



**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 weekend, we have 10 individual races in total which are part of 5 categories: the new Youth/Adult Innsbrook Mile Run Saturday evening and the Youth/Junior Development Races, U25 / U23 Elite National Triathlon Development Races, Youth Age Group Triathlon & Duathlon, and the Adult Age Group Triathlon & Duathlon on Sunday. We have some athletes racing for a spot at Youth & Junior Nationals, some competing for elite licenses, and others completing their very first run or triathlon. Join us the entire weekend 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 by teaching life skills to kids in low-opportunity communities through free fitness programs. We raise the funds for this through our events with the East Coast Triathlon Festival being 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

Michael Harlow
Race Director
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Photo courtesy of Mini Cow Tri Club

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FESTIVAL SCHEDULE

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

Saturday, April 29

- 12:00-3:30pm Packet Pick-Up / Expo
- 12:00-2:00pm Swim Warm Ups & Course Preview
 - * You absolutely cannot be on the course before this time
- 4:00-6:00pm Youth & Adult Innsbrook Mile Run

Sunday, April 30

- 10am-2pm Race Day Age Group Packet Pick Up
- 7:00am Junior Development Female Start
- 8:30am Junior Development Men Start
- 10:00am Youth Development Female Start
- 11:00am Youth Development Male Start
- 12:00pm Youth Age Group 5-10 Tri/Du Start
- 1:00pm Youth Age Group 11-19 Tri/Du Start
- 2:00pm Adult Age Group Tri/Du Start
- 3:00pm National Development Female Start
- 4:30pm National Development Male Start

Transition will open 75 minutes before the Youth/Junior Development Races and 60 minutes before all other races. Awards will take place immediately following each individual event. See the next page for specifics.

DETAILED SCHEDULE

JUNIOR DEVO

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
9:45 am – Awards

YOUTH DEVO

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
11:00 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 11-17

10am-2pm – Race Day Packet Pick Up
12:00 pm – 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
1:45 pm – Awards

ADULT AGE GROUP

MALE & FEMALE SCHEDULE

1:00 pm – Transition B Open
1:15 pm – Swim Course Open
1:45 pm – Transition B Closes
1:50 pm – Athlete Staging
2:00 pm – Race Start
3:00 pm – Awards

