



SIZZLING **SUMMER**

VINT HILL • JULY 16, 2017

T R I A T H L O N



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GREETINGS ATHLETES

Revolution3 Summer Sizzling Triathlon is right around the corner. We are looking forward to an exciting race this weekend 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

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

SCHEDULE

SATURDAY JULY 15, 2017

12-3pm – Packet Pickup and registration, Old Bust Head Brewery 7134 Lineweaver Rd, Warrenton, VA 20187

SUNDAY JULY 16, 2017

- 5:45am – Packet Pickup, Body marking begins
- 5:45am – Transition Opens for Sprint Rev
- 6:30am – Pool open for practice swim (Sprint only)
- 6:45am – Transition closes for Sprint Race
- 6:45am – Race briefing for Sprint Race on pool deck
- 6:55am – National Anthem
- 7:00am – Packet Pick Up for Youth Race begins
- 7:00am – Sprint Race Start
- 8:00am – Packet Pickup for Youth Races Close
- 8:30am – Pool opens for youth practice swim
- 8:40am – Transition closes for youth race
- 8:45am – Youth gather on pool deck for race briefing
- 9:00am – Youth race begins (6-9 yr olds will start first)
- 10:30am – Awards will begin as soon as the final youth athlete crosses the finish line.



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JULY 16, 2017 • VINT HILL, VA

PACKET PICK-UP

Packet pick up will take place on Saturday at Old Bust Head Brewery from 12pm-3pm

Old Bust Head Brewery Address:

7134 Lineweaver Rd

Warrenton, VA 20187

Old Bust Head will be handing out coupons to all athletes who pick up their packet on Saturday, so take advantage and come on out and enjoy a beverage while picking up your race materials. They will have a food truck on site at well for lunch.

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

Event:	Date:	Location:	Time:
Packet Pick Up Sprint & Youth Tri	Friday 5/26	Larry Weeks Pool	4:00pm – 7:00pm
Packet Pick Up Sprint	Saturday 7/15	Old Bust Head Brewery	12:00pm – 3:00pm
Packet Pick Up Youth Tri	Sunday 7/16	Larry Weeks Pool	6:00am – 6:45am
Packet Pick Up Youth Tri	Sunday 7/16	Larry Weeks Pool	7:00am – 8:00am

****THERE WILL BE NO RACE DAY REGISTRATION****

****If you registered after July 10th you will have an X on your packet and will not be able to receive a race shirt until after the race on Sunday****

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 (yes even on race morning).

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 (if you are allergic to latex please bring your own 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 6:30am 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.

SWIM COURSE

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 COURSE

SPRINT BIKE COURSE:

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

YOUTH 6-9 BIKE COURSE:

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

YOUTH 10+ BIKE COURSE:

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

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

For the Kids Bike Course, One lane of the road will be coned off and only used by athletes biking in the kids race. This lane will be BIKES ONLY for the kids. This will keep them in a separate lane from the cars.

We will have a spot on the course where parents will be able to stand, cheer, and most importantly count their kids laps.



SIZZLING SUMMER

JULY 16, 2017 • VINT HILL, VA

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 COURSE

SPRINT RUN COURSE:

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

YOUTH 6-9 RUN COURSE:

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

YOUTH 10+ RUN COURSE:

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

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.

WATER 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 to have your award mailed to you for the cost of shipping.



SIZZLING SUMMER

JULY 16, 2017 • VINT HILL, VA

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>

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.

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/617904/jobs?_ga=2.40492580.729753390.1499886534-236000849.1490101807

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!