



**OFFICIAL  
ATHLETE GUIDE**

# WELCOME



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 eight individual races in total which are part of 3 categories: Youth Age Group Triathlon & Duathlon, Youth/Junior Elite Cup, and an Age Group Draft-Legal Race. The Age Group Draft Legal event is the 2021 Age Group Draft Legal World Qualifier, the Youth Age Group event is the Youth MidEast Regional Championships, and the Youth/Junior Elite Cup will feature the top 13-19 year old athletes in the country as they compete for a National Championships slot. Join us the entire day to see some amazing racing!

This event is produced by the Live Red Foundation in cooperation with our coaching and bike shop partner Endorphin Fitness. The Live Red Foundation uses fitness to impact the lives of individuals, families, and communities. We do this through offering free fitness programs in low-opportunity communities which teach core life skills to kids. This event is our largest fundraiser. By participating, 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 look forward to making your day amazing on race day!

Michael Harlow  
Race Director  
michael@livered.org

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Photo courtesy of Mini Cow Tri Club

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# COVID POLICIES

Your safety is very important to us, and we take COVID very seriously. Therefore, the following COVID safety protocols will be strictly adhered to:

- All participants must sign a COVID agreement prior to arriving at the race site.
- Please maintain social distancing at all times while at the race site.
- Race waves will be smaller to meet current state restrictions.
- All pre-race meetings will be held virtually online.
- All participants, volunteers, and staff will wear a face coverings when not racing. This includes immediately before the start and upon finishing.
- There will be ample sanitation stations throughout the course including outside the bathrooms, entering transition, at the swim start, and throughout the team area.
- Award ceremonies will be small and held immediately following each race. We ask that only those receiving an award attend.
- Please limit how many fans you bring with you to the event.
- As sad as it makes us, we ask you to limit your time at the race venue. Please arrive no more than 2 hours before your race and leave immediately after your race (or after receiving your award).

# FESTIVAL SCHEDULE

All items below take place at the race site (4600 Cox Rd):

## Saturday, May 1

- 12:00-5:00pm Packet Pick-Up / Expo
- 12:00-2:00pm Swim Warm Ups & Course Preview
- 1:00-4:00pm Endorphin Fitness Draft-Legal Clinic [Must register @ <https://www.endorphinfitness.com/draft-legal-clinics/>]

## Sunday, May 2

- 10am-2pm Race Day Age Group Packet Pick Up
- 7:00am Junior Elite Female Start
- 8:30am Junior Elite Men Start
- 10:00am Youth Elite Female Start
- 11:00am Youth Elite Male Start
- 12:00pm Youth Age Group 5-10 Start
- 12:45pm Youth Age Group 11-19 Start
- 1:45-1:55pm Adult Age Group Male Starts
- 3:30-3:40pm Adult Age Group Female Starts

Transition will open 75 minutes before each event. Awards will take place immediately on the following each individual event. See the next page for specifics.

# 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  
8:15 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  
9:15 am – 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  
10:45 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  
11:45 am – Awards

## YOUTH AGE GROUP

### AGE 5-10

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  
12:45 pm – Awards

### AGE 11-19

10am -2pm – Race Day Packet Pick Up  
11:30 pm – Transition A Open  
12:10 pm – Swim Course Open  
12:30 pm – Transition A Closes  
12:35 pm – Athlete Staging  
12:45 pm – Race Start  
1:45 pm – Awards

