

Triathlon Athlete Information

Tri Clinic: Wednesday, July 31, 2019

Packet pick up: Friday, August 9, 2019 Time: 4 PM – 6:30 PM

Race Day: Saturday, August 10, 2019

Time: 8 AM start

Welcome athletes and parents to the inaugural Loudoun Mini Athletes' Triathlon! We are very excited to have you as part of this event!



This handout will assist you with detailed instructions for race day. Please review this information with your athletes to ensure a smooth race day. Rule number one: have fun! Rule number two: maintain good sportsmanship and be considerate of other athletes throughout the event: swim, bike, and run. #SplashFlashDash2theFinish!

Let's get ready to have a great race day experience!

Event Line Up

6:30 AM	Transition Area opens (sponsored by: The Fitness Equation and Core Concepts Chiropractic)
6:45 – 7:15 AM	Body marking in Transition Area
7:30 AM	Transition Area closes to parents Athlete warm up – lead by: The Fitness Equation
7:40 AM	National Anthem
7:55 AM	6-8 year-old swimmers on pool deck
8 AM	Race start Finish Line Activities Open 9 – 14 year age groups visit with sponsor through 8:30 AM
9:30 AM (approx.)	Awards Ceremony

Please Note: Times listed within the Event Line Up are approximate and subject to change due to unforeseen events or happenings. This is our suggested flow of events, we will do our best to follow this timeline.

General Information

Gear Check List

NOTE: some items listed are optional and a preference to the athlete as well as listed under each appropriate area item may be needed

Swim:

Swim cap
Goggles
Towel
Swimsuit
Ear plugs, nose plugs
Plastic bag for wet items (old grocery bag work well!)

Run:

Running shoes
Socks
Shirt
Water bottle
Hat/Visor
Sun glasses
Sunscreen
T-shirt
Shorts

Bike:

Bike
Helmet
Bib number
T-shirt
Shorts
Socks
Shoes
Bike pump
Sun glasses
Sunscreen
Water bottle

General and Post Race:

Camera
Dry clothes
Favorite snack
Flip flops
Towel
HUGE smile!

Packet Pick Up

Friday, August 9, 2019
4 PM – 6:30 PM
The Club at One Loudoun
44605 Russell Branch Pkwy

Packets should be picked up during this time. No one else can pick up your child's packet. **The child's parent must show a photo ID to pick up packet(s).**

Please be sure to bring your child's bike and helmet to Packet Pick Up for inspection.

If you are not able to pick up your packet at the above time, please submit a written request as soon as possible to info@LoudounMiniAthletesTri.com.

Age Classifications

Athletes are eligible for their age group based on their age as of December 31, 2019. An athlete with a birth date after the event date (August 10, 2019) will be classified as the age the athlete will be turning on their birthday.

This could result in your athlete being placed in the NEXT age bracket. For example, an 8 year old whose birth date falls after August 10, 2019 will be considered a 9 year old and placed in the 9 – 11 year old age group, unless otherwise directed by the parent.

Athletes who choose to participate in their current age group based on their current age (not their age as of December 31, 2019), will NOT be eligible for awards of 1st, 2nd or 3rd place for boys and girls within each age group.

Awards and Award Eligibility

Medals of participation will be given to all race finishers.

Awards/gift certificates will be awarded to the 1st, 2nd and 3rd place male and female in each age group. Athletes are eligible for age group awards when participating in appropriate age group category. **Age classification is based on age as of December 31, 2019.**

Course Maps

Course maps are posted at www.LoudounMiniAthletesTri.com under race info for each age group. Please review the course maps, and take time to walk the course with your athlete if possible. Volunteers will be placed along the course to assist athletes in navigating the course

Timing Devices

Each athlete will be required to wear an ankle chip strap (just above their ankle) during the triathlon. Athletes will need to pick up their chip on race day in the Transition area before 7:30 AM. Chips will need to be returned at the end of the race right after the athlete crosses the finish line. The chip will record your time in each of the areas: swim, bike, run, and overall time.

Parking

Please be prepared to drop your athlete off with their bike between 6:30 AM and 7:25 AM at The Club at One Loudoun (44605 Russell Branch Pkwy Ashburn VA).

Parking will be available across the street from The Club at One Loudoun in the parking garage at One Loudoun.

If you are a One Loudoun resident within walking distance, please consider walking to The Club at One Loudoun as a “warm up” and bike/walk.

Parking **will not be** permitted at The Club at One Loudoun for athletes.

Restrooms

The Club at One Loudoun will be open and available for restrooms for the event.

Swimmer Information sponsored by: arena Water Instinct

Only swimmers will be allowed on the pool deck area closest to the pool. The pool allows for parents to spectate along the outside of the pool gate. A small area may be available for parents to stand on the pool deck to cheer on their athlete. Keep in mind parents should only be within this area when their athlete is participating.

