

**ROBIOUS LANDING**



**T R I A T H L O N**



**ATHLETE GUIDE**

# WELCOME



Dear Athlete,

I am very excited for you to experience the Robious Landing Triathlon. Around 15 years ago, as a coach, I worked with a local race director to come up with an amazing race out of Robious Landing which athletes (including myself) enjoyed for years. Unfortunately, COVID brought an end to the race. After a 3-year hiatus, I am excited to bring triathlon back to Robious Landing now as its race director. I am confident that you will find this to be one of the most versatile and beautiful events you have ever completed. My staff has gone over and beyond to ensure you have an amazing experience!

On race day, we have races for both adults and kids. Ages 13 to adult will have the opportunity to race the sprint triathlon or select the aquabike or duathlon if preferred. There will also be a special youth triathlon for ages 15 & under. Regardless of what you choose, you will be treated to a professional race experience on a great course.

This event is produced by the Live Red Foundation. The Live Red Foundation provides free fitness programs that teach life skills to over 8,000 children annually in Richmond's lowest-opportunity neighborhoods. We raise the funds for this through our events including the Robious Landing 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:  
Robious Landing Park (3800 James River Rd, Midlothian, VA)

## Saturday, Sep 30

- 4:00-6:00 pm: Packet Pick Up @ Endorphin Fitness (8910 Patterson Ave)

## Sunday, Oct 1

- 5:30-6:30 am: Packet Pick Up
- 5:30-6:45 am: Transition Open
- 6:45 am: Pre-Race Instructions
- 7:00 am: Sprint Race Start
- 10:00 am \*: Kid's Race Start
- 11:30 pm \*\*: Awards
- After Awards: Providence Community Church will have a short worship service at awards for all who would like to join.

\* The Kid's Triathlon will begin as soon as last sprint athlete is off the bike course which could be as early as 9:30am or as late as 10:30am. Kids, please arrive by 9am at the latest.

\*\* Awards will begin by 11:30am at the latest or as soon as the last athlete finishes.

# PARKING

There will be no parking inside the race venue, but there is ample parking at James River High School (0.3 miles from venue) and Betty Weaver Elementary School (0.7 miles from venue). Once parked, walk or ride your bike to the race venue via James River Road.

**Kid's Tri Parking:** If arriving after 7am, please enter via the access road behind Betty Weaver Elementary and stay off the bike course.

**Important!!** If parking in the yellow or blue lots, you will not be able to leave until after the Kid's Triathlon (around 10:30am). If you need to leave earlier, park in the red lots at Betty Weaver Elementary.



# PRE-RACE

## PACKET PICK UP

You will have 2 opportunities to pick up your packets:

- Saturday, 4:00-6:00pm @ Endorphin Fitness (8910 Patterson Ave)
- Sunday, 5:30-6:30am (Sprint) & 9-9:30am (Kid's) @ Race Venue

## BIB NUMBERS, BIKE NUMBERS, & BODY MARKING

Bib numbers will be assigned race morning, and 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. Our advanced timing system does not require run bibs (& race belts) so these will not be used. In addition to your timing chip, you will be given number stickers for your bike and helmet. For an explanation of these, see [this guide](#).

## GETTING TO THE SWIM START

The Sprint Triathlon swim start is 0.5 miles upriver on the trail. Please allow plenty of time to get to the start! Feel free to bring shoes and drop them at the start - we will bring them back for you! You can pick them up outside of transition after the race.

## DUATHLON START

The Duathlon will start where the bike starts. Please meet our staff there at 6:45am for instructions.

## WARM UP DETAILS

You are welcome to do a swim warm up from 6:30-6:45am at the swim start. Bike and run warm ups can also be completed on the course before 6:45am. No swim warm ups for the Kid's Triathlon, and we ask that kid please stay off the Sprint course though there are plenty of places to run.

