

WEST CREEK ENDURANCE FESTIVAL



LIVE
RED
FOUNDATION

DUATHLONS & 5K  FEBRUARY 25, 2024

WELCOME



Dear Athlete,

I am very excited for you to experience the West Creek Duathlon & 5k. West Creek offers an amazing venue for this event with a beautiful course that is completely closed to vehicular traffic. This allows us to offer four different events back-to-back on a safe, fun course. I am confident that you will find this to be one of the most versatile unique events you have ever completed. Our 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 draft-legal duathlon, non-draft duathlon, or both. There will also be a special youth duathlon for ages 12 & under, and we have the 5k! 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 9,000 children annually in Richmond's lowest-opportunity neighborhoods. We raise the funds for this through our events including the West Creek Duathlon & 5k. 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
michael@livered.org

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RACE SCHEDULE

Unless stated otherwise, all items below will take place at the race site which is located on West Creek Parkway (gate 4) though this does not have a physical address. The closest actual address is 12580 W Creek Pkwy, Richmond, VA 23238

Saturday, Feb 24

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

Sunday, Feb 25

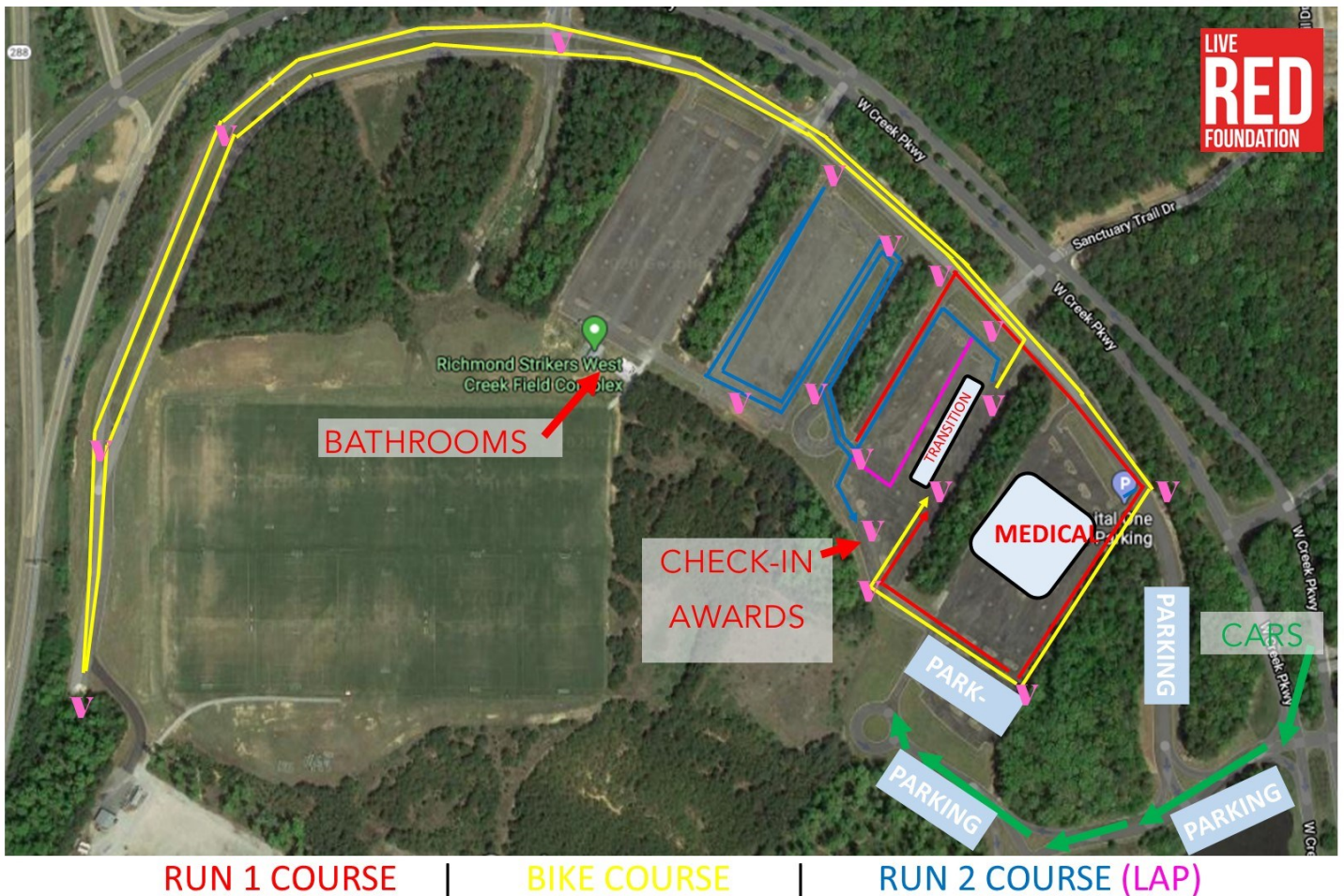
- 11:00 am - 3:30 pm: Packet Pick Up
- 11:30 am - 12:45pm: Transition Open (will open for 30 min before 1pm & 2pm races)
- 12:45 pm: Pre-Race Instructions
- 1:00 pm: Junior/Adult Draft-Legal Duathlon
- 2:00 pm: Junior/Adult Non-Draft Duathlon
- 3:00 pm: Youth Duathlon
- 4:00 pm: All Ages 5k

* Awards for each race will take place immediately after that race concludes.

VENUE & PARKING

You will enter and exit the race venue at gate 4 on West Creek Parkway by the lake. Unfortunately, there is no physical address for this location but the closest address for GPS is 12580 W Creek Pkwy.

Once you park, refer to the map below to check in. If arriving after 1pm, please be very aware of any races in progress and stay off the course.



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, 11:00am - 3:30pm @ Race Site

BIB NUMBERS, BIKE NUMBERS, & BODY MARKING

Bib numbers will be assigned race morning, and you will be body marked race morning at check-in. Your number will be written on the left /right forearms and left/right leg between knee and ankle if exposed or just your hand if chilly and covered up. 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](#).

DUATHLON START

All duathlons will start will be in the same parking lot as transition and the run 5k just outside the parking lot (see map for details)

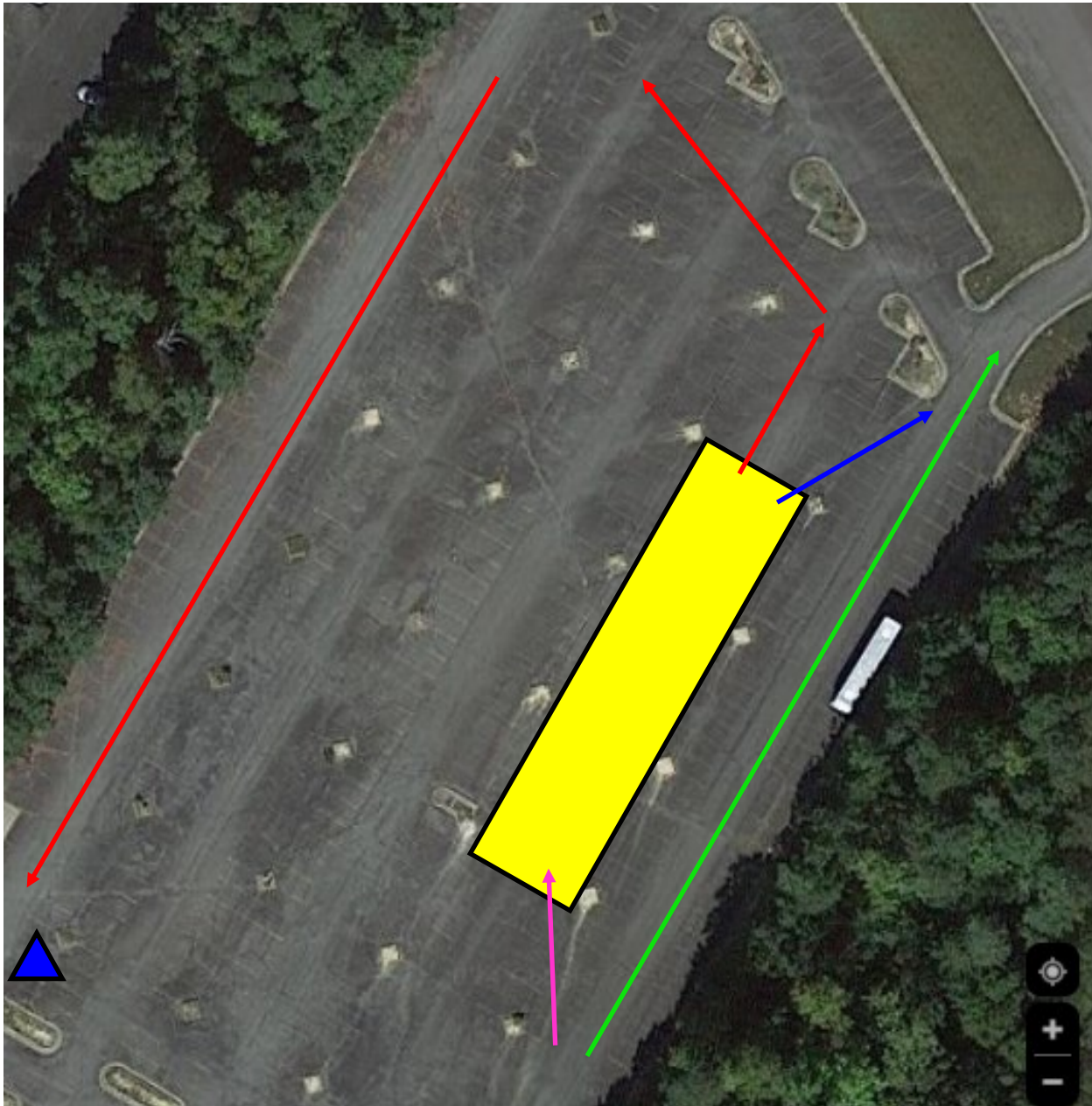
WARM UP DETAILS

You are welcome to do bike and run warm ups on the course if no race is taking place at that time. If there is a live race, please stay off the course.

FIRST DUATHLON?

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

TRANSITION



KEY / COLOR CODE



TRANSITION



PENALTY TENT



BIKE LAP THRU



RUN OUT



RUN 1 & BIKE FINISH



BIKE OUT

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).

