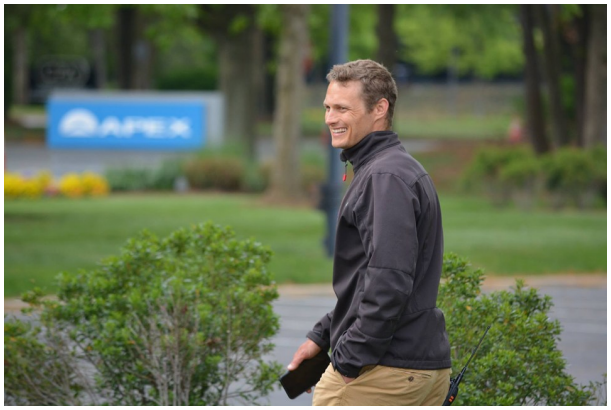
ROBIOUS LANDING

TRIATHLON 2026

ATHLETE GUIDE

WELCOME



Dear Athlete,

I am very excited for you to experience the Robious Landing Triathlon. This venue has been the home to triathlons for over 17 years, and we are excited to share it with you. I am confident that you will find this to be one of the most friendly and beautiful 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 sprint triathlon or select the aquabike or duathlon if preferred. There will also be a special youth triathlon for ages 15 & under. We are especially excited to again offer a NCAA draft-legal women's triathlon this year and encourage all sprint and youth participants to hang around to cheer on these amazing athletes. Regardless of which race you will be participating in, 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 children 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
michael@livered.org

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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 19

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

Sunday, Sep 20

- 6:00-9:00 am- Packet Pick Up (All Races)
- 6:00-7:15 am – Sprint Transition Open
- 7:00-7:15 am – Sprint Swim Warm Ups (@ Swim Start)
- 7:15 am – Sprint Pre-Race Instructions
- 7:30 am – Sprint Race Start w/ Elite Waves & Duathlon
- 8:15-9:15 am – Kid's Transition Open
- 9:15am – Kid's Tri Pre-Race Instructions
- 9:30 am – Kid's Race Start
- 9:00-1015 am – NCAA Transition Open
- 9:45-10:15 am – NCAA Swim Warm Ups (@ Swim Start)
- 10:10 am – Sprint Awards
- 10:15 am – NCAA Pre-Race Instructions
- 10:30 am – NCAA Race Start
- 10:45 am – Kid's Awards
- 12:15 pm – NCAA Awards

* The Kid's Triathlon will begin as soon as last sprint athlete is off the bike course which we expect to be around 9:30am but could be earlier so arrive early.

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PARKING

There will be no parking inside the race venue (green) unless you need handicap parking, 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 the paved trail alongside James River Road (shown on map). **Important!!** If parking in the red or blue lots, you will not be able to leave until after 11:30am. If you must leave earlier, park in the yellow lot (just outside the park entrance) and the police officer at Riverton Ridge Dr will help you across James River Rd into Tarrington when no cyclists/runners are on the course. You will then be able to exit via the Tarrington neighborhood via Ashwell Dr. Do not attempt to leave via James River Rd!

Kid's & NCAA Parking: If arriving after 7:30am, please enter via the access road behind Betty Weaver Elementary and park in the blue or red lots. Drive slow and stay off the sprint bike course along James River Rd. **All cars must enter the venue before 9:30am!**

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, 6:00-9:00am @ Race Venue

BIB NUMBERS, BIKE NUMBERS, & BODY MARKING

Except for the NCAA race, bib numbers will be randomly assigned, 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 SPRINT SWIM START

The Sprint & NCAA Triathlons' swim start is 0.5 miles upriver on the trail. We encourage you to bring a headlamp. Please allow plenty of time to get to the start and follow the run course to get there! Keep an eye out for racers. You can drop shoes/clothes at the start - we will bring them back for you! You can pick them up outside of transition after the race.

DUATHLON START

The Sprint Duathlon will start near the bike start at the exit of transition and the Kids Duathlon close by. Please meet our staff at the run start 15 minutes before your race start for instructions.

WARM UP DETAILS

Sprint athletes are welcome to do a swim warm up from 7:00-7:15am at the swim start. NCAA athletes will be permitted to do a swim warm up from 10:00-10:15am. Bike and run warm ups can also be completed on the course before 7:15am. 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 a put together an amazing Beginner Triathlon Guide which we encourage you to view here.

