



# RVA SPRINT

## ATHLETE GUIDE

# WELCOME



Dear Athlete,

I am very excited for you to experience the RVA Sprint Tri. We held this race for the first time in 2023, and it was a huge success receiving a 4.84 satisfaction rating (out of 5.0) from the participants! This year is going to be even better with the addition of a new beginner-only race so we are thrilled to welcome so many new triathletes across the finish line! This will complement the traditional sprint triathlon, duathlon, and aquabike courses as well as the super fun youth Splash & Dash event. If you want to be inspired, make sure you stick around until the very end and help us welcome these amazing athletes across the finish!

This event is produced by the Live Red Foundation. The Live Red Foundation provides free fitness programs that teach life skills to over 9,000 children annually in Richmond's lowest-opportunity neighborhoods. We raise the funds for this through our events including the RVA Sprint Triathlon. 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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# RACE SCHEDULE

Unless stated otherwise, all items below will take place at:  
The Rockville Center (16238 Pouncey Tract Rd, Rockville, VA 23146)

## **Saturday, August 24**

- 3:00-5:00 pm: Packet Pick Up @ Endorphin Fitness (8910 Patterson Ave)

## **Sunday, August 25**

- 5:30-6:30 am – Packet Pick Up
- 5:30-6:45 am – Transition Open
- 6:15-6:45 am – Optional Swim Warm Ups
- 6:45 am – Sprint Tri Pre-Race Instructions
- 7:00 am – “Seeded” Women’s Sprint Tri Mass Start
- 7:07 am – “Seeded” Men’s Sprint Tri Mass Start
- 7:15 am – Self-Seed Tri & Duathlon Time Trial Start
- 8:00 am – Beginner-Only Triathlon Time Trial Start
- 9:00-9:30 am – Kid’s Splash & Dash Packet Pick Up\*
- 10:00 am – Kid’s Splash & Dash Start
- 11:00 am – Awards (at the latest, after last finisher) \*\*

\* If you are arriving for the kid’s splash & dash, please try to arrive between 8:45-9:15am (or before 7am) and yield to cyclists as you come into the venue. Que up on Pouncey Tract Rd leaving room on the right side of the road for cyclists to pass you and wait for a parking attendant to bring you into the venue.

\*\* The awards will be held shortly after our last triathlon finisher crosses which should be before 11am so make sure you stick around!



# PARKING

There will be ample parking at the race venue but no cars will be allowed to leave the venue until 9am so please plan accordingly. Please see map below and only park in designated spots (staff will assist here).

**IMPORTANT!! Kid's Splash & Dash Parking:** If arriving after 7am, please try to arrive between 8:45-9:15am as this is the best time for us to get you in the venue safely with cyclists on the roads. When you arrive, please que up on Pouncey Tract Rd with your turn signal on leaving room on your right for cyclists to pass and wait for our staff to bring you into the venue.



# PRE-RACE

## **PACKET PICK UP**

You will have 2 opportunities to pick up your packets:

- Saturday, 3:00-5:00pm @ Endorphin Fitness (8910 Patterson Ave)
- Sunday, 5:30-6:30am (Sprint) & 9:00-9:30am (Kid's) @ Race Venue

## **PACKET CONTENTS**

In your packet, you will find your race number, timing chip, t-shirt, as well as some swag. The race number has 2 stickers: one goes on your bike and the other on your bike helmet. For an explanation of these, see [this guide](#). You must bring your timing chip to the race to be able to race, and there is a \$75 fee for lost chips (they are expensive) so don't lose them!! Our advanced timing system does not require run bibs so these will not be used.

## **BODY MARKING**

You will be body marked race morning outside transition. Your number will be written on the left / right forearms and left/right leg between knee and ankle.

## **WARM UP DETAILS**

You are welcome to do a swim warm up from 6:15-6:45am at the swim start. Bike and run warm ups can also be completed on the course before 6:45am. There will be a short swim warm up for the Kid's Splash & Dash before their race, and we ask that kids please stay off the Sprint course though there are plenty of places to run.

## **FIRST TRIATHLON?**

Our coaching partner, [Endorphin Fitness](#), has put together an amazing Beginner Triathlon Guide which we encourage you to view [here](#).



