



Dear Reston Triathlon Athlete:

We are excitedly finalizing the details for the 34<sup>th</sup> annual Reston Triathlon (on September 10, 2017). We're looking forward to seeing all of you (many of you again!), and we hope you are excited to see us.

**Please read below for some important race information.**

### **Race Cut Off Times**

Please be aware of race cut off times for this year's race. In fairness to our civilian, Fire and Police volunteers, we cannot allow you to continue the race course if you do not make all of the various cut off times.

The swim course will close one hour after the last wave enters the water. (That means you have one hour to complete the swim portion of the course).

The bicycle course will close two hours and forty-five minutes after the last swim wave enters the water. (That means you have one hour and forty-five minutes to complete the bicycle portion of the course).

The run course will close 4 hours and fifteen minutes after the start of the last swim heat. (That means you have one and a half hours to complete the run portion of the course).

So, if our math is correct, you must complete the triathlon within four hours and fifteen minutes.

### **Packet Pick-Up**

Date: Saturday, September 9th - 11:00 a.m. to 3:00 p.m.

Location: West entrance of South Lakes High School (the covered area at the above the track and football field)

You must pick up your packet in person and you must have a photo ID. You need to pick up your packet containing your race numbers, have your bike helmet checked, and pickup other pre-race information. You may be required to sign a new waiver at packet pickup. (Substitutions are not allowed-athletes involved in substitution will be permanently banned from the Reston Triathlon and reported to USA Triathlon).

Chip timing will be used for this race. Athletes who are using their own chips must bring them so the number can be verified.

If you cannot pick up your packet between 11:00 a.m. to 3:00 p.m. on Saturday, Sept. 9th, you must notify us in advance by e-mail at [TriInfo@RestonTriathlon.org](mailto:TriInfo@RestonTriathlon.org). Any exceptions

must be approved in advance prior to packet pickup.

There will be no race day packet pickup unless prior arrangements have been made with us.

Since the Reston Triathlon is an event sanctioned by USA TRIATHLON you must bring your membership card along with a photo ID to packet pickup. Those who elect to use the one day membership, but have not paid for it, must pay the \$15 fee at pickup - cash or check only! Athletes, who cannot verify their annual USA Triathlon membership, must also pay the one day membership fee.

### **Race Day Logistics**

In order to reduce traffic congestion on the thoroughfares of Reston, and to get the bikes off the roads earlier in the day, the 2017 Triathlon will start promptly at 7:10 am at Lake Audubon on Twin Branches Road. There will be no parking on race day at Lake Audubon, so you must park your vehicle in the parking lots at South Lakes High School located on South Lakes Drive at the Langston Hughes Middle School lot or Ridge Heights Road. Any vehicles parked on Twin Branches will be towed.

You will drop off your bike/run transition gear at the high school (T2) and ride your bike to Lake Audubon, which is approximately one mile away. You must wear your bike helmet. You will pick up your chip at Lake Audubon when you arrive, on your bike, with your helmet on, on race morning. You can set up your T1 area at that time. Body marking will take place as you enter the T1 area. If there is a line, you may set up your T1 area first and then come back to the body marking area.

All athletes should plan to be at the lake and ready to swim no later than 6:45 am. A small headlight/lamp is a good idea as it will be dark when riding to the lake.

After you complete the swim, please put all of your swim gear in the plastic, numbered bag provided to you at packet pick-up and leave it at your T1 area. All of your items MUST fit in the bag. Race officials will transport your bag with your swim gear to the T2 area, but only in the plastic bag provided to you at packet pick-up!

You must have your bike and swim gear out of the T2 area by twelve noon. No exceptions. Unless you are donating your bike to the triathlon.

### **Bicycle Support**

Thanks to our friends at Bike Lane, we will have bicycle support services available at packet pick-up and on race day. Services that Bike Lane can provide at packet pick-up and on race day will include tire inflation, and tube changes, minor gear and brake adjustments, bar end caps and basic saddle and handlebar adjustments. Bike Lane cannot do bearing adjustments of any kind, electronic drivetrain adjustments, replacing gear or brake cables, or wheel truing. If you need more those services, or more intensive bicycle care, please visit Bike Lane at Reston Town Center, 11943 Democracy Drive, Reston, VA 20190. They

will give your bike a proper assessment and complete any repairs you might need well before the race. Tell them we sent you.

