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SPORTS PERFORMANCE

2015 Athlete Guide

Collegiate School

Aquatic Center

Richmond, VA

400m Open Water Pool Swim

20k Bike

5k Run



Welcome to the 2015 Richmond Tri Club Sprint presented by Bon Secours Sports Performance.

We are in year three of our new location and we have made some updates to the course, the expo and awards areas to bring you an even better race experience. It is important to READ the athlete guide. Whether this is your first or your hundredth triathlon you will likely find some information that you weren't aware of that will make your day much more enjoyable.

Our open water pool swim format will get all 500 athletes into the pool in less than 30-minutes which means no waiting around for hours. It makes for a perfect first race of the season to knock out the cob-webs and test your racing legs.

Be sure to be on deck by 6:40am for the very short athlete briefing. We will let you know of any course issues that have cropped up overnight or last minute changes that we need you to be aware of.

Of course this race wouldn't be complete without our honorary first wave of United Athletics athletes. We have 9-teams participating this year and they will start at 6:50am. Bring your tissues.

I want to personally thank the Richmond Tri Club race team for their hard work and dedication to the non-profit club. All of the people you see on the course in the black polo staff shirts are volunteers who have given up hours of their time over the last 6-months to make this event happen. Some are back for the third year, some have been on the race team for over a decade. I especially want to thank our volunteer coordinator Kim Moore for race day and putting everyone in place to ensure the safety of all of the athletes whether they are the first on the course or the last. You will find those volunteers on the race course, at packet pick up, serving post-race food, handing out timing chips, the list goes on and on. Please acknowledge their efforts and always treat them with courtesy and respect.

Enjoy the day, remember to race hard and have fun,

Jay Peluso
 Richmond Tri Club, Race Director

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 Follow us on Twitter @VTSMTS

 Follow us on YouTube

 Follow us on Instagram

Thanks to our sponsors for their support!



RICHMOND TRIATHLON CLUB

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Results Tent Sponsor



Run Course Sponsor



Bib Sponsor



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Schedule of Events



Friday, April 24, 2015 Pre-Race Events

4—7pm: Packet pickup (Bon Secours Washington Redskins Training Center
2401 W. Leigh St., Richmond, VA 23220)

Saturday, April 25, 2015 Race Day Timeline

****Arrival Time: Please arrive at the Race Site no later than 5:30am****

5:15-6:15am: Packet pickup (Race site)/Body marking/Chip pick-up @ Finish line

6-6:30am: Instructional Pool will be open for warm-ups—there will NOT be any warming up on the swim race course.

6:40am: Transition area closes (no exceptions)

