

**VA SUPER TRI**



# WELCOME



Dear Athlete,

I am very excited for you to experience the 2nd annual VA Super Tri. After last year's event, the participants did not stop raving about how much fun this race format is so we are excited for you to experience it this year! Described as a 3-ring circus, this atypical triathlon format is exciting for both participant and spectator with participants never being more than 1 mile away from the main staging area. I am confident that you will find this to be one of the most fun events you have ever completed. Our staff has gone over and beyond to ensure you have an amazing experience!

This event is produced by the Live Red Foundation. The Live Red Foundation provides free fitness programs that teach life skills to thousands of children annually in Richmond's lowest-opportunity neighborhoods. We raise the funds for this through our events including the VA Super Tri. 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

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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)

## Friday, June 27

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

## Saturday, June 28

- 5:30-6:30 am: Packet Pick Up
- 5:30-6:45 am: Transition Open
- 6:30-6:45 am: Swim Warm Ups
- 6:45 am: Pre-Race Instructions
- 7:00 am: Sprint Race Start
- 8:30-9:15 am: Kid's Race Packet Pick Up \*
- 9:30 am: Sprint Awards (earlier if possible)
- 9:30 am: Kid's Race Start \*
- 11:00 am: Kid's Awards \* (earlier if possible)

\* The Kid's Triathlon will begin as soon as last sprint athlete is off the course which could be earlier than 9:30am so please arrive by 8:45am at the latest. The awards for both races will be help shortly after the last finisher crosses.

# 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 park at Betty Weaver Elementary and stay off the bike course as you ride/walk in. Please note this will be a 3/4 of a mile walk/ride.

**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:

- Friday, 4:00-6:00pm @ Endorphin Fitness (8910 Patterson Ave)
- Saturday, 5:30-6:30am (Sprint) & 8:30-9:15am (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](#).

## **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 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



## KEY / COLOR CODE

	TRANSITION		SWIM
	FINISH CHUTE		BIKE
	PENALTY TENT		RUN
	RUN to FINISH		RUN to NEXT SWIM
	AID STATION		

# TRANSITION DETAILS

## A TRANSITION RACE?

Many will view this race as a transition race and there is no doubt that your speed through transitions will have a BIG impact on your overall time.

## 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.

## FIRST COME, FIRST SERVE

There are no pre-assigned spots in transition so self-select your spot. Your equipment should be set up on whichever side has your bike wheel touching the ground in an area about 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).

## 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 while riding.



and then get into them

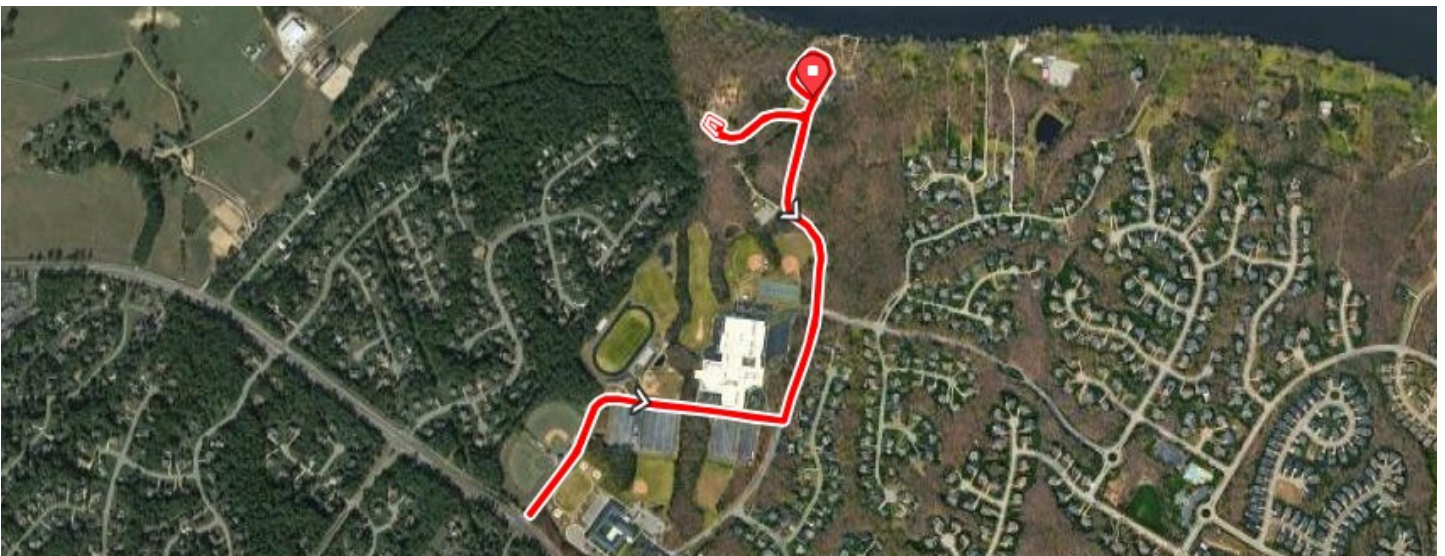
Photo Credits:  
Miranda's Triathlon Blog