NATIONAL DEVO

FEMALE SCHEDULE

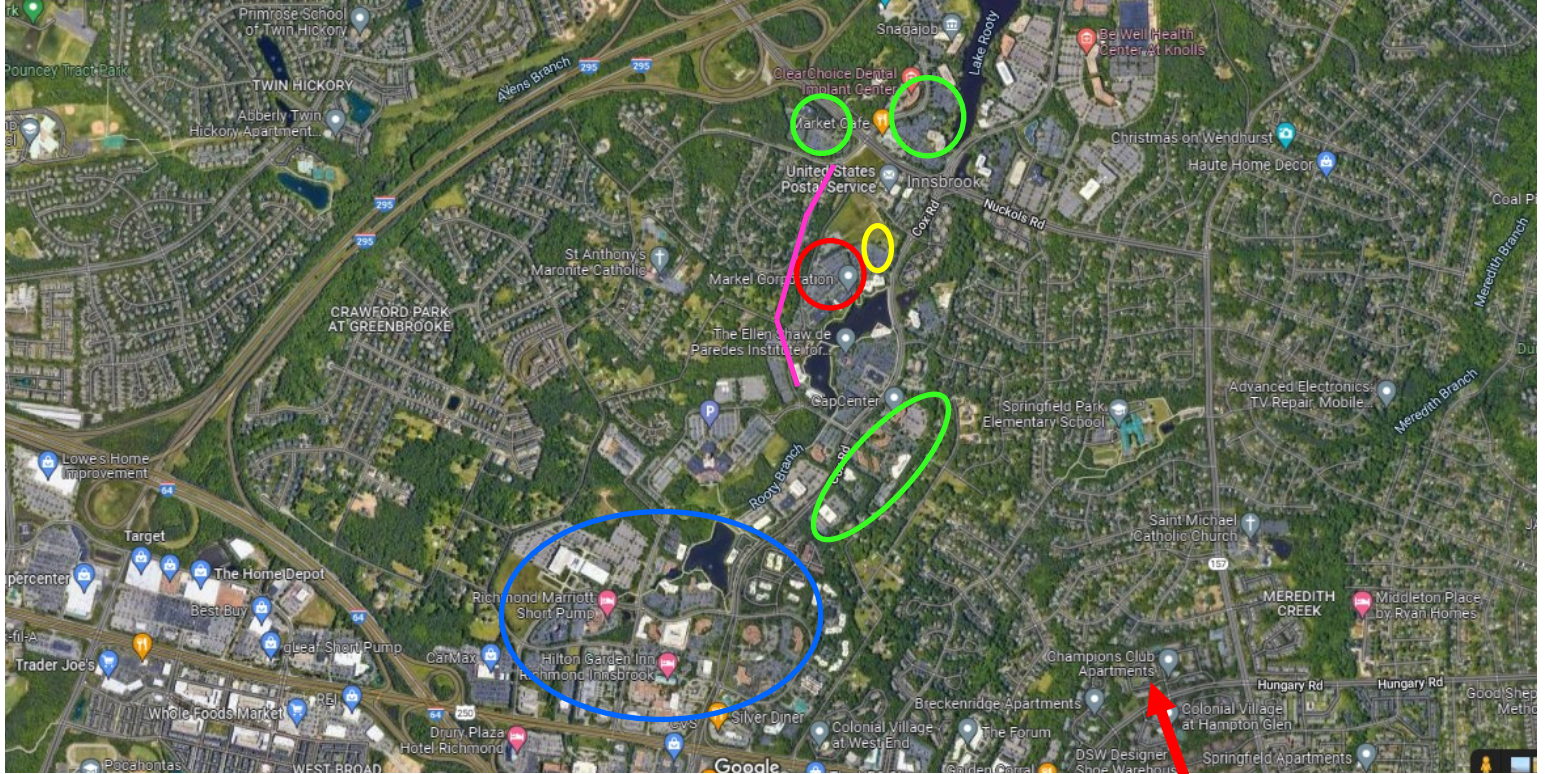
2:00 pm – Transition A Open
2:15 pm – Swim Course Open
2:45 pm – Transition A Closes
2:50 pm – Athlete Staging
3:00 pm – Race Start
4:15 pm – Awards

MALE SCHEDULE

3:30 pm – Transition B Open
3:45 pm – Swim Course Open
4:15 pm – Transition B Closes
4:20 pm – Athlete Staging
4:30 pm – Race Start
5:45 pm – Awards

PARKING

Parking will be a little different this year so please read closely. The race staging area is shown in red below. Highwoods Parkway (pink below) will be completely closed all day so there will be no parking along this road. Your best bet is to ride/walk from the hotel area (blue below), but the green areas below are also great options. Parking in the yellow area will close at 6:45am and you will NOT be able to leave until 6pm.



LARGER VIEW



ZOOMED-IN VIEW

PRE-RACE

PRE-RACE MEETINGS

- All participants are expected to watch the virtual pre-race meeting online before participating.

BODY MARKING

- Youth, Junior, & National Development participants 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).
- Youth & Adult Age Group participants will be body marked while entering transition.

WARM UP DETAILS

- Run - Be safe and careful not to interfere with the race
- Bike - Only allowed on course when there is no live race. You may also choose to warm up on the neighboring roads outside the course loop or on a trainer.
- Swim - Available 45 minutes before your race start