6:45am: Pre-race meeting (on pool deck) All athletes should be in their corrals

6:50 United Athletics Athletes Start

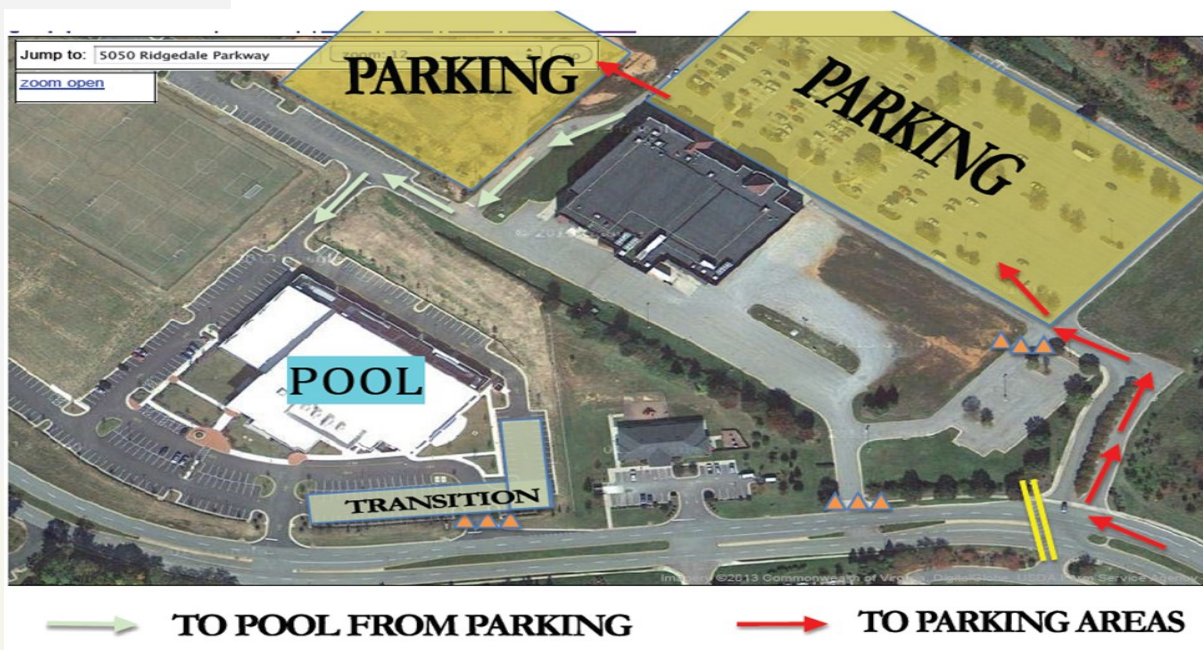
7:00am: Men’s Elite Wave Start

7:02am: Women’s Elite Wave Start

7:04am: First Wave

Race Site Parking

All parking will be in the parking lot of the Martin's Grocery Store with the exception of handicap and special needs which should contact the Race Director at jaypeluso@gmail.com to secure a parking pass.



Race Information



Race Site Physical Address:

Collegiate School Aquatic Center

5050 Ridgedale Pkway, Richmond, VA 23234

[Directions](#)

Packet Pickup

Packet Pickup will be located at Bon Secours Washington Redskins Training Center
2401 W Leigh St, Richmond, VA 23220 the at the following times:

Friday, April 24th, 4-7pm

Saturday, April 25th, 5:15—6:15am at the race site!

Things to bring with you to Packet Pickup:

1. Photo ID—this is **REQUIRED!** No ID = No Race!!!
2. USAT Card— if you are a USAT member, if you paid the \$12 One-day license fee online you are all set.
3. Know your Bib number, it will be posted on the race page 24 hours before the event & at packet pick-up.
4. Questions, we love your questions

-Special notes about Packet Pickup

1. Adults—Each adult must pickup their own race packet. This also goes for EACH relay member.
2. Minors—Those under the age of 18 years old may have their parent/guardian pickup their packet.
3. Race Categories—You may change categories during packet pickup.
4. Swim start times— Start times will be posted by last name and by bib number. Times are final.
5. Timing Chips—You will receive your timing chip on race morning **NOT** at packet pickup.

NOTE: YOUR Photo ID is required to pick up your race packet. If you are a USAT member you are required to show a current USAT license to get your race packet. All relay team members must pick up their own race packet.

REMINDER: Photo ID is REQUIRED>>>>>>No ID = No Race = No Exceptions

HINT: If you take a picture of your Photo ID & USAT card and keep it in your phone this will work for proof of ID

Course Cut-Off Times

Athletes have 2.5 hours to complete the entire event. The bike course must be completed within 2 hours of the last swimmer starting the race.

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 The Maryland Virginia Triathlon Series hold no responsibility for athlete safety after this point.

Post Race Food

All athletes will be given wristbands at check-in. You will need the wristband to get onto the pool deck and to get your post-race food. The post race food includes a catered breakfast provided by Groovin' Gourmet: Available to all athletes and Volunteers.

Transition Area

Triathletes may enter the transition area at 5:00AM. All bikes must be racked 15-minutes before the start of the first swimmer (6:45). Bike racks are numbered and triathletes must put their bicycles and gear on their designated rack.

Each rack holds 6 bikes, with positions on racks being based on a first come, first serve basis. To the right is an example of how your transition area should be organized. Please be courteous of the space and belongings of other racers before, during, and after the



Transition Security: Please note that once your race is over, many others are still racing. We will be allowing 10 athletes at a time into the transition area to get their bikes and other gear. This will keep congestion for those still racing to a minimum.