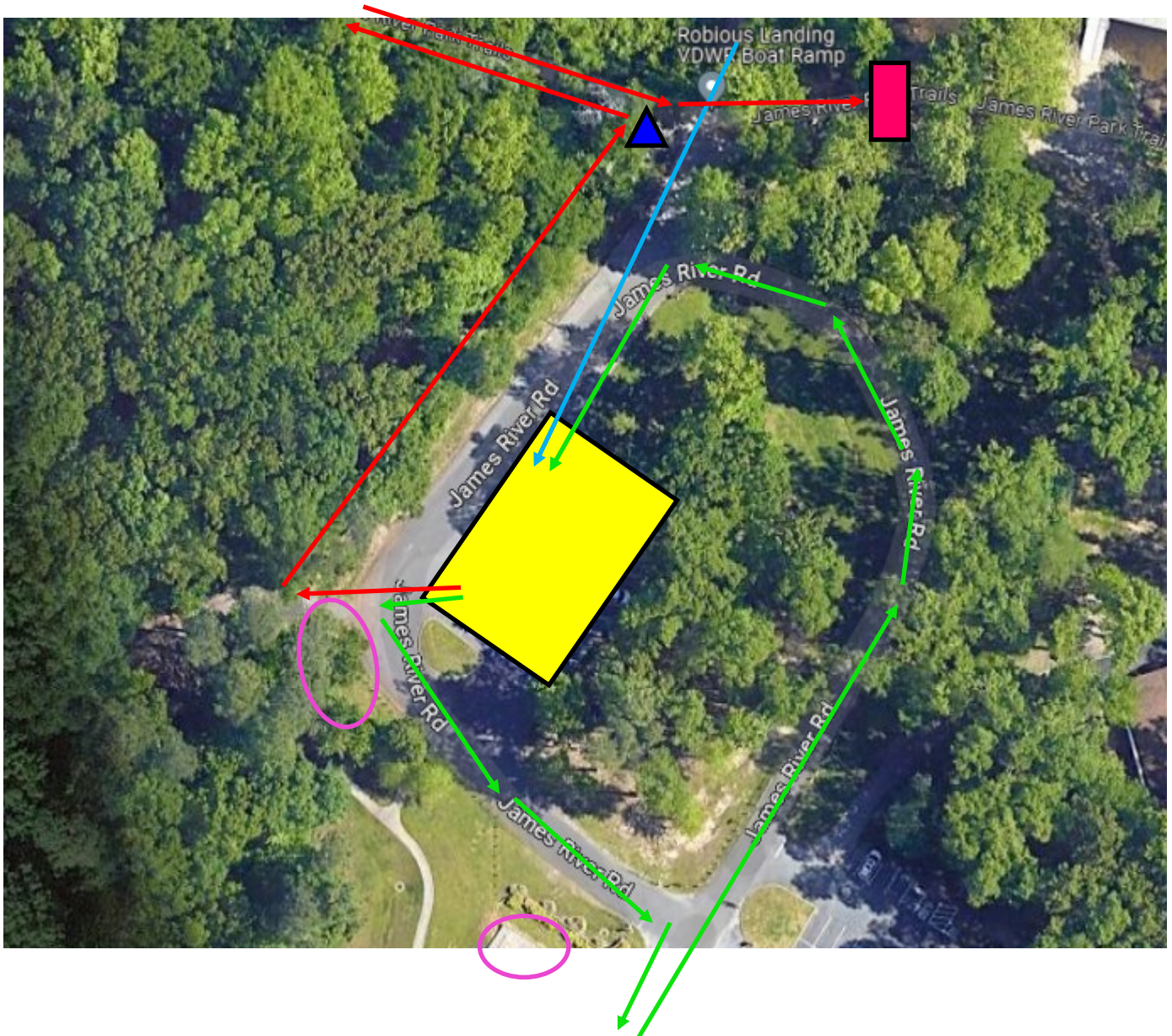
## DOING A RELAY?

If racing as a relay, the swimmer will start with the timing chip on. After the swim, you will meet your biker in transition and move the timing chip from your ankle to theirs. Repeat this after the bike to get it on the runner. Quick tip - let the rested athlete take the timing chip off and put it on :).