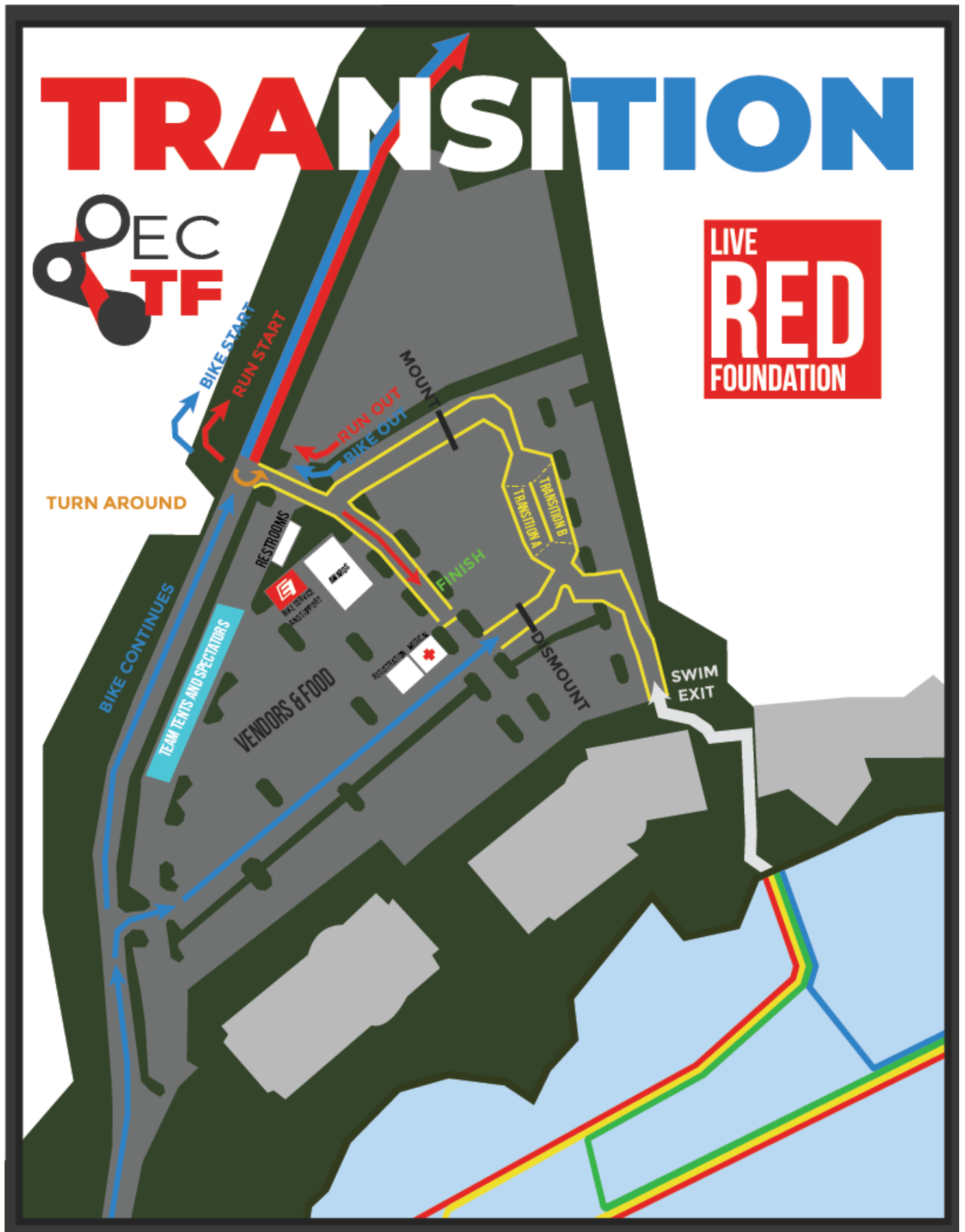
ATHLETE STAGING

- This will take place 10 min before your race start
- Athletes will receive cap and goggles during swim warm up. Please have on before athlete staging.
- Athletes called out to choose their spot 5 min before race start

STARTING PROCEDURE

- Once all athletes have chosen their start position, you will hear, "You are now in the hands of the starter." The starter will then use say, "On your mark," and then a horn blast will denote your start.