Body Marking

After racking your bike, proceed to the body marking area located inside the transition area with roaming body markers. Triathletes must be marked at least 30 minutes before the race and must bring their bib number for verification. You **MUST** have your BIB to get body marked!





VIRGINIA | MARYLAND TRIATHLON SERIES



WE DARE YOU TO TRI!

30 OUTSTANDING EVENTS OF EVERY DISTANCE ACROSS
THE GREAT STATES OF VIRGINIA AND MARYLAND.
REGISTER NOW AT [WWW.VTSMTS.COM](http://www.vtsmts.com)

2015 TRIATHLON SERIES RACE DATES

- SMITHFIELD SPRINT SATURDAY, APRIL 18 | SMITHFIELD, VA
- RICHMOND TRI CLUB SPRINT SATURDAY, APRIL 25 | RICHMOND, VA
- ANGELS RACE SUNDAY, APRIL 26 | LYNCHBURG, VA
- APPALACHIAN POWER SMITH MTN LAKE TRIATHLON SATURDAY MAY 2 | ROANOKE, VA
- KINETIC HALF SATURDAY MAY 9 | LAKE ANNA STATE PARK, VA
- KINETIC SPRINT SUNDAY MAY 10 | LAKE ANNA STATE PARK, VA
- ROCK HALL INT SATURDAY MAY 30 | ROCK HALL, MD
- ROCK HALL SPRINT SUNDAY MAY 31 | ROCK HALL, MD
- JAMESTOWN GRAN FONDO SATURDAY JUNE 6 | WILLIAMSBURG, VA
- JAMESTOWN INT SUNDAY JUNE 7 | WILLIAMSBURG, VA
- GENERAL SMALLWOOD INT SATURDAY JUNE 13 | INDIAN HEAD, MD
- GENERAL SMALLWOOD SPRINT SUNDAY JUNE 14 | INDIAN HEAD, MD
- BATH COUNTY TRIATHLON SATURDAY JUNE 20 | WARM SPRINGS, VA
- COLONIAL BEACH SPRINT SATURDAY JULY 11 | COLONIAL BEACH, VA
- COLONIAL BEACH INT SUNDAY JULY 12 | COLONIAL BEACH, VA
- TIDEWATER SATURDAY JULY 18 | HAMPTON, VA
- CULPEPER GRAN FONDO SATURDAY AUGUST 1 | CULPEPER, VA
- CULPEPER INT SUNDAY AUGUST 2 | CULPEPER, VA
- CULPEPER SPRINT SUNDAY AUGUST 2 | CULPEPER, VA
- DRUID HILL PARK SPRINT SUNDAY AUGUST 9 | BALTIMORE, MD
- PATRIOT'S HALF SATURDAY SEPTEMBER 12 | WILLIAMSBURG, VA
- PATRIOT'S INT SATURDAY SEPTEMBER 12 | WILLIAMSBURG, VA
- PATRIOT'S SPRINT SUNDAY SEPTEMBER 13 | WILLIAMSBURG, VA
- SAVAGEMAN 30.0 SATURDAY SEPTEMBER 19 | DEEP CREEK, MD
- SAVAGEMAN 70.0 SUNDAY SEPTEMBER 20 | DEEP CREEK, MD
- GIANT ACORN INT SATURDAY SEPTEMBER 26 | LAKE ANNA STATE PARK, VA
- GIANT ACORN SPRINT SUNDAY SEPTEMBER 27 | LAKE ANNA STATE PARK, VA
- WATERMAN'S HALF SATURDAY OCTOBER 3 | ROCK HALL, MD
- WATERMAN'S INT SATURDAY OCTOBER 3 | ROCK HALL, MD
- WATERMAN'S SPRINT SUNDAY OCTOBER 4 | ROCK HALL, MD