# COURSE MAPS

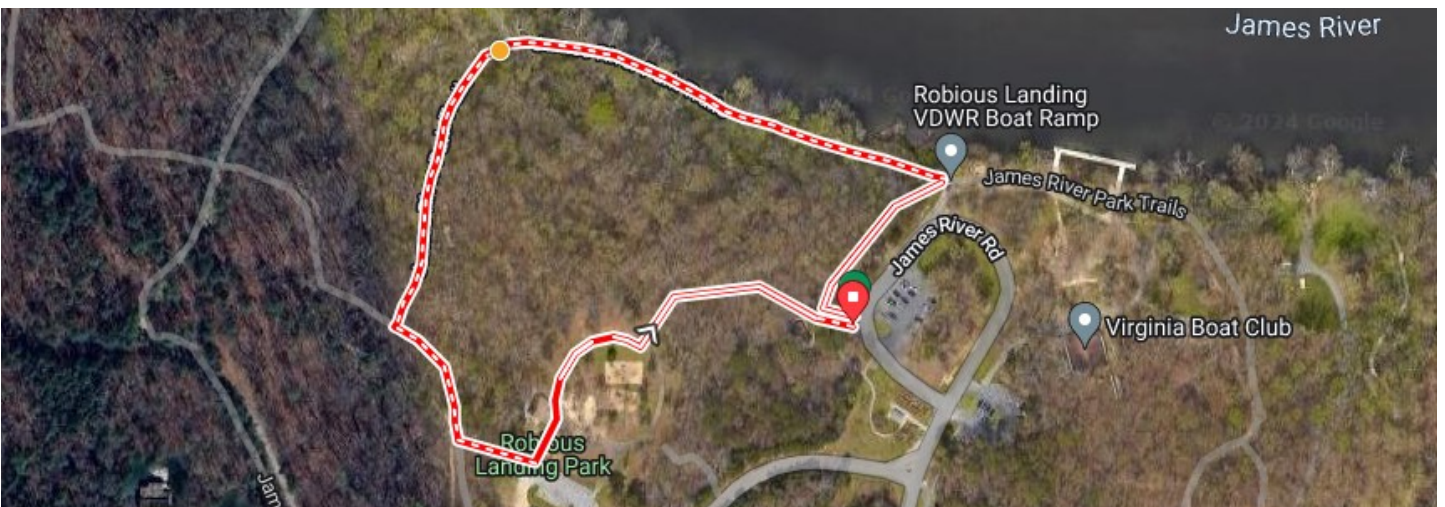
## SWIM



## BIKE



## RUN



# SWIM COURSE DETAILS

## **STARTING PROCEDURE**

All athletes will start from a boat launch ramp two-at-a-time, cross the timing mat, and then enter the water to start their 125m swim. The course will go out 25m, downriver 85m, and then turn right to exit at the dock. You will need to pull yourself up on the dock but volunteers will be there to assist. All athletes should self-seed themselves based on your estimated 100yd swim pace (refer to signage to help organize yourself) and sent one at a time.

## **NERVOUS SWIMMER?**

If you have fear of the water or concerns about completing the swim, please let us know at packet pick up, and you will be given a special swim cap so that we can pay extra attention to you during the swim.

## **WATER TEMP & WETSUITS**

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 hour prior to each race start and announced.

## **SAFETY & SUPPORT**

There will be kayakers lining the entire swim for all races. 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.

# BIKE COURSE DETAILS

## **BIKE COURSE OVERVIEW**

Starting at Robious Landing Park, the course do a short out-and-back loop on the park road before heading south on James River Rd. Participants will turn right into James River High School and continue 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.

## **CLOSED COURSE**

The entire bike course is closed to vehicular traffic!

## **COURSE MARKINGS**

All turns will be marked with arrows AND a volunteer present. All major intersections will be manned by police. The entire course will be lined with thick coning making it very hard to get loss on this course!!

# RUN COURSE DETAILS

## **RUN COURSE OVERVIEW**

The 1k run is entirely on well-maintained trails with plenty of volunteer support throughout. All turns will be clearly marked with caution tape and flour arrows on the ground. 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 complete with Gatorade and water at the start of the run and swim legs.

## **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.

# 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/159893#resultSetId-474052;perpage:100>

The awards ceremony will be hosted at the podiums near the finish no later than 9:30am for the sprint and 11am for the kid's tri.

For the sprint, awards will be given to the top 3 male and female overall, overall masters in the sprint triathlon as well as in each age group category (19 & Under, 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 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 very close to the 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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