



## **Welcome to the Reston Sprint Triathlon,**

We are excited to welcome you for a fun weekend at the Reston Sprint Triathlon. With clean water, rolling courses and outstanding racing, this weekend 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 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! We look forward to seeing you on the course!

### **Schedule of Events:**

#### **Friday**

5-8pm: Packet Pick Up / Chip Pick Up @ Race Site

7-8pm: Course review and transition review

#### **Saturday**

11-4pm Packet Pick up/Chip Pick up @ Race Site

Health and Wellness Fair 11-4pm @ Race Site

11am – Course review and Transition review

2:30pm – Course review and Transition review

#### **Sunday**

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

\*\* 5:00am: Transition area open for racking

6:45am: Transition area closes (no exceptions) / Pre-race meeting (swim start)

7:00am: Race Start

10:30am: Awards Ceremony and Beer Garden



## **PARKING AND RACE SITE LAYOUT**

Please carpool as much as possible with fellow athletes and spectators. Parking is available along North Village Drive, Lake Newport Soccer field and North Point Village Center, 1450 N Point Village Center, Reston VA. You may walk or ride your bike to Lake Newport Pool, 11601 Lake Newport Road, Reston VA. There is no vehicle access to Lake Newport Pool. All roads in and out of the Pool parking lot will be closed to vehicle traffic. The road leading into the pool 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.



### **Top 11 Things to Know About Race Day**

1. We are SO excited you are here and want you to enjoy your race day weekend. Please see any Captain or Race Director (in blue shirts) with any questions.
2. It is your responsibility know your course and lap count.
3. Race #'s will be assigned and given to each athlete at packet pickup.
4. We strongly suggest you bring a head lamp or flash light.
5. Timing Chips will be issued when you get your Race #. These are expensive and time consuming to replace, please do not lose your timing chip. If you lose or forget your timing chip, timing will not be available to you on race day.
6. Body marking will be located adjacent to transition, please have your bib # with you.
7. Bike racking is first come, first served based on bib # with 8 bikes per rack.
8. The swim is a time trial start format. Generally, faster athletes towards the front.
9. This course is very spectator friendly! Please have friends and family members stay clear of areas with heavy athlete traffic.
10. Post-race food and drinks are available. Bring cash/card for the Beer Tent. Stay and hang out, celebrate each other and your accomplishments.
11. Stay safe, have fun, and CONGRATS, you're a triathlete.

### **Transition Area**

Triathletes may enter the transition area during 5am – 6:45am on race day. 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 numbered by BIB number. Each rack is First come First served by BIB number. 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 allow athletes into the transition area to get their bikes and other gear when possible. Please be considerate of other racers coming in and out of transition.



### **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 bring your own racing belt.

### **Timing Chips**

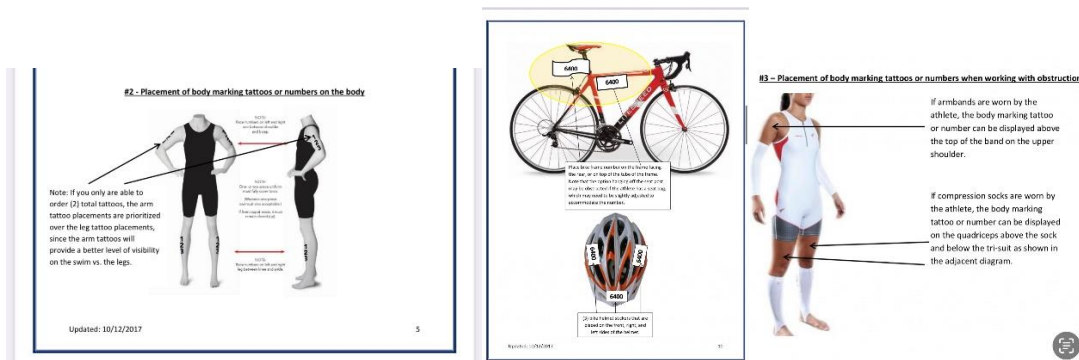
Timing Chips: Each athlete will receive their timing chip at athlete check in, we highly recommend putting it on immediately.

1. Do not lose your timing chip and be sure to return it at the finish line. There is a \$20 replacement fee if you lose or otherwise fail to return your chip.
2. The timing chip will be located on the LEFT ANKLE.
3. Timing pads are 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 your bib # on your thighs, just under your Tri suit or shorts, your arm and your AGE will be on your LEFT CALF.



## **Aid Stations**

Reston Sprint Triathlon/Aquathon/Relays

Bike: No aid stations on the Bike Course.

Run: Aid stations approximately every 1– 1.5 miles on the run course with Water. Water and Gatorade will also be available at transition.

## **Race Results**

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. Your timing is provided by Arsenal Timing.



## **SWIM**

The swim course map is located at [www.restonsprinttri.org](http://www.restonsprinttri.org) under course maps

It is deep water start.

The water temp will be taken a week prior to the race and posted. The official water temp will be taken race morning and communicated one hour prior to race start, by USAT officials.

The swim is a time trial start, 1 swimmer at a time, every 3-5 seconds.

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.

If you do not finish the swim, please notify our staff at the swim exit

## **BIKE**

The bike course map is located at [www.restonsprinttri.org](http://www.restonsprinttri.org) under course maps

Knowing the course is ultimately YOUR responsibility, there is no substitute for pre driving or pre-riding the course.

All Bikes MUST have end caps.

The course will be marked with orange traffic cones. You are required to stay to the right of the cones at all times. Police will be placed at all major intersections for your safety.

The course is 4 miles and you will COMPLETE IT 3 TIMES. It is your responsibility to remember how many times you have done the bike loop. At the completion of your 3<sup>rd</sup> loop you will enter the same way you came out. It is a sharp 90 right turn, down a hill and a quick dismount.

Please do not discard your trash on the bike course.

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 1/2 of the lane closest to the shoulder. This allows faster cyclists in traffic to pass on the left. Always call "ON YOUR LEFT" when passing a cyclist.

**DO NOT RIDE OUTSIDE OF THE CONES UNDER ANY CIRCUMSTANCES!!!**



## **RUN**

The run course map is located on [www.restonsprintri.org](http://www.restonsprintri.org) under course maps.

The run course is all on the trails of Reston and is rolling hills.

Please stay on the trails, at all times, for your safety.

Aid stations will be right as you exit transition, the turnaround point of the 5K and the finish line with ice water.

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 and then CELEBRATE, YOU ARE A TRIATHLETE!

## 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

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.