



VIRGINIA
TRIATHLON SERIES

**KINETIC SPRINT TRIATHLON
LAKE ANNA STATE PARK – 9 AM START
SUNDAY MAY 9, 2010**

Arrival Time: Arrive at the event site no later than 7:45 race day
Packet Pick-Up: Saturday 5-7PM at the event site down by the beach
 Sunday 7-8:30AM at the event site down by the beach

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: 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.

Pre-Race Instructions/Meeting: Saturday at 6PM at the concession stand or Sunday at 8:45AM at the swim start.

RACE DAY TIMELINE

Time	Event
7:00-8:30 AM	Packet Pick-Up/Body Marking at the large white tent at the beach
8:30 AM	Packet Pick Up, Chip Pick Up, and Body Marking Close
8:45 AM	Transition closes (no exceptions!) / Swim waves line up/National Anthem/Pre Race Talk at swim start
9:00 AM	Race Starts
11:45 AM	Estimated time for awards ceremony

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. 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: Regardless of when you start the race – you must have your bike and equipment in the transition area prior to the posted closing time. If you arrive after that time, you will not be allowed to place your equipment in the transition area..

- ◆ NO glass containers inside the transition area-NO bike storage the night before the race-NO riding in the transition area.
- ◆ Participants only in the transition area, this means no family or friends are allowed in to help you get ready or carry your race gear.
- ◆ Find your numbered bike rack and place your bike on the rack, 3 bikes per side. This works best when people alternate sides.
- ◆ Athletes must show their run # to remove their bike from the TA at the designated post race side exit. Please be courteous to athletes that are still racing.

Swim:

- ◆ The Swim Course diagram is posted on the webpage at www.setupevents.com
- ◆ Yellow buoys are turns, orange buoys are straight.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time
- ◆ Participants will go off in age/category specific waves, be sure you start IN YOUR WAVE!
- ◆ If for any reason you need assistance, roll over on your back and float. Wave your hand in the air and we will assist you.

Kinetic Sprint 2010 - Waves			
Wave 1	9:00	Purple	Men 34 and Under
Wave 2	9:04	Light Blue	Men 35 - 44
Wave 3	9:08	Green	Women 34 and Under
Wave 4	9:12	White	Men 45 +
Wave 5	9:16	Dark Blue	Women 35 +
Wave 6	9:20	Silver	Clyde/MC, Athena, Relays
Wave 7	9:24	Red	Novice Men & Women

Bike:

- ◆ The Bike Course map is posted on the event web page at www.setupevents.com
- ◆ The course will be marked with orange spray chalk arrows and white VTS signs with red arrows at all the turns.
- ◆ Mile points will be marked with orange spray chalk and red mileage signs at 5 mile increments.
- ◆ Police will be positioned at the appropriate corners to stop traffic, this course is still open to traffic – BE ALERT and BE CAREFUL!
- ◆ As you return to the park on your bike, ride to the right inside the cones. The last 200 meters is a mandatory go slow/no passing zone as cars will be backed up at this location. Be safe and ride right between the cones and the shoulder of the road.
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.
- ◆ No drafting! Draft Marshals will be on the course and USAT rules will be enforced!
- ◆ 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 and obey the yellow line rule. Crossing the yellow line is an **automatic DQ**.
- ◆ 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, iPods, MP3 players, or any radio-type devices will be allowed.

Run:

- The Run Course map is posted on the event web page at www.setupevents.com
- ◆ The run course is all inside of the park and is 3.1 miles long.
- ◆ Aid stations will be located at the start and about every mile on the run course.
- ◆ No headphones, earphones or any radio-type devices will be allowed. **NO IPODS!**
- ◆ You must have your run # on your front as you approach the finish line or you will be assessed a **1 minute penalty**.

Relay Teams:

- ◆ Swimmers will give the timing chip to the biker at their designated bike rack location in the transition area.
- ◆ Bikers will give the timing chip to their runner at the same location – your designated bike rack location in the transition area.
- ◆ Only the runner must wear the assigned run # during their portion of the race.

Results & Awards:

The awards ceremony will take place as soon as the last participant finishes the race – estimated to be at about 11:45AM.

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

If you can't be present to collect your award, please make arrangements to have someone pick it up for you. If you can't stay for awards please be prepared to send us a check for \$25 to cover shipping and handling of your award to you.



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