

Reston Youth Triathlon – Be AMYazing! Racer Information

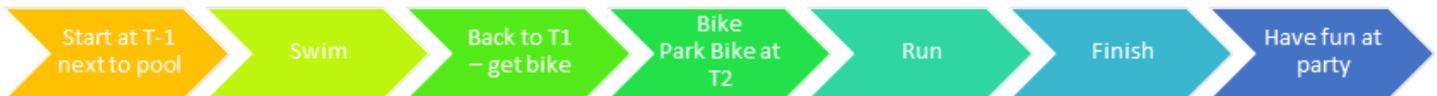
General Information

Each athlete will be required to wear a chip (just above their left ankle) during the triathlon. Athletes will need to pick up their chip on race day in the Swim-to-Bike Transition Area (T1) before 7:30am. **T1 & T2 close at 7:30 and any racers not in the T1 by 7:30am risk not be able to race.** An ankle band will be provided with the chip. Chips will need to be returned at the end of the race right after the athlete crosses the finish line. The chip will record your time in each of the areas; swim, T1, bike, T2, run, and overall time.

Parking: DO NOT park on Ridge Heights or at Langston Hughes Middle School. Please park in the South Lakes parking lot on the west side of the school (stadium side). Seahawk Dr., which runs by both schools, will be closed to traffic during the race. The parking lot on the east side of the school will be for (long term) volunteer parking.

Restrooms are available at Ridge Heights Pool and port-a-johns at the South Lakes track.

Sequence of events:



Transition Information

There are two transitions in a triathlon: swim→bike (Transition 1 or T1) and bike→run (Transition 2 or T2). For this triathlon, T1 will be in the Ridge Heights pool parking lot and T2 will be in a back South Lakes High School parking lot. Both areas will have numbered bike racks and both will be fenced off. ONLY PARENTS OF THE 6-8 YEAR OLDS WILL BE ALLOWED IN THE TRANSITION AREA prior to race time– they must be with their athlete, who will have a bib number indicating their age group and they must leave T1 by 7:30. **Both Transition areas will open at 6:45 am and will close at 7:30 am.**

T1 Information:

To enter this area, you must have an inspected bike helmet – make sure to have your race number (from your race packet) already on the bike. Upon entering T1, you will be directed to body marking near your bike rack. You will find a bike rack with your number on it. Using either your kickstand or the bike rack, park your bike. You may put your bike on either side of the rack (alternating sides of the rack gives you the most space – which you will want when you are getting ready to bike!). Right next to your bike, you need to lay out the following things: sneakers/bike shoes, socks (if using), bike helmet, sunglasses (if using), a shirt and shorts (if using) to put on over your bathing suit, running race number/bib (if not putting that on at T2), the numbered bag included in your race packet (the plastic bag from Potomac River Running/PRR) with your number written on it and - if you want to dry off after the swim - bring a SMALL towel (a hand towel works well). Volunteers will be available to help you with bike racking and setting up your transition area.

Swimmer Information

Only swimmers will be allowed on the pool deck; NO PARENTS!

Swimmers should only bring cap/goggles with them to the pool deck - we encourage you to leave other items (shoes, towel, clothes) at your bike in the transition area. Any items that

swimmers do bring onto the pool deck should be clearly marked with swimmer's name and bib number. Swimmers should remember to pick up their personal belongings after their swim and before entering the bike transition area. Items left on deck will be transported in a "lost and found" bin to T2 for pick-up. The Reston Youth Triathlon is not responsible for any lost items.

In the event of cool weather, additional bins will be on the pool deck to leave warm clothing in prior to the swim. Clothing should be clearly marked with racer's name and can be picked up after the race in T2. Old clothing is suggested and any items not claimed will be donated to charity.

Swimmers will line up in bib order by age group (see below). The 6-8 age group will line up on the pool deck and the 9-11 & 12-15 age groups will line up near the bike racks in the transition area. Volunteers will guide them to where they need to go before their start.

Swimmers will be 'body marked' with their bib number - that is, a volunteer will use a Sharpie to write each swimmers' bib number on their arm and leg - that's part of the Tri experience!!

Timing chips will be used to record racers' times. Swimmers need to listen to directions at the pool about where and when to step on the timing pads to ensure an accurate time is recorded.

Swimmers will be grouped by age (6-8 year olds, 9-11 year olds, 12-15 year olds). Within each age grouping, swimmers will enter the pool from fastest to slowest, based on their estimated swim times provided at registration.

Age Group Information:

6-8 Year Olds -- 50 meter swim

- There will be approximately 6 heats of 6 swimmers each
- Each swimmer will stay in their own lane, swimming two lengths of the pool (from start, to other end, then back to start)

9-11 Year Olds -- 100 meter swim

- Swimmers will start their swim in lane 4, "snaking" their way back to lane 1
- At the end of each length, the swimmer will push off the wall, go **under** the lane line, and swim back to the other end of the pool
- Stay to the right in your lane. Passing is allowed, but must be done cautiously. Tap the swimmer's foot in front you to let them know you are passing. Move back to the right of the lane once you are clear of the swimmer.
- Volunteers will be on-hand to make sure swimmers stay on course

12-15 Year Olds -- 150 meter swim

- Swimmers will start their swim in lane 6, "snaking" their way back to lane 1
- At the end of each length, the swimmer will push off the wall, go **under** the lane line, and swim back to the other end of the pool
- Stay to the right in your lane. Passing is allowed, but must be done cautiously. Tap the swimmer's foot in front you to let them know you are passing. Move back the right of the lane once you are clear of the swimmer.
- Volunteers will be on-hand to make sure swimmers stay on course

Cyclist Information

1. Bike numbers should be mounted only on the handlebars.
2. Be sure to check the course map to familiarize yourself with the course, turns, and how many laps your age group is supposed to do.

