



VIRGINIA
TRIATHLON SERIES

**THE RUMPUS IN BUMPASS!
LAKE ANNA BEACH MARINA - 10 AM START
INTERNATIONAL – SAT / SPRINT - SUNDAY**

Arrival Time: Arrive at the event site no later than 8:45AM either day

Packet Pick-Up: International PPU: Friday 3-7PM at the event site Saturday: 8:00AM – 9:30AM at the race site
Sprint PPU: Saturday 5-7PM at the event site Sunday 8:00AM – 9:30AM 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.
NO ID-NO RACE-NO EXCEPTIONS**

Parking: There are 2 places you can park; inside the marina or outside the marina on a gravel road. If you need to leave prior to the race ending, park on the gravel road. DO NOT park on the main road leading into the marina as this portion of the roadway is used for the bike and run course, as well as a means of getting emergency vehicles in and out of the race venue.

Pre-Race Instructions/Meeting: Friday at 6PM or Saturday at 6PM. There will be a brief talk given at swim start prior to each race.

RACE DAY TIMELINE

Time	Event
8:00-9:30 AM	Packet Pick-Up/Body Marking at the large white tent at the beach
9:30 AM	Packet Pick Up, Chip Pick Up, and Body Marking Close
9:45 AM	Transition closes (no exceptions!) / Swim waves line up/National Anthem/Pre Race Talk at swim start
10:00 AM	Race Starts
1:45/12:45	Estimated time for awards ceremony (Saturday/Sunday)

ChampionChip Timing: This is a chip timed race. You will be assigned a chip race morning at the RED CHIP PICK UP tent. 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 pyramid buoys are turns, orange buoys are straight, finish the swim around the dock and wiggly man
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your starting time
- ◆ Participants will start 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.

INTERNATIONAL SATURDAY

Wave	Time	Cap Color	Categories
1	10:00	Red	Men 29 and Under
2	10:04	Sky Blue	Men 30-39
3	10:08	Green	Women 34 and Under
4	10:12	Purple	Men 40-49
5	10:16	White	Women 35 and Up, Athena's, Novice Women
6	10:20	Dark Blue	Men 50 and Up, All Clydesdales, Novice Men, Relays

SPRINT SUNDAY

Wave	Time	Cap Color	Categories
1	10:00	Red	Men 34 and Under
2	10:04	Sky Blue	Women 34 and Under
3	10:08	Green	Men 35-44
4	10:12	Purple	Women 35 and Over, Athena's
5	10:16	White	Men 45 and Up, All Clydesdales
6	10:20	Dark Blue	Novice Men, Novice Women, Relays

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 signs with red arrows at all the turns.
- ◆ The International is a 2 Loop Bike Course – The Sprint is a 1 Loop Bike Course
- ◆ 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!
- ◆ 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!
- ◆ VDOT Guidelines require all athletes to wear “Bright, highly visible clothing” when participating in a bicycle race – do your part
- ◆ 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 ipods, headphones, earphones or any radio-type devices will be allowed. This is another **Automatic DQ**

Run:

- The Run Course map is posted on the event web page at www.setupevents.com
- ◆ There is a short 200 yard trail run to get onto the run course. The International will do 2 laps of the course on the main road, the sprint athletes will only do an out and back.
- ◆ The run course is mainly on rural country roads. We will have police officers at each intersection to stop traffic, however, please stay alert and remain aware of your surroundings!!!
- ◆ Please run on the lake side of the cones. Traffic will be alternating one way on the opposite side of the cones.
- ◆ Aid stations will be located about every mile on the run course.
- ◆ No ipods, headphones, earphones or any radio-type devices will be allowed – This is an **Automatic DQ**
- ◆ 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 1:45PM on Saturday and 12:45PM on Sunday.

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

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