



VIRGINIA
TRIATHLON SERIES

Culpeper Sprint Triathlon Sunday August 1, 2010

Race Start Time: 8:00AM

Arrival Time: Arrive at Mountain Run Lake Park no later than 6:45 AM

Packet Pick-Up: Saturday: 2-6 at the Bike Stop – 120 West Culpeper St – Culpeper, VA 22701
Sunday: 6:00 AM – 7:30 AM at the Race Site

NOTE: YOUR Photo ID is required to pick up your race packet. If you are a USAT member you are required to show a current USAT license to get your race packet. All relay team members must pick up their own race packet. Those without a photo ID will have to go home to get it or they will not be allowed to race this event. No refunds will be issued if you forget your ID.

NO ID-NO RACE-NO EXCEPTIONS

Parking: Parking is all inside the park in the grassy field adjacent to the road. Once you are in the park, be prepared to follow the detour signs leaving the park as the run course will shut down the main road leaving the park until 10:30AM

Body Marking: All participants must be body marked. Body marking is will be at the transition entrances starting at 6:00 AM.

Pre-Race Instructions/Meeting: A pre-race meeting will be held at the Bike Stop at 5:30 PM. This meeting is not mandatory. A shorter pre-race meeting will take place race morning at 7:45AM at the swim start.

ChampionChip Timing: This race will be timed using the ChampionChip timing method. Please make sure you read the ChampionChip timing instruction sheet (page 3 of this packet). All participants will be issued a ChampionChip timing chip on race morning. Chips will be distributed on race morning at the tent adjacent to the Finish Line.

*** You are required to bring your running bib number with you in order to pick up your timing chip ***

*** Once the race has started DO NOT cross the timing mats on the course UNLESS you are racing ***

*** If you do not return your chip for whatever reason you will be billed \$30, the replacement cost of the chip.***

Transition Area:

- ◆ The transition area is located in the grassy field adjacent to the lake.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ Please, no glass containers inside the transition area. Also, there is no bike storage the night before the race.
- ◆ **Participants only in the transition area. Tell your friends and loved ones to respect the other athletes and STAY OUT!**
- ◆ **Athletes may remove their bikes AFTER the last biker is in (expected around 10AM)**
- ◆ Only the race participant will be allowed to remove his/her bike from the transition area.
- ◆ Swim Finish/Run Start is on the lake side Bike Start/Finish is on the road side.
- ◆ You must mount and dismount your bike at the mount/dismount line as well as have your helmet on and fastened.

Swim:

- ◆ This is a rectangular shaped course, buoys on the left, yellow buoys are turn buoys, check out the map below...
- ◆ If for any reason you do not finish the swim, notify the swim coordinator (orange vest) and turn in your chip.
- ◆ When getting ready for the swim, – remember your specific swim start wave and cap color, this will be posted at the TA.
- ◆ If for any reason you have trouble on the swim, roll on your back and wave your hand in the air, we will come to you.
- ◆ You can hang on to a boat as long as you like and not be DQ'd, once you get in a boat they will bring you in to get checked out.

Swim Waves

Wave	Categories	Cap Color	Time
1	Men 34 and Under	Red	8:00
2	Women 34 and Under	Light Blue	8:03
3	Men 35-44, Clydesdales, Masters Clydesdales	Fluorescent Green	8:06
4	Women 35-44, Athena	White	8:09
5	Men 45+	Purple	8:12
6	Women 45+, Relays	Dark Blue	8:15
7	All Novice Men and Women	Silver	8:18

Bike:

- ◆ The bike course map is on the website, if you would like a copy, please print it out.
- ◆ RIDE to the RIGHT – NO DRAFTING – NO BLOCKING! USAT officials will be on the course and rules will be enforced!
- ◆ The course will be marked with orange spray chalk arrows and white VTS signs (with red arrows) at all the turns.
- ◆ The 5, 10, and 15 mile points will also be marked in orange spray chalk.
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area.

- ◆ Stay to the right to allow faster cyclists to pass on the left, also some of the roads are narrow so this will help cars avoid you.
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- ◆ Helmet numbers provided must be affixed to the front of your helmet.
- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ Police will be positioned at the appropriate corners to hold traffic-The course is open to traffic – BE ALERT!
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is ultimately YOUR responsibility to know the course. A pre-drive is HIGHLY recommended.

Run:

- The start of the run is on grass and takes you alongside the transition area and up the hill to cross the levee to get on the road.
- The main portion of the run course is on Mtn Run Lake Road. Stay in the lane closest to the lake.
- ◆ There are water stations at the start of the run and at miles 1 and 2.
- ◆ No headphones, earphones or any radio-type devices will be allowed.