# TRANSITION DETAILS

**PICK YOUR SPOT** - Transition spots are first come, first serve with 6 bikes per rack (3 on each side). Your equipment should be set up on whichever side has your bike wheel touching the ground.

**TRANSITION FLOW** - After exiting the pool, you will run through 2 gates and along our chute to transition entering one side and exiting the same side for the bike. Make sure you run your bike to the green mount line and get on your bike after this line. After the bike, make sure you get off your bike before the red dismount line. Enter transition on the right side and leave for the run on that same side. The Kid's Splash & Dash will just use the blue and red arrows entering from the swim on the left side and leaving on the run on the right side.



## KEY / COLOR CODE

	TRANSITION
	SWIM TO TRANSITION
	BIKE
	RUN

# (MORE) TRANSITION DETAILS

## KEEP IT SIMPLE

In transition, you will place all the gear you need to complete the race. Transition will be a tight area so please limit items & keep this simple.

## MOUNT / DISMOUNT LINE

After leaving transition, do not mount your bike until crossing the green mount line and then get off your bike before the red dismount line so as to avoid a penalty (see rules section).

## RECOMMENDED ITEMS

Bike	Helmet	Bike Shoes
Sunglasses	Water Bottle	Run Shoes

## SAMPLE SET UP

Here is a well organized transition spot though some advanced athletes might choose to affix their bike shoes to the pedals and then get into them while riding.



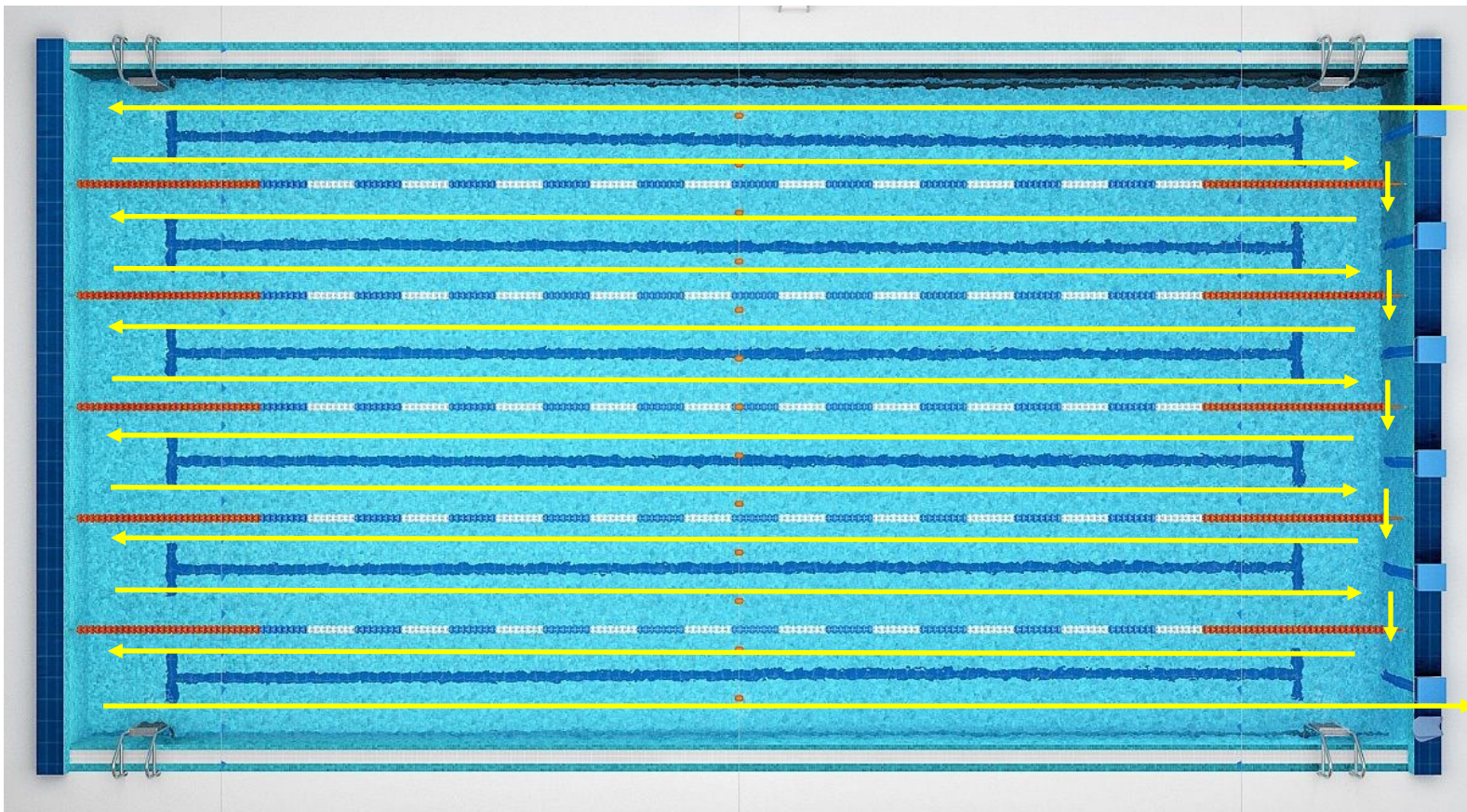
Photo Credits:  
Miranda's Triathlon Blog