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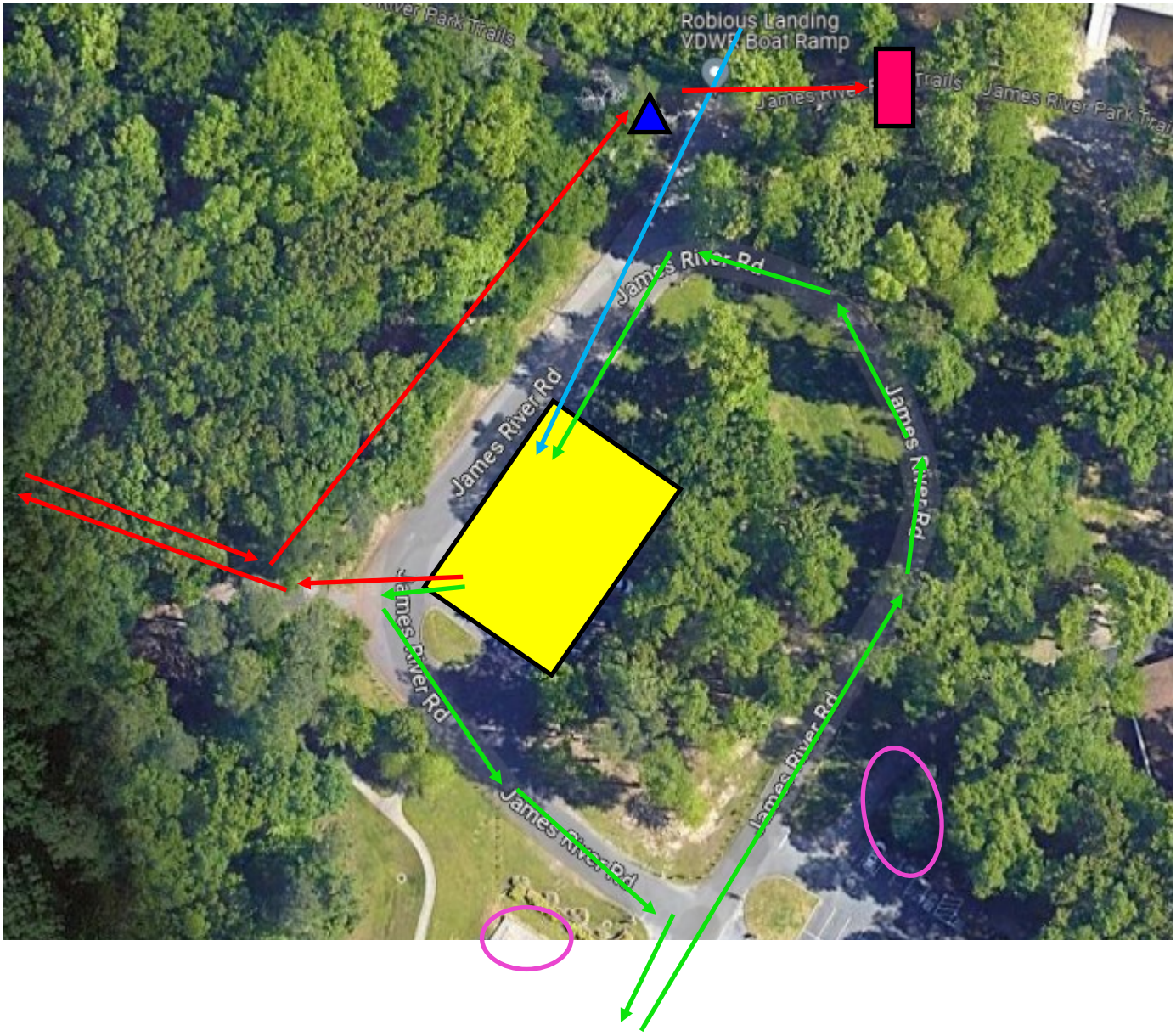
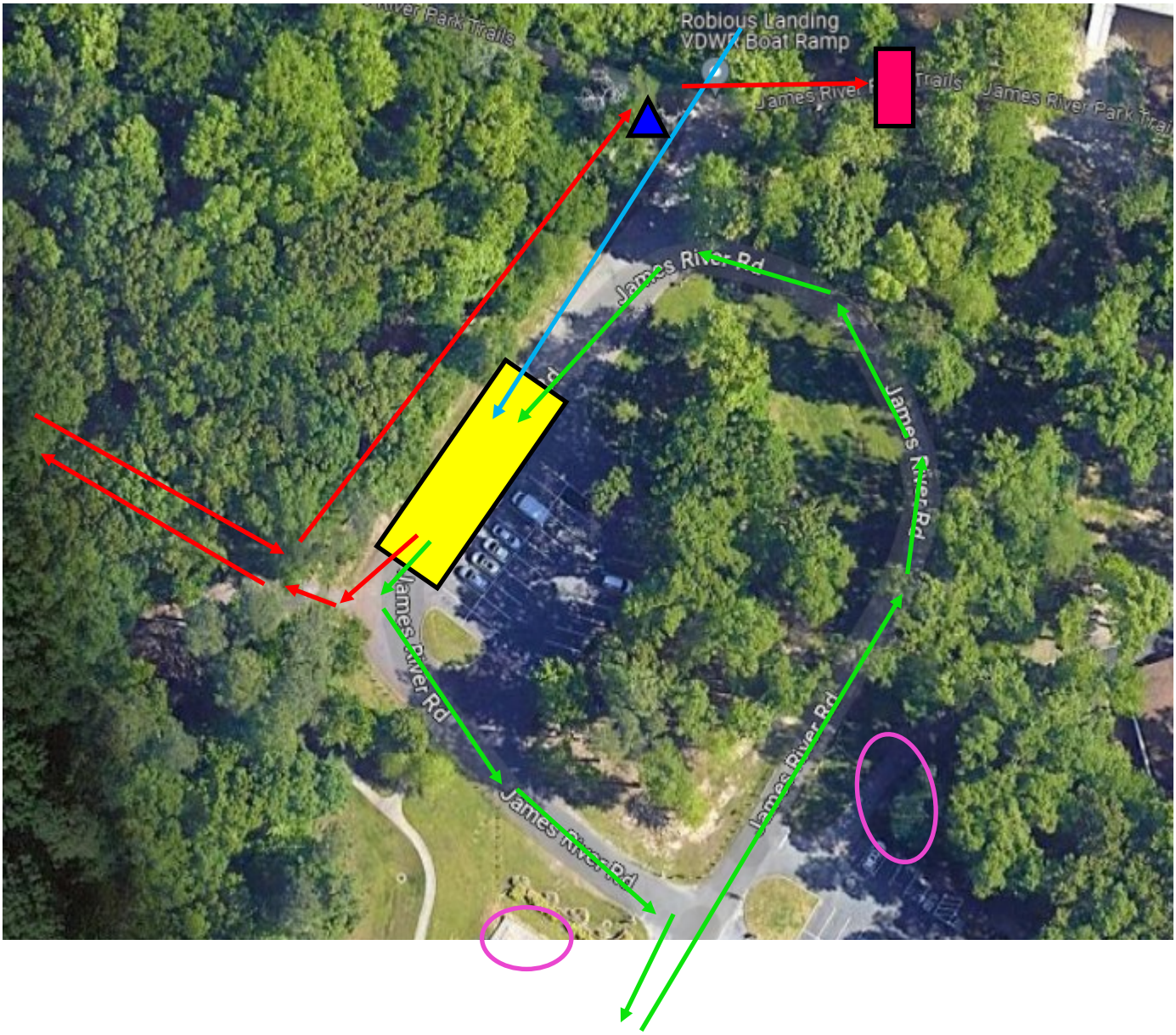
SPRINT & KID'S TRANSITION