## FIRST TRIATHLON?

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

# TRANSITION



## KEY / COLOR CODE

	TRANSITION		SWIM TO TRANSI-
	FINISH LINE		BIKE
	BATHROOMS		RUN
	PENALTY TENT		

# 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.

## RECOMMENDED ITEMS

Bike	Helmet	Bike Shoes
Sunglasses	Water Bottle	Run Shoes

## FIRST COME, FIRST SERVE

There are no pre-assigned spots in transition so self-select your spot. When selecting your spot, there should be 6 bikes per rack (3 on each side) and try to alternate which side you are on with those to your right and left when possible. Your equipment should be set up on whichever side has your bike wheel touching the ground in the size of a half a towel.

## 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).

## 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.

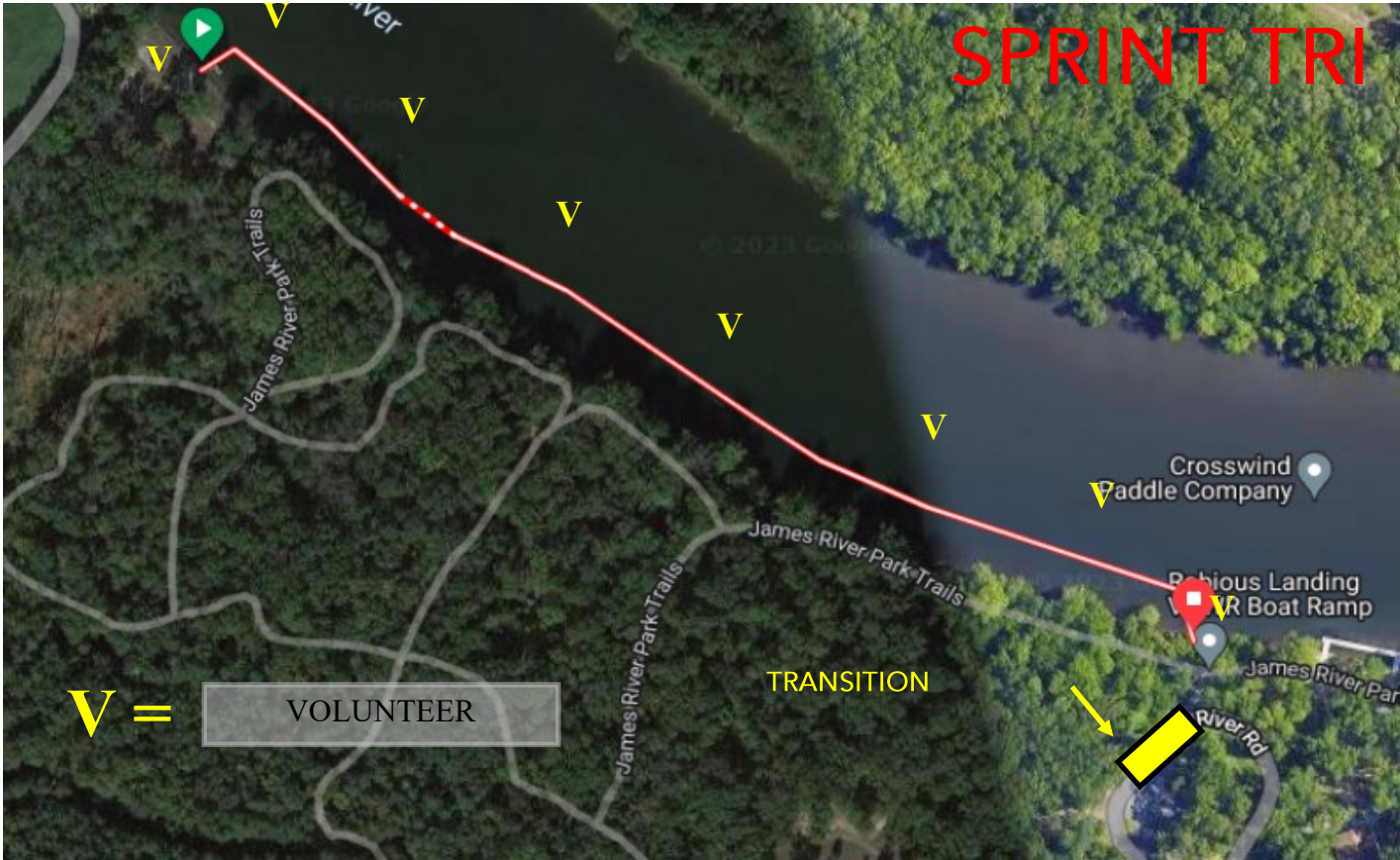


Photo Credits: Miranda's Triathlon Blog



# SWIM COURSE

## SPRINT TRI



## KID'S TRI



# SWIM COURSE DETAILS

## STARTING PROCEDURE

All athletes will start from a boat launch ramp, cross the timing mat, and then enter the water to start their 650m downriver swim. Any athletes competing for a top-10 finish male or female will be given the opportunity to start