

WELCOME TO THE RESTON SPRINT TRIATHLON!

We are excited to host you for a fun weekend of multisport racing. With clean water, rolling courses, and outstanding athletes, this race never disappoints!

As you prepare for race day, take a moment to review our Athlete Guide and the emails we send. These are all important to have a safe, fun, and successful race! We know you have worked hard to stay healthy and physically fit in the months leading up to this event, and we want you to have a great race. We appreciate you racing with us and hope you achieve your athletic goals.

As you compete this weekend, remember to thank the police, EMTs, and volunteers who gave up their weekend to support this event. The Reston Sprint Triathlon is a team effort, and we are grateful for all the support!

We can not wait to see you on the course!

SCHEDULE OF EVENTS

Friday

5-7 pm: Packet Pickup / Athlete Check-in @ race site

Saturday

11 am - 4 pm: Health and Wellness Fair @ race site

Sunday

5 am: Transition area open for bike racking

6 am: Arrive at the race site no later than 6 am!

6:45 am: Transition area closes (no exceptions) / pre-race meeting (swim start)

7 am: Race start

10:30 am: Awards Ceremony and Beer Garden

PACKET PICKUP / ATHLETE CHECK-IN

What to Bring

- PHOTO ID REQUIRED! No ID = No Race
- Questions!

Reminders

- Bib numbers are assigned and timing chips are distributed at packet pickup - do not lose either one!
- Adults: Each adult must pick up their OWN race packet. EACH relay team member must pick up their OWN race packet.
- Minors: Those under the age of 18 years old may have their parent/guardian pick up their race packet.

TOP 10 THINGS TO KNOW ABOUT RACE DAY

1. We are SO excited you are here and want you to enjoy your weekend. Any Captain or Race Director (blue shirt) can answer your questions.
2. You are responsible for knowing the course and your lap count.
3. Bib numbers are assigned and given to each athlete at packet pickup.
4. Timing chips will be issued when you get your race number. These are expensive and time-consuming to replace, so do not lose it.
5. Body marking will be adjacent to the transition, so have your bib number with you.
6. Bike racking is first-come, first-serve based on bib number with 10-foot racks.
7. The swim is a time trial start format. Generally, faster athletes are closer to the front.
8. This is a fantastic swim course and very spectator friendly!
9. Post-race food and drinks are available. Bring cash/card for the Beer Garden. Stay, hang out, and celebrate each other and your accomplishments.
10. Stay safe and have fun!

PARKING AND RACE SITE

- Carpool as much as possible with fellow athletes and spectators.
- Parking is available at North Point Village Center (1450 N Point Village Center, Reston, VA).
- You may walk or bike to Lake Newport Pool (11601 Lake Newport Road, Reston, VA).
- There is no vehicle access to Lake Newport Pool. All roads in and out of the pool parking lot are closed to traffic. The road leading into the pool is used for the bike and run courses and by emergency vehicles in and out of the race venue.

TRANSITION AREA

- Triathletes may enter the transition area from 5 – 6:45 am on race day.
- All bikes must be racked with transition preparation completed 15 minutes before the first swimmer begins.
- There is no overnight racking.
- Only athletes are allowed in the transition area.
- Bike racking is first-come, first-serve by bib number.
- Be courteous of the space and belongings of other racers before, during, and after the race. When your race is over, many others are still racing.
- Athletes are allowed into the transition area to get their bikes and other gear when possible. Be considerate of other racers coming in and out of the transition area.

RACE NUMBERS

Each athlete will receive three (3) race numbers.

- Wear the smallest number on the front of the cycling helmet.

- Fold the two numbers together over your bike's top tube or seat post. It is self-adhesive.
- Wear the number with four holes on the front of your body during the run and when crossing the finish line. Wear it with your racing belt, or we have safety pins.

TIMING CHIP

Each athlete will receive a timing chip at athlete check-in; we highly recommend putting it on immediately.

- Do not lose your timing chip, and return it at the finish line. If you lose or fail to turn in your chip, there is a \$50 replacement fee.
- Wear the timing chip on your LEFT ANKLE.
- Timing pads are located throughout the event, be sure to cross them to get splits!
- If you need to stop racing, check in at the finish line to return your timing chip and let our team know.

BODY MARKING

- Be sure to get your body marked on race morning.
- We recommend racking your bike first, then circling back with your bib number to the body marking area right outside transition.
- We will put your bib number on your thighs, right below your Tri suit or shorts, and your arm.
- We will put your AGE on your LEFT CALF.

AID STATIONS

- Reston Sprint Triathlon/Aquabike/Relays Bike: No aid stations on the bike course.
- Run: Aid stations with water and Gatorade about every 1 to 1.5 miles on the run course.

SWIM

- Review the swim [course map](http://restonsprinttri.org) at restonsprinttri.org
- It is a deep water start.
- We take and post the water temperature a week before the race.
- We take the official water temperature race morning and communicate it one hour before the race starts by USAT officials.
- The swim is a time trial start, one swimmer at a time, every 3-5 seconds.
- Lifeguards will be available throughout the swim for emergency assistance. If you need help, roll on your back (float) and wave your hand to signal for assistance.
- If you do not finish the swim course, tell the staff at the swim exit.

BIKE

- Review the bike [course map](http://restonsprinttri.org) at restonsprinttri.org

- Knowing the course is ultimately YOUR responsibility. There is no substitute for driving or riding the bike course before the race.
- The course is marked with orange traffic cones. You are required to stay to the right of the cones at all times.
- Police will be at all major intersections for your safety.
- The course is four (4) miles; you will COMPLETE IT THREE (3) TIMES. It is your responsibility to remember how many times you have done the bike loop. At the end of your third loop, you will enter the same way you came out. It is a sharp 90-degree right turn, then down a hill and a quick dismount.
- The course is still open to traffic, so BE ALERT and CAREFUL!

BIKE RULES & ETIQUETTE

- MOUNT your bike AFTER you cross the mounting line outside of transition. Likewise, DISMOUNT your bike BEFORE crossing the line at the end of the bike course.
- You must wear a hard shell helmet and fasten it before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ
- Ride in the right half of the lane closest to the shoulder. This position allows faster cyclists to pass on the left. Always say ON YOUR LEFT when passing a cyclist.
- DO NOT RIDE OUTSIDE OF THE CONES FOR ANY REASON!

RUN

- Review the run [course map](http://restonsprinttri.org) at restonsprinttri.org
- The run course is all on the trails of Reston and includes rolling hills.
- Stay on the trails at all times for your safety.
- Aid stations will be when you exit transition, the turn-around point of the 5K, and the finish line with ice water and Gatorade Endurance.
- No headphones, earphones, or any radio-type devices are allowed.
- You MUST have your run bib number on your FRONT as you approach the finish line.
- Return your timing chip at the finish line and then CELEBRATE - YOU ARE A TRIATHLETE!

RACE RESULTS

Results are preliminary and can shift as we approach the awards ceremony. Direct your questions to the timing team near the finish line. Arsenal Timing provides your timing.

USAT Penalties USAT Officials will post the penalty list at the awards area 15 minutes prior to the awards ceremony. Race officials are valued members of our team and ambassadors for our sport. Their focus is on safety, education, and enforcing the competitive rules. Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony. USA Triathlon USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance.