Dear Athlete,

I am very excited for you to experience the East Coast Triathlon Festival. I am confident that you will find this to be one of the best events you have ever completed. We have done everything we can to make this possible.

On race day, we have nine individual races in total which are part of 4 categories: Youth Age Group Triathlon & Duathlon, Youth/Junior Elite Cup, Youth/Junior Elite Mixed Relay, and the CAMTRI Sprint American Cup. The CAMTRI event is an ITU elite race that will feature some of the top professional triathletes in the world. The Youth/Junior Elite Cup and Mixed Relay will feature the top 13-19 year old athletes in the country. Lastly, the Youth Age Group Race will serve as the 2019 Mideast Region Youth Championships. Make sure you join us the entire day to see some amazing racing!

This event is produced by the Live Red Foundation in cooperation with Endorphin Fitness. The Live Red Foundation uses fitness to impact the lives of individuals, families, and communities. We do this through offering free 8-week programs in underserved communities which teach leadership skills to college age students and life skills to youth participants. By participating in this event, you are making these programs possible.

Please read over this packet closely to prepare for the event. It details everything you need to know to have a successful race.

Thank you for participating and all of us at the Live Red Foundation and Endorphin Fitness look forward to seeing you on race day!

Michael Harlow
Race Director
michael@livered.org
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ORGANIZING COMMITTEE

Michael Harlow
Head Race Director

Ed Gotta
Assistant Race Director

Ryan Middleton
Event Coordinator

Camille Ronesi
Volunteer Coordinator

Eric Glyph
Volunteer Coordinator

Andrew Wolak
Gear/Mechanic Coordinator

Rachel Davenport
Medical Coordinator

Dr. Tate Hepper
Event Doctor

Dr. Clarke Tanner
PT / Massage Coordinator
FESTIVAL SCHEDULE

Saturday, May 4

• 12:00-5:00pm  Packet Pick-Up / Expo
• 12:00-2:00pm  Swim Warm Ups & Course Preview
• 2:30pm         Youth Age Group Briefing
• 2:30pm         CAMTRI Bike Course Familiarization
• 3:30pm         Y/J Elite & Mixed Relay Race Briefing
• 6:00pm         CAMTRI Sprint American Cup Briefing

Sunday, May 5

• 7am-6pm        Expo
• 7:00am         Junior Elite Female Start
• 8:30am         Junior Elite Men Start
• 10:00am        Youth Elite Female Start
• 10am-2pm       Youth Age Group Packet Pick-Up
• 11:00am        Youth Elite Male Start
• 12:00pm        Youth Age Group 11-19 Start
• 1:00pm         Youth/Junior Elite Mixed Relay
• 2:45pm         Youth Age Group 7-10 Start
• 3:30pm         CAMTRI (ITU) Sprint American Cup Female Start
• 5:00pm         CAMTRI (ITU) Sprint American Cup Male Start

All schedule items above take place at the race site which is located at 4600 Cox Rd, Richmond, VA 23229. Each event’s awards will follow the conclusion of that event (30-60 minutes after last finisher except for CAMTRI which has both men and women awards at 6:30 pm)
## Detailed Schedule

### Junior Elite Cup
- **Female Schedule**
  - 5:45 am – Transition B Open
  - 6:15 am – Swim Course Open
  - 6:45 am – Transition B Closes
  - 6:50 am – Athlete Staging
  - 7:00 am – Race Start
  - 8:45 am – Awards

- **Male Schedule**
  - 7:15 am – Transition A Open
  - 7:45 am – Swim Course Open
  - 8:15 am – Transition A Closes
  - 8:20 am – Athlete Staging
  - 8:30 am – Race Start
  - 10:15 pm – Awards

### Youth Elite Cup
- **Female Schedule**
  - 8:45 am – Transition B Open
  - 9:15 am – Swim Course Open
  - 9:45 am – Transition B Closes
  - 9:50 am – Athlete Staging
  - 10:00 am – Race Start
  - 11:15 am – Awards

- **Male Schedule**
  - 9:45 am – Transition A Open
  - 10:15 am – Swim Course Open
  - 10:45 am – Transition A Closes
  - 10:50 am – Athlete Staging
  - 11:00 am – Race Start
  - 12:15 pm – Awards

### Y/J Mixed Relay
- **Male & Female Schedule**
  - 11:45 am – Transition A Open
  - 12:15 pm – Swim Course Open
  - 12:45 pm – Transition A Closes
  - 12:50 pm – Athlete Staging
  - 1:00 pm – Race Start
  - 2:30 pm – Awards

### Age 11-19
- **Female Schedule**
  - 10am -2pm – Race Day Packet Pick Up
  - 10:45 am – Transition B Open
  - 11:15 am – Swim Course Open
  - 11:45 am – Transition B Closes
  - 11:50 am – Athlete Staging
  - 12:00 pm – Race Start
  - 1:30 pm – Awards