Relay Teams:

- ◆ Swimmers will exchange chips with their bikers at their designated bike rack location in the transition area.
- ◆ Bikers must exchange chips with the runners at the same location – your designated bike rack location in the transition area.
- ◆ Exchange your timing chip and Velcro strap at this location.

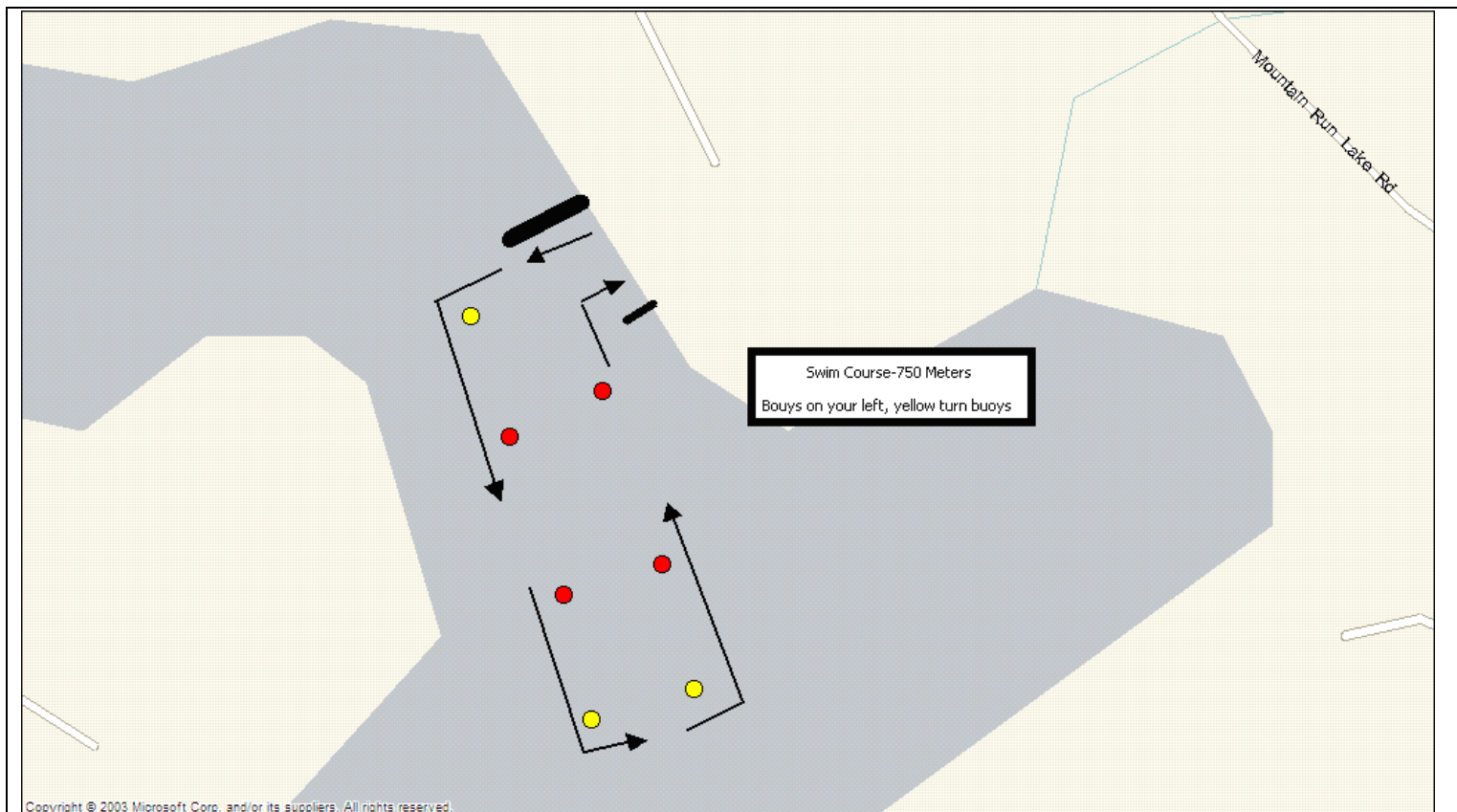
Results & Awards:

The awards ceremony will take place as soon as the last participant finishes the race – estimated to be 10:45AM.
 The final results with splits will be posted on the website by 9PM on Monday if not sooner.