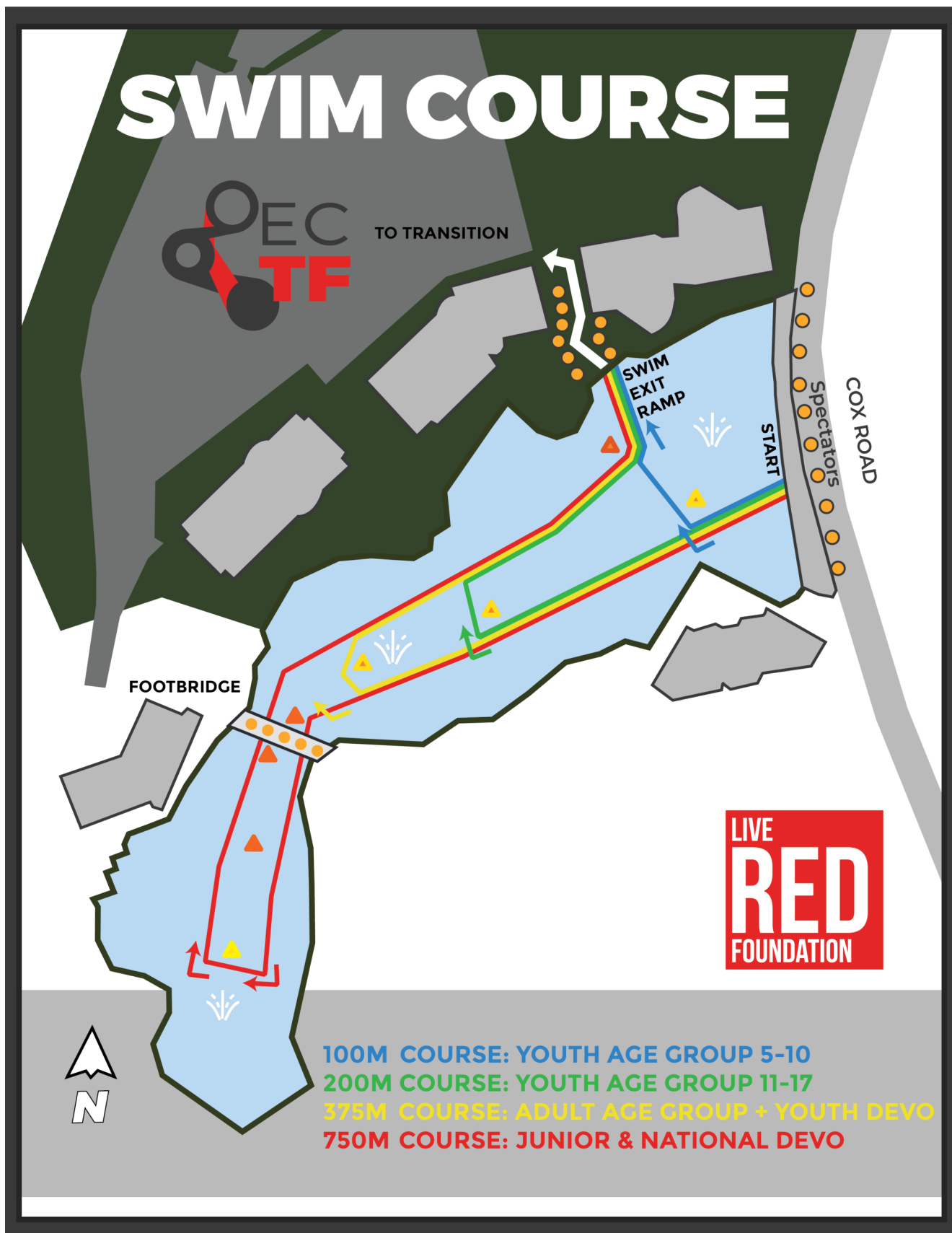
TRANSITION LAYOUT



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 Development Women = Transition B
 - Junior Development Men = Transition A
 - Youth Development Women = Transition B
 - Youth Development Men = Transition A
 - Youth Age Group 5-10 = Transition B
 - Youth Age Group 11-17 = Transition A
 - Adult Age Group = Transition B
 - National Development Women = Transition A
 - National Development Men = Transition B
- Race bib numbers and 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 DETAILS

- Warm ups will be allowed 45 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 & Adult Age Group participants will be allowed to use wetsuits up to and including a water temperature of 78 degrees. Youth/Junior/National Development participants will be allowed to use wetsuits up to and including a water temperature of 68 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.