KEY / COLOR CODE

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

NCAA TRANSITION



KEY / COLOR CODE

TRANSITION	SWIM TO TRANSITION
FINISH LINE	BIKE ROUTE
BATHROOMS	RUN
PENALTY TENT	

TRANSITION DETAILS

FIRST COME, FIRST SERVE

There are no pre-assigned spots in transition so self-select your spot except for the NCAA race which will be pre-assigned by ranking. 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).

NCAA BINS

Per draft-legal rules, bins will be used in transition for the NCAA race with all discarded items (swim cap, goggles, wetsuit, helmet) going in the bin.

BEGINNERS, KEEP IT SIMPLE

In transition, you will place all the gear you need to complete the race. Your transition area is the size of half a beach towel so it is best to keep things simple and only bring in the essentials. Here is a list of the most essential items:

Bike	Helmet	Bike Shoes
Sunglasses	Water Bottle	Run Shoes

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

Photo Credits: Miranda's Triathlon Blog

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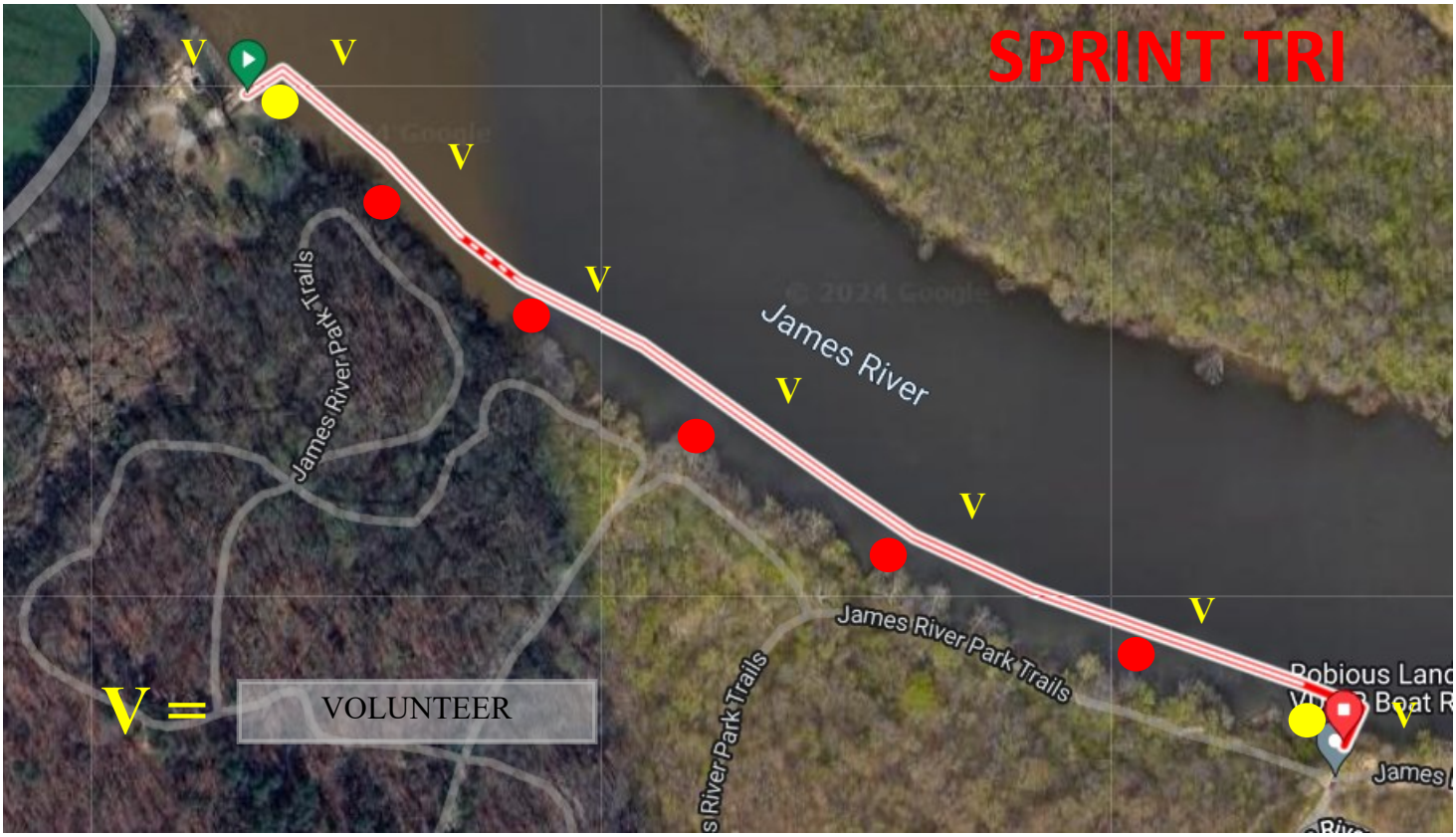
SPRINT & KID'S SWIM COURSE