first as a mass start. All other athletes should self-seed themselves based on your estimated 100yd swim pace (refer to signage to help organize your self). You will then be sent two-at-a-time.

## NERVOUS SWIMMER?

If you have fear of the water or concerns about completing the swim, please let us know [here](#) and you will be given a special swim cap denoting this so that we can keep extra attention on you during the race.

## WATER TEMP & WETSUITS

Expected water temperature is 65-70 degrees. USAT rules state that participants will be allowed to use wetsuits up to and including a water temperature of 78 degrees. The official water temperature will be taken 1 hr. prior to each race start and announced. Plan on a wetsuit-legal swim!

## SAFETY & SUPPORT

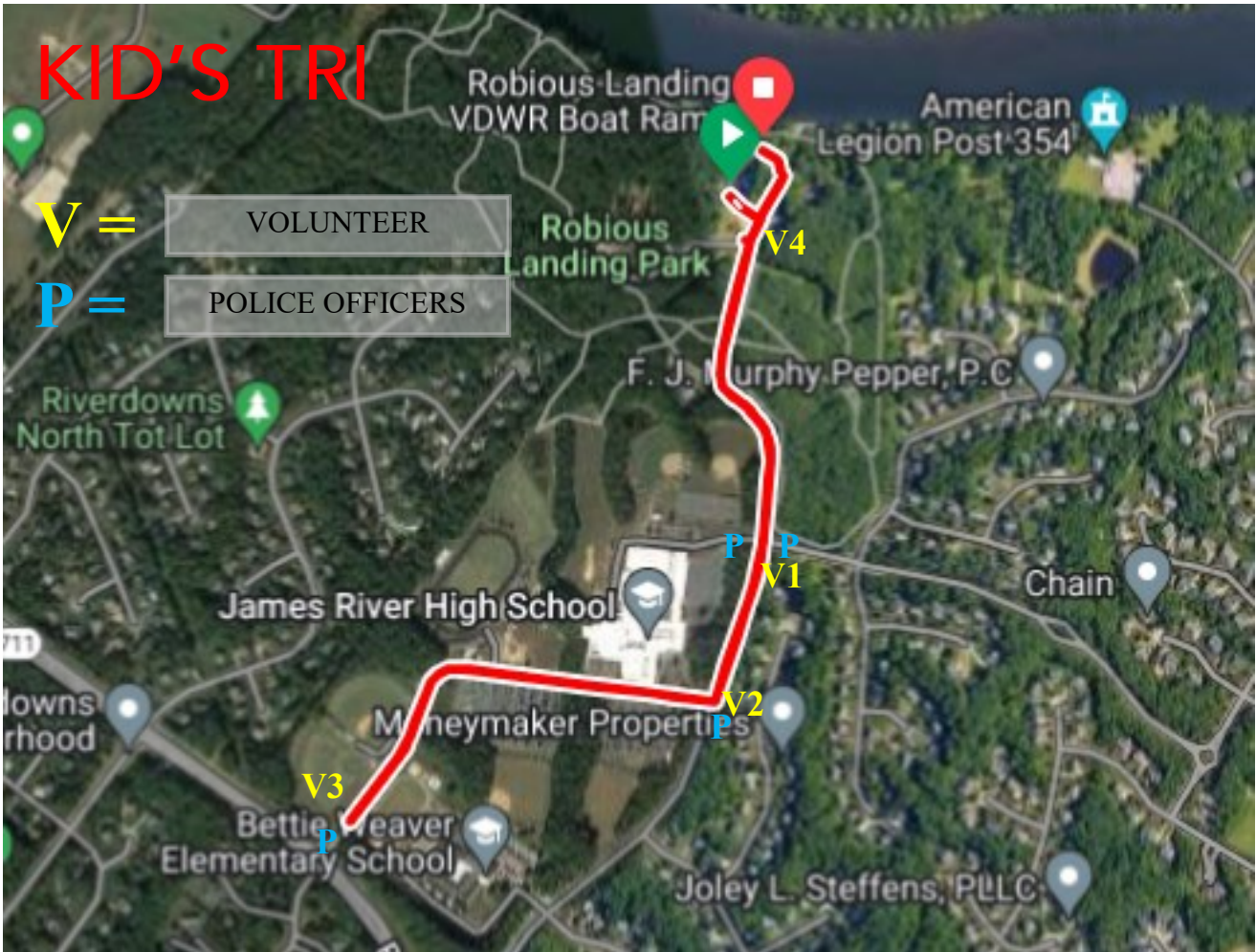
There will be lifeguards and kayakers at least every 100m the entire length of the Sprint Tri and every 10m for the Kid's Tri. If you have concerns during the swim, please raise your hand and yell to our volunteers. You are welcome to hang onto the side of the kayak until you are ready to resume as long as you do not make forward progress. If you need to drop out of the race, let the kayaker know, and they will get you safely to shore.

