



REV3 TRIATHLON

MONTCLAIR TRIATHLON

SPRINT TRI

JUNE 19, 2016





GREETINGS ATHLETES

The Montclair Triathlon is right around the corner. We are looking forward to an exciting race. Thank you for taking part in the Montclair Triathlon. The Montclair Community is opening their lake, street, and trails in order to have a great day of racing. Please remember that we are guests in the community. Please be sure to clean up after yourself while racing so that we can continue to provide this race weekend for everyone.

Below you will find important information regarding race weekend. Please take the time to read this packet in its entirety. There is a lot of information that you need to know to ensure you have a safe and fun race. If you have any questions please do not hesitate to e-mail us at Info@rev3tri.com

Thank you for your support and we look forward to seeing you soon!

ABSOLUTELY NO PETS ARE ALLOWED AT THE RACE SITE!

SCHEDULE

You can view a full schedule of events here: <http://rev3tri.com/montclair-tri/>

PACKET PICK-UP

You will have two opportunities to pick up your race packet for the Sprint Tri they are:

Event:	Date:	Location:	Time:
Packet Pick Up Sprint	Saturday 6/18	Montclair Property Owners Association	11:00am – 3:00pm
Packet Pick Up Sprint	Sunday 6/19	Dolphin Beach	6:00am – 6:45am

Packet Pick Up Address:

Montclair Property Owners Association: 3561 Waterway Dr, Montclair, VA

Dolphin Beach: 4398 Spillway Lane, Montclair, VA

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Photo ID, and a valid USAT annual or one-day license are required to pick up your packet.

Montclair Residents who registered under the Montclair resident discount must have an ID that shows their address





PARKING

Parking is available at Moncure Park (4450 Waterway Dr, Dumfries, VA 22025) and John F Pattie Elementary School (16125 Dumfries Rd, Dumfries, VA 22026) Please note both parking lots are about a half mile walk (or bike ride) away from transition.

You may also park along the street but please note if you do this you may be blocked in until the race has finished. If you decide to park along the street please do not block residents driveways, police will ticket for any parking violations.

You may NOT park on Dolphin Drive or Spillway Lane, this is also a no drop zone, do not drive down these roads thinking you will be able to drop your athlete at transition.

BODY MARKING

Body marking will take place on race morning from 6:00am – 6:45am outside of transition. Please bring your bib number when you get Body Marked.

TIMING CHIP PICK-UP

You will be required to pick up your timing chip on race morning during the following times:

Sprint Athletes Chip Pick Up: 6:00am– 6:45am

You will pick up your timing chip Timing Station next to transition on race morning. All chips must be returned at the finish line, if you do not return your chip you will be charged \$110 for a lost chip fee.

Timing chips should be strapped to your left ankle when racing.

SWIM

The swim takes place in Lake Montclair and is a counter clockwise course. Buoys are placed every 100 meters. YELLOW buoys mark the straight away and ORANGE triangle buoys mark the two turns. The swim exit is on Dolphin Beach. If for some reason you do not finish the swim or do not continue on after the swim, please make sure to hand in your chip and notify a race official. If you have trouble during the swim, roll on your back and wave your hand in the air, a lifeguard will respond.



We will have red swim caps available for anyone who is uncomfortable in the water. Safety officials have been notified to keep an extra eye on all red swim caps. If you would like a red swim cap please ask for one when you pick up your packet.

SWIM STAGING / START

The swim staging is located along the sidewalk on the right side of the beach facing the lake. The swim will be a Time Trial format with three athletes starting every 5 seconds. Athletes will need to line themselves up in order of speed, it will be a “first come first serve” scenario. If you notice that you are improperly seeded, please seed yourself appropriately in line by moving up (faster) or moving down (slower)

OPEN WAVE

We are offering the option to start in the Traditional Wave instead of a time trial start. If you choose to be in the traditional wave you will go off in the first wave before the time trial start. This will be a mixed wave with men and women.

In order to qualify to be in the traditional wave you must have completed a Sprint Triathlon with a 500 meter swim or more in the following times:

- Men- 1 hour 15 min
- Women- 1 hour 20 minutes

Please e-mail Info@rev3tri.com with your race results in addition to your first name, last name, age, and birthdate if you would like to be moved to the Traditional Wave. Deadline to register for the Traditional Wave is Thursday June 16th at 4:00pm EST.

BIKE

Bike Course: <http://www.mapmyrun.com/routes/fullscreen/403953874/>

This is a two loop bike course utilizing 2 lanes on the same side of the street. DO NOT CROSS the orange cones! This is a disqualification and with bikes coming the opposite direction, is also a safety hazard.

Make sure you ride to the right and do not block other athletes from passing. All USAT rules will apply.

When you leave transition you will have an uphill climb for the first 100 yards...be prepared and have your bike set up for your easy gear. There are 4 U-Turns on the course and they can be tight turns if you are not accustomed to this type of course.

When you see the police and volunteers please slow down to make the U-turns. There is a NO PASSING ZONE just before Ashgrove where bikers on their second loop will turn back to transition.

When you are leaving transition bikers on their first lap will need to move to the left without crossing the orange cones. Bikers on their second lap need to stay to the right and begin to slow down for the sharp right hand turn back toward transition.

An athlete number/chip check point will be on the course so make sure to do both laps on Waterway. On the return to transition bikers will have same hill that they had leaving transition but this time you are going downhill, at the bottom of this downhill bikers will have a sharp right hand turn and then the dismount line. GO SLOW and under control going down the hill coming back into transition.

RUN

Sprint Run Course: <http://www.mapmyrun.com/routes/fullscreen/336868087/>

When running along Waterway runners must stay on the sidewalks. Athletes must have their run number facing front before crossing the finish line.

AID STATION

There will be 2 aid stations on the run course serving water, Gatorade Endurance and Powerbar Powergels. You should be prepared to carry your own water and food as you see fit on the bike and run portions of the race. There will be additional food and drink at the finish line.

RESTROOMS

Porta Johns will be available near transition area in the parking lot.

SAFETY RULES

This is a USAT Sanctioned race which means you must follow all USAT rules. You can find all USAT rules here: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>



CANCELLATION

If the race or any portion of the race must be cancelled due to weather, unsafe conditions, or any other reason, there will be no refund of registration fees. Race packets will be distributed at packet pick up. No substitutions or registration transfers are allowed. False entry under another person's name is an automatic lifetime ban from all Revolution3 events and will be reported to USAT for appropriate USAT action.

RESULTS/AWARDS

There will be an award ceremony at 9:30AM. We will be awarding the top three males and females overall and in each age group, Clydesdale, and Athena. Age groups are sorted by increments of 5 years, 19 & Under, 20-24, 25-29, etc.

We will also award the top three overall male and female aquabike athletes and top three relay teams.

Results can be found after the race online here: <http://timing.rev3tri.com/mobile>

VOLUNTEERS

We rely heavily on our Volunteers to have a successful event. If you have any friends or family that wants to get close to the race day action have them sign up to Volunteer while you race!

VOLUNTEER SIGN UP: <https://www.volunteersignup.org/TPAYY?classic>

Volunteers help with a variety of tasks including check-in, aid stations, course marshaling, food distribution, etc. Times vary from 5am – 11am. Volunteers receive free food, a cool volunteer shirt, and our sincere appreciation. Plus, volunteering is fun!

We look forward to an exciting race weekend. Remember to be safe, follow the rules, and most importantly have fun!