



REGENCY

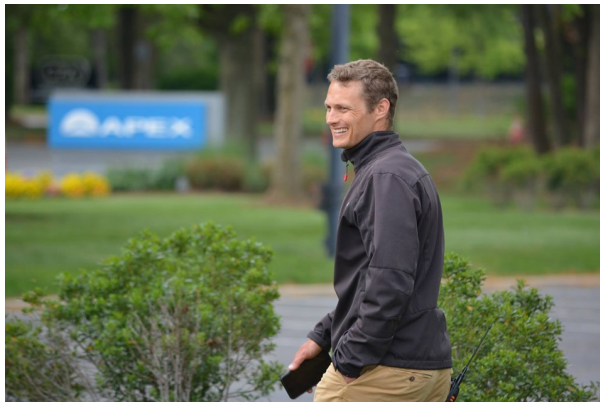
RVA

• MILE •

2024

ATHLETE GUIDE

WELCOME



Dear Athlete,

I am very excited for you to experience the Regency Mile. This is the 15th running of the Regency Mile, and this year is going to be the best yet with more adults racing, a new elite wave which will send the girls/women shortly before the boys/men to see who can get across the finish first, and as always, tons of fun!

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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TABLE OF CONTENTS



Page 2: Welcome
Page 3: Table of Contents
Page 4: Race Schedule
Page 5: Parking
Page 6: Pre-Race
Page 7-8: Transition Details
Page 9: Swim Course Details
Page 10: Duathlon Course Details
Page 11: Bike Course Details
Page 12: Run Course Details
Page 13: Splash & Dash Run Course Details
Page 14: Relays
Page 15: Post Race
Page 16: Rules
Page 17-18: Things To Do In RVA
Page 19: Thank You Sponsors

RACE SCHEDULE

Saturday, November 2

2:00-6:00 pm: Packet Pick Up @ Dick's Sporting Goods Short Pump (11800 West Broad Street). While there, make sure to take advantage of Dick's exclusive Regency Mile discount of [20% off](#).