We are 100% committed to a safe, fun swim and have thought through every detail to make this possible. If you have any personal concerns at all, please let us know.

## DUATHLON

If racing the duathlon instead of the swim, you will meet at the bike mount line to start your first run which will be entirely on the trails.

# BIKE COURSE



# BIKE COURSE DETAILS

## BIKE COURSE OVERVIEW

**Sprint:** Starting at Robious Landing Park, the course will begin by going south on James River Rd before turning right on Robious Rd. Cyclists will then continue west on Robious Rd until they make a left on Manakintown Ferry Rd which will take them to the turnaround 1.2 miles later. Cyclists will then continue on the same path back to Robious Landing Park.

**Kid's:** Starting at Robious Landing Park, the course will begin by going south on James River Rd before turning right into James River High School and continuing to the u-turn just before Robious Rd. Athletes will then precede back to Robious Landing Park. **Stay on the right side of the road at all times!**

## NON-DRAFT EVENT

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 and any violations must serve time in the penalty tent on the run. Refer to the rules section on page 16 of this guide to learn more about this and other rules.

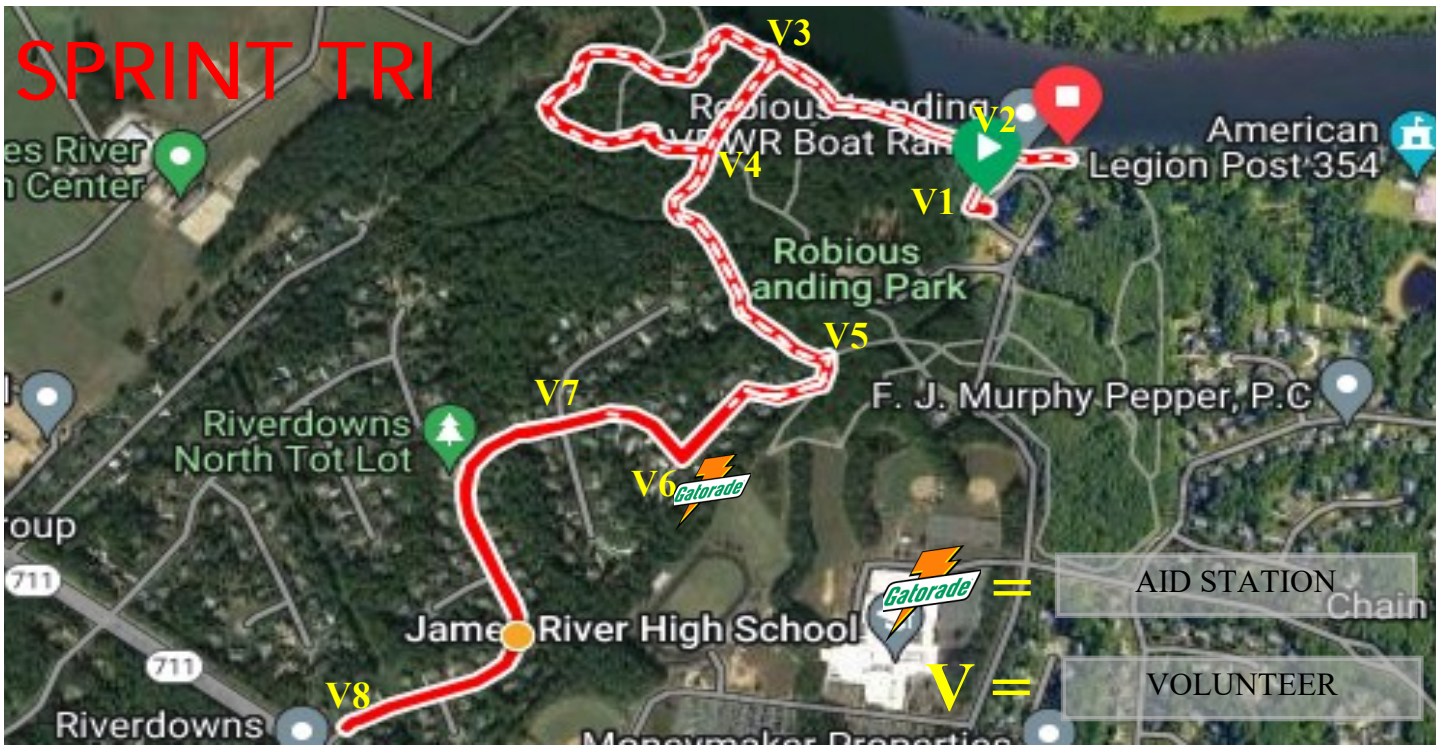
## NEUTRAL MECHANIC SUPPORT

The Endorphin Fitness Bike & Tri Shop will provide mechanic support before the race and be on the bike course along Robious Road for the bike if you have any issues.

