

REVOLUTION3



TRIATHLON

# SALUTE

TO THE

MILITARY



VINT HILL

MAY 27



2017



## GREETINGS ATHLETES

Revolution3 Salute the Military Triathlon is right around the corner. We are looking forward to an exciting race on Saturday May 27th at the Vint Hill Larry Weeks Pool. Below you will find important information regarding race weekend. Please read this entire athlete guide so you will be prepared for your race.

If you have any questions please do not hesitate to e-mail us at [Info@rev3tri.com](mailto:Info@rev3tri.com)

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

## SCHEDULE

### SPRINT SCHEDULE SATURDAY MAY 27, 2017

EVENT	LOCATION	TIME
Transition Opens	Larry Weeks Pool	5:45AM
Sprint Packet Pick Up	Larry Weeks Pool	5:45AM - 6:30AM
Body Marking	Transition	6:00AM - 6:30AM
Transition Closes		6:45AM
National Anthem	on Pool Deck	6:55AM
Swim Start	On Pool Deck	7:00AM
Award Ceremony	Rev3 Finish Line	9:00AM
Swim Start	On Pool Deck	7:00AM
Award Ceremony	Rev3 Finish Line	9:45AM

### YOUTH SCHEDULE SATURDAY MAY 27, 2017

EVENT	LOCATION	TIME
Packet Pick Up	Larry Weeks Pool	6:00AM-8:30AM
Body Marking	Transition	6:00AM-9:00AM
Transition Opens for Kids Tri	Larry Weeks Pool Parking Lot	6:00AM
Transition Closes	Larry Weeks Pool Parking Lot	9:10AM
Mandatory Youth Athlete Race Briefing	Transition	9:15AM
Swim Start	Pool Deck	9:30AM
Award Ceremony	Rev3 Finish Line	10:15AM
Award Ceremony	Rev3 Finish Line	10:15AM

## PACKET PICK-UP

There will be two opportunities to pick up your race packet. Packet pick up will take place on Friday and Saturday at Larry Weeks Community Pool at Vint Hill.

Larry Weeks Community Pool:  
4248 Bludau Dr  
Warrenton, VA 20187

You will also have the opportunity to pick up your packet on race morning, on site in front of transition, at the following times:

Race:	Date:	Location:	Time:
Sprint & Youth Tri	Friday 5/26	Larry Weeks Pool	4:00pm – 7:00pm
Sprint Tri	Saturday 5/27	Larry Weeks Pool	5:45am – 6:45am
Youth Tri	Saturday 5/27	Larry Weeks Pool	6:00am – 8:30am

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Photo ID is required to pick up your packet. If you have an athlete under the age of 16 a Parent or Guardian photo ID will be required to pick up your packet.

## PACKET PICK UP PROCESS:

### **Step 1: GET YOUR BIB NUMBER**

Bib numbers will be displayed on a poster adjacent to the registration tent. This poster will list every athlete's name and bib number. Once you have obtained your bib number, you may proceed to the volunteers inside the registration tent to pick up your race packet.

### **Step 2: PICK UP YOUR RACE PACKET WITH YOUR ID AND USAT CARD**

In order to obtain your race packet, you will need to show government issued photo identification (THIS INCLUDES RACE MORNING PICK UP). If your athlete is under 18 and does not have a photo ID a parent or guardian photo ID will be required to pick up their packet.

All Relays MUST check in as a team. To ensure that all team members complete the appropriate waivers, partial or incomplete teams will not be permitted to check-in for absent members of the relay team.

In the race packet, athletes will receive:

- Race Number Stickers
- Race Number Bib
- Latex Swim Cap

## RACE NUMBER STICKERS

Each race packet contains the following bike-marking, race-number stickers:

- One small sticker (to be applied to the front of the helmet)
- One larger sticker (to be applied on the bike with the number displayed on both sides of the bike). It usually is best to place this sticker on the seat stem, top tube or down tube.

## SWIM CAP

All athletes will be issued a colored swim cap that corresponds to the swim wave in which he or she will start. The race-issued swim cap must be visible during the swim leg of the race.

If you have a latex allergy, please bring your own swim cap to wear during the swim.

## BIB

While you may wear your bib on the bike leg of the race, it is not mandatory and athletes will not be penalized without a running bib on the bike. However, the athlete bib must be worn and visible during the run leg of the race. Be sure your bib faces forward when you enter the finish chute. This will aid timers should you lose your timing chip or in case of electronic malfunction due to weather.



## PARKING

On race morning, athletes arriving prior to 6:30am can park in three designated lots along Sigler Rd. This road will be closed to vehicle traffic promptly at 6:30 and vehicles will then be directed to park in designated lots on Aiken Drive near the Recreation Center and tennis courts. From here, it is still only a short walk to transition and race start area.

## COURSE MAPS

### **Sprint Bike Course:**

<https://ridewithgps.com/routes/19735649>

### **Sprint Run Course:**

<https://ridewithgps.com/routes/20801235>

### **Youth 6-10 Bike Course:**

<https://ridewithgps.com/routes/20800493>

### **Youth 6-10 Run Course:**

<https://ridewithgps.com/routes/13707955>

### **Youth 11+ Bike Course:**

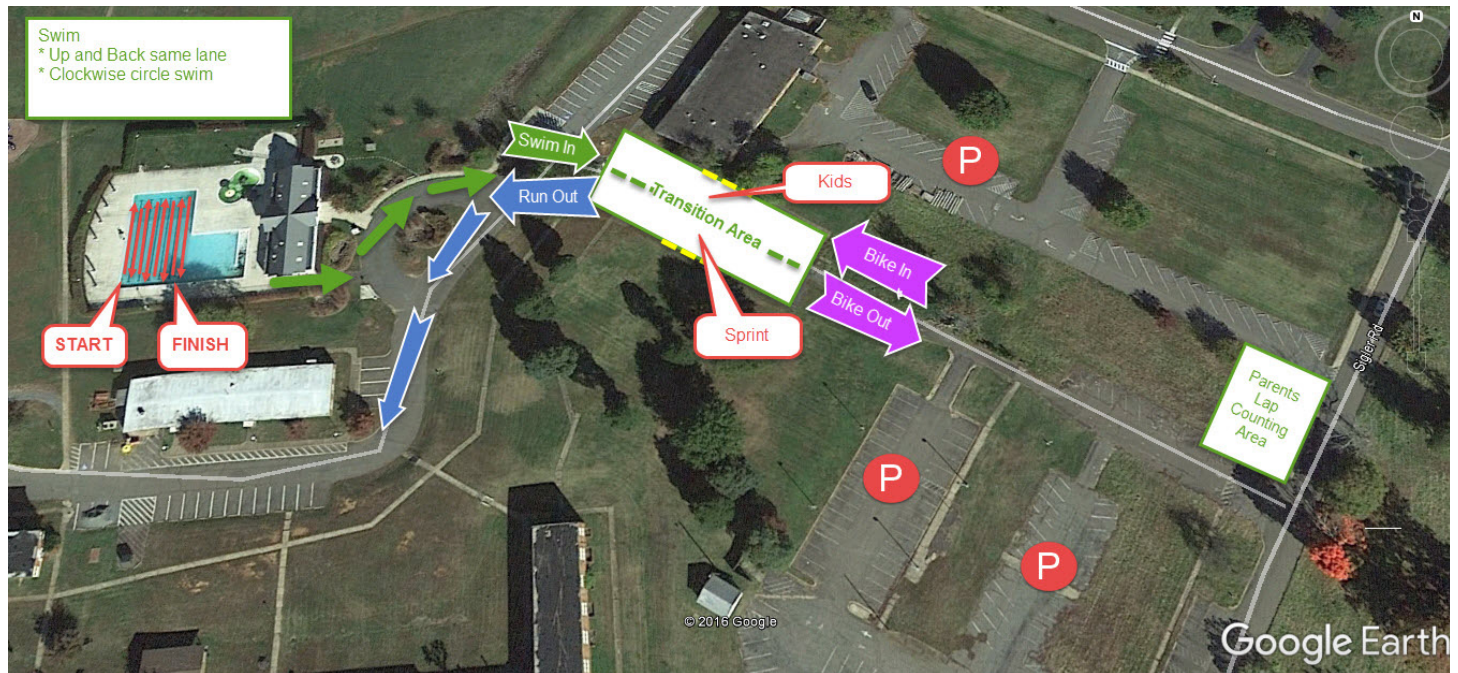
<https://ridewithgps.com/routes/14895092>

### **Youth 11+ Run Course:**

<https://ridewithgps.com/routes/13699098>

## TRANSITION AREA MAP

Showing the swim, and location of the parent lap counting area.