# SWIM COURSE DETAILS

The pool is a 25 yd 6 lane pool. The first 2 "seeded" waves and the Splash & Dash waves will start up to 12 athletes (2/lane) from a push (no diving) all at once. You will be splitting a lane with another athlete so please stay on your side (no circle swimming).

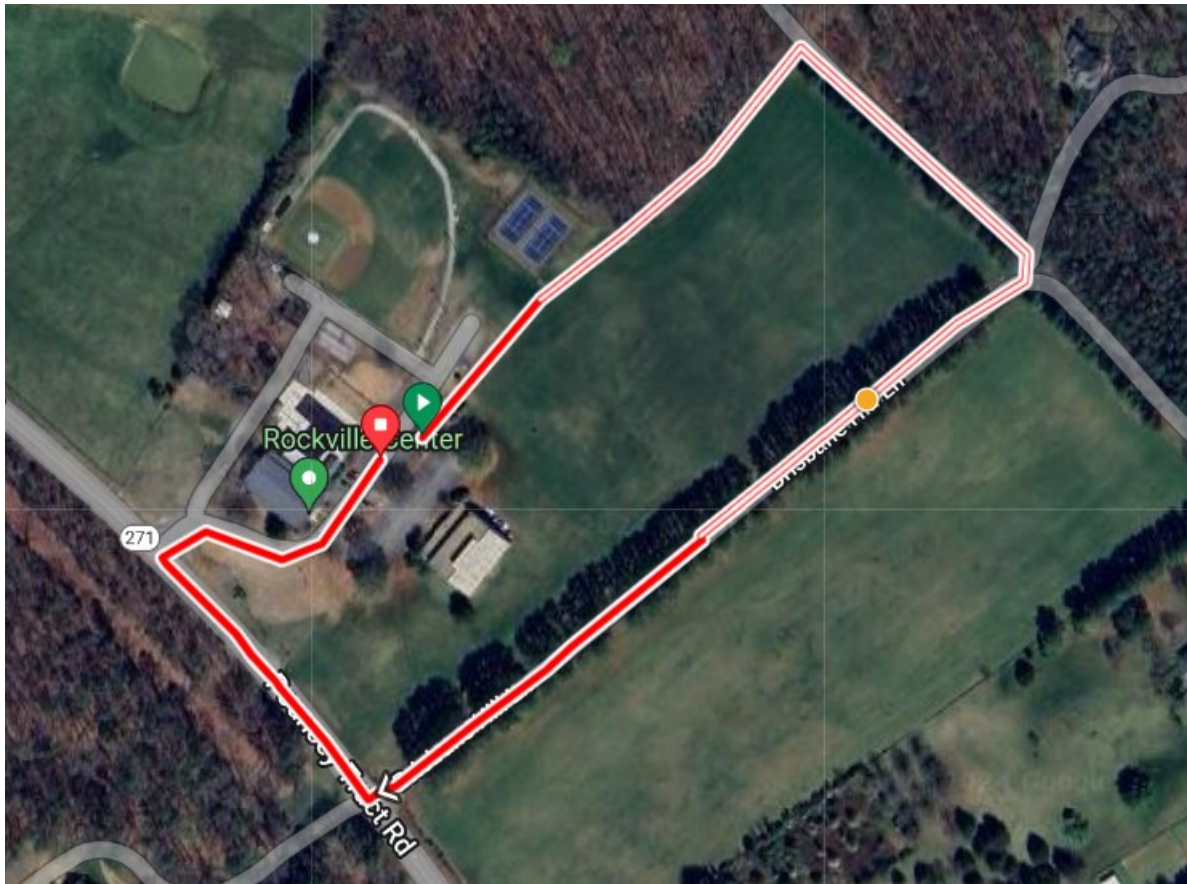
The rest of the Sprint & Beginner Tri athletes will do a time trial start with the next athlete sent when the athlete in front of them gets half way down the pool. You will line up on the pool deck based on estimated swim 100yd swim pace (refer to signage to help organize). When you are released to start, you will cross the timing mat (starts your race) and jump into the water (no dives!!). You will then swim down on the right side of the lane, back on the left side of the lane, go under the lane line, and repeat. Sprint Tri athletes will go down and back in all 6 lanes. Beginner Tri athletes will go down and back in 3 lanes. To see an example of this, [watch this video](#) and refer to the diagram below (sprint tri length):