www.vtsmts.com

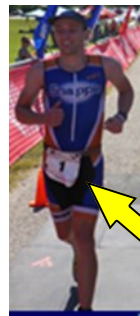
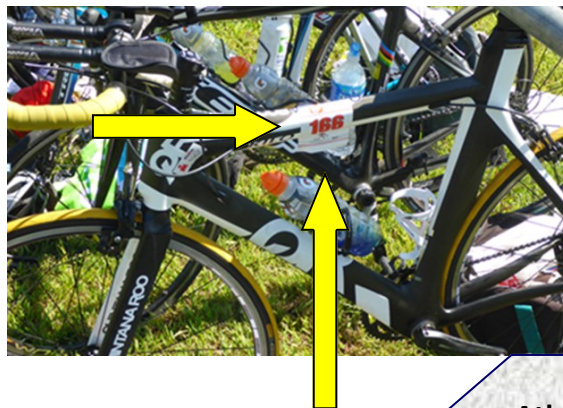
Race Numbers



Each athlete will receive three race numbers:

- 1-The smallest number (sticky) must be worn on the front of the cycling helmet.
- 2-The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line.
- 3-The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle.

Please refer to the VTSMTS website under [Novice Athletes](#) for more information on number placement.

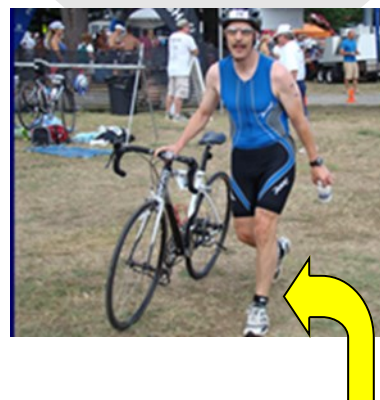


Timing Chips

Please be aware of the following procedures to insure successful timing of your event:

- All participants will receive their ChampionChip on race morning at the Chip Pick-Up Tent. You are **REQUIRED** to show your paper bib number in order to receive your timing chip.
- Body marking is **NOT** an acceptable Bib number!
- Along with the timing chip participants will either receive a neoprene chip strap or a disposable medical ankle strap. It is **REQUIRED** that all participants wear the timing chip on their **LEFT** ankle as shown.

Athletes who lose their Chip or fail to return the chip after the race will be assessed a \$30 charge!



Additional notes: Remember, you **MUST RETURN YOUR CHIP** at the finish line.

- IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.

Race Results & Awards



Tentative results will be posted as they come available on race day in the Ground Force IT Results Tent on a TV.

USAT penalties will also be posted on a pink slip by USAT officials. These will be posted in the black results tent near the finish line area and or food area.

Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.



Questions about results can be directed towards the race timer or race director usually located near the finish line .

If you cannot make the awards ceremony, please have a friend pick up your award.

Final results with age group and splits will be posted on www.vtsmts.com as soon as possible, usually



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BON SECOURS WASHINGTON REDSKINS TRAINING CENTER
2401 West Leigh St., Suite 110, Richmond, VA 23220
804-325-8812

ST. FRANCIS WATKINS CENTRE
611 Watkins Centre Parkway, Suite 300,
Midlothian, VA 23114 / 804-325-8822

richmondsportperformance.com

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VO2 Max TESTING

Use this coupon to receive 40% off
Bon Secours Sports Performance
VO2 Max Testing!

MUST BE PURCHASED BY JUNE 30, 2015. CODE: BSRSP42515

2015 RTC Sprint TRI T-Shirt Pre-Order Form



LS=Long Sleeve SS=Short Sleeve

ITEM	PRICE	S	M	L	XL	QTY	Sub Total
LS Grey Sport Hoodie	\$ 21.00						
SS Womens Pink	\$ 18.00						
SS Royal Blue	\$ 18.00						
LS White	\$ 18.00						
TOTAL							

All pre-order shirts can be picked up anytime on Sat April 25th. Please print neatly. Payment will be required at pick up. Please make all checks payable to Greater Richmond Aquatics Partnership. Send all pre-orders to scott.bennett@swimrichmond.org or mail to Scott Bennett, 5050 Ridgedlae Parkway, Richmond, VA 23234. For questions, please call 804-271-8275

Name: _____ Date: _____

Address: _____

City/State/Zip: _____

Cell #: _____ Home #: _____

Join us in Williamsburg, VA for the **Jamestown Gran Fondo** on Saturday June 6th!