- **Male Schedule**
  - 10am -2pm – Race Day Packet Pick Up
  - 1:30 pm – Transition B Open
  - 2:00 pm – Swim Course Open
  - 2:30 pm – Transition B Closes
  - 2:35 pm – Athlete Staging
  - 2:45 pm – Race Start
  - 4:00 pm – Awards

### Age 5-10
- **Female Schedule**
  - 3:45 pm – Transition B Open
  - 4:15 pm – Swim Course Open
  - 4:45 pm – Transition B Closes
  - 4:50 pm – Athlete Staging
  - 5:00 pm – Race Start
  - 6:30 pm – Awards

- **Male Schedule**
  - 3:45 pm – Transition B Open
  - 4:15 pm – Swim Course Open
  - 4:45 pm – Transition B Closes
  - 4:50 pm – Athlete Staging
  - 5:00 pm – Race Start
  - 6:30 pm – Awards

### Camtri Sprint Cup
- **Female Schedule**
  - 2:15 pm – Transition A Open
  - 2:45 pm – Swim Course Open
  - 3:15 pm – Transition A Closes
  - 3:20 pm – Athlete Staging
  - 3:30 pm – Race Start
  - 6:30 pm – Awards

- **Male Schedule**
  - 3:45 pm – Transition B Open
  - 4:15 pm – Swim Course Open
  - 4:45 pm – Transition B Closes
  - 4:50 pm – Athlete Staging
  - 5:00 pm – Race Start
  - 6:30 pm – Awards
VENUE LAYOUT

RED – General parking - No restrictions
BLUE – Limited parking - Will not be able to enter and exit between 7AM and 6:15 PM.
GREEN – Staff, ITU, USA Triathlon, Expo, & Sponsor Parking
PINK – Transition Area, Warm Up Area (trainers available), Elite Bike Staging, & Finish Line
YELLOW – Expo (Sat/Sun), Packet Pick Up, Awards, Team Tents, Volunteer Check-In
PURPLE – Hotels & Food
PRE-RACE

PRE-RACE MEETINGS
• All elites must attend their respective mandatory Saturday meeting:
  - Youth/Junior Elite Meeting: 3:30 PM
  - CAMTRI Sprint American Cup Meeting: 4:30 PM
• There will be an optional Super Sprint & Kid’s Tri meeting at 2:30 PM

BODY MARKING
• CAMTRI and Youth/Junior Elites will receive decals at packet pick-up and should apply race morning.
• Kid’s Tri & Super Sprint body marking will take place outside of the transition area on race morning.

WARM UP DETAILS
• Run - Be safe and careful not to interfere with the race
• Bike - Only allowed on course before 7 AM; trainers provided otherwise
• Swim - Available at least 30 minutes before your race start

ATHLETE STAGING
• This will take place 10 min before your race start
• Athletes given cap and timing chip at this time
• Athletes called out to choose their spot 5 min before race start
TRANSITION LAYOUT

FINAL MIXED RELAY
RUN LEG ENTERS
ALONG LAKE,
UP SWIM EXIT PATH
THEN FINISHES TO
RIGHT OF TRANSITION

TURN AROUND
BIKE CONTINUES
REIM FINS AND RESEARCH
BIKE START
RUN START
RUN OUT
BIKE OUT
MOUNT
DISMOUNT
FINISH
MIXED RELAY
FINISH
SWIM
EXIT

VENDEES & FOOD

N
There are two transition areas (A & B) so that one race can be setting up while another race is live. Transition Area assignments are below:

- Junior Elite Women = Transition B
- Junior Elite Men = Transition A
- Youth Elite Women = Transition B
- Youth Elite Men = Transition A
- Youth Age Group 11-19 = Transition B
- Youth Elite Mixed Relay—Transition A
- Youth Age Group 5-10 = Transition B
- CAMTRI Cup Women = Transition A
- CAMTRI Cup Men = Transition B

- Race bib numbers and thus transition placement assigned randomly
- Athlete rack location in transition will be marked clearly with last 2 digits of your number
- Rack bikes in Transition 1 facing inward (facing field of play). Rack bikes in Transition 2 facing outward.
SWIM COURSE MAP

SWIM COURSE

FOOTBRIDGE

TO TRANSITION

SWIM EXIT RAMP

COX ROAD

MIXED RELAY TAG + RUN TO SWIM

START

100M COURSE: YOUTH AGE GROUP 7-10
200M COURSE: YOUTH AGE GROUP 11-15 + MR
375M COURSE: ELITE 13-15
750M COURSE: ELITE 16-19 + CAMTRI
SWIM COURSE DETAILS

• Warm ups will be allowed at least 30 minutes before the start of your race.

• All athletes will be brought into the water 1 min before race start and instructed to put 1 hand on the retaining wall. This will be a knee deep dive start.