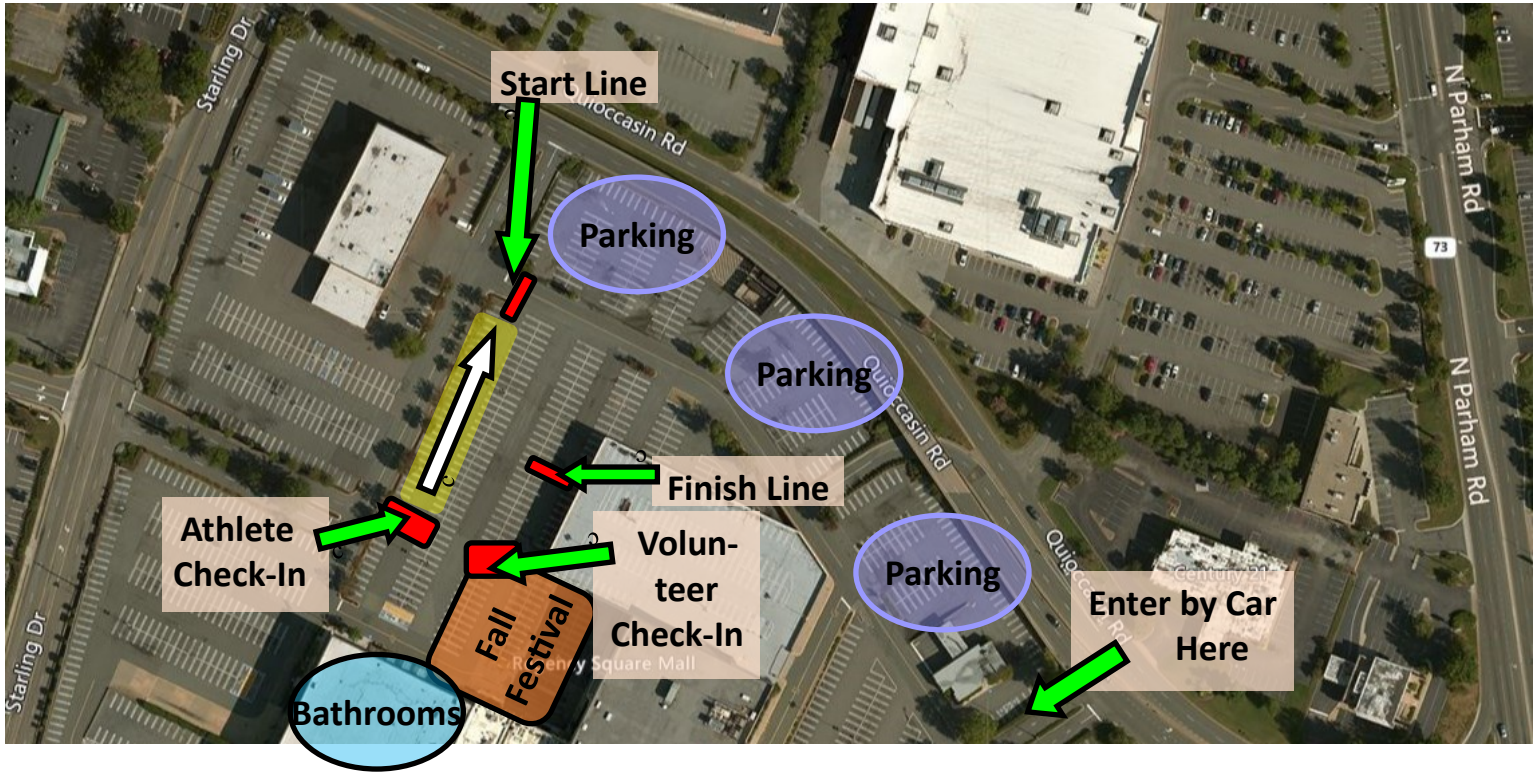
Sunday, November 3

All items below will take place at Regency Square Mall (8711 Quiocassin Rd)

Heat	Age Group	Check-In	Start Time	Awards
1	Elite Girls/Women	7:15 AM	7:45 AM	Top 5
2	Elite Boys/Men	7:15 AM	52s Later	Top 5
3	Adult Men - 18+	7:15 AM	8:00 AM	Top 10
	Boys - Age 14-17	7:15 AM	8:00 AM	Top 10
	Boys - Age 12 & 13	7:15 AM	8:00 AM	Top 10
4	Adult Women - 18+	7:15 AM	8:03 AM	Top 10
	Girls - Age 14-17	7:15 AM	8:03 AM	Top 10
	Girls - Age 12 & 13	7:15 AM	8:03 AM	Top 10
5	Boys - Age 11	7:15 AM	8:06 AM	Top 10
6	Girls - Age 11	7:15 AM	8:09 AM	Top 10
7	Boys - Age 10	7:15 AM	8:12 AM	Top 10
8	Girls - Age 10	7:15 AM	8:15 AM	Top 10
9	Age 5 & Under Express Run	8:15 AM	8:45 AM	N/A
Break for 10+ Awards (8:50 AM)				
10	Boys - Age 9	8:50 AM	9:30 AM	Top 10
11	Girls - Age 9	8:50 AM	9:35 AM	Top 10
12	Boys - Age 8	8:50 AM	9:40 AM	Top 10
13	Girls - Age 8	8:50 AM	9:45 AM	Top 10
14	Boys - Age 7	8:50 AM	9:50 AM	Top 10
15	Girls - Age 7	8:50 AM	9:55 AM	Top 10
16	Boys - Age 1-6	8:50 AM	10:00 AM	Top 10
17	Girls - Age 1-6	8:50 AM	10:05 AM	Top 10
9 & Under Awards (10:30 AM)				

PARKING / VENUE

There will be ample parking at the race venue. Enter the venue off Quioccasin Road between First Watch and Starbucks. You can make a right and park in the MOD Pizza and Chipotle lots or make a left and park in the upper deck lots. Please do not park near in the area containing the finish line. Bathrooms are inside the mall on the 2nd floor.



PRE-RACE

PACKET PICK UP

You will have 2 opportunities to pick up your packets:

- **HIGHLY RECOMMENDED:** Saturday, 2:00-6:00pm @ Dick's Sporting Goods Short Pump (11800 West Broad Street). While there, make sure to take advantage of Dick's exclusive Regency Mile discount of [20% off](#) and other [year-long specials](#) throughout the store!
- Sunday, 6:15-7:15am @ Race Venue. These will be NO packet pick up after 7:15am on race morning.

PACKET CONTENTS

In your packet, you will find your race number, t-shirt, as well as some swag. You must have your race number on the front of your shirt to race. You will receive your timing chip at the start on race morning. Do not lose this and return it at the finish line - there is a \$75 fee for lost chips (they are expensive)!!

WARM UP DETAILS

You are welcome to do your own warm up or join the Live Red Foundation coaches for optional warm ups at the start line at 7:40am (waves 1-9) and 9:10am (waves 10-17).