Come early for the **Jamestown Triathlon** on Sunday and stay for the Gran Fondo on Saturday, Great BBQ, Beer and lot's of FUN! Call it a double if you like!



June 6, 2015
Jamestown, VA

- 30 Mile
- 62 Mile
- 100 Mile

The Jamestown Gran Fondo offers a Century, Metric Century and 30 mile ride option. Each distance is fully supported with mechanics and well stocked aid stations.



www.jamestowngranfondo.com

Come out early to Culpeper in August for the **Culpeper Gran Fondo** on Saturday August 1st!

The Culpeper Sprint & International Triathlons will be on Sunday August 2nd.



2015 Culpeper Gran Fondo

30
62
100 CULPEPER, VA



Saturday, August 1, 2015 • Mountain Run Lake Park • Culpeper, VA

The latest addition to the Mid-Atlantic riding calendar the Culpeper Gran Fondo kicks off our Culpeper Endurance Festival with 30, 62 and 100 mile options.

www.culpepergranfondo.com



Rules

USA Triathlon is the national governing body for the sport of triathlon. 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](#).

USAT's Most Commonly Violated Rules:

Helmets	Helmets MUST be worn with the chin strapped anytime you are riding your bike, before, during and after the event. Penalty: Disqualification
Outside Assistance	Only race and medical officials may provide assistance to athletes during the race. Penalty: Variable time penalty
Drafting	Keep at least three (3) bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Penalty: Variable time penalty
Position & Blocking	You must stay on the far right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking. Penalty: Variable time penalty
Overtaken	Once passed, you must exit the drafting zone to the rear before attempting to re-pass. Penalty: Variable time penalty
Race Numbers	All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they pass the finish line. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

All athletes that are USAT annual members must present their USAT card in order to pick up their race packet. Temporary USAT cards can be printed from the USAT website. [HERE](#)
In the event that you forget your membership card, a one day membership can be purchased at packet pick up for \$12.

USAT Aging Up Policy:

Participants will compete in whichever age group they would be in as of December 31st, 2015. In other words everyone's age group for the 2015 season will be determined by their age on December 31st, 2015.



Online M Store



VTS-MTS Online Store

www.vtsmts.com/store/

Vintage Race T-Shirts! \$5.00

Race Socks! \$3.00

Visors \$24

Race Belts \$12

Cycling Jerseys/ \$95



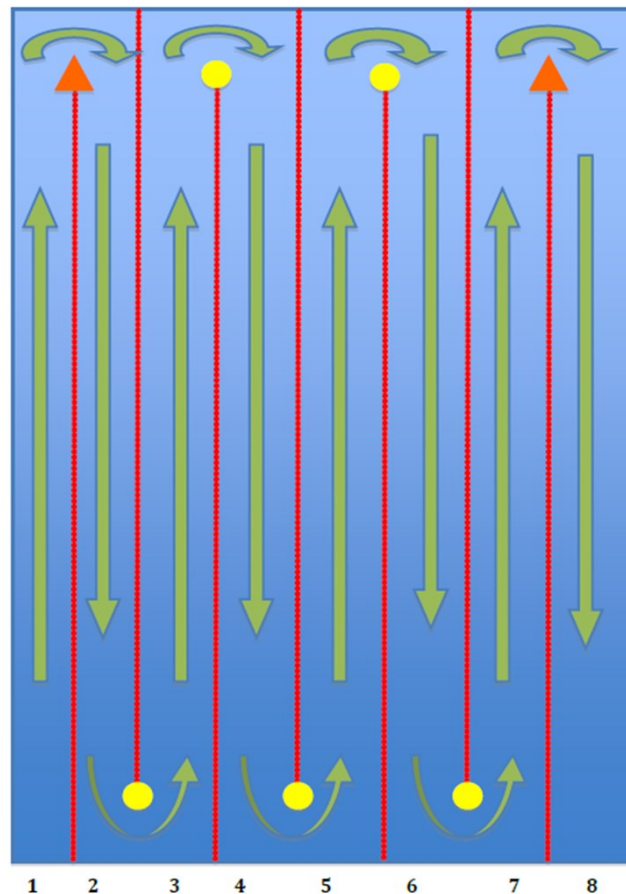
RTC SPRINT TRIATHLON

Swim - 400 meters

Official swim start times will be posted on the website 48hrs before the event, at packet-pickup and on race-day.

