



2023 Reston Triathlon Athlete Guide

September 10, 2023

Lake Audubon, 2070 Twin Branches Road, Reston, VA



We are excited to welcome you to a fun weekend at the 37th annual Reston Triathlon. As you prepare 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 keys 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 along with our many sponsors who make this event possible!

The Reston Triathlon also known as "The Reston Triathlon World Championship" is now produced by CORE Foundation, a 501(c)3 charity based in Reston, Virginia. CORE uses the "Racing in Reston" series and triathlon as a means of fundraising Foundation which supports vital community initiatives. By participating in our events and programs, you not only challenge yourself but also contribute to a greater cause. We invite our athletes to explore our [Ambassador Program](#) and other Racing in Reston events.

Thank you for choosing to race with us. Enjoy this experience, and we hope to see you in June 2024 at the Reston Sprint Triathlon! We look forward to seeing you on the course!

Sincerely,

Jen

Jen Dryzga

Jdryzga@corefoundation.org



Schedule of Events

All times are subject to change based on unforeseen circumstances. Please check www.racinginreston.org for updates.

Date & Time	Activity	Location
Friday, September 8, 2023 5-8 p.m.	Packet Pick up *Photo ID required	Lake Audubon Pool Parking Lot 2070 Twin Branches Road, Reston, VA
Saturday, September 9, 2023 8-10 a.m.	Open Water Familiarization Swim *Registration required \$40 fee	Lake Audubon Pool Parking Lot 2070 Twin Branches Road, Reston, VA
Saturday, September 9, 2023 11 a.m. – 4 p.m.	Packet Pick up Optional Bike and Helmet check by The Bike Lane *Photo ID required	Lake Audubon Pool Parking Lot 2070 Twin Branches Road, Reston, VA
Sunday, September 10, 2023 5 a.m. - 6:30 a.m.	Transition areas open and Body Marking Park near T2 and set up your T2. Ride your bike with headlamp to T1. Rack bike in T1, body marking, be set up and ready by 6:35am	Lake Audubon Pool Parking Lot 2070 Twin Branches Road, Reston, VA *South Lakes High School, 11400 South Lakes Drive, Reston, VA is where you will park your car and set up T2 before heading to the Lake
Sunday, September 10, 2023 6:45 a.m.	Mandatory water safety briefing by water safety director. Kevin Hardy	Lake Audubon Boat Ramp 2070 Twin Branches Road Reston, VA
Sunday, September 10, 2023 7:00 a.m.	National Anthem	Lake Audubon Boat Ramp 2070 Twin Branches Road Reston, VA
Sunday, September 10, 2023 7:05 a.m.	First wave of swimmers in the water	Lake Audubon Boat Ramp 2070 Twin Branches Road Reston, VA
Sunday, September 10, 2023	Finish Line/Awards	South Lakes High School Track 11400 South Lakes Drive, Reston, VA



Packet Pick Up / Athlete Check In

Things to bring with you to Packet Pickup:

- Photo ID required to pick up packet
- Questions!
- Credit card or cash for extra swag

You will receive:

- A bag to be used to pack up your belongings in T1
- Swim Cap with your bib #
- Stickers with your bib # for bike helmet and bike
- Running bib
- Safety pins (if needed)
- String bag
- Swag

Parking and Race Site Layout

Parking is available at South Lakes High School and South Lakes Shopping Center. The Pool parking lot will be closed to vehicle traffic. The road leading into the pool is used for the bike course and for moving emergency vehicles in and out of the race venue.

Inclement Weather & Disaster Policy

There is NO rain date for the Reston Triathlon. We race rain or shine. In the case of inclement weather, management reserves the right to alter or modify the race or course to address safety concerns. In the case of a natural disaster or local incident, there will be no refunds of race entry fees. Each athlete must accept any such risk of their entry fee. Monies for charitable organizations we support have already been pledged, and monies collected are used to develop and produce the event, including all race supplies, staffing, and administration. We pledge to make every effort to produce a fair, safe, and exciting event. Any decision made to go forth with the race is based on the overall event safety. These decisions are made in concert with local risk management, police, fire & rescue, and medical personnel.

