



WELCOME to the 2018

Waynesboro TRI for the Y

Here is your Racer Information Guide, please review for your event.

Thank you for racing with CMS-Events and the Waynesboro YMCA at the TRI for the Y Sprint Triathlon & Duathlon Saturday, June 2nd 2018!

Benefitting the Cid Scallet Fund



Packet Pickup & Late Registration

Friday, June 1, 2018

Ridgeview Park.

700 S Magnolia Ave, Waynesboro, VA 22980

- 5:00pm – 7:00pm: Packet Pickup & on site Registration
- 5:30pm - 6:00pm: Pre-Race Briefing (recommended for first timers)

It is recommended to pick up your packet the day before the race.

Bring your I.D. and USAT card (if you are an annual USAT member).
Registration at packet pick-up will be cash or check. Online registration will close Thursday May 31st at 7pm.

Your timing chip will be in your racer packet. Please see the attached sheet for correct timing chip placement instructions.

Event Timeline:

Saturday June 2, 2018

- **6:30 -7:30am** Packet pickup, Chip timing pickup for relays and on site Registration.
- **6:30am Transition opens** (No earlier!). Transition closes at 7:40am!
- 7:15am – 7:40am Swim warmups
- **7:40am Transition Closes** for the Tri & Du.
- 7:40-7:55am pre-race briefing for the Tri & Du starts next to the pool.
- 7:55am Triathlon pre race line up at the pool.
- **8:00am Triathlon Start** / Duathlon pre race line up at start line next to transition
- **8:05am Duathlon STARTS**
- 10:00am (approximately) Awards presentation



Parking:

There is plenty of parking for you at the venue, and easy to find! Please see attached parking maps.

COURSES

Please review the included venue, swim, bike and run course maps prior to race morning. The courses will be well marked with Yellow Chalk, turn signs, and supplemented with volunteers as best possible. Police Officers will be at major intersections for safety to protect racers and motorists. (It is the racers responsibility to know the courses.)

SWIM COURSE:

The **SWIM** course will snake through 8 lanes of the 50 meter pool to total 400 meters. (See swim map below). One swimmer will start every 15 seconds. The Swim Captain and timer will tell you when to enter the water and start. You may not dive into the pool for your start. When you finish your last lap you will walk out of the pool and exit to the Transition. Swim Captain and life guards will be on the pool deck if you assistance.

BIKE COURSE:

(Marked in Yellow Chalk. If there are any pot holes they will be marked in Orange)

A Motorcycle Race Official will lead the first biker on the course. Two Motorcycle Officials will be monitoring the bike course until the last biker is off the course.

After leaving transition for the bike portion, you will exit the Park toward Magnolia St. Mount and Dismount your bike only at the Mount/Dismount line



just outside of the Park. Your bike course is a 15.5 mile loop course and will finish the same way you headed out. (SEE MAP)

Please review all USAT competitive rules that are in place for your safety and good sportsmanship, use this link [USAT RULES](http://www.usatriathlon.org) or go to www.usatriathlon.org. Race officials will be enforcing the rules.

*Please note, we are not able to close traffic to cars. We have police monitoring car traffic at major intersections to protect riders safety as best possible. It is the racers responsibility to follow USAT rules, and be aware of any vehicle traffic while racing. **Keep your safety in mind** and yield to any car while maintaining sportsman like conduct to the drivers.

3.1 MILE RUN COURSE for TRIATHLON & DUATHLON:

The **3.1 Mile Triathlon & Duathlon RUN** will exit transition between the pool and Transition and head right up the hill toward the back of the Park. It will follow the park pathway toward Northgate Ave where you will exit the park at the open gate onto Northgate Ave. You will run along the scenic Golf Course and river. At 1.55 miles you turnaround at the end of Meadow brook Ave. Follow the same course back on the opposite side of the road. (See run Course Map and Venue layout map)

1 MILE DUATHLON RUN COURSE:

All Duathletes will start just outside of Transition at the tall START flag. The **1 Mile Duathlon RUN** is up the hill toward the back of the park and turns left on the pathway. Run 1/2 mile to turn around at the end of Northgate Ave, and then head on the opposite side of the road the same way back to the transition area. (see run course map)



AID STATIONS:

No bike course aid stations. There will be Volunteers and Police Officers on the bike course. The officers are there to keep the roads safe, not to direct you.

There will be one (1) Run Aid Station that all runners will pass just past the turnaround at approximately mile 1.65. The run aid station will have cold water and Heed Sports drink in cups and Hammer Gels.

TRANSITION:

Transition opens at 6:30am and is at the grassy area just outside of the pool. Transition will close at 7:40am. Your Transition Volunteers can assist and answer any questions. There are no assigned transition spots. No more than 6 bikes per rack.

Chip Timing & Body Marking:

*****Please see attached sheet for timing chip placement and instructions*****

Your Timing Chip is in your racer packet along with your bib number, helmet sticker, and bike sticker.