SPRINT & KIDS SWIM 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. In the Sprint, 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 and youth 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. You will also have the option to use a swim safety buoy though you must start in the back and be ineligible for awards per USAT rules. We have several of these available for loan.

WATER TEMP & WETSUITS

Expected water temperature is in the upper 70s. 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.

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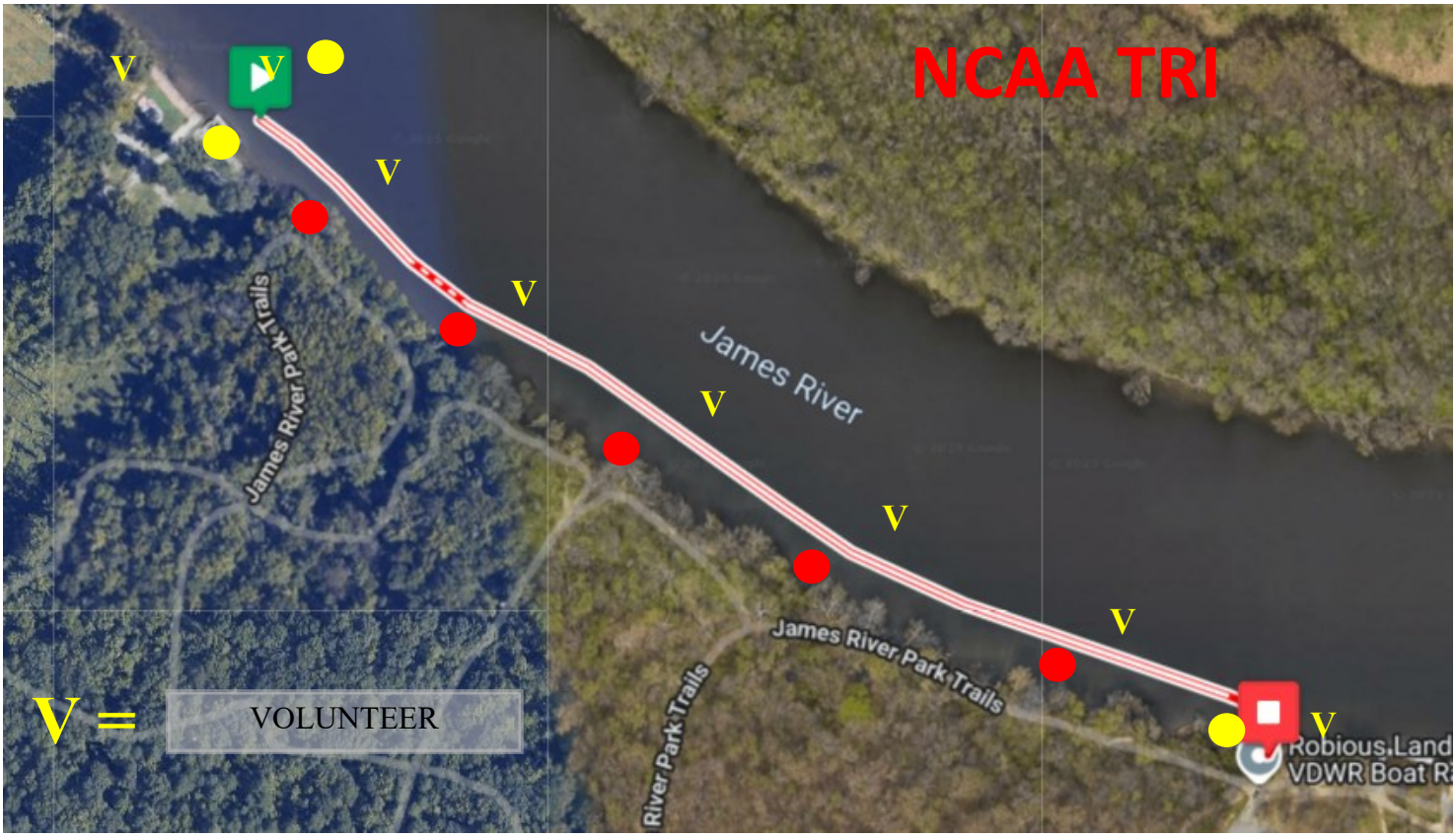
NCAA SWIM COURSE & DETAILS