Swimmers should only bring cap/goggles with them to the pool area. We encourage athletes to leave other items (shoes, towel, and clothes) at their bike in the transition area. Be sure to mark all items clearly with swimmer’s name and bib number.

Swimmers should remember to pick up their personal belongings after their swim and before entering the transition area. Items left on deck will be at the DJ booth for claim in “lost and found” for pick-up.

Please Note: The event is not responsible for lost items.

Swimmers will line up in bib order by age group. 6-8 age group will line up just outside the pool entrance and the 9-11 & 12-14 age groups will line up in the transition area. Volunteers will guide athletes to where they need to go before their start. Announcements will be made to assist with keeping athletes on schedule and line up locations.

Swimmers will be 'body marked' with their bib number via, a volunteer will use a Sharpie to write each swimmers' bib number on their arm and leg – capturing the full Tri experience!! Body marking will take place within the transition area from 6:45 AM – 7:25 AM. **Athletes must have their bib with them in order to be body marked.**

Timing chips will be used to record athletes' times. Swimmers need to listen to directions at the pool on where and when to step on the timing pads to ensure an accurate time is recorded.

Swimmers will be grouped by age (6-8 year olds, 9-11 year olds, 12-14 year olds). Within each age grouping, swimmers will enter the pool from fastest to slowest, based on their estimated swim times provided at registration.

Swim Age Group Information:

6 – 8 year old group -- 50 meter swim

- There will be approximately 2 heats of 5 swimmers each
- Each swimmer will stay in their own lane, swimming two lengths of the pool (from start, to other end, then back to start)

9 – 11 year old group -- 100 meter swim

- Swimmers will start their swim in lane 2, “snaking” their way back to lane 1
- At the end of each length, the swimmer will swim back to the other end of the pool
- Stay to the right in your lane. Passing is allowed, but must be done cautiously. Tap the swimmer's foot in front you to let them know you are passing. Move back to the right of the lane once you are clear of the swimmer.
- Volunteers will be on-hand to make sure swimmers stay on course

12 – 14 year old group -- 150 meter swim

- Swimmers will start their swim in lane 1, “snaking” their way back to lane 1
- At the end of each length, the swimmer will push off the wall, go **under** the lane line, and swim back to the other end of the pool
- Stay to the right in your lane. Passing is allowed, but must be done cautiously. Tap the swimmer's foot in front you to let them know you are passing. Move back the right of the lane once you are clear of the swimmer.
- Volunteers will be on-hand to make sure swimmers stay on course

Cyclist Information

1. Helmets must be properly worn and the chin strap fastened prior to leaving the transition area for the bike element. Helmet must remain on and fastened at ALL times while on the bike.
2. Handle bar ends must be capped/covered for safety. Any handle bars with lost caps or covers, will be covered with duct tape. Please be sure to bring bike and helmet to Packet Pick up for inspection.
3. Athletes may not get on their bike until they have left the first Transition area – volunteers will remind athletes of this and assist with mounting and dismounting locations.
4. No weaving is allowed as there will be other riders coming up behind you. Stay to the right unless passing. When passing a rider in front of you, call out to them “PASSING”, so they are aware. Move back to the right once you are clear of them. Watch out for other bikers.
5. You must follow the directions from the police and course marshals. They are there to keep you safe. You must stay inside of the cones/to the right of the cones placed on the road.
6. You must dismount your bike before you re-enter the transition area. Volunteers will be there to assist.
7. You will need to check the course maps to see your age group course. Familiarize yourself with the course and know the number of loops you will need to complete the course.
8. Police and volunteers will be along the entire bike and run courses.

RIDE SAFELY AND HAVE FUN!

Bike Age Group Information:

6-8 yr olds – 1 mile distance

- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed. Detailed instructions will be shared with athletes at 7:30 AM in the transition area.

9-11 yr olds – 1.80 mile distance

- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed. Detailed instructions will be shared with athletes at 7:30 AM in the transition area.

12-14 yr olds – 2.45 mile distance

- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed. Detailed instructions will be shared with athletes at 7:30 AM in the transition area.

Volunteers are needed along the bike course and this is great way to be cheer on your athlete! Sign up to volunteer for bike course at www.LoudounMiniAthletesTri.com

Transition Information sponsored by *The Fitness Equation and Core Concepts Chiropractic*

There are two transitions in a triathlon: swim > bike (Transition 1 or T1) and bike > run (Transition 2 or T2).

For this triathlon, T1 & T2 are within the same transition area located in the parking lot of The Club (pool) at One Loudoun (44605 Russell Branch Pkwy, Ashburn, VA).

