



VIRGINIA
TRIATHLON SERIES

**KINETIC HALF
LAKE ANNA STATE PARK – 7 AM START
SATURDAY MAY 8, 2010**

Arrival Time: Arrive at Lake Anna State Park *no later than 6:00 AM.*

Packet Pick-Up: Friday: 3-7 PM Lake Anna State Park-Beach Front
Saturday: 5:30 AM – 6:30AM Lake Anna State Park Beach Front

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

Race Start: The race will start at the beach at 7:00 AM.

Parking: All participants will park in the gravel lots at the lake. Try to carpool as gas is expensive and parking is limited at the beach. Our parking volunteers will direct you where to park once you near the beach and the transition area.

Body Marking: All participants must be body marked. This will take place in front of the concession area beginning at 5:30 a.m.

Pre-Race Instructions/Meeting: Important instructions will be given at 6:45 a.m. at the swim start. Please plan to be there.

ChampionChip Timing: This is a chip timed race. You will be assigned a chip race morning at the WHITE CHIP PICK UP tent adjacent to the gravel parking lot nearest the beach area. Be sure to read the timing handout (scroll down). You are responsible for picking up, wearing, and returning your chip race day.

*** 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:

NOTE: The transition area will close for check-in at 6:40 AM.

- ◆ The transition area is located next to the lake in the grassy area adjacent to the concession building.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ No glass containers inside the transition area, no bike storage the night before the race, no non-racers in the TA (ie family/friends)
- ◆ Only the race participant will be allowed to remove his/her bike from the transition area.
- ◆ Participants will not be allowed to mount bikes inside the transition area – dismount your bike at the dismount line on the road.

Swim:

The map on the website is the official course map. Note that the course has been **changed** as of May 3rd! If you want a copy please print it out as it will not be inserted into your packet.

- ◆ The swim course has been changed to a single loop course. This is for your safety! Due to the increased popularity of the event we had to change the swim format to better accommodate the number of people participating.
- ◆ The water is not too cold, expect upper 60's. Booties, hood's, and non-webbed gloves are all legal to use.
- ◆ The buoys will be on your right at all times.
- ◆ If for any reason you are having difficulty, roll on to your back and wave a hand in the air. A boat will come by to assist you.
- ◆ You will not be DQ'd if you hang on a boat to rest. If you get on the boat, we are bringing you in.
- ◆ This is a wave start swim. You will check in via a timing matt as you enter the swim start corral, be patient and move single file.
- ◆ **ORANGE SWIM CAPS:** If you have a medical condition that you feel merits us keeping a special eye on you, request an orange swim cap. You will still start in your assigned wave.

Kinetic Half 2010 - Waves			
Wave 1	7:00	Purple	Men 34 and Under
Wave 2	7:04	Light Blue	Men 40-44
Wave 3	7:08	Green	Men 35-39, 45-49
Wave 4	7:12	White	Women 39 and Under
Wave 5	7:16	Dark Blue	Women 40+ and Athena
Wave 6	7:20	Silver	Men 50+, C/MC
Wave 7	7:24	Red	All Novice, Relays, Aquabike

Bike:

- ◆ This is a **2 LOOP COURSE**, KNOW WHAT LAP YOU ARE ON! If you have only gone 30 miles, you need to do another lap.
- ◆ No drafting! Draft Marshals will be on the course and drafting will be enforced!
- ◆ The course will be marked with orange spray chalk arrows and VTS directional signs at all turns.
- ◆ Miles will be marked in 5 mile increments on the course in orange spray chalk and with mileage signs.
- ◆ Hard shell helmets must be worn and must be fastened before leaving the transition area and getting on your bike.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ 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. NO IPODS!!!
- ◆ Police will be positioned at the appropriate corners to hold traffic.
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is ultimately your responsibility to know the course.
- ◆ This bike course will be open to traffic – BE ALERT and BE CAREFUL!
- ◆ There are water and HEED handoffs at 2 locations Miles 17 & 42 (about 1 mile in from 522 on Monrovia Rd) and Mile 28 (1 mile past park entrance on lap 2. Please discard your bottles in the drop zones 200 meters before the handoff.

Run:

- This is a **3 Loop course**. Know what lap you are on! We'll have a lap count matt at the far point on the course.
- The course will be well marked. There will be directional signs at every turn on the run course. Look for these directional signs. Simple rule of thumb: If you don't see one of these directional signs – keep going straight.
- ◆ Aid stations will be located at the beginning of the run as well as every mile for the entire course.
- ◆ Aid stations will have ice, water, HEED, Hammergel, orange slices, flat cola and Endurolytes.
- ◆ There are Porta-Jons located 100 yards from each aid station.
- ◆ No headphones, earphones or any radio-type devices will be allowed, this is for your safety and those around you.
- ◆ The entire run course takes place inside the state park. The course will NOT be closed to traffic, however we expect it to be very light. Please stay alert and move to the side if a car/boat comes by.

Relay Teams:

- ◆ Swimmers will pass the chip strap and timing chip to the biker at their designated bike rack location in the transition area.
- ◆ Bikers must pass the chip strap and timing chip to the runners at the same location – your designated bike rack location in the transition area.

Results & Awards:

The awards ceremony will take place around 2PM.

Preliminary results will be posted beginning at about Noon and updated periodically until 3:00 PM.

Final results with splits will be posted on the website by 9PM on Monday May 10th if not sooner

Awards will be shipped out for \$25 if you choose not to stay for awards, or make arrangements to have someone pick it up for you.

Lost Gear:

Please label your stuff. After each race we always end up with random stuff that needs to be washed. Please label your wetsuit and your helmet as these are the items we typically end up with. While we do our best to re-connect lost gear with the appropriate owner this is not what we do. There is a \$25 shipping and handling fee to get lost items back to their rightful homes.



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!!



SETUP