



Dear Athletes,

On behalf of Virginia Amateur Sports, Smith Mountain Lake State Park and Kinetic Multisports, welcome to the Smith Mountain Lake Triathlon Presented by Charlene Jones REMAX Lakefront Realty.

As you get ready for race day, please take a moment to review the following pages of our athlete guide and read the emails we send you. These are all key to 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. We appreciate you racing with us and hope you achieve your athletic goals.

This race would not be possible without the great folks at Smith Mountain Lake State Park and the entire Community. This is a team effort, and we cannot do these races without them. So, as you race this weekend, be sure to thank the Police, EMT's and volunteers for supporting the sport we love.

You can find links to your virtual goody bag [HERE!](#)

We look forward to seeing you on the starting line!

The Kinetic Multisports Team
#GoKinetic



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Smith Mountain Lake, VA
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Schedule of Events

Friday

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site

Race Day

****Arrival Time:** Please arrive at the race site no later than 8am

**** 7:00am:** Transition area opens

7:00-8:15am: Packet pickup, Body Marking/Chip Pick-up

8:45am: Transition area closes (no exceptions) / Pre-race meeting (swim start)

8:50am: Swimmers assemble in the starting area to prepare the start!

9:00 – 9:20am: Sprint Race Time Trial Start



Parking & Race Site Layout



There is ample parking at this venue, but it is limited at the immediate race site. We ask that you carpool as much as possible, and any spectators travel in the same car as the athlete racing. There is overflow parking at the boat ramp $\frac{3}{4}$ mile down the road. Please do not park on the grass and **DO NOT SPEED**. The park has a strictly enforced 25 mph speed limit and issues tickets every year, you have been warned!

Race Site Address: Smith Mtn Lake State Park – 1235 Park Road – Huddleston, VA 24104

Packet Pick Up / Athlete Check In

Packet Pick Up (PPU) / Athlete Check In is located

Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- **Questions!**

Special notes about Packet Pickup:

- Bib #'s will be assigned, and timing chips distributed at packet pick up, don't lose either one!
- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay team member**.
- **Minors:** Those under the age of 18 years old may have their parent/guardian pickup their packet.
- **Race Categories:** You **MAY** change categories during packet pickup.
- **Timing Chip:** These are issued with your bib #, very important, do not lose.



Top 10 Things to Know About Race Day

1. Smith Mountain Lake State Park is a great place to race, but it is out there. Give yourself extra travel time!
2. Race #'s will be assigned on a rolling basis, first come, first serve.
3. Timing Chips will be issued when you get your Race #. These are expensive and time consuming to replace, please do not lose your timing chip.
4. Body marking will be located adjacent to transition, please have your bib # with you.
5. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
6. The swim is a time trial start format. Generally, faster athletes towards the front.
7. This is a fantastic swim course and very spectator friendly!
8. Post-race food and drinks are provided free of charge to athletes only.
9. There is a vehicular speed limit of 25mph inside the park, you have been warned!
10. Stay safe, have fun, #GoKinetic!



Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race within the cut off times. Participants who do not meet these cut-offs will be asked to turn in their timing chip. Finishing the race at this point is at the discretion of each athlete, but race support will no longer be provided and Kinetic Multisports holds no responsibility for athlete safety after this point.

Sprint:

Athletes have 2.5 hours to complete the entire event. Cumulative cut-offs will be:

Swim: 1 hour | **Bike:** 2 hours | **Run/Finish:** 2.5 hours

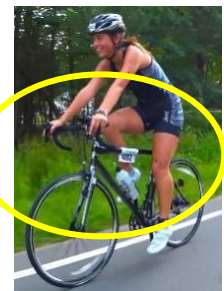
Transition Area

Triathletes may enter the transition area starting at 7:00am. Rack space is available on a first come, first serve basis. Each 10' section of rack will hold 3 bikes per side for a total of 6 bikes. Be a good neighbor in transition and be mindful of those who are still racing!

Please note that once your race is over, many others are still racing. We will be allowing athletes into the transition area to get their bikes and other gear when possible. Please be considerate of others still racing.

If you are racing in the Aquabike Category (*swim-bike-done!*) your time stops when you cross the Bike In dismount line. Please rack your bike then proceed to the run finish to receive your finishers medal and turn in your timing chip.





Timing Chips

Timing Chips: Each athlete will receive their timing chip at athlete check in, *we highly recommend putting it on immediately.*

1. There is a \$75 replacement fee if you lose or otherwise fail to return your chip, so be sure to return it to the finish line.
2. We recommend the left ankle, non-chainring side.
3. Timing Mats: If you want splits, you need to cross the timing mats when you race!
1. If you drop out of the race for any reason, bring your timing chip to the finish line and let our timing team know.



Body Marking

Body Marking is located just outside the transition. Be sure to get your right hand, both shoulders and a calf marked. Triathletes must be marked at least 30 minutes before the race and must bring their bib number for verification.

Aid Stations

- **Bike:** **NO** aid stations on the bike course
- **Run:** Aid stations will be approximately every mile on the run course and will have Gatorade & water.

Post Race Food

All racers will receive access to post race snacks and drinks. Please note, snacks and drinks are provided for athletes only. Spectators and family members need to plan accordingly. The Bagel and I food truck will be onsite selling bagels, coffee and other goodies race morning.



Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13367#resultSetId-188354;perpage:10>

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.