The transition area will be fenced off and have numbered areas for each athlete to set up their equipment (bike, helmet, shoes, towel, etc.) giving a space to transition/get ready for the next step within the event.

PARENTS WILL BE PERMITTED IN THE TRANSITION AREA FROM 6:30 AM – 7:30 AM. Prior to race time - parents must be with their athlete, who will have a bib number indicating their age group and they must leave the transition area by 7:30 AM. The transition area will open at 6 :30 AM. Want to be near your athlete during transition? Sign up to volunteer for this area!

To enter this area, athletes must have an inspected bike helmet (w/a sticker) and bike (handle bar ends capped/covered)

- Be sure to have your race number clearly visible on your athlete's body.
- Find the area with your number on the ground. Using your kickstand park your bike.
- Right next to your bike lay out the following things:
 - o sneakers/bike shoes
 - o socks (if using)
 - o bike helmet
 - o sunglasses (if using)
 - o a shirt and shorts (if using) to put on over your bathing suit
 - o running race number/bib
 - o the numbered plastic bag included in your race packet
- If you wish to dry off after the swim - bring a SMALL towel (a hand towel works well).

The transition area will **close to parents at 7:30 AM** – You will be asked to please exit the transition area at this time. Announcement will be made to assist with keeping on schedule. **Volunteers are needed to assist in transition and this is great way to be close to your athlete! Sign up to volunteer for transition at www.LoudounMiniAthletesTri.com**

Upon completion of their swim, the athlete will enter the transition area, find their bike, put on their helmet/clothes and put anything they are not taking with them (such as goggles, towel, etc) into the a plastic bag – tie the bag to ensure nothing will fall out. This will assist each athlete in keeping their belongings organized and together.

The athlete must WALK/JOG their bike completely out of the transition area and mount their bike at the entrance/exit of the transition arear. Do NOT mount bike until you are clear of the transition area **helmets must be fastened before exiting the transition area.**

Volunteers will be in the transition area to help before and during the race with shoe-tying, getting the bikes on/off the rack, and any other issues the athletes may need assistance with.

At no time during the race are any parents or spectators allowed into the transition area. This is primarily for safety reasons and keeping the transition area as clear as possible for the young athletes. **Volunteers are needed to assist in transition and this is great way to be close to your athlete! Sign up to volunteer for transition at www.LoudounMiniAthletesTri.com**

Water will be available inside the transition area for athletes.

Transition 2 – bike > run

Remember transition 2 is the same transition area. Both T1 and T2 are within the same transition area at The Club at One Loudoun.

Volunteers will be right before the entry of the transition area, reminding all athletes to dismount their bikes – you **MAY NOT** ride your bike into the transition area and your helmet must remain strapped until you are off your bike.

Once in the transition area, look for your number on the ground, park your bike by either using your kickstand – **you may NOT just leave it on the ground in any location, your bike must be parked in your transition space.**

Leave your helmet with your bike, collect any items you need for your run and jog out of the transition area towards the foot path next to the pool. A water stop will be available immediately outside of the transition area.

Volunteers will be in the transition area to help with bike racking and any other issues the athletes may need assistance with. At no time during the race are any parents or spectators allowed into the transition area.

Runner Information

Each age group will begin the run course at the transition area and finish on Palladian Blue Terr in front of the finish line festival/pool house. All running routes will start on the foot path next to the pool at the back of the transition area.

Please review the course maps on the website for each age group run route.

Run Age Group Information:

6-8 yr olds – 1 mile distance

- Start on foot path at the front of the parking lot, cross over Russell Branch, finish on the field space next to the pool at the finish line arch.
- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed.

9-11 yr olds – 1.55 mile distance

- Start on foot path at the front of the parking lot, cross over Russell Branch, finish on the field space next to the pool at the finish line arch.
- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed.

12-14 yr olds – 2.11 mile distance

- Start on foot path at the front of the parking lot, cross over Russell Branch, finish on the field space next to the pool at the finish line arch.
- **See map for details and route narrative.**
- Volunteers will be on the course to assist athletes as needed.

Volunteers are needed along the run course and this is great way to be cheer on your athlete! Sign up to volunteer for run course at www.LoudounMiniAthletesTri.com

Bike Pick Up

Parents may enter the transition area to remove bikes beginning at 9:45 AM. From 9:45 AM – 10:15 AM bikes can be walked out of the transition area. AFTER 10:15 AM cars may enter the parking lot to retrieve bikes and other belongings. This time is approximate and subject to the progress of the event and where athletes are within the event. The event staff will announce when cars can enter the parking lot for bike retrieval. Please be sure to remove all items from the transition area, as all left over items will be in available in lost in found for one week after the event, then donated to charity.