Transition

There are two transition areas:

Transition 1 (T1): Lake Audubon Pool Parking Lot, 2070 Twin Branches Road, Reston, VA

Transition 2 (T2): South Lakes High School, 11400 South Lakes Drive, Reston, VA

- Behind the tennis courts near the finish line



NOTE: T1 and T2 are NOT in the same place. On race morning, we recommend you park at South Lakes High School. Set up T2 with all your running gear, DO NOT TAKE YOUR RUNNING SHOES T2! Ride your bike to T1, located at 2070 Twin Branches Road, Reston, VA. It will be DARK. Bring a head lamp.

Triathletes may enter the transition from 5:00 a.m. – 6:30 a.m. on race day. All bikes must be racked, and transition preparation completed 30-minutes before the start of the first swimmer. There is no overnight racking. Only athletes may be in transition. Bike racks are numbered by athlete bib # for T1 and T2. Each rack is first come first served by bib #.

At the completion of your swim (at T1), you will leave all your swim gear in a large plastic bag. Course volunteers will transfer all items to T2, and they will be available for pick up after the race. Any items left behind will be donated or thrown away.

Relay Athletes – There will be special parking for you at T1 if you are doing the swim and the run. This will allow you to drive to T2 after the swim while your teammate is biking.

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 allow athletes into T2 to retrieve their bikes and other gear when possible. Please be considerate of other racers coming in and out of transition.

Race Numbers

Each athlete will receive three (3) race numbers. We also call these bib 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. Secure them with safety pins. We also will be selling racing belts which look cool and can hold your race number.

Timing Chips

Each athlete will receive their timing chip.

1. Do not lose your timing chip and be sure to return it at the finish line. There is a \$20 replacement fee if you lose or otherwise fail to return your chip.
2. Secure the timing chip on your LEFT ANKLE.
3. Timing pads are located throughout the event, be sure to cross them so your split is recorded!
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 at T1 on race morning. We recommend racking your bike first, then circling back with your bib # to the body marking area just outside of transition. You will be marked with your bib # on your thighs, just under your tri suit or shorts. Your arm and your age will be on your LEFT CALF.



Triathlon Body Marking



Your Bib #
on your left arm



Your Bib #
on your left leg



Your race age
on your left calf

Aid Stations

SWIM - No aid stations, but lifeguards are available throughout the swim to assist. If you need assistance, roll on your back, and wave your hand to signal for assistance.

T1 - Water and Hammer Nutrition are available.

BIKE - No aid stations are available on the Bike Course. Be sure to carry your own nutrition on your bike.

T2 - Water and Hammer Nutrition are available.

RUN - Aid stations are available every mile on the run course with water and Hammer Nutrition.



Swim

The swim course map is located under course maps at www.racinginreston.org. The swim is 1500 meters with a rolling start. The water temperature will be taken a week prior to the race and posted. The official water temperature will be taken on the morning of the race and communicated one hour prior to race start, by USAT officials.

The swim is a wave start with 3-4 swimmers entering the water at one time, based on the athlete's provided swim time. Swim times may not be changed after registration closes. The fastest swimmers will begin the race with 15 seconds in between each wave. Swimmers will be lined up in groups of 3 - 4 swimmers. You **MUST** wear your assigned swim cap on race day! Lifeguards 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.

Rolling Swim Start Directions

1. Volunteers assist participants in lining up by their correct wave start order by colored swim caps, provided at packet pick up.
2. Participants will work their way toward the start line.
3. Event staff will be at the start line to pair groups of 3 - 4 athletes.
4. Swimmers will be staged every 15 seconds on the water's edge behind the timing mat and advised by the event staff when to cross the mat, enter the water, and start the race.