# DUATHLON COURSE DETAILS

The Sprint Duathlon will start at the same time as the first time sprint triathlete starts (not including the seeded waves) at approximately 7:15am right outside the pool. The Beginner Duathlon will start when the first beginner triathlete starts at approximately 8:00am.

The course will run alongside encircle the main venue as shown below:



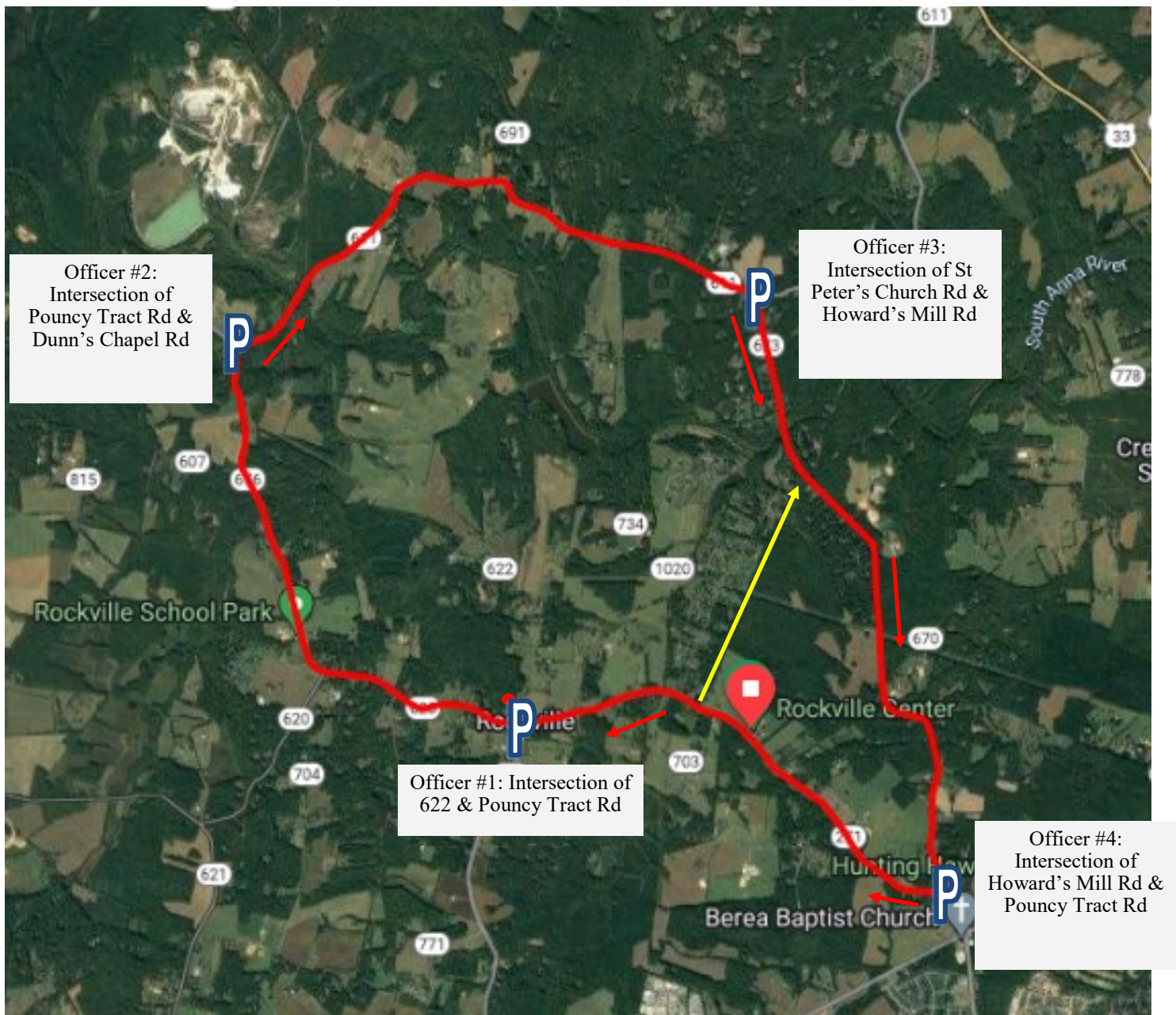


# BIKE COURSE DETAILS

Starting at the Rockville Center, the course will begin by going west on Pouncey Tract Road. Athletes will then make a right on Dunn's Chapel Road which eventually becomes St. Peter's Church Road. Next, you will make a right on Howard's Mill Road and then a right on Pouncey Tract Road to return to the Rockville Center. We have marked the location of police officers on the course with a "P" below. The yellow arrow is showing a shorter "beginner-only" cut-through that will only be used for the beginner race. The course is open to vehicular traffic but will have plenty of police on the course to maximize safety. All turns will be marked with arrows AND a volunteer present as well.

This is a non-draft triathlon which means you must keep 5 bike lengths between you and the rider in front of you and stay to the right side of the road at all times unless passing. USA Triathlon officials will be on the course monitoring. Refer to the rules page of this packet for more details on this.

For a detailed overview of the course including how to best approach the hills on the course, check out the course strategy written by our coaching partner Endorphin Fitness at the link below:  
<https://endorphinfitness.com/wp-content/uploads/2016/09/RVA-Sprint.pdf>