- ◇ No spectators are allowed on the pool deck.
- ◇ The swim diagram is posted on the [RTC Sprint](#) race page of the VTS website. [Swim Diagram](#)
- ◇ Swim caps will be provided and you must wear the provided cap during the swim.
- ◇ You must be in your corral no later than 6:45 am
- ◇ This is an “open water pool swim” event. All swimmers will be in the water within 30 minutes.
- ◇ The pool is 7’7” deep all the way around. There will be no place to stand or walk.
- ◇ You may use the side of the pool to rest, but may not push off the wall or make any forward progress by using the wall. Using the wall for such purpose will result in disqualification.
- ◇ The swim will start in numerical order in waves of 10 swimmers. There will be :30 between waves.
- ◇ You may exit the water anywhere between the cones at the end of the last length. You do not have to wait to use the ladder.

Richmond Tri Club Sprint Presented By 3Sports



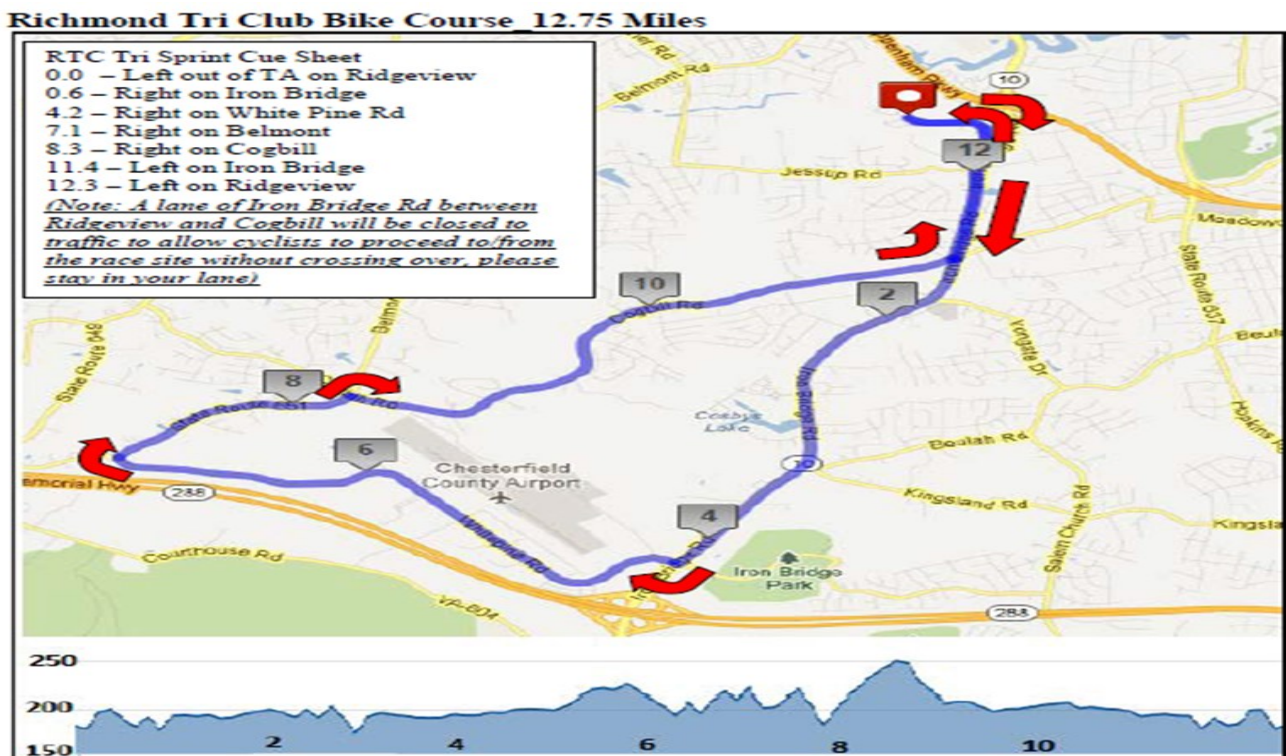
Bike - 20 k

The bike course map is posted on the [RTC Sprint Triathlon](#) race page of the VTS-MTS website. [HERE](#) (scroll down)