## **Training**

The map of the course is on our Website - [www.restontriathlon.org](http://www.restontriathlon.org) Please review it before the race.

Swim - please remember that swimming in the Reston lakes is prohibited except during the race.

Bike - Please review the course carefully and become familiar with it. The bike course is 3 laps. The first 2 laps are exactly the same. The 3rd lap continues on South Lakes Drive past the high school, then turns left onto Seahawk Drive and into T2 at South Lakes High School. Athletes who train on the course are urged to train safely and to follow the rules of the road just as if they were motorists.

Run - the run is on shaded Reston pathways. It starts at the transition area next to the high school tennis courts and ends in the stadium. The run course will be marked with lime this year (Thank you Joe O'Gorman, Kevin Kunkel and Larry Butler). Follow the white line markings and you won't get lost. Hopefully. There will be mile markers at each mile.

## **Rules and Regulations**

This is a USA TRIATHLON Sanctioned event, therefore official USA TRIATHLON rules will be enforced. It is the responsibility of each and every triathlete to know the rules and to know the course.

You **MUST** stay in your assigned swim wave, which is designated by swim cap color. If you do not, you can be disqualified.

No drafting or blocking is permitted.

Please stay to the right on the bike course except to pass while staying within the cones at all times.

If you do not complete all 3 loops of the bike course, you will be disqualified. The decision of the race directors is final.

## **Bike Helmets**

Your bicycle helmet must comply with USA TRIATHLON requirements. The Snell Memorial Foundation, Inc. recommends that bicycle helmets be replaced after five (5) years or less if the manufacturer so recommends. Bell Sports recommends that helmets be evaluated after three (3) years. Official USAT referees will be patrolling the T1 area so it behooves you to have a helmet that complies with all regulations. It's also good for your head.

## **Questions and Answers**

Course talks, which include a complete review of all the aspects of the event, will be given at packet pickup at the listed times (11:30 a.m., 12:30 p.m., 1:30 p.m. and 2:30 p.m) will be given by Race Directors, Larry, Dave, Joe or Kevin. A question and answer period will follow each talk.

Breakdown of Transition Areas. Your gear from T1 will be transported back to South Lakes High School for pick-up. Please be sure to have all of your gear from T1 and your bike removed from T2 by **[Dave – what time should we put here?]**

## **Directions for packet pickup and race**

From the Dulles Toll Road take the Wiehle Ave. exit south to Sunrise Valley Drive. Make a left at the traffic light. Continue to the 2nd traffic light, and then make a right onto South Lakes Drive. South Lakes High School is approximately 1 mile on the right.

Packet pickup is at the top of the school facing South Lakes Drive.

## **Awards and Awards Ceremony**

A special finisher medal will be given to all finishers.

Awards will be given to the first, second and third place overall male and female finishers, and to the first and second place Clydesdale and Athena competitors.

First, second and third place awards will be given to each five year age group male and female category.

The awards ceremony will take place at approximately 10:15 a.m. Prior to the awards ceremony, we encourage you to enjoy the delicious, abundant post-race food and fabulous music while you wait for the awards ceremony to begin.

## **Race Results**

Race results will be on [www.Amazingracetiming.com](http://www.Amazingracetiming.com) and [www.restontriathlon.org](http://www.restontriathlon.org) web sites as soon as they are available. Results will not be mailed to individual participants

## **Volunteers**

The success of any race of this caliber depends on the volunteers who help with this event. The Reston Triathlon requires over 400 volunteers to work on race day. We need volunteers on race day - transition areas (swim/bike at Lake Audubon Boat

ramp, and bike/run at South Lakes HS), run sentries, bike marshals, post race food and finish line

If you have any family members, friends, neighbors, or co-workers who might be willing to work during the race - please go to our website - [www.restontriathlon.org](http://www.restontriathlon.org) - and click on the volunteer tab at the left.

Volunteers receive the following:

1. An official Reston Triathlon volunteer T-shirt.
2. A free lunch on race day (Who said there's no such thing as a free lunch? Not us!)

We hope that you are having an enjoyable summer of training and that the race itself will be fun and enjoyable. If you have questions, please e-mail [restontri@aol.com](mailto:restontri@aol.com).

See you soon!

Reston Triathlon, Board of Directors

Bunny Bonnes

Larry Butler

Kevin Kunkel

Donna Miller Rostant

Joe O'Gorman

Dave Tipler

Mary Ellen Wolf