DOWNRIVER SWIM

To allow more athletes to compete, we will be using a downriver point-to-point swim. This is the same course that is used for the Sprint Tri.

STARTING PROCEDURE

We will use an in water start with athletes staged behind the two starting buoys. Start command will be "Take Your Mark!" and then a horn blast to start the race.

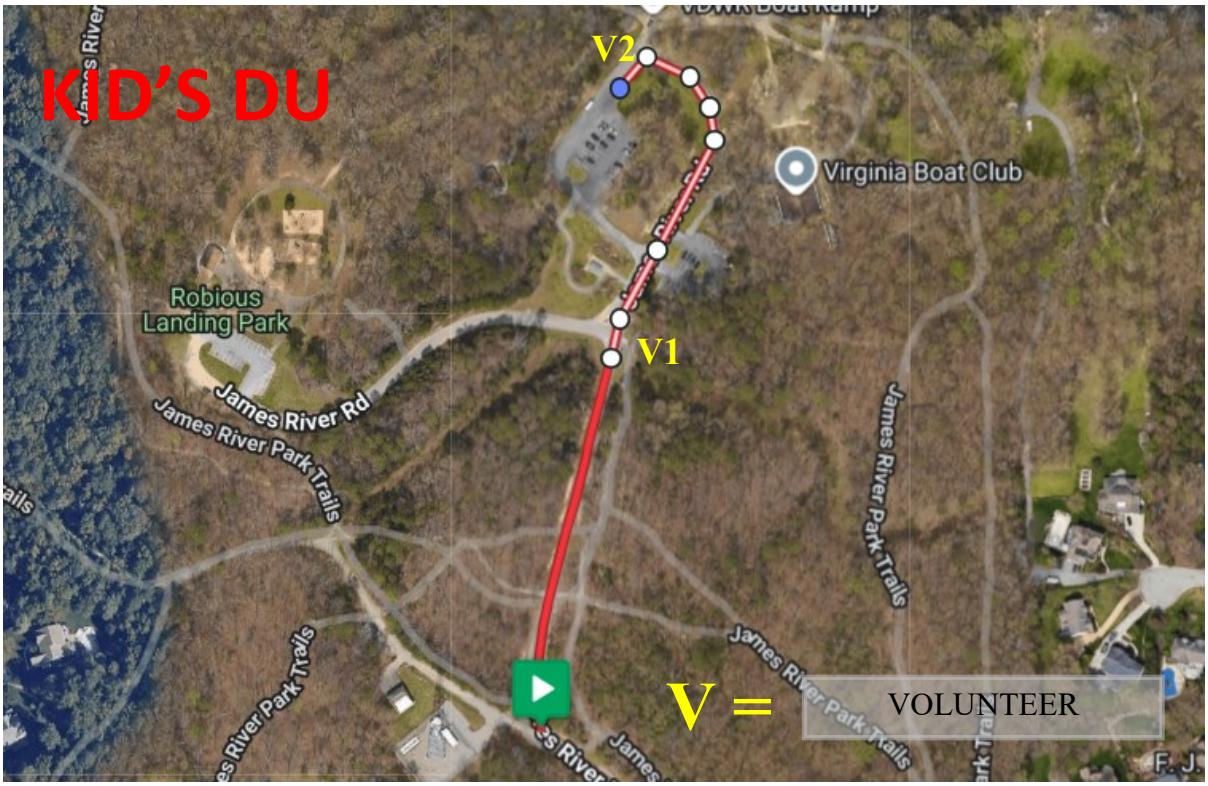
WATER TEMP & WETSUITS

Expected water temperature is in the upper 70s. Participants will be allowed to use wetsuits up to and including a water temperature of 68 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