• Starting command - “Take Your Mark” then air horn starts the race

• Expected water temperature = mid to upper 60s

• Wetsuits = Super Sprint and Kid’s Race participants will be allowed to use wetsuits up to and including a water temperature of 78 degrees. Elite participants will be allowed to use wetsuits up to and including a water temperature of 68 degrees.
BIKE COURSE MAP

BIKE COURSE

ONE LAP: 5k

USAT YOUTH ELITE: 2 LAPS
USAT JUNIOR ELITE: 4 LAPS
CAMTRI: 4 LAPS
MIXED RELAY: 1 LAP
AGE GROUP YOUTH 5-10: 1 LAP
AGE GROUP YOUTH 11-19: 2 LAPS
BIKE COURSE DETAILS

• No bike warm ups will be allowed on the course after 7 AM. Trainers are provided for your use in the warm up area.

• 1 Loop = 3 miles

• Bike course is a backwards “B” shape.

• There is one 180 degree turn on the course.

• Each lap of the bike course will NOT travel through transition - stay on Highwoods Parkway to complete more loops. Make right into parking lot only if done with all loops.

• There will be a wheel pit available if you would like to put extra wheels in the wheel pit in case you flat on the course.

• For Mixed Relay & 11-19 Youth Age Group Race, the bike course will be narrow along run course - be safe and watch out for runners.

• For Elite Races, lap out / overlap rule is in effect.
RUN COURSE MAP

RUN MAP

TURN AROUND FOR ADDITIONAL LAPS

5-10 YEAR OLD TURNAROUND

HIGHWOODS PKWY

WATER STATION

FINISH

MIXED RELAY LEG 4 ENTERS TRANSITION, TO FINISH

MIXED RELAY LEGS 1-3 STARTS TRANSITIONS TO NEXT ATHLETE

KIDS DUATHLON INTO TRANSITION

KIDS DUATHLON 1ST RUN LEG START

LAKESIDE PATH

BRIDGE

VILLAGE RUN DR

POLICE OFFICER

VOLUNTEER FLAGGER

MEDICAL

N

YOUTH ELITE: 1 LAP
JUNIOR ELITE: 2 LAPS
CAMTRI: 2 LAPS
MIXED RELAY: SEE ABOVE MAP FOR LEG INSTRUCTIONS
5-10 AGE GROUP: TURN AROUND AT HIGHWOODS PARKWAY & SADLER
11-19 AGE GROUP: 1 LAP

LIVE RED FOUNDATION
RUN COURSE DETAILS

• We ask that you be careful performing your run warm up. Stay off the course if there is a live race at that time.

• 1 Lap = 2.5k (1.55 miles)

• The run course follows a clockwise path staying on the same side of the road the entire course.

• Turn-around to begin second lap (Junior Elite & CAMTRI) is before entrance to parking lot.

• Aid stations will include Gatorade and water.

• Elite penalty box will be staged near run turn-around.

• Finish line will be located as soon as you re-enter transition area and is slightly downhill.

• No music devices of any kind can be used while on the course.

• Mixed Relay & 11-19 Youth Age Group Race - Please Note: Run course follows first .75 miles of bike course. The run area will be separated with cones from the bike course but...
  - Be careful with lapped riders
  - Stay on side of the road at all times
POST RACE

- Athlete hospitality tent near finish line with food and drink.
- Medical tent also located near finish with full medical staff.
- Massage tent near finish. Massages provided by Thrive Physical Therapy.
- Once recovered, enjoy the expo and food trucks.
- Awards ceremony will be hosted at the big tent after each event (30-60 minutes after last finisher except for CAMTRI which has both men and women awards together at 6:30 pm )
- Awards to top 3 in each category
- Prize money awarded as follows to CAMTRI Sprint American Cup:

<table>
<thead>
<tr>
<th>Place</th>
<th>Women $5,000</th>
<th>Men $5,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>$1,500</td>
<td>$1,500</td>
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<tr>
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<tr>
<td>3rd</td>
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<td>$1,000</td>
</tr>
<tr>
<td>4th</td>
<td>$750</td>
<td>$750</td>
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<tr>
<td>5th</td>
<td>$500</td>
<td>$500</td>
</tr>
</tbody>
</table>
AMATEUR GEAR / RULES

SUPER SPRINT & KID’S RACES

The following rules apply only to the amateur races which include the Super Sprint and Kid’s Age Group races. Elite rules will be distributed by the lead official. For Youth & Junior Elite rules, you can also visit http://draftlegalrules.com. Amateur rules are below:

- Early or false start (swim)

- Drafting / Blocking (bike) - Athletes must stay to the right side of the road and at least 3 bike lengths behind the bike in front of you unless passing. If passing, you have 15 seconds to enter the 3 bike length zone and make the pass. If passed, you must drop out of the 3 bike length zone before re-passing.

- No abusive language

- Athletes must mount after the mount line after Transition 1 and dismount before the Dismount Line before Transition 2.

- All bikes must have bar end plugs.

- Certified helmet (with CPSC sticker inside) on and chinstrap buckled when on bike

- Do not leave gear in transition outside your designated area

- Super Sprint: Aero helmets, disk wheels, & aero bars ARE allowed

- Kid’s Races: Aero helmets, disk wheels, & aero bars ARE NOT allowed.
THANK OUR SPONSORS