COURSE DETAILS

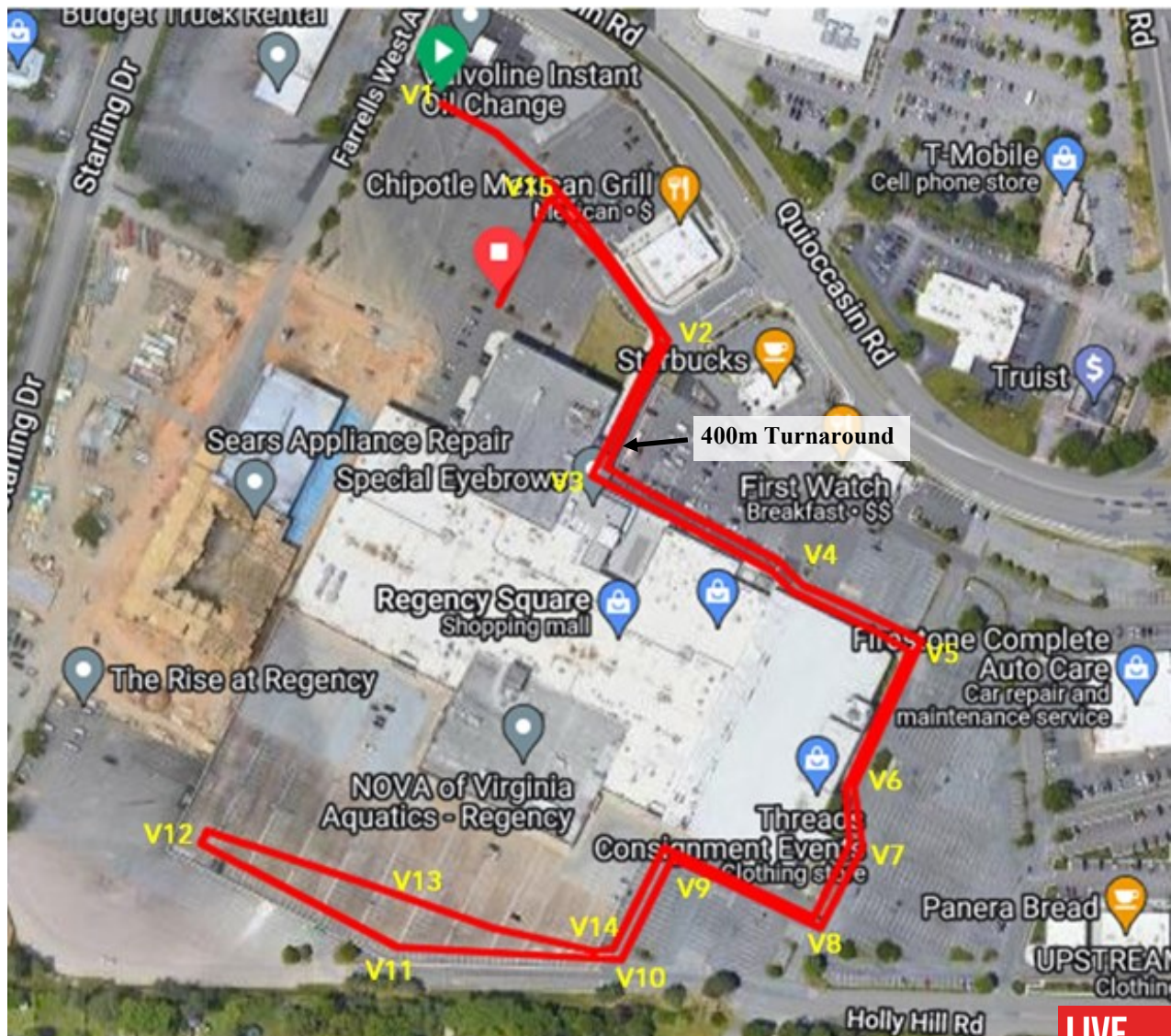
The run will start with the only uphill of the day leading to a right turn to encircle the Regency Mall. You will continue around the mall to the back parking deck for a short out-and-back to the turn-around. You will then follow the same course back enjoying a downhill just before the left turn to go down the finish chute!

For an interactive map of the course, view the link below:

<https://ridewithgps.com/routes/37565085>

The Kid's 400m Express Run follows the same start and end of the course but turns around shortly after the right turn at the top of the hill. View interactive map below:

<https://ridewithgps.com/routes/37565116>



POST RACE

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

Parents should pick up your child at the end of the finish chute.

There will be food and drink available at the finish.

Live results can be found at <https://runsignup.com/Race/Results/156645#resultSetId-505854;perpage:100>

The awards ceremony will be hosted near the finish line at 8:50am for 10 & older and 10:30am for 9 & younger. Make sure you stay for awards as we award top-5 overall and top-10 per the following male/female age group categories: 18+, 14-17, 12-13, 11, 10, 9, 8, 7, and 1-6 years old. We will also award top-10 overall in a nonbinary category.

Live Red Foundation is dedicated to upholding the values of fairness, respect, and inclusivity within our events. We strive to make sure everyone feels welcome and to create the fairest competition possible.

With so many categories, you have a good chance of winning an award so make sure you come to awards.

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

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