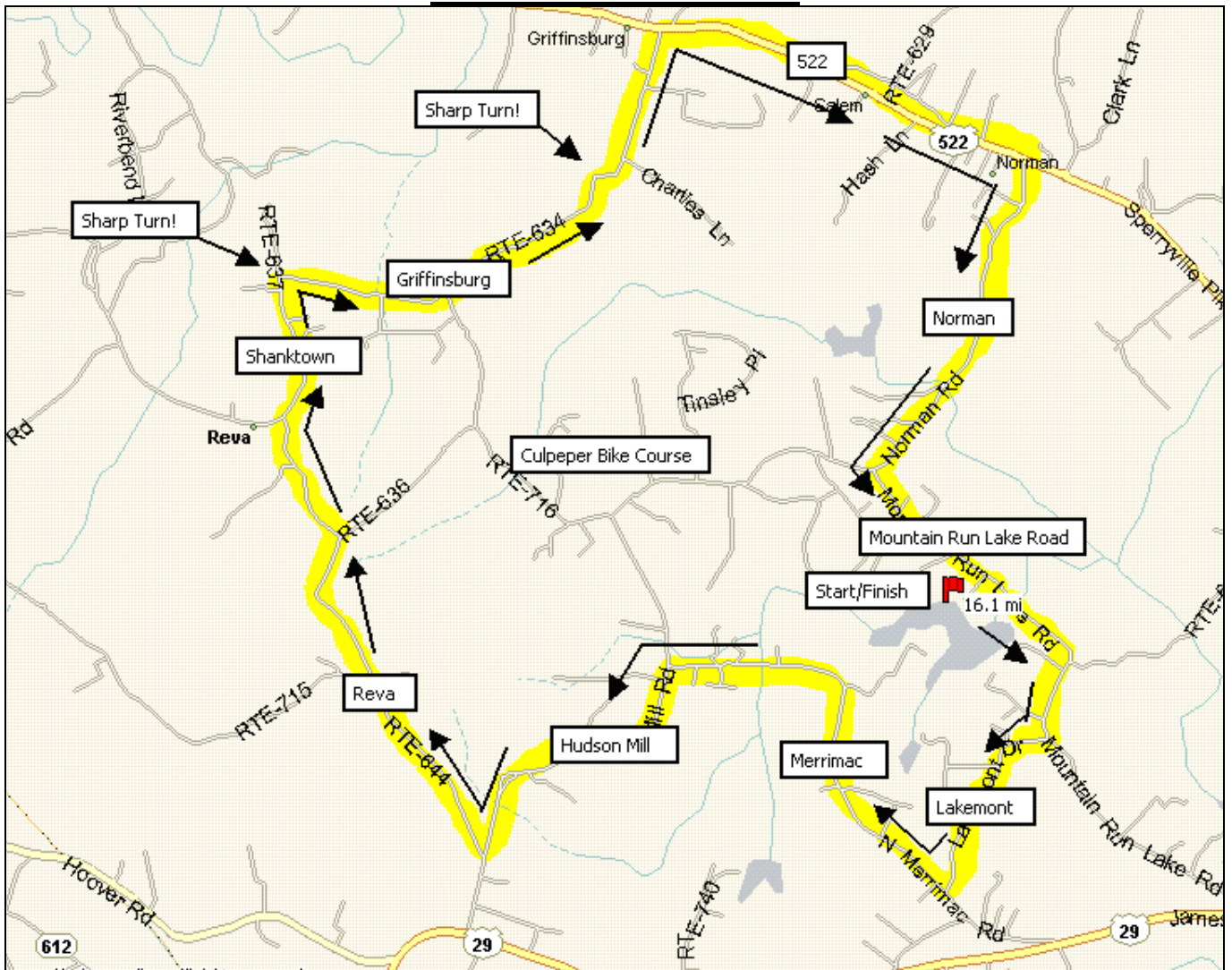
Awards will not be mailed out – if you can't be present to collect your award, please make arrangements to have someone pick it up for you.

Missing Gear: Should you misplace a helmet, wetsuit etc and we have it there will be a \$25 shipping charge to get it back to you.