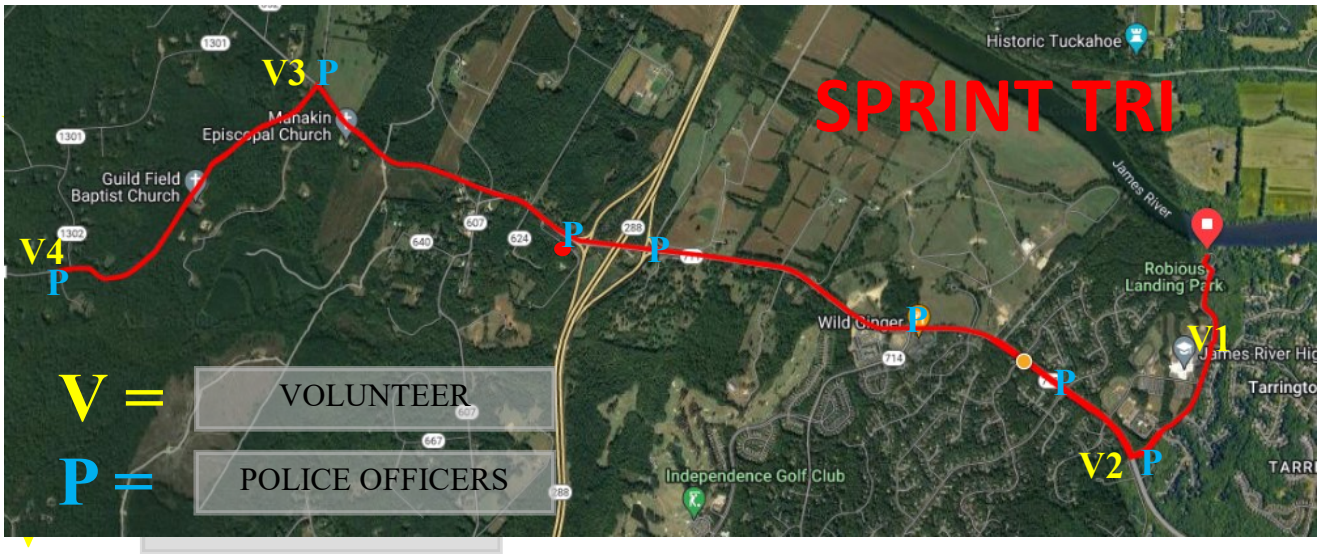
There will be lifeguards and kayakers throughout the course. If you have concerns about completing the swim, please let us know here and you will be given a special swim cap denoting this so that we can keep extra attention on you during the race. If you have concerns during the swim, please raise your 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.

DUATHLON RUN 1 COURSE



All athletes will start together in a mass start. The sprint du will go out and back and the Kids Tri will start on the road .25 mile away and run to transition.

SPRINT BIKE COURSE



COURSE OVERVIEW

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.

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.