## ADULT AGE GROUP

### MALE SCHEDULE

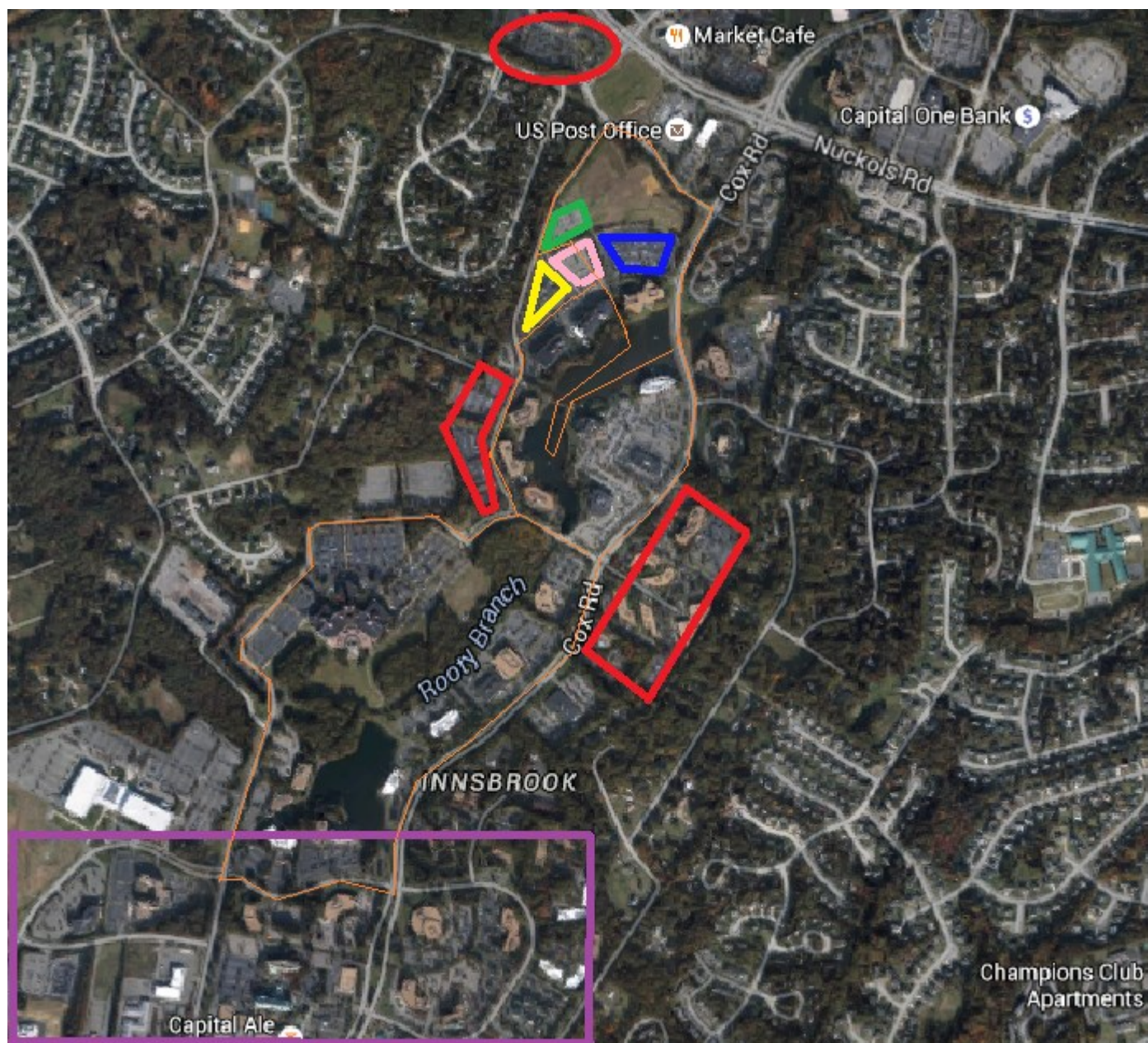
12:30 pm – Transition B Open  
1:00 pm – Swim Course Open  
1:30 pm – Transition B Closes  
1:35 pm – Athlete Staging  
1:45-1:55 pm – Race Start  
4:30 pm – Awards

### 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  
3:30-3:40 pm – Race Start  
6:15 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 participants are expected to watch the virtual pre-race meeting online before participating.

## COVID WAIVERS

- All participants must sign a COVID waiver before arriving at the race site.

## BODY MARKING

- Each participant will be given tattoos / decals which should be placed on both the left and right arms between shoulder and elbow (and left and right leg between knee and ankle for juniors only).