3. Helmets must be properly secured which includes wearing the helmet level with the chin strap fastened prior to leaving T1 and removed only after entering T2. Your helmet must remain on and fastened at ALL times on the bike.
4. Please use caution when descending Ridge Heights past Seahawks Drive.
5. You must walk/run your bike out of T1. You may not get on your bike until you have left T1 – volunteers will remind you of this and will clearly tell you when you can mount your bike.
6. Always remain inside of the cones placed on the road.
7. Hold a straight line when riding straight - no weaving left and right is allowed, as there will very likely be other riders approaching and passing you from behind.
8. Always stay to the right unless passing another rider. When passing a rider in front of you, tell them "PASSING LEFT", so they are aware. Give plenty of space between you and the rider you are passing. Move back to the right once you are fully clear of the passed rider.
9. You must follow all directions from the police and the course marshals. They're there to keep you safe and to ensure you do the correct number of laps.
10. Use caution when turning right from Ridge Heights Road onto South Lakes Drive. This is a fast corner and it is possible to scrape your right pedal at the bottom of your pedal stroke. Hold your right pedal up high and be sure you slow down enough to remain in control through this corner.
11. When descending on Soapstone, scan ahead and shift to an easier gear for the approaching hill before you are on the climb. Don't get stuck in too large of a gear!
12. Beware of and prepare for the speed bumps on Seahawk Drive. They can cause you to lose control of your bike. Exercise caution when crossing these speed bumps.
13. You must get off your bike before you enter the second transition area. Volunteers will be there to remind you of this.
14. Always stay alert. Look for obstacles in the road, cars, other cyclists, road marshals, and police.

6-8 yr. olds (blue bibs) will do half of the loop; starting at Ridge Heights pool, turning right on South Lakes Dr., and then a right on Seahawk Dr. to the bike/run transition area. (1.03 miles)

9-11 yr. olds (white bibs) will do one and a half loops; starting at Ridge Heights taking a right onto South Lakes Drive, a right onto Soapstone, a right onto Ridge Heights, right on South Lakes Dr again, then a right on Seahawk Dr. to the bike/run transition area. Remember – pass the entrance to the high school once and turn in the second time. (3 miles)

12-15 yr. olds (yellow bibs) will do the same as above but they will do the loop two and a half times passing the entrance to the high school twice and turning in the third time. (5 miles)

Note, volunteers and police will be along the entire bike course and the cyclists will always be in sight of someone.

Transition Area 2 Information

T2 Information:

T2 opens at 6:45 and closes at 7:30. Volunteers will be right before the entry to T2, reminding all athletes to dismount their bikes – you MAY NOT ride your bike into the transition area and your helmet must remain strapped until you are off your bike. Once in T2, look for the bike rack with your number, park your bike by either racking or using your kickstand – you may NOT just leave it on the ground. Leave your helmet with your bike and jog out of T2, heading toward the back of the school stadium. A water stop will be available at the exit of T2 as racers head out on the run course.

Optional: If you are leaving anything at T2, you must put it there before heading to the pool. If you are wearing bike shoes, then you will leave your sneakers at T2. Otherwise, you could leave nothing. Or you can put a SMALL hand towel or bandana on the ground, anchored with a water bottle – this will make it a little easier to find your bike rack when you enter T2.

Volunteers will be in T2 to help with bike racking and any other issues the athletes may need assistance with. At no time during the race are any parents/spectators allowed into T2 without first coordinating with a T2 volunteer.

Retrieving gear from T2: A side entrance will be provided for participants/parents to retrieve gear. Volunteers will be there to assist with the retrieval and minimize disruption to racers still entering T2. Finished racers should not try to enter T2 through the two main entrances (T2 entrance, T2 exit) to retrieve gear, as it will interfere with racers still competing.

Runner Information

Each age group will begin the run course at the bike transition area and finish in the stadium. Volunteers will assist all participants to remain on course. Your child will be visible along the course and paths at all times.

Please review the course maps on the website. The 6-8 year olds will run out on the course behind the stadium bleachers, turn around behind them, and then run back onto the track to the finish. The course for 9–15 year olds includes gently rolling pavement through the woods. Remind your child to use caution while running up and down the trails. There will be one water station along the course. You can tell your child it is okay to drop their water cup on the ground near the water station! Our volunteers will pick them up.

How to meet your Triathlete at the end of the race

Be sure you meet your racer at the finish line!

For those in the 6-8 year old age group:

Your racer will receive a duplicate bib number at packet pickup. This bib number is for you! You must show this at the side gate to the track (near the stands) in order to match bib numbers and Triathletes. Thank you in advance for your patience; this is a safety precaution. We will not let the 6-8 year olds leave the track without an adult with a matching bib number. So, make sure you hold onto it and bring it to the finish!

Remember, this event is all about having fun. Make sure you go out and have a great time!! We can't wait to see you Be AMYazing!