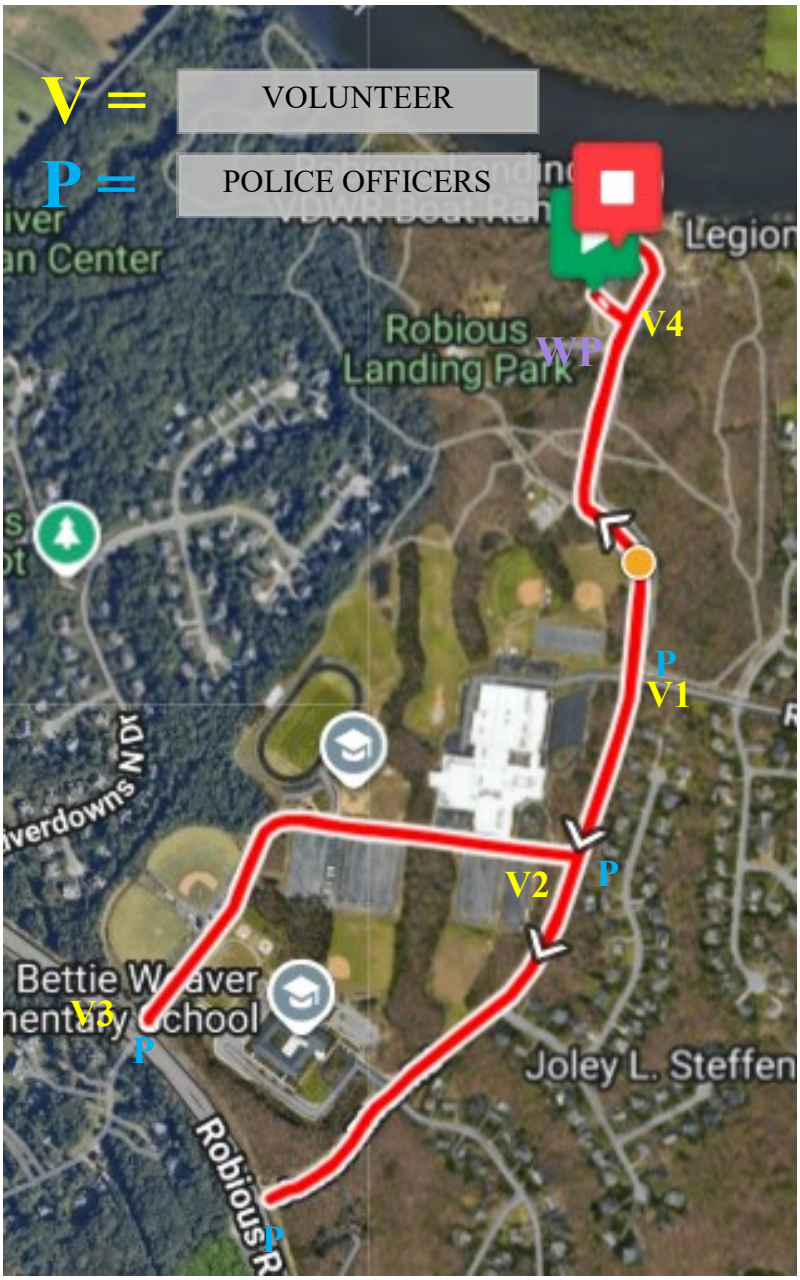
NEUTRAL MECHANIC SUPPORT

The Endorphin Fitness Bike & Tri Shop will provide mechanic support before the race. They will be located outside the transition area.

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.

NCAA & KID'S BIKE COURSE



KID'S COURSE OVERVIEW

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 using the center lane along James River Rd. **Stay to the right side of your lane at all times!**

NCAA COURSE OVERVIEW

Starting at Robious Landing Park, the course will head south on James River Rd. The corner where you turn on and off this loop can be tight so slow down and use caution. 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 James River Rd and make a right turn which will take them up to
Robious Rd again where they will make a U-turn. Athletes will then stay on James River Rd back to transition. Unless you have completed all 4 laps, you will precede through the middle of transition to start your next lap.

STAY RIGHT

As there is no lap-out rule, it will be important that all athletes stay to the far right of the road when not passing, especially if you are solo.

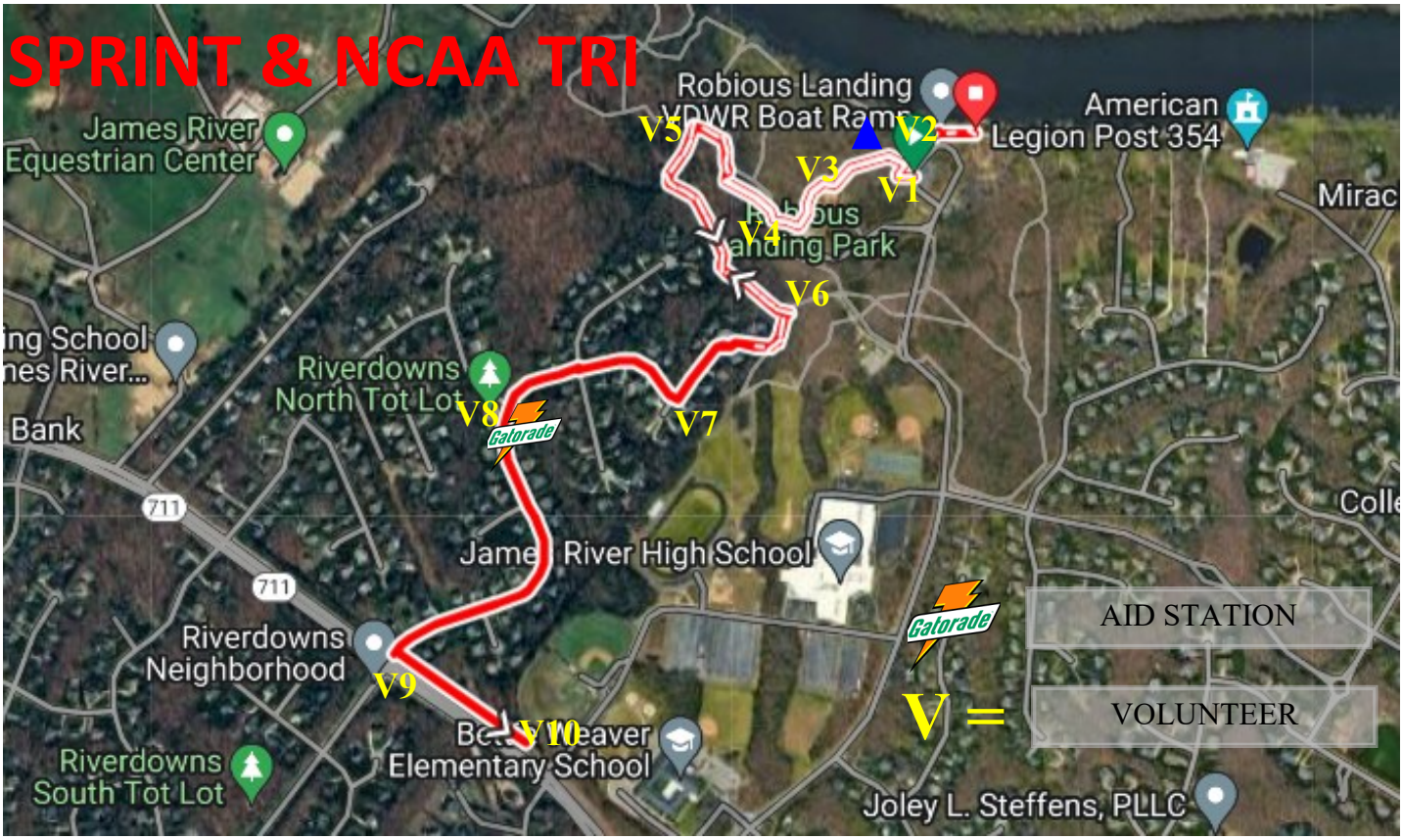
DRAFT-LEGAL RULES

Draft-legal rules/equipment are required (learn about rules here), but the lap-out rule will NOT be enforced.