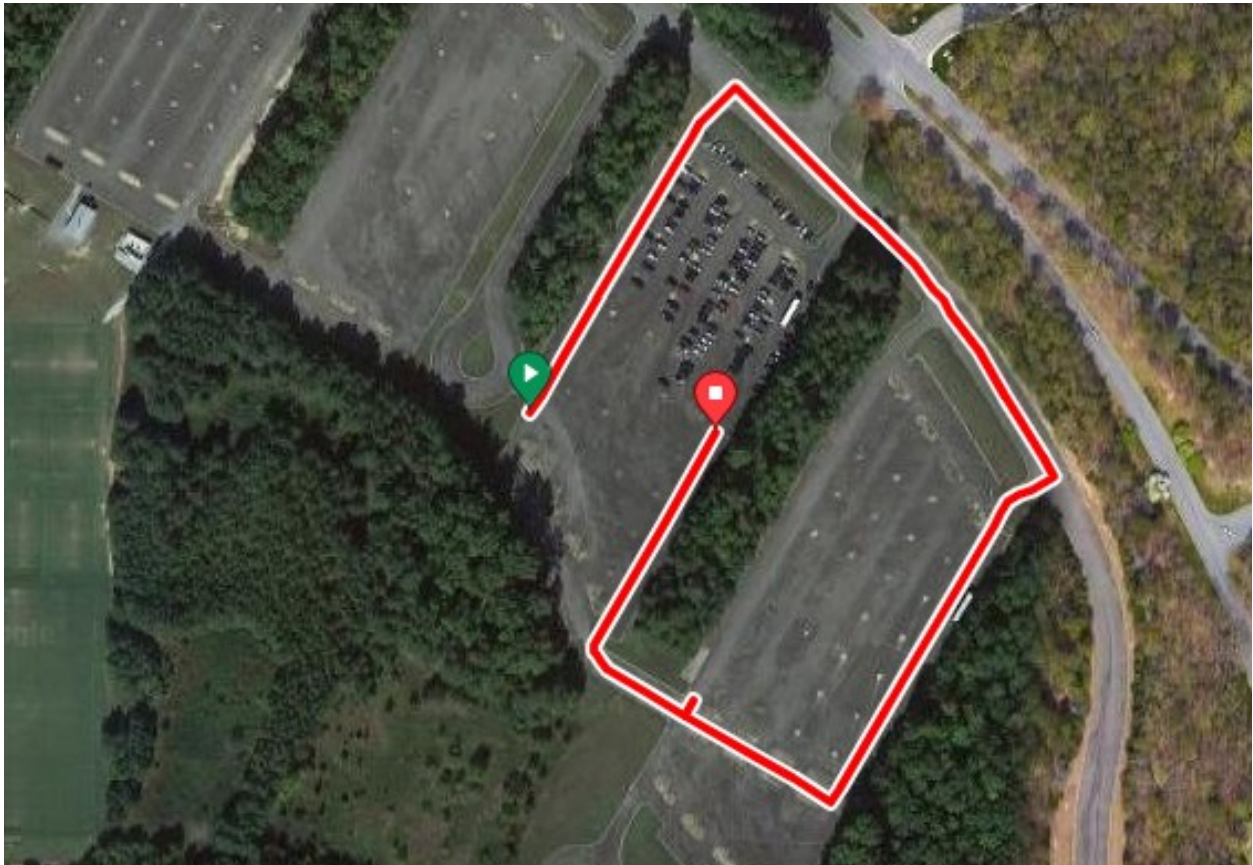
SAMPLE SET UP

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

DUATHLON RUN 1 COURSE



STARTING PROCEDURE

All athletes will start at the "run start" flag using the command "On Your Mark!" and then a horn blast will start the race.

THE COURSE

The course is a fast, flat 1/2 mile run around the parking lots. There will be cones, road markings, and volunteers directing you on the course.

DUATHLON BIKE COURSE



BIKE COURSE OVERVIEW

After leaving transition, you will make a left turn and stay on the left side of the road to the u-turn where you will make a right u-turn. After completing the out-and-back, you will do a loop around the parking lot and then ride past transition to complete your designated loops. Juniors and adults (13+ yrs old) will complete 4 loops and youth (12 & under) will complete 2 loops.