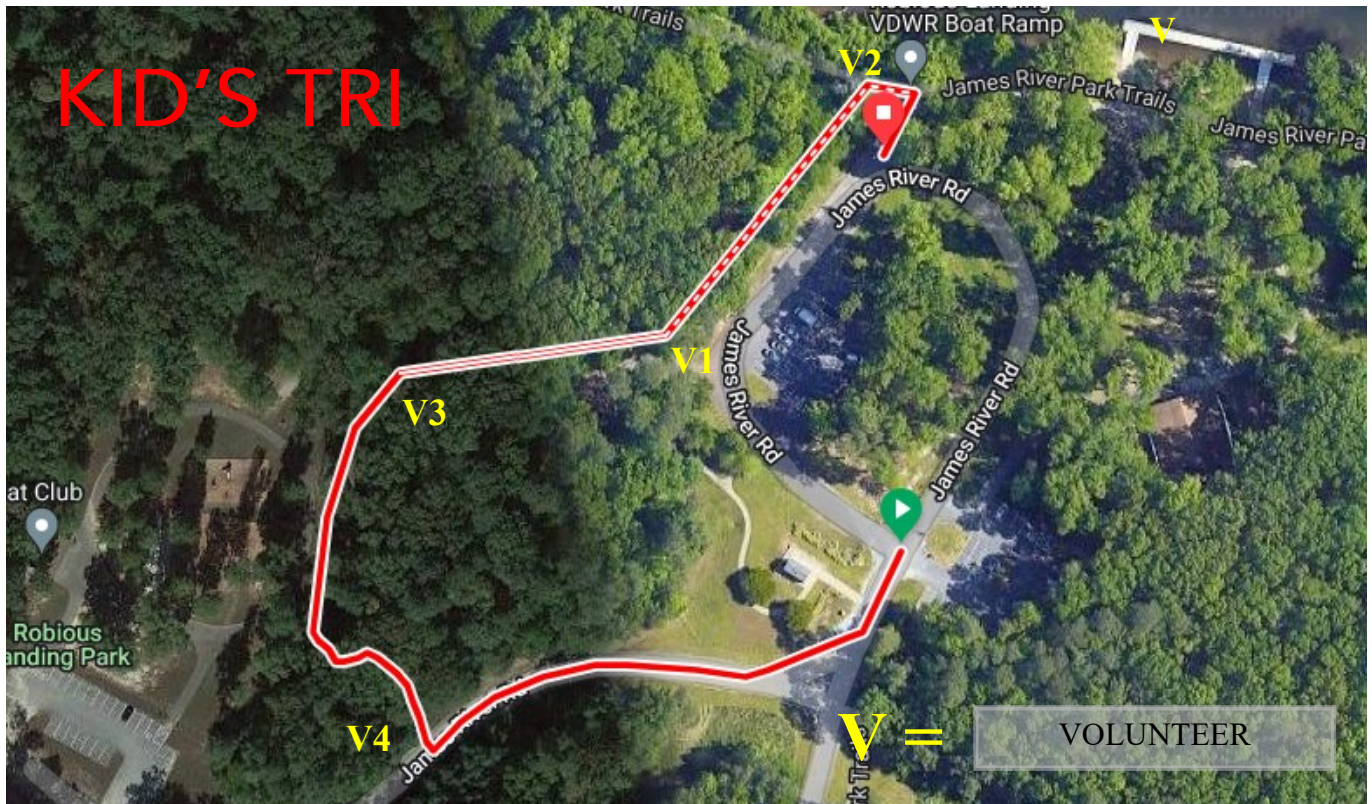
## COURSE MARKINGS

All turns will be marked with arrows AND a volunteer flagger present. All major intersections will be manned by police. Know the course and don't turn if a volunteer is not telling you to do so. A lead motorcycle will also lead the first cyclist and follow the last cyclist for both the Sprint & Kid's Tri. On the Sprint course, there will be mile markers for mile 3, 6, & 9.

# RUN COURSE



# DUATHLON RUN 1 COURSE



# RUN COURSE DETAILS

## RUN COURSE OVERVIEW

**Sprint:** The run begins with a 1 mile twisty trail run on well-maintained trails before opening up into a neighborhood for a 1.3 mile out-and-back on neighborhood roads before returning to the trail for the final 0.8 miles before emerging for a sprint to the finish line!

**Kid's:** The 0.75 mile run is entirely on fun, well-maintained trails with plenty of volunteer support throughout.

Both courses will be VERY well marked with flour and caution tape as well as plenty of volunteers! If there are not markings or a volunteer telling you to turn, do not turn and definitely do not go under any caution tape!

## AID STATIONS

These will be an aid station at mile 1.5 and 2.2 of the Sprint run course serving Gatorade and water. There are no aid stations on the Kid's Tri.

## 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 just after the start and right before the end of the run (see blue triangle on transition map) so you can serve it at either point. 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.

## SAFETY & COURSE FLOW

You will be on a trail with roots and a few bridge crossings that can be slippery when wet - please be careful and let a volunteer know if you need assistance. For some parts of the course, there will be runners going both directions. **You should stay on your left the entire time!**

## DUATHLON

If racing the duathlon instead of the swim, you will meet at the bike mount line to start your first run which will be entirely on the trails.

# POST RACE

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

There will be snacks and drink available at the finish and a larger meal available after 9am.

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://results.sporthive.com/events/7109734062623078656>

The awards ceremony will be hosted at the podiums near the finish no later than 11:30am or as soon as the last athlete finishes.

Awards will be given to the top 3 male and female overall, overall masters, duathlon, and aquabike in the Sprint Triathlon as well as in each age group category (12-15, 16-19, 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. In the Kid's Triathlon, awards will be given to the top 3 males and females in the duathlon and aquabike as well as each age group category (6 & under, 7-8, 9-10, 11-12, 13-15).

We understand that many of you have to miss church to participate in this event, so we wanted to provide an service for you. Therefore, after awards Providence Community Church will provide a short worship service on site for all who would like to join.





# 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 first and last 100m 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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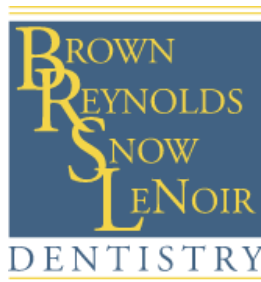


Richmond Family Magazine

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