



We are excited to welcome you to a fun weekend. As you get ready for race day, please review our athlete guide and the emails we sent you. These all provide key information needed for 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, be sure to thank the police, EMTs, and volunteers who gave up their weekend to support this event. The Reston 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

All times are subject to change based on unforeseen circumstances. Visit racinginreston.org for updates.

Date & Time	Activity	Location
Friday, September 6 4-8pm	Packet Pickup	Lake Audubon Pool 2070 Twin Branches Road Reston VA, 20191
Saturday, September 7 8-10am	Open Water Familiarization Swim; \$40 registration required	Lake Audubon Pool 2070 Twin Branches Road Reston VA, 20191
Saturday, September 8 10am-3pm	Packet Pickup; optional bike and helmet check	Lake Audubon Pool 2070 Twin Branches Road Reston VA, 20191
Sunday, September 8 5-6:30am	Transition areas open; body marking begins; timing chip distribution	South Lakes High School 11400 South Lakes Drive, Reston VA, 20191 Park and set up T2 before going to Lake Audubon Lake Audubon Boat Ramp 2070 Twin Branches Road Reston VA, 20191
Sunday, September 8 6:45am	Mandatory water safety briefing by Kevin Hardy, Water Safety Director	Lake Audubon Boat Ramp 2070 Twin Branches Road Reston VA 20191
Sunday, September 8 7am	Opening ceremony; National Anthem	Lake Audubon Boat Ramp 2070 Twin Branches Road Reston VA 20191
Sunday, September 8 7:05am	First wave of swimmers enter the water	Lake Audubon Boat Ramp 2070 Twin Branches Road Reston VA 20191



Date & Time	Activity	Location
Sunday, September 8	Finish line; awards ceremony	South Lakes High School Track 11400 South Lakes Drive Reston VA 20191

Parking & Race Site Layout

Parking is available at [South Lakes High School](#) and [South Lakes Village Shopping Center](#). The [Lake Audubon Pool](#) parking lot will be closed to traffic. The road leading into the pool is used for the bike course and emergency vehicles in and out of the race venue.

Packet Pickup / Athlete Check-In

Bring to packet pickup:

1. A photo ID is required to pick up a packet
2. Questions!

Bib numbers and swim caps are distributed at packet pickup—don't lose them.

Inclement Weather & Disaster Policy

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

Transition Areas

Triathletes may enter the transition areas from 5–6:30 am on race day. All bikes must be racked, and transition preparation must be completed 30 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 others might be racing even if your race is over. We allow athletes into the transition areas to get their bikes and other gear when possible. Be considerate of other racers coming in and out of transition.

Transition 1 (T1) and Transition 2 (T2) are NOT in the same location.

T2 is at South Lakes High School near the finish line in the parking lot between the track and tennis courts.

We recommend you park at South Lakes High School and set up T2 with all your running gear. Then, ride your bike to T1. It will be dark, so wear a headlamp.

T1 is at Lake Audubon Pool. After your swim, leave your swimming gear in a large plastic bag. Volunteers will transfer all items from T1 to T2 for pickup after the race.

Relay Athletes: If you are doing the swim and run, you will have special parking at T1. Then, you can drive to T2 after the swim while your teammate is biking.

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 on race day at athlete check-in. We highly recommend putting it on immediately.

- Do not lose your timing chip, and return it at the finish line. If you lose or otherwise fail to return your chip, you will be charged a \$20 replacement fee.
- Wear the timing chip on your LEFT ANKLE.
- Timing pads are located throughout the event. Be sure to cross them to get splits!
- If you need to stop racing, go to the finish line to let us know and return your chip.

Aid Stations

Swim: Lifeguards will be available throughout the swim course for emergency assistance.

T1: Water and Hammer Nutrition available.

Bike: No aid stations on the bike course.

T2: Water and Hammer Nutrition available.

