



Welcome to the Reston Youth Triathlon!

We are excited to welcome our youth to a fun weekend. As you get ready for race day, please take a moment to review our athlete guide and the emails we sent you. They all provide 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 we want you to have a great race. We appreciate you racing with us and hope you achieve your athletic goals. Lastly, as you race, be sure to thank the police, EMTs, and volunteers who gave up their weekend to support this event. The Reston Youth Triathlon is a team effort, and we are grateful for everyone's support!

We look forward to seeing you on the course!

Schedule of Events

Saturday

12-4 pm: Packet & chip pickup at Ridge Heights Pool; Race Director and volunteers will be available to review courses and answer questions

Sunday

Arrival Time: Plan to arrive at the race site no later than 6:45 am

6:00a m: Transition area open for racking

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

No parents are allowed in transition once it closes

7:30 am: National Anthem

7:35 am: RACE STARTS

Parking and Race Site Layout

Parking is available at [Langston Hughes Middle School](#) and [South Lakes Village Shopping Center](#). You may enter Ridge Heights Road to drop off your athlete(s) and their belongings. Ridge Heights Road will be closed to vehicle access once the race begins. All roads in and out of the pool parking lot will be closed to traffic. The road leading into the pool is used for biking and running courses and emergency vehicles in and out of the race venue.

Packet Pickup / Athlete Check-In

Things to bring with you to packet pickup:



- Parent's photo ID is required to pick up packet(s)
- Questions!

Bib numbers are assigned, and timing chips are distributed at packet pickup—don't lose either one.

Top 10 Things to Know About Race Day

1. We are SO excited you are here and want you to enjoy your race day. Please see any Captain or Race Director (in blue shirts) with any questions.
2. Review the course with your kids.
3. Bib numbers are assigned and given to each athlete at packet pickup.
4. Timing chips are issued when you get your bib number. They are expensive and time-consuming to replace, so do not lose them. If you lose or forget your chip, your timing will not be available on race day.
5. Body marking is adjacent to transition, have your bib number with you.
6. Bike racks are filled first come, first served based on bib number.
7. Swimming is by age, with 6-8 year olds entering the water first.
8. This course is very spectator-friendly! Encourage friends and family members to stay clear of areas with heavy athlete traffic.
9. Kona Ice will be onsite post-race for FREE snow cones!
10. Stay safe, have fun, and CONGRATS—you're a triathlete!

Transition Area

Triathletes may enter the transition area from 6-7:15 am 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 only athletes are allowed in transition. Bike racking is ordered by bib number. Each rack is filled first come, first served by bib number. Be courteous of the space and belongings of other racers before, during, and after the race. Remember that even if YOUR race is over, many others are still racing. We allow athletes into the transition area to get their bikes and other gear when possible. Be considerate of other racers coming in and out of transition.



Bib Numbers

Each athlete will receive three numbers.

1. Wear the smallest number (sticky) on the front of your cycling helmet.
2. Fold the self-adhesive double number over your bicycle's top tube or seat post.
3. Wear the number with four holes on the front of your body during the run and when crossing the finish line. We have safety pins, or you can bring a racing belt.

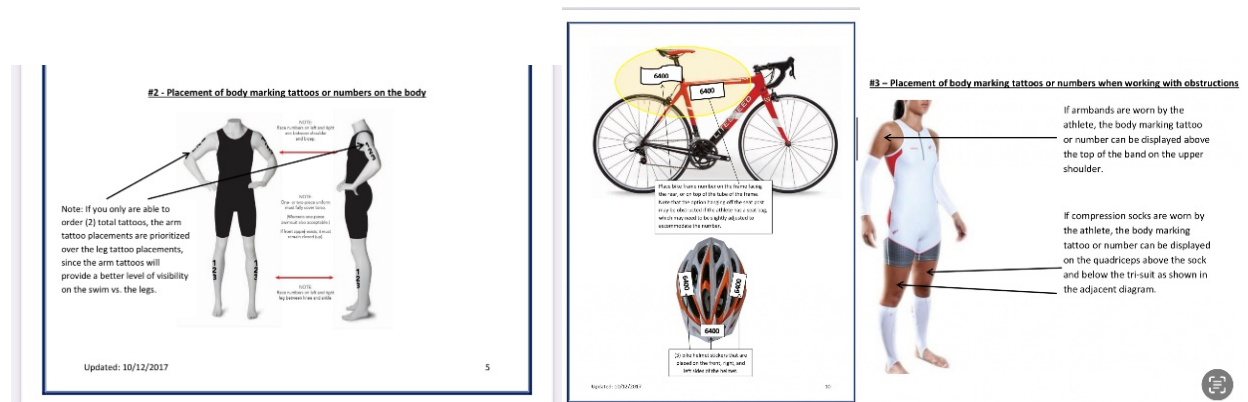
Timing Chips

Each athlete receives a 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. If you lose or otherwise fail to return your chip, you will be charged a \$20 replacement fee.
2. Wear the timing chip on your LEFT ANKLE.
3. Timing pads are located throughout the event. Be sure to cross them to get splits!
4. If you need to stop racing, go to the finish line to let us know and return your chip.

Body Marking

Be sure to get your body marked on race morning. We recommend racking your bike first, then circling back with your bib number to the body marking area just outside of transition. We put your bib number on your thighs, just under your tri suit or shorts, and your arm. Your AGE will be on your LEFT CALF.





Aid Stations

Bike

No aid stations on the bike course.

Run

Water and Gatorade will be at transition. The 6-8 year olds have one water stop on the run course. The 9-17 year olds have two water stops on the run course.

Swim Course

The swim course maps are located at racinginreston.org under Course Maps

- 6-8 year olds swim in their own lane, down and back, 50 meters
- 9-11 year olds snake swim 100 meters, 1 swimmer at a time, every 5 seconds
- 12-17 year olds snake swim 150 meters, 1 swimmer at a time, every 5 seconds

The water temperature is taken a week prior to the race and posted. The official water temperature is taken race morning and communicated one hour prior to the race start.

Lifeguards are 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, notify a volunteer at the swim exit.

Bike Course

The bike course maps are located at racinginreston.org under Course Maps.

All bikes **MUST** have end caps.

The course is marked with orange traffic cones. You are required to always stay to the right of the cones. Police are at all major intersections for your child's safety.

The course is still open to traffic, so **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 course.



Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. Volunteers are available in transition to assist athletes with helmets, bike mount, and dismount.

Ride in the right half of the lane closest to the shoulder. This allows faster cyclists in traffic to pass on the left. Always say "ON YOUR LEFT" when passing a cyclist.

DO NOT RIDE OUTSIDE OF THE CONES UNDER ANY CIRCUMSTANCES!

Run Course

The run course maps are located at racinginreston.org under Course Maps.

The run course is on Reston trails and includes rolling hills.

Always stay on the trails for your safety.

Aid stations are immediately as you exit transition. One aid station on the course for 6-8 year olds and two aid stations for 9-17 year olds.

Headphones, earphones, or any radio-type devices are NOT allowed.

You MUST have your run bib number on your FRONT as you approach the finish line.

Return your timing chip at the finish line and then CELEBRATE, YOU'RE A TRIATHLETE!

USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon. Being an annual or one-day member provides event organizers and participants with the necessary liability insurance.