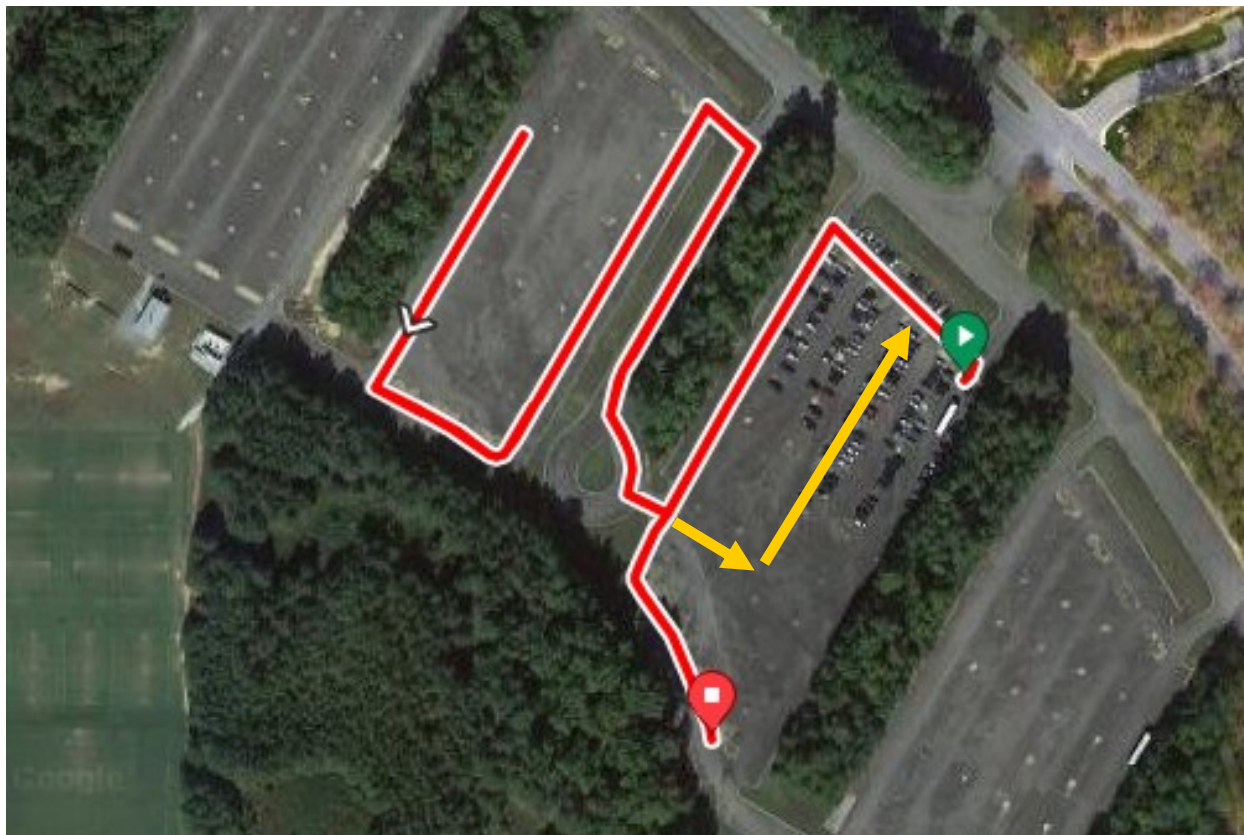
DRAFT-LEGAL VS NON-DRAFT EVENT

For the draft-legal event, you are able to ride in close proximity to each other. For the non-draft event, 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. The course will be well-marked with cones, road markings, barricades, and volunteers.

NEUTRAL MECHANIC SUPPORT

The Endorphin Fitness Bike & Tri Shop will provide mechanic support before and during the race.

DUATHLON RUN 2 COURSE



RUN COURSE OVERVIEW

Exiting transition, you will run around the main parking lot before completing an out-and-back section in lot 2. After this section, adults/juniors will follow the yellow arrows above to complete a 2nd loop before turning right on their 2nd lap to cross the finish line. Youth will complete 1 loop. The course is well-marked with cones and road markings.