If you are a relay pickup your timing chip on race morning.

Body Marking will be race morning during packet pickup. Don't forget to bring your RUN number with you to get body marked.

Our friends at Charm City Run will be providing professional Triathlon timing.



Pre-race Briefing:

Race Director Emily Hatch will host a pre-race briefing on Friday from 5:30-6:00pm. If you are new to Triathlons, we recommend attending. There will be another condensed pre-race briefing race morning from 7:40am-7:55am next to the pool.

Announcements:

Pat Gallagher of radio station 106.1 The Corner will be announcing for the event and Brian Davis of 92.7 C- Ville Country will be providing your music! Make sure you say hello to them!

First Timers:

Aim to be at the venue 75 minutes before the race start. This typically allows enough time to park, get your bike and gear out of the car, set up transition, get body marked, learn any course tips from fellow athletes familiar with the area, warm up, use the restroom, etc. Also try to make the pre-race briefing on Friday 5:30-6:00pm to learn more tips and ask any other questions you may have.

Bike Support – Blue Ridge Cyclery:

Blue Ridge Cyclery will be at the Ridgeview Park Saturday morning to help with any last minute bike needs.

Bike Course Cut-off Time:

All competitors should be finished with the bike course by 10:15am.



Volunteers and Race Support:

Thank a Volunteer, a Police Officer and the Rescue Squad. The event would not be possible without them!! We appreciate every Volunteers support and enthusiasm! Thank you to the HAM Radio Operators and Battlefield Wings.

If someone you know would like to Volunteer and get a close up of the action on Saturday morning, let us know! Volunteering is a rewarding way to help our athletes who have been training for this event.

Email: Emily@charlottesvillemultisports.com.

Beneficiary of TRI for the Y Sprint Triathlon & Duathlon race – The CID Scallet Fund:

Funds generated by this event support the 'Cid fund' – Cid Scallet was a tireless advocate for youth and families served by the YMCA.

Money's in his fund cover scholarships for those that normally could not afford YMCA membership or childcare programming. The Waynesboro Family YMCA has been serving the region for over 60 years with a focus on youth development, healthy living, and social responsibility.

Special Thanks to our Partners and Sponsors!!

Union Bank, Pointexter Hill, P.C., Barren Ridge Physical Therapy, Blue Ridge Oral and Maxillofacial Surgery, Cid and His Ohana, City of Waynesboro Parks and Recreation, Waynesboro YMCA.

California Triathlon, Blue Ridge Cyclery, Hammer Nutrition, Reynolds Subaru, Your Race Base, Crozet Running, Brian Davis and 92.7 C-Ville Country, Pat Gallagher and 106.1 The Corner, Wisdom Oak Winery, Blue Ridge Graphics, Random Row Brewing Company.



Thank you to the Waynesboro Police Department, Augusta County Sheriffs, and Waynesboro Rescue Squad.

Post Race Food and Awards:

To refuel we will have local pizza, bagels, bananas, oranges, snacks, water and Heed Drink will be provided!

Prizes for the Overall Winners and Top Three in each age group. We will also have other prizes to give away!

Please review attached links to maps on the website:

TRI for the Y Maps

Links to individual Course Maps:

[Swim Course Map](#)

[Bike Course Map](#)

[3.1 mile Run Course Map](#)

[1 mile Duathlon Map](#)

[Venue Map](#)

[Transition](#)

We hope you have a great race and FUN morning!

Emily Hatch,
Race Director, Waynesboro TRI for the Y

race | result

Disposable Triathlon Tag Information and Instructions



Instructions for use:

1. Wrap the foam tag around your LEFT ankle and ensure a snug fit
2. Peel backing from adhesive portion on the end of the tag
3. Carefully apply the tag around the ankle and you're done!

You have one shot to apply the tag correctly - **DO NOT ATTEMPT TO REAPPLY THE TAG PRIOR TO THE RACE.** THE ADHESIVE WILL NOT HOLD FOR A SECOND APPLICATION AND THE BAND WILL COME OFF IN THE WATER!

DO NOT WEAR THE TIMING BAND UNDER A WETSUIT, AS THIS REDUCES THE CHIP'S ABILITY TO BE RECOGNIZED BY THE TIMING EQUIPMENT. ROLL UP THE LEFT LEG OF THE WETSUIT AND WRAP THE TIMING BAND AROUND YOUR LEG. LEAVE THE LEFT LEG OF THE WETSUIT ROLLED UP ABOVE THE TIMING BAND FOR THE DURATION OF THE SWIM.

HAVE A GREAT RACE!

Race Timing Provided By:



Race Number Instructions



Bike Helmet Sticker #1:
Must be on the front of your bike helmet.

Bike Frame Sticker #2:
Must be on bicycle's top tube just behind the handlebars or on the seatpost.

*Photos courtesy of Competition Imagery
www.competitionimagery.com*

Bib Number:
Must be worn in the front during the entire run portion of the event.

Timing Chip:
Must be worn on either ankle.