WHEEL PIT

A wheel pit will be located shortly out of transition where you make your right turn to do the short out and back. See "wp" on map.

SPRINT & NCAA RUN COURSE



SPRINT & NCAA RUN DETAILS

RUN COURSE OVERVIEW
The run begins with a 1k trail run on well-maintained trails before opening up into a neighborhood for a 3k mile out-and-back on neighborhood roads before returning to the trail for the final 1k before emerging for a sprint to the finish line! The course is 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 & 2 of the run course serving Gatorade and water.

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 near the bike mount line to walk to your start line.

LIVE RED FOUNDATION

KIDS RUN COURSE & DETAILS

COURSE OVERVIEW

The run follows the same course as the sprint but will turn around at .37 miles at volunteer station 5. The course is and out-and-back entirely on trails and tons of fun! When athletes get back to volunteer station 1, make sure you turn left for a short section before the right hand turn into the finish chute.

The course 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!

PENALTY BOX

The penalty box is shown as a blue triangle on the map and will be located about 50m from the start and finish. You will have the 2 opportunities to serve your penalty at the start or end of the run.

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 starting at 9am.

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

Live results on race day can be found at https://runsignup.com/Race/Results/148304#resultSetId-491642;perpage:100.

The awards ceremony will be hosted at the podiums near the finish soon after the last finisher of each race finishes. Tentative time for each award ceremony is 9:40am for Sprint, 10:15am Kid's, and 11:30am for NCAA.

Sprint awards will be given to the top 3 male and female overall, overall masters, duathlon, and aquabike as well as top 5 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+)and Clydesdale/Athena. In the Kid's Triathlon, awards will be given to the top 5 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). In the NCAA Triathlon, awards will be given to the top 5 overall women and top 3 overall teams.

We encourage you to bring chairs and stick around post race. We will have yard games, music, music, and great company to enjoy while you wait for awards.

For those competing for the RVA Tri Series awards, final standings will be announced the week following the race and shown at the following link: https://livered.org/#Events. The award ceremony for the series will be held at the RVA Mile & 5k on October 25th - we hope you can attend!

LIVE RED FOUNDATION

RULES

OVERVIEW

This is an official USA Triathlon event and officials will be present to ensure the rules are followed. Rules vary for each race (Sprint, Kid's, NCAA). Please go here for a complete list of USA Triathlon Rules. NCAA athletes should pay particular attention to the NCAA rules here. We want to highlight a few below:

- **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 12m (about 6 bike lengths) behind the bike in front of you unless passing. If passing, you have 25 seconds to enter the 12m length zone and make the pass on the left. If passed, you must drop out of the 12m 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 (common for drafting), you must serve a 30s penalty in the penalty tent which will be located in last 100m of the run. Announce your number to the volunteer at this tent. If you receive a yellow card (common for non-drafting infractions), you will serve a 10s penalty at the spot of the infraction.

LIVE RED FOUNDATION

SAFESPORT

As an event with both adult and minor participants, it is important to us that everyone feels safe and protected. The U.S. Center for SafeSport created the Minor Athlete Abuse Prevention Policies (MAAPP), a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement to help create a safer and healthier environment in which minor athletes can thrive. As a member of USA Triathlon and participant at a USA Triathlon sanctioned event, you are required to follow these policies.

The MAAPP focuses on in-program contact between an Adult Event Participant and a minor athlete and covers the following Required Prevention Policies: One-on-One Interaction, Meeting and Training Sessions, Athletic Training Modalities, Massages and Rubdowns, Locker Rooms and Changing Areas, Electronic Communications, Transportation, and Lodging. All Required Prevention Policies must be followed by:

- Adult Event Participants who have direct contact with minor athletes
- Adult Event Participants authorized to have direct contact with minor athletes
- Adult Event Participants authorized to have authority over minor athletes

As the MAAPP will be enforced at The East Coast Triathlon Festival being held on May 3-4, 2025, please review the MAAPP at a Glance in preparation for the upcoming event. Additionally, please review USA Triathlon's SafeSport Policies and References.

As a reminder, ALL Adult Event Participants – including those with one-day memberships – are Mandatory Reporters. If you see or hear a report of any form of abuse, whether it is sexual, physical, mental or another type of abuse you are required to report that abuse within a 24-hour period. You can file a report to the U.S. Center for SafeSport through its online reporting form or by calling the U.S. Center for SafeSport at 833-587-7233 or USA Triathlon at trisafe@usatriathlon.org.

If you have any additional questions or concerns, please email trisafe@usatriathlon.org. Thank you!

LIVE RED FOUNDATION

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 Food-ies" 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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1. scan the code
2. find something to do
3. save $ and have fun

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