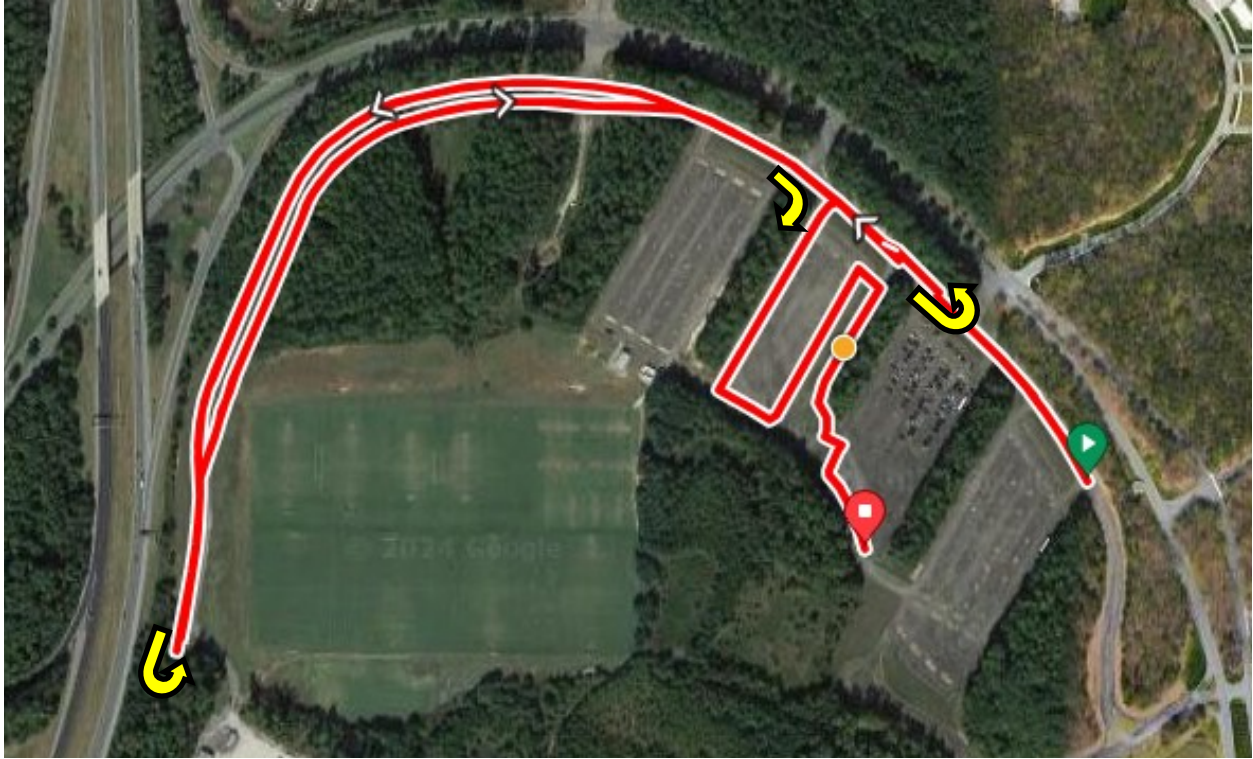
AID STATIONS

These will be one aid station which you will pass 200m into the run, at the end of the first lap, and right before the finish.

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 your 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.

5K RUN COURSE



5K COURSE OVERVIEW

The 5k race will start on the main ring road and go counter-clockwise out-and-back on the main road. When you get almost back to the start, we will turn you around for your second out-and-back loop. At the end of your 2nd loop, you will turn right into lot 2, go around the parking lot, and then run to the finish line.

AID STATIONS

These will be one aid station which you will pass at miles 1.4 and 2.7. This aid station will be stocked with water and Gatorade.

POST RACE

Awards will be held shortly after each race for each race individually. ALL participants will be called up at awards to receive either a podium medal or a finisher's medal. Podium medals will be given as follows based on how many we have in each category:

- Draft-Legal: Top-3 Male & Female 13-15, 16-19, & Adult
- Non-Draft: Top-3 Male & Female 13 -19, & Adult
- Youth: Top-3 Male & Female 8 & under, 9-10, & 11-12
- 5k: Top-3 Male & Female 5-9, 10-17, & Adult

There will be snacks and drinks as well as hotdogs and s'mores available for roasting over fire pits after your race as well as a food truck to purchase any additional food.

We will also have several fun yard games available for your entertainment so hang around and cheer on the other competitors.

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

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.

RULES

This is an official USA Triathlon event and officials will be present to ensure the rules are followed. We highly encourage you to [go here](#) for a complete list of USA Triathlon non-draft, draft-legal, and youth rules.

We want to highlight a few rules:

- **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 (Non-Draft Only)** - 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 & Draft-Legal Equipment** - Aero helmets, disk wheels, & aero bars ARE NOT allowed in the youth and draft-legal races but ARE allowed in the non-draft race.

PENALTY BOX

If you receive a blue card, you must serve a penalty in the penalty tent which will be located in the first and last 200m 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.

5K RULES

Don't cut the course and have fun!!

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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