## SWIM

The swim will be a counter clockwise snake swim. Athletes will enter the pool feet first and will swim down and back in one lane before touching the wall and going underneath the lane rope to start your next down and back. Flip turn will not be permitted and will result in a :30 second penalty.

## BIKE

During all portions of the bike, athletes should stay to the right to allow passing and to avoid collisions. The bike is a looped course.

- **Kids 10 and Under - 2 laps on the bike**
- **Kids 11+- 4 laps on the bike**



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We will have a spot on the course where parents will be able to stand, cheer, and most importantly count their kids laps. If a child does less than the required number of laps they will be disqualified. The “parent zone” will be the perfect spot for parents to count their child’s bike laps and let them know when they are done and can enter back into transition for the run portion.

## RUN

When exiting transition after finishing the bike, stay to the left until you are on the run course. When on the run course athletes should stay to the right.

## BODY MARKING

Every athlete needs to be body marked to identify yourself while on the swim and bike. Body marking will take place on race morning from 6:00am – 8:00am outside of transition. You will be marked with your bib number on both upper arms and your USAT age on your right calf. Please bring your bib number when you get Body Marked.

## TIMING CHIP

In each athlete packet you will find a black ankle bracelet with an orange circle on it, that bracelet is your timing chip. This timing chip will need to be worn on your left ankle from the start of the swim until you cross the finish line. This timing chip is what we use to track and time your race. If you lose or misplace your chip you will need to get a replacement from the transition coordinator on site.

We will have a bucket at the finish line where you can return your timing chip. There will be a \$110 fee for all missing, lost, or unreturned timing chips.

## AID STATION

There will be a water station approximately half way through the sprint and kids run course. 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.

## What will be served at the Run Aid Stations?

- Water
- Gatorade Endurance (cups, Lemon Lime)
- PowerGels (assortment of flavors)

# AWARD CEREMONY

## Where:

All Award Ceremonies will take place outside the finish line at 9:45am for the Sprint and 10:15am for the Kids Races

## What:

Rev3 awards the following categories:

- Top 3 Males and Females Overall
- Top 3 Males and Females in each 5-Yr age group:
  - 19 and U, 20-24, 25-29, 30-34, 35-39, 40-44, ....
- Top 3 Aquabike Males and Females Overall
- Top 3 Military/First Responders Overall
- Top 3 Clydesdales & Athena
- Top 3 Relays Overall
- Kids Rev- Top 3 Females and Males in Kids Rev 7-10 and 11-15
- Kids Rev- Top three females and males 7-8, 9-10, 11-12, 13+

Please note: awards can not be distributed before the awards ceremony. Athletes who place in their age-group but cannot attend the award ceremony should please coordinate with a friend to pick up the award or e-mail [info@rev3tri.com](mailto:info@rev3tri.com) to have your award mailed to you for the cost of shipping.

# RESTROOMS

Porta Johns will be available near transition area in the parking lot and you may also use the facilities inside the pool.





## 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>

This means your helmet must be on and strapped the entire time you are on the bike and NO HEADPHONES on the bike or run portion of the race.

## WEATHER CONTINGENCY PLAN

Our events take place rain or shine, there is no rain-date. Should there be lightning during the swim, the swim start will be delayed until conditions are safe. If delays continue to build, the swim leg may be reduced or cancelled. In which case we will use a time trial start for the bike leg. In the event of a severe natural disaster (hurricane, tornado, etc.), Rev3 will be in regular communication with all registered athletes. Unfortunately we cannot offer refunds for inclement weather.

## 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://vmodcui.active.com/responsive/eventGroups/617701/jobs?\\_ga=2.74202708.751312134.1495036330-121327370.1490371016](https://vmodcui.active.com/responsive/eventGroups/617701/jobs?_ga=2.74202708.751312134.1495036330-121327370.1490371016)

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!