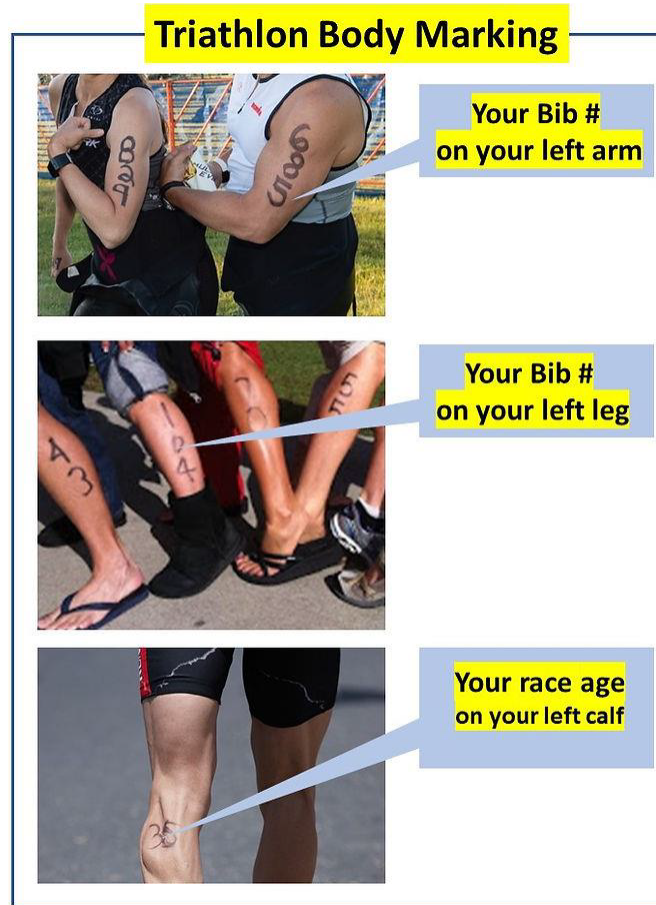
Run: Water and Hammer Nutrition are available about every one (1) mile on the run course.

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.



SWIM Course

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

The water temperature is taken a week before the race and posted. The official water temperature is taken on race morning and communicated by USAT officials one hour before the start of the race.

The swim course is 1500 meters. Swimmers will line up in groups of 50 by swim cap color. The swim is a wave start, with 10-12 swimmers entering the water at one time, based on swim time. The fastest swimmers will begin the race with 15 seconds between each wave. Swimmers **MUST** wear their swim caps on race day!

Lifeguards will be available throughout the swim for emergency assistance. If you need help, roll on your back (float) and wave your hand to signal for assistance.



Wave Start

1. Volunteers organize athletes by swim cap color provided at packet pickup.
2. Volunteers create groups at the starting line of 10-12 athletes within each color.
3. Swimmers are staged every five (5) seconds at the water's edge behind the timing mat.
4. Volunteers signal swimmers when to cross the mat, enter the water, and start the race.

Swim Course Rules

- The swim cutoff time is 60 minutes after the last wave enters the water.
- Athletes must wear swim caps provided at packet pickup.
- Athletes may not use any kind of artificial propulsion device, including fins, gloves, buoys, or paddles. The use of an artificial propulsion device will result in disqualification.
- Athletes may wear swim goggles or face masks.
- Athletes may rest by holding an inanimate object such as a buoy, boat, rope, or floating object. Excluding the bottom of the lake at the starting line, participants 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 and 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 maps are at racinginreston.org under **Course Maps**.

All Bikes MUST have end caps.

Knowing the course is ultimately YOUR responsibility. There is no substitute for driving or riding the course before the race. The course includes rolling hills through Reston.

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 at all major intersections for your safety. The course is still open to traffic, so BE ALERT and CAREFUL!

The course is 8.4 miles; you will complete it three (3) times. On your third loop, you will turn left onto Seahawks Drive and head to T2 at the side of South Lakes High School, between the track and tennis courts. It is your responsibility to remember how many times you have done the bike loop.



Rules & Etiquette

- MOUNT your bike AFTER you cross the mounting line outside of transition. Likewise, DISMOUNT your bike BEFORE crossing the line at the end of the bike course.
- You must wear a hard shell helmet and fasten it before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- Ride in the right half of the lane closest to the shoulder. This position allows faster cyclists to pass on the left. Always say "ON YOUR LEFT" when passing a cyclist.
- DO NOT RIDE OUTSIDE OF THE CONES FOR ANY REASON!

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. Helmets must be worn at all times while on your bike. Violations 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. Violations while on the course will result in disqualification.
5. DO NOT LITTER! Any item you need to get rid of, including but not limited to water bottles, gel wrappers, energy supplement wrappers, bike parts, or clothing, may ONLY be discarded at aid stations. You are an ambassador for the sport and the event. While on the course, be courteous to the residents and local community who use the bike course roads.

RUN Course

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

The run course is all on the trails of Reston and includes rolling hills. Stay on the trails at all times for your safety.

Aid stations will be available as you exit T1 and T2, 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.

Return your timing chip at the finish line and then CELEBRATE. YOU ARE A TRIATHLETE!



GEAR Retrieval

Pick up your gear at Gear Pickup, located at South Lakes High School next to T2.

USAT Penalties

USAT officials play a crucial role in ensuring the safety and fairness of the event. They will post the penalty list in the awards area 15 minutes before the ceremony. If you have any questions or concerns about USAT penalties, the USAT Official will be available 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 or one-day member provides event organizers and participants with the necessary liability insurance.