most definitely not flat.
- 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!