USAT Rules & Penalties

Please take a moment to review USA Triathlon Most Commonly Violated Rules - [HERE](#)

Updated Rules

- Helmets must be fastened **prior** to removing bikes from the transition rack while racing
- No headphones during the bike/run and phones must be stowed and not in use.
- 12-meter drafting zone on bike for Sprint/Olympic distance
- USAT penalties, if any, will be given to athletes ON COURSE with a Blue or Yellow card requiring a stop at the Penalty tent located at Run Out.



USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon and helps enforce the competitive rules of the sport. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#). [USA Triathlon Competitive Rules \(Complete List\)](#)

SafeSport: As a USA Triathlon Sanctioned Event this event follows SafeSport Guidelines for the prevention of child abuse. You can find out more on how to keep our minor athletes safe [HERE](#).

[USA Triathlon Competitive Rules \(Complete List\)](#)

USAT Aging Up Policy: Participants will compete in whichever age group they would be in as of December 31st of this year.



ABRAMS LANDAU, Ltd.
INJURY LAW FIRM

PRACTICE AREAS

HELPING PEOPLE WITH INJURY CASES, INCLUDING WORKER'S COMPENSATION FOR ON-THE-JOB INJURIES, CAR CRASHES, DOG ATTACKS, OR ACCIDENTS WHILE TRAINING FOR SPORTS OR FITNESS. WE WORK HARD TO PREVENT BRAIN INJURIES IN SCHOOL CHILDREN BY OUR EDUCATIONAL AND SAFETY PROGRAM ("LIDS ON KIDS") AND DISTRIBUTING FREE BICYCLE HELMETS EACH YEAR.



ABOUT US

MINUTES FROM WASHINGTON DULLES INTERNATIONAL AIRPORT, LOCATED BY 20 MILE MARKER OF THE WTOP TRAIL IN A HANDICAP ACCESSIBLE 100+ YEARS OLD HOUSE. ABRAMS LANDAU HAS HELPED ATHLETES AND THEIR FAMILY FROM ALL OVER THE US, AND AROUND THE WORLD.



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PREMISES LIABILITY



SPORTS CASES

PHONE: (703) 796-9555

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ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

FOLLOW US:



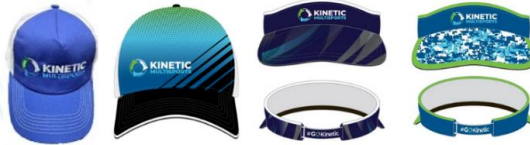


KINETIC SHOP

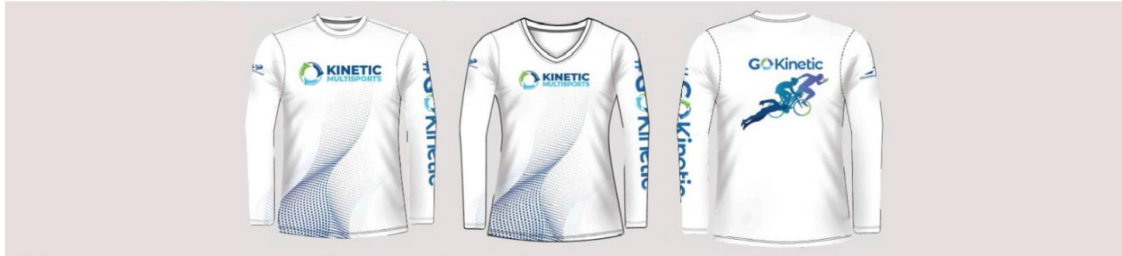
Race Belt



Hats and Visor



Clothing



SHOP NOW

Swim

- The swim course map is posted on the Kinetic Multisports website.
- It is a beach start and beach finish with a short set of stairs to leave the beach.
- The official water temp will be taken race morning and communicated by 8:00am. A preliminary reading taken and communicated via email and our Facebook page Friday morning. We expect a wetsuit legal event, just how wetsuit legal is TBD...
- The swim is a time trial start, 1-2 at a time every couple seconds. So, pick a buddy and race hard!
- Water safety will be available throughout the swim for emergency assistance. If you need assistance, roll on your back (float) and wave your hand in the air to signal for assistance. You may hang onto a kayak to catch your breath; kayakers may not pull you through the course. There are no lane lines, and you cannot see nor touch the bottom.
- Water safety does not make up for a lack of training in open water swimming.
- If for whatever reason you do not finish the swim, please notify our staff at the swim exit and return your timing chip to the finish line.



Bike

- The bike course map is posted on the Kinetic Multisports website.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- Though there will be police presence on the course for your safety, the course is still open to traffic please BE ALERT and BE CAREFUL!
- Volunteers will be at all corners wearing bright yellow shirts and orange vests, holding orange flags.
- It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.
- It is also highly recommended that you bring a spare tube, CO2 cartridge and tire levers as well as the ability to change a flat tire on course. We'll have a SAG wagon, but it can sometimes take a bit to get to you.

Rules & Etiquette

- You MUST wait to mount your bike until AFTER you cross the mounting line outside of transition. Likewise, you MUST dismount your bike BEFORE crossing the line at the end of the bike.
- No drafting, no headphones/iPods/radios. USAT officials will be on the course and penalties will be assessed (see previous section on USAT rules).
- Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- 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.



Run

- The run course map is posted on the Kinetic Multisports website.
- The run course is an out and back course and is on the road.
- Aid stations will be located approximately every mile on the run.

Rules & Etiquette

- No headphones, earphones or any radio-type devices will be allowed.
- You **MUST** have your run bib number on your **FRONT** as you approach the finish line.
- Please be sure to return your timing chip to designated volunteers after crossing the finish line...

CONGRATULATIONS YOU DID IT!





#GO  KINETIC