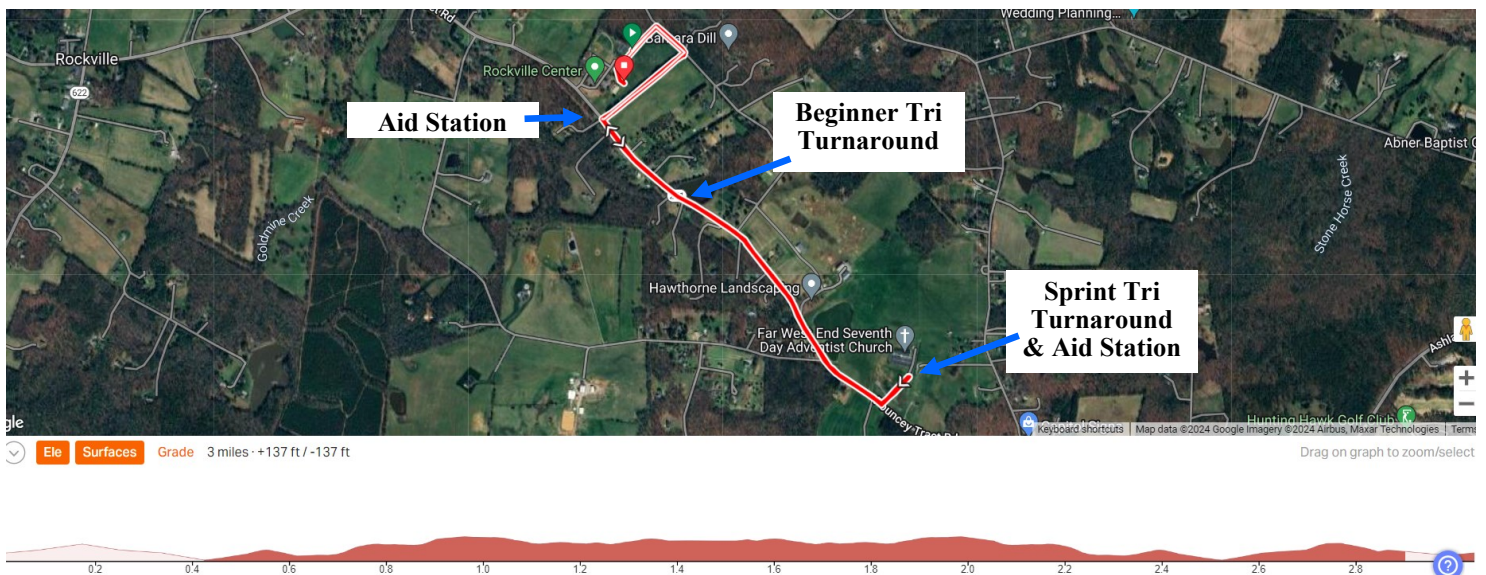
# RUN COURSE DETAILS

The run will start along a well-maintained path along the edge of a field before turning onto a private road (Brisbane Hill Rd) which will take runners out to Pouncey Tract Rd where they will make a left. Pouncey Tract will climb slightly before flattening out before the turnaround at the Far West End Seventh Day Adventist Church.

Those doing the Beginner Tri will turn around at .75 miles as designated on the map. The return route gives athletes a fast downhill before turning back onto the private road and again onto the path to the finish line.

For a detailed overview of the course including how to best approach the hills on the course, check out the course strategy written by our coaching partner Endorphin Fitness at the link below:

<https://endorphinfitness.com/wp-content/uploads/2016/09/RVA-Sprint.pdf>



## AID STATIONS

These will be an aid stations complete with Gatorade and water at the intersection of Brisbane Hill Ln and Pouncey Tract as well as at the sprint turnaround.

## PENALTY BOX & RULES

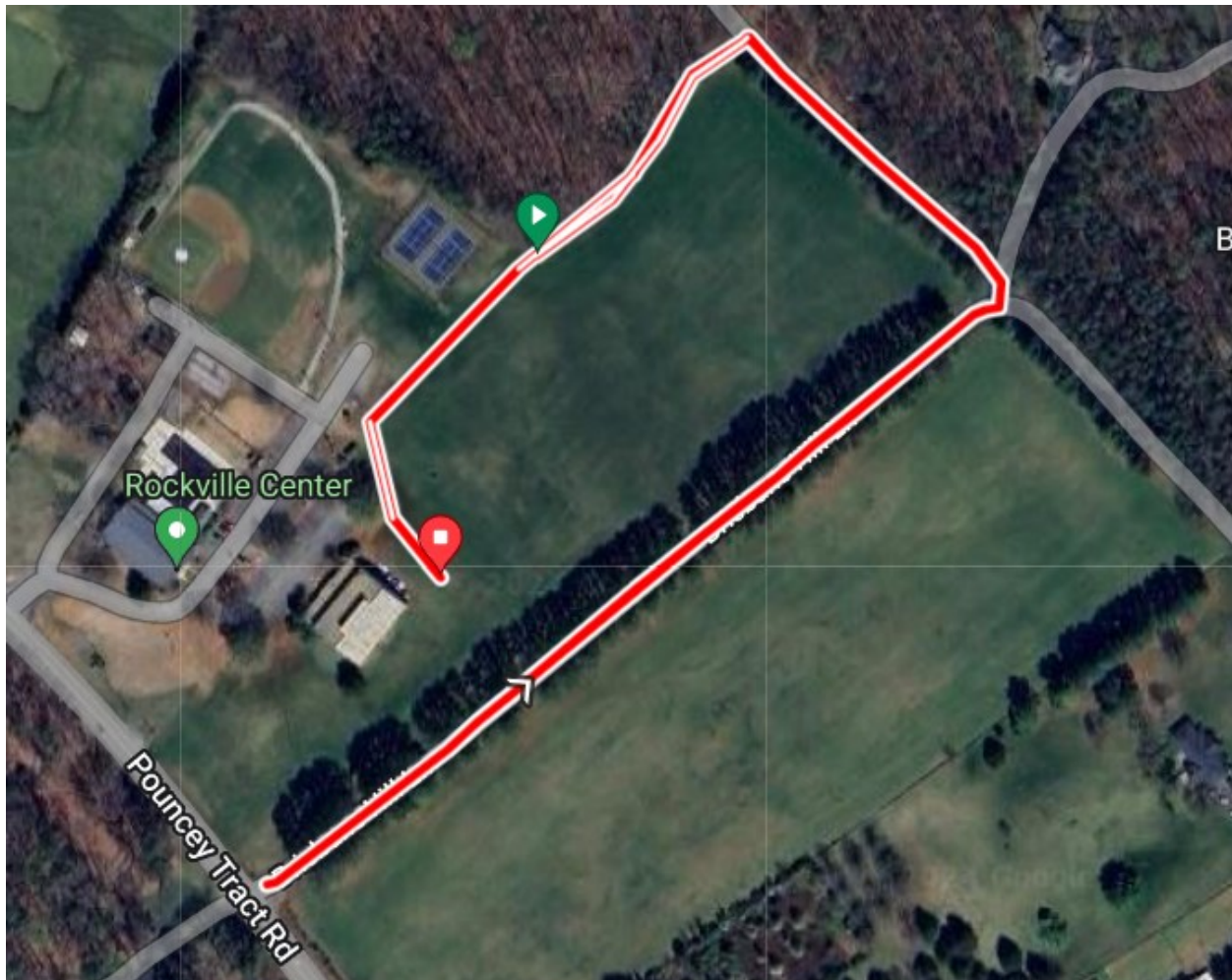
Per new USAT rules (see rules section), penalties earned on the course will be served in the penalty box on the run. The penalty box will be located in the field so you can serve penalties on the way out or back. If you receive a blue card on the course, you must serve a 1 minute penalty in the penalty tent on the run. Please announce your number to the volunteer at this tent.