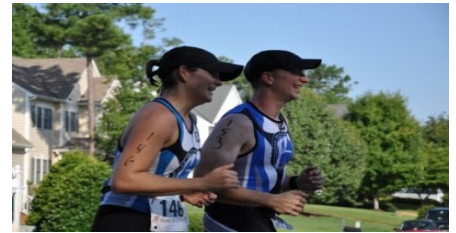
- ◆ During the first and last mile of the bike course, riders will stay in the left lane.
- ◆ The course will be marked with orange spray chalk arrows and white VTS signs with red arrows at all the turns. The 5 and 10 mile points will also be marked in orange spray chalk.
- ◆ Though there will be police 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 orange vests and holding orange flags.
- ◆ It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately **YOUR** responsibility.

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.



Run—5k (3.1 miles)



page

◆◆ The run course map is also posted on the [RTC Sprint Triathlon](#) race of the VTS-MTS website. [HERE](#) (scroll down)

◆ The run course is all on asphalt or sidewalk through Ukrop Park. The course will be closed to traffic, however please stay alert and remain aware of your surroundings!

◆ This is two-loop course; please follow the white VTS signs with red arrows.

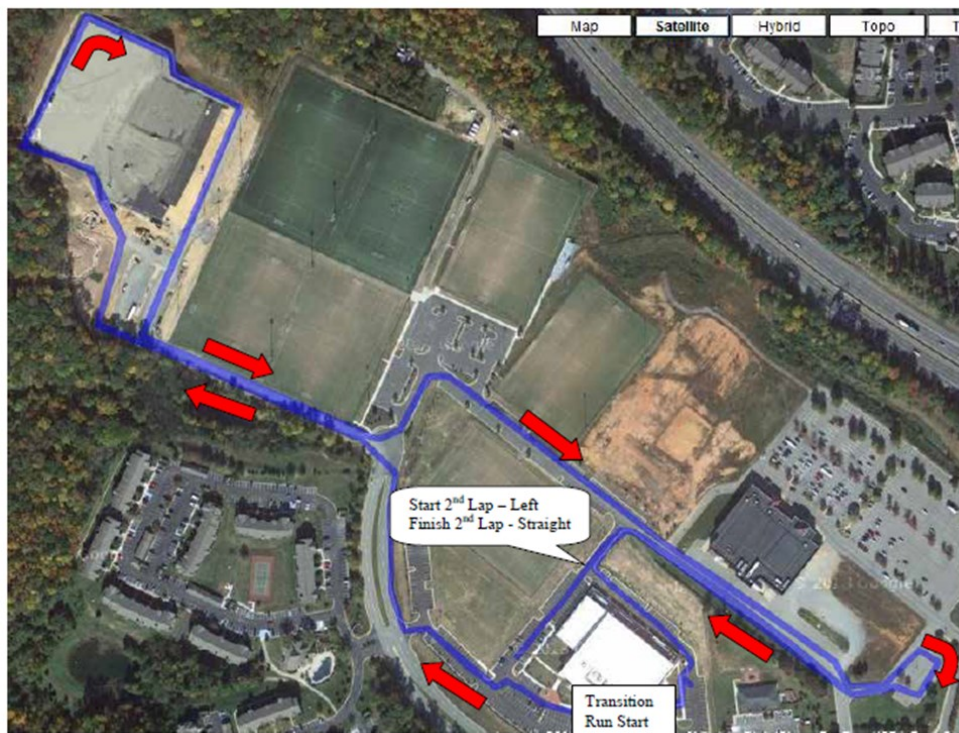
◆ One aid station will be located at the start of each loop.

Rules & Etiquette

◆ No headphones, earphones or any radio-type devices will be allowed.

◆ You must have your run 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!



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RTC SPRINT TRIATHLON