## WARM UP DETAILS

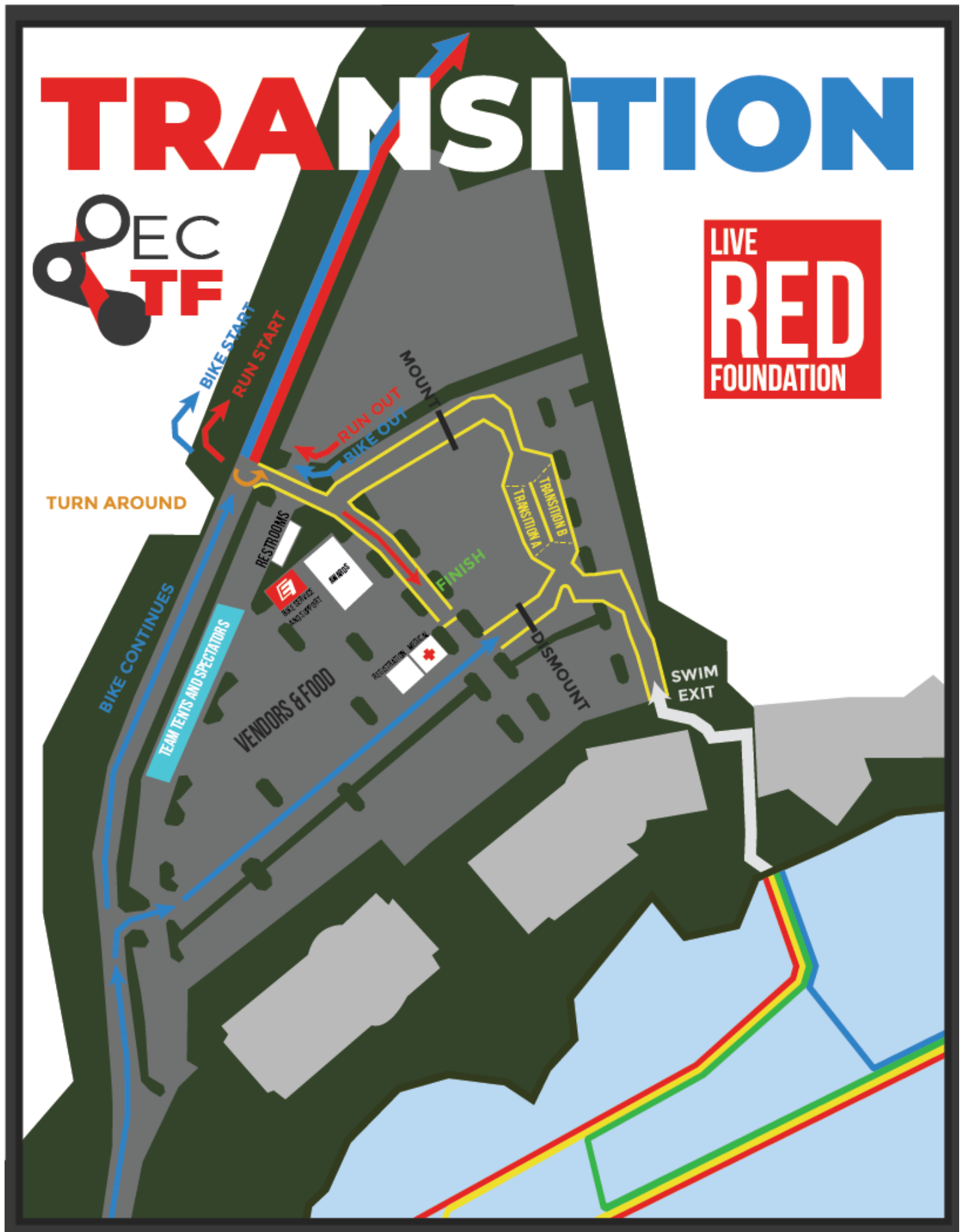
- Run - Be safe and careful not to interfere with the race
- Bike - Only allowed on course before 7 AM; trainers provided otherwise
- Swim - Available 30 minutes before your race start

## 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



# TRANSITION DETAILS

- 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 5-10 = Transition B
  - Youth Age Group 11-19 = Transition A
  - Age Group Draft-Legal Men = Transition B
  - Age Group Draft-Legal Women = Transition A
- 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



TO TRANSITION

SWIM  
EXIT  
RAMP

START

Spectators  
COX ROAD

FOOTBRIDGE



100M COURSE: YOUTH AGE GROUP 7-10

200M COURSE: YOUTH AGE GROUP 11-19

375M COURSE: ELITE 13-15

750M COURSE: ELITE 16-19 & ADULT AGE GRP

# 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 = Youth Age Group participants will be allowed to use wetsuits up to and including a water temperature of 78 degrees. Youth/Junior Elite participants will be allowed to use wetsuits up to and including a water temperature of 68 degrees. Age Group Draft-Legal Participants will be allowed to use wetsuits up to and including a water temperature of 71.5 degrees. The official water temperature will be taken 1 hour prior to each race start.
- There will be lifeguards along the shore and kayakers in the water. If you have concerns about the swim, please let a kayaker know before the start, and we will have a kayaker stay beside you the entire swim.

# BIKE COURSE MAP

## BIKE COURSE



ONE LAP: 5k

USAT YOUTH ELITE:	2 LAPS
USAT JUNIOR ELITE:	4 LAPS
ADULT AGE GROUP:	4 LAPS
AGE GROUP YOUTH 5-10:	1 LAP
AGE GROUP YOUTH 11-19:	2 LAPS



- POLICE OFFICER
- VOLUNTEER FLAGGER
- MEDICAL



# 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 Age Group Draft-Legal Races & 11-19 Youth Age Group Race, the bike course will be narrow along run course - be safe and watch out for runners.
- For Youth/Junior Elite Races, lap out / overlap rule is in effect.