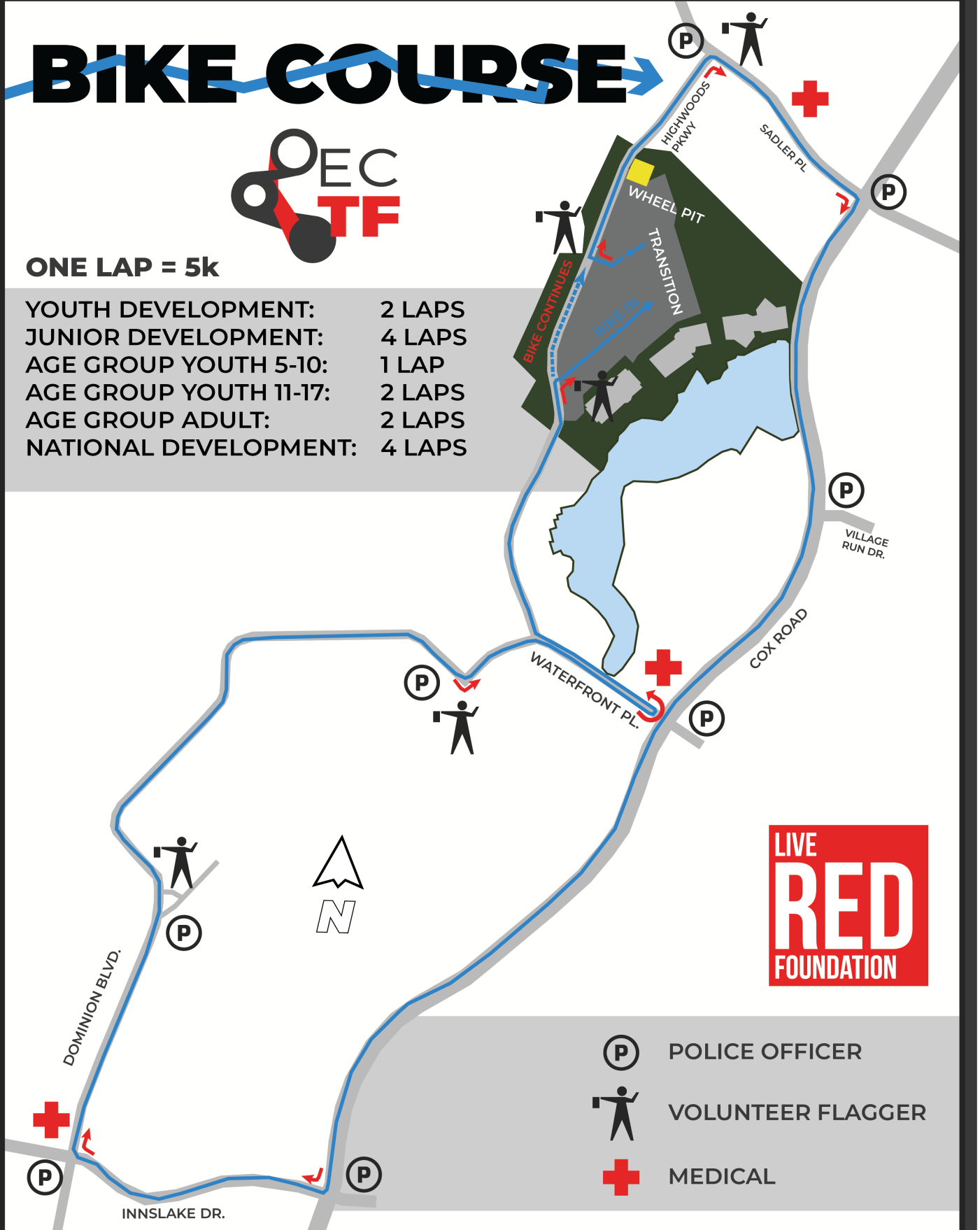
BIKE COURSE MAP

BIKE COURSE



ONE LAP = 5k

YOUTH DEVELOPMENT:	2 LAPS
JUNIOR DEVELOPMENT:	4 LAPS
AGE GROUP YOUTH 5-10:	1 LAP
AGE GROUP YOUTH 11-17:	2 LAPS
AGE GROUP ADULT:	2 LAPS
NATIONAL DEVELOPMENT:	4 LAPS



**LIVE
RED
FOUNDATION**



POLICE OFFICER



VOLUNTEER FLAGGER



MEDICAL

BIKE COURSE DETAILS

- No bike warm ups will be allowed on the course when there is a live race. You may also choose to warm up on the neighboring roads outside the course loop or on a trainer.
- 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 Adult & Youth Age Group Races, the bike course will be narrow along run course - be safe and watch out for runners.
- For Youth/Junior/National Development Races, lap out / overlap rule is in effect.

RUN COURSE MAP

RUN MAP



TURN AROUND FOR
ADDITIONAL LAPS



PENALTY
BOX

FINISH



(P)

5-10 YEAR
OLD TURNAROUND

SADLER PL



(P)

COX ROAD

(P)

POLICE
OFFICER



VOLUNTEER
FLAGGER



MEDICAL

LAKE SIDE PATH

DUATHLON
INTO
TRANSITION

DUATHLON
1ST RUN
LEG START

BRIDGE

LAKE SIDE PATH

VILLAGE
RUN DR

YOUTH DEVELOPMENT: 1 LAP
JUNIOR DEVELOPMENT: 2 LAPS
ADULT AGE GROUP: 1 LAP
5-10 AGE GROUP: TURN AROUND AT HIGHWOODS & SADLER
11-17 AGE GROUP: 1 LAP
NATIONAL DEVELOPMENT: 2 LAPS

LIVE
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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 of the Junior Development Race 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.
- **Adult & Youth Age Group 11-17 - 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, and drink at the finish.
- 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/National Development Races, top 3 per age group in Youth Age Group Races (5-6, 7-8, 9-10, 11-12, 13-15, 16-17), and top finisher per age group in the Adult Age Group Race (18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+). Duathlon will award top 3 overall in the following age groups: 5-10, 11-17, & adult.



RULES

YOUTH/JUNIOR/NATIONAL DEVELOPMENT

Below is a summary of some of the main rules for draft-legal racing. For a more complete list, visit <https://livered.org/wp-content/uploads/2016/01/2022-Draft-Legal-Equipment-and-Rules-Checklist-National-Triathlon-Development-Series-Events.pdf>

- Early or false start (swim)
- Torso must be covered start to finish
- Aerobars are NOT allowed for Youth/Junior/National Development races
- 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 TOUCHING bike.
- You must discard all equipment in your transition bin after use.
- Lap-out rule is in effect for all Development 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

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>.

- 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 in the youth races but ARE allowed in the adult races.

THINGS TO DO IN RVA

The Richmond Region, also known as RVA by the 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. I encourage you to take advantage of all there is to see and do, and to discover for yourself why the Richmond Region was named one of the "[Best Places to Travel in February](#)" by *Conde Nast Traveler* and on the list of "[The Up-and-Coming Travel Destinations You Should Check Out ASAP](#)" by *Redbook*.

When it's time to play, take your pick between a variety of [family fun activities](#), [world-class museums](#), [unique shopping districts](#), and more. Make the most of your free time by checking out RVA's best [tours and trails](#).

Richmond is 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 [PlayinRVA.com](#) to help plan your unforgettable Richmond experience and to assist you while you are here.

Want access to exclusive deals, discounts, and promotions in the Richmond Region? We've got you covered with the [Experience Pass presented by Airrosti](#) which you can find on the next page.

Looking for things to do? We've done all the homework for you and have created a game plan for you. Check out [PlayInRVA.com/things-to-do](#) or check out all the latest updates on RVA attractions, events, exhibits, and food & beverage on our [what's new page](#).

We look forward to seeing you and having you experience RVA!

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