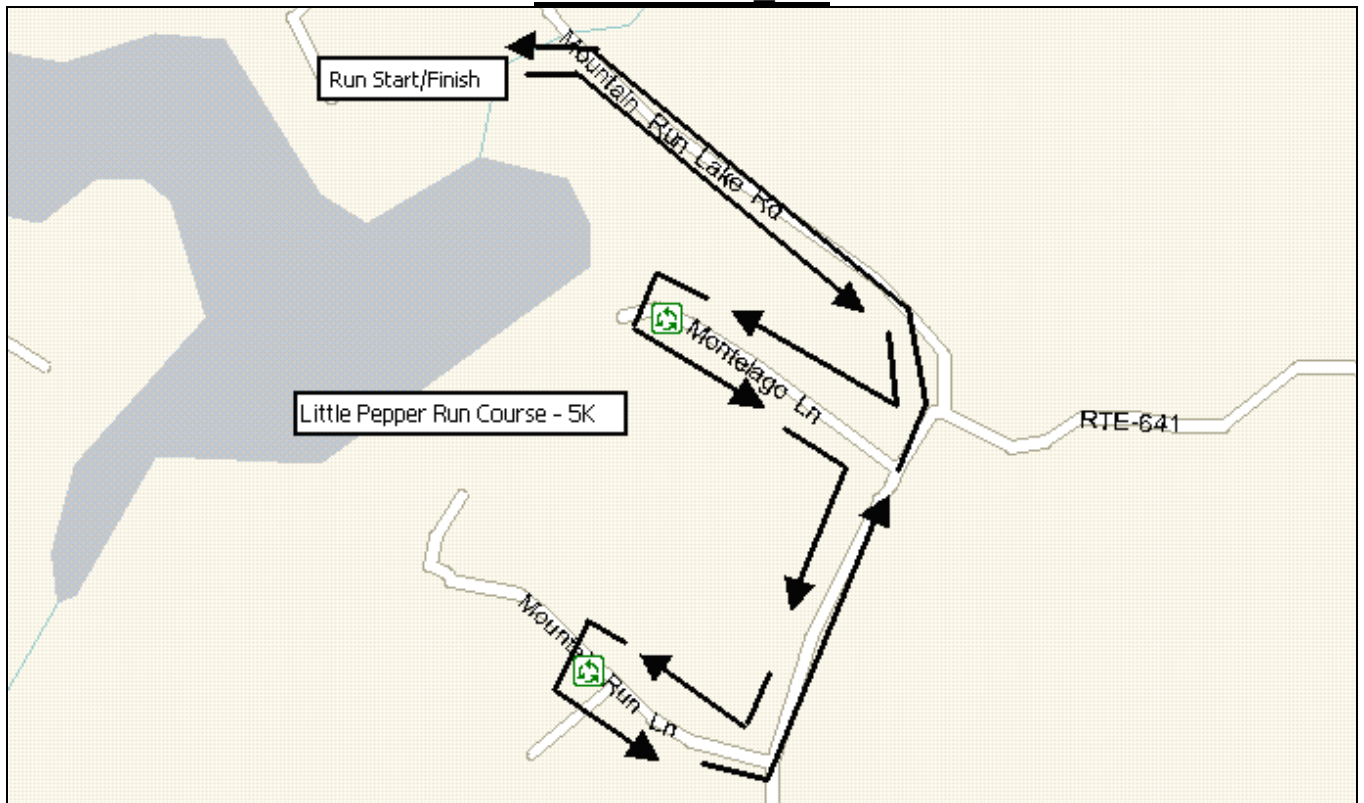
Swim Course - 750 Meters



Bike Course - 16 Miles



Run Course 5K



ChampionChip Sports Timing System

PLEASE READ CAREFULLY!!!!

This event will be timed using the CHAMPIONCHIP Electronic Timing system. Please be advised of the following procedures.

You will receive your ChampionChip on Race Morning at the Chip Pick-Up Tent

You will receive the ChampionChip along with a disposable medical ankle strap. (NOTE: relay teams will receive a neoprene ankle strap that allows for transfer from swimmer to biker and biker to runner). You may purchase a neoprene band to use at all Championchip events when you collect your timing chip.

RACING!!!!

***You must be wearing the ChampionChip strapped to your LEFT ankle or YOU WILL NOT BE TIMED.**



Wearing the Chip:

1. Thread the medical strap through the timing chip
2. Place the strap around your LEFT ankle
3. Insert TWO (2) fingers between the medical strap and your ankle (to prevent the strap from being too tight)
4. Fasten the medical strap SECURELY.
5. Double check that you fastened strap securely, if you lose the chip you'll owe use \$30.

MAKE CERTAIN YOU SNAP THE SNAP FULLY UNTIL IT LOCKS INTO PLACE!!!!

REMEMBER, YOU MUST RETURN YOUR CHIP AT THE FINISH LINE. YOU CANNOT USE THIS CHIP AT OTHER RACES

IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.

You will be assessed a \$30 charge for your chip if not returned

YOU ARE RESPONSIBLE FOR THE

******RETURN OF YOUR CHIP******

THANKS AND HAVE FUN!!