Swim Course Rules

- The swim cutoff time is 60 minutes after the start of the last swim wave into the water.
- Athletes must wear the swim cap provided at packet pickup.
- Athletes may not use any artificial propulsion device of any kind including fins, gloves, buoys, or paddles. Use will result in disqualification.
- Swim goggles and face masks may be worn.
- A participant may rest by holding an inanimate object such as a buoy, boat, rope, or floating object. Excluding the bottom at the start, a participant shall not use any inanimate object to gain forward progress.

USAT Wet Suits Rules

- USAT rules state that competitors may wear wetsuits if the water temperature is 78 degrees or lower.
- USAT rules also state that if the water temperature is between 78.1 – 83.9 degrees, competitors may wear wetsuits, but will not be eligible for awards.
- If the water temperature is 84 degrees or above, you may **NOT** wear a wetsuit.



Bike Course

The bike course map is located at www.racinginreston.org under the course maps section. Knowing the course is ultimately YOUR responsibility. There is no substitute for pre-driving or pre-riding the course. The course has rolling hills through Reston.

The course will be marked with orange traffic cones. Athletes must always stay to the right of the cones. Police will be placed at all major intersections for your safety. The course is 8.4 miles. Athletes will complete 3 LOOPS. On the 3rd loop athletes will turn left onto Seahawks Drive and head to Transition 2 at the side of the High School, behind the tennis courts and adjacent to the track. It is the athlete's responsibility to remember how many times they have completed the bike loop. Please do not discard your trash on the course. The course is still open to traffic, please BE ALERT and BE CAREFUL!

Rules & Etiquette

1. All Bikes MUST have end caps.
2. You MUST wait to mount your bike until AFTER you cross the mounting line outside of T1.
3. You MUST dismount your bike BEFORE crossing the T2 line at the end of the bike course
4. 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.
5. Ride in the right 1/2 of the lane closest to the shoulder. This allows faster cyclists in traffic to pass on the left.
6. Always call "ON YOUR LEFT" when passing a cyclist. DO NOT RIDE OUTSIDE OF THE CONES UNDER ANY CIRCUMSTANCES!

USAT Bike Rules

1. Athletes must remember to wear a bike helmet number on the front of their helmet.
2. Athletes must have a number fixed to their bike frame and visible from the left side.
3. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used, and helmets must be worn while on your bike. Violation will result in disqualification.
4. Chin straps must always be buckled when on your bike. DO NOT unbuckle your chin strap unless you are off your bicycle. A violation while on the course will result in disqualification.
5. DO NOT LITTER! Any item that needs to be discarded, including water bottles, gel wrappers, energy supplement wrappers, bike parts or clothing, may ONLY be discarded at aid stations.

Please remember that local community members use the bike course roads. You are an ambassador for the sport and the event. While on the course, please be courteous to locals.



Run

The run course map is located on www.racinginreston.org

Once you have completed the bike portion of the race, it is time to run! The run begins at T2. Be sure to leave your running shoes at T1 on race morning. Before you leave transition, your race bib must be visible on the front of your body. Race belts will be on sale at Packet Pickup.

The run course is all on the trails of Reston and is rolling hills. Always stay on the trails for your safety. Aid stations are located at the transition exit and every 1 - 1.5 miles of the 10K run.

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 and then CELEBRATE, YOU ARE A TRIATHLETE!

- Please note there is a cut off swim time of 60 mins after the last swimmer enters the water, BUT there is not a cut off time for the bike and run!

Gear Retrieval

You will pick up your gear at Gear Pickup located right across from T2 at the conclusion of your race.

USAT Penalties

USAT Officials will post the penalty list at the awards area 15 minutes prior to the awards ceremony. Race officials are valued members of our team and ambassadors for our sport. Their focus is on safety, education and enforcing the competitive rules. 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 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.

Ambassador Program

Want to make your training miles count? Join our 2024 Ambassador Team, a group of beginning to elite athletes, that are passionate about giving back to triathlon and our community. [The application window is open!](#)

Contact Us:

Athlete Questions: jdryzga@corefoundation.org

Partnership or Ambassador Questions: info@corefoundation.org

www.racinginreston.org