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



# SPLASH & DASH RUN

The Kid's Splash & Dash run is a simple 1 mile out-and-back course on grass and a lightly traveled neighborhood road with the kids separated from vehicles. This course is super spectator friendly!





# RELAYS

If you are racing as a relay, the swimmer will start with the timing chip on their ankle. After the swim, you will meet your biker in transition and move the timing chip from your ankle to theirs. After the bike, you will meet the runner in transition and move the timing chip again.

**Quick Tip** - let the rested athlete take the timing chip off and put it on :).

# POST RACE

All athletes will receive a finisher's medal at the finish.

There will be food and drink available at the finish.

Medical personnel will be available near the finish. If you need assistance, please notify any staff or volunteers on the course.

Live results can be found at <https://runsignup.com/Race/Results/156632#resultSetId-480961;perpage:100>

The Sprint & Beginner awards ceremony will be hosted at the podiums near the finish as soon as the last finisher crosses the line. The Kid's Splash & Dash awards will take place shortly after that race.

For the Sprint Race, awards will be given to the top 3 male and female overall, overall masters, duathlon, and aquabike as well as in each age group category (15 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+) as well as Clydesdale/Athena and Adaptive Tri. The top 3 in the sprint tri relay will also be awarded.

For the Beginner Race, awards will be given to the top 3 male and female in the duathlon and top 10 overall in the triathlon.

In the Kid's Splash & Dash, awards will be given to the following age group category (6 & under, 7-8, 9-10, 11-12, 13-15).

# RULES

## OVERVIEW

This is an official USA Triathlon event and officials will be present to ensure the rules are followed. Please [go here](#) for a complete list of USA Triathlon Rules. Pay particular attention to the "**8 Commonly Violated Rules**" for non-draft races on this page. We want to highlight a few:

- **Helmets & Chinstraps** - Helmets be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.
- **Mount / Dismount** - Athletes must mount your bike after the green mount line after Transition 1 and dismount before the red dismount line before entering Transition 2.
- **Drafting / Blocking** - Athletes must stay to the right side of the road and at least 5 bike lengths (10m) behind the bike in front of you unless passing. If passing, you have 20 seconds to enter the 5 bike length zone and make the pass on the left. If passed, you must drop out of the 5 bike length zone before re-passing.
- **Cell Phones & Headphones** - Athletes may carry a cell phone but may not use cell phones or use headphones on the course.
- **Kid's Race Equipment** - Aero helmets, disk wheels, & aero bars ARE NOT allowed in the youth races but ARE allowed in the adult races.

## PENALTY BOX

If you receive a blue card, you must serve a 1 minute penalty in the penalty tent which will be located in the field near the beginning and end of the run. Please announce your number to the volunteer at this tent. If shown a yellow card, you will be stopped on the course for 10s and do not need to stop at the penalty box.

# 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!

# SPECIAL DISCOUNTS

[VisitRichmondVA.com](http://VisitRichmondVA.com)

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