# RUN COURSE MAP

## RUN MAP



TURN AROUND FOR  
ADDITIONAL LAPS



YOUTH ELITE:	1 LAP
JUNIOR ELITE:	2 LAPS
ADULT AGE GROUP:	2 LAPS
5-10 AGE GROUP:	TURN AROUND AT HIGHWOODS PARKWAY & SADLER
11-19 AGE GROUP:	1 LAP

HIGHWOODS PKWY

WATER  
STATION

5-10 YEAR  
OLD TURNAROUND

SADLER PL

COX ROAD

(P)

POLICE  
OFFICER



VOLUNTEER  
FLAGGER



MEDICAL

DUATHLON  
1ST RUN  
LEG START

DUATHLON  
INTO  
TRANSITION

LAKESIDE PATH

BRIDGE

VILLAGE  
RUN DR

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 & Age Group Draft-Legal) is before entrance to parking lot.
- Aid stations will include Gatorade and water bottles.
- 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.
- **Age Group Draft-Legal & 11-19 Youth Age Group - 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

- Athletes will receive finisher's medal, food, drink, and a mask at finish.
- Please place the mask on and exit the finisher's chute.
- Medical tent located near finish with full medical staff.
- Awards ceremony will be hosted at the stage immediately following the completion of your event. Estimated award times can be found on page 6.
- Awards to top 3 overall in Youth/Junior Elite Races, top 3 per age group in Youth Age Group Races (5-6, 7-8, 9-10, 11-12, 13-15, 16-19), and top 3 per age group in Age Group Draft Legal World Qualifier (5-year age groups).



# **RULES**

## **JUNIOR ELITE & AGE GROUP DRAFT-LEGAL**

Below is a summary of some of the main rules for youth racing. For a more complete list, visit <https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Age-Group-Draft-Legal/Draft-Legal-For-Athletes> (Age Group Draft Legal & Junior Elite) and <https://livered.org/wp-content/uploads/2016/01/2021-agdl-athlete-guide-tri.pdf> (Age Group Draft Legal).

- Early or false start (swim)
- Torso must be covered start to finish
- Draft-legal aerobars are allowed for Youth/Junior Elite races. No aerobars are allowed in AG Draft-Legal race.
- 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. Junior Elites must discard all equipment in your transition bin.
- Lap-out rule is in effect for Junior Elite Races but not AG Draft-Legal Races.
- Penalties must be served in the penalty box on the run or in transition if instructed by an official. Please read details in links at top of page.



# **RULES**

## **YOUTH AGE GROUP RACES**

Below is a summary of some of the main rules for youth racing. For a more complete list, visit <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules#Youth>.

- 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
- Aero helmets, disk wheels, & aero bars ARE NOT allowed.

# THINGS TO DO IN RVA

The Richmond Region, also known as RVA by locals, blends hip with history and character with culture in a one-of-a-kind destination. Our Region offers something for everyone regardless of budget, interest, or age. Discover for yourself why the Richmond Region was named one of the "10 Coolest U.S. Cities to Visit" by *Forbes* and one of "[The 50 Best Places to Travel in 2021](#)" by *Travel + Leisure*.

When it's time to play, take your pick between a variety of [family fun activities](#), [world-class museums](#), [unique shopping districts](#), and more. Thrill seekers can take their pick from the [James River's whitewater rapids](#), [high-speed roller coasters](#), or [rock climbing](#). Catch a glimpse of a bald eagle or listen to the inspiring words of Patrick Henry.

Named one of "[The 24 Best Cities in the U.S. to Visit for Total Foodies](#)" by *The Richest*, delight in farm-to-table cuisine prepared by James Beard-nominated chefs. There are dozens of [restaurants](#) within a short commute from your hotel and competition venue so take some time to enjoy them!

Check out [VisitRichmondVA.com](#) to help plan your unforgettable Richmond adventures and to assist you while you are here. In addition, here are some additional links that you may find helpful for time in RVA:

Visit Richmond Safely – Here in the Richmond region, we're committed to keeping you informed about what to expect re COVID. So go to our [Visit Richmond Safely](#) pages to see what we're doing throughout the region and join us in our effort to reopen with care.

Experience Pass – Want access to exclusive deals, discounts, and promotions in the Richmond Region? We've got you covered as all participants will receive the [Experience Pass presented by Airrosti](#).

Riverside Outfitters – This outdoor adventure group who organizes whitewater rafting, tubing, rentals, etc. and has generously offered a **20% DISCOUNT** on adventures to your participants. Click [HERE](#) to learn more about discounted guided trips and rental options.

2021 Richmond Region Visitors Guide – Our official guide gives you the lowdown on what to do, where to stay, and where to eat. [Download a PDF](#) of The Official Richmond Region Visitors Guide.

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