



**WELCOME TO THE 2019 XTERRA CHARLOTTESVILLE
AT THE MILLER SCHOOL OF ALBEMARLE**



MILLER SCHOOL
of **ALBEMARLE**



Thank you to all racing with us on May 12th 2019! We are excited to host the third XTERRA Charlottesville at the Miller School. A lot of work has gone into putting this race together.

Thank you to The Miller School of Albemarle and course designer Andy Guptill, the Charlottesville Triathlon Club and Charlottesville Racing Club, all event captains, volunteers, emergency and medical support groups, staff and sponsors. The event could not be possible without the support of all of you. Please take time to look at our great partners listed in this guide and on our website. Also make sure you check out the Reynolds Subaru vehicles before you leave on Saturday!

This Athlete Guide contains the information you need to navigate your weekend of challenging off road adventure! Please read thoroughly.

*****THERE IS NO CAMPING AT THE MILLER SCHOOL*****

The closest camp ground is Misty Mountain Campground.

This is about a 5 minute drive

<http://www.mistymountaincampresort.com/>



Event Information

Packet Pick-Up:

Friday Packet pickup: Blue Ridge Cyclery, Saturday May 11th, 4 - 6 pm.

Blue Ridge Cyclery

722 Preston Avenue, Charlottesville

Please bring your current USAT license or \$15 cash/check for USAT one-day membership. If you are unable to make the Saturday pick-up, we will have race day packet pick-up.

Thank you to BRC for having our packet pickup. Look around the shop for anything you may need for your race. BRC will also be our bike support at the race and will have a tent set up near transition.

NO ID - NO RACE. This is a USAT sanctioned event. Every athlete must pick up their own packet. Take a photo of your ID if you think you might forget it.

For a complete list of USAT Rules and Regulations and to see the top 10 violated rules visit the USAT site at:

<https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

Important timing chip information:

All racers will receive your timing chip with your race numbers and swim cap at packet pickup. Trail Runners will have a bib only, and will not have a separate ankle chip. You must return your timing chip after the race.



Course Previews:

Friday May 10th

The course will be open for riding from 4pm - 7 pm

Saturday May 11th

The course will be open for riding and running 3pm - 7pm with swim time from 4pm - 6pm

Park at the top of the driveway in the grassy area near the swimming pool

Race Day Schedule and Information:

Sunday May 12th - Miller School of Albemarle

Miller School of Albemarle
1000 Samuel Miller Loop, Charlottesville, Virginia 22903
<https://millerschoolofalbemarle.org/about/>

Parking: Enter the main gate of the school and follow the signs to parking.

XTERRA Charlottesville Triathlon offers Olympic and Sprint distances with a Duathlon option and 10k run. The Olympic Distance course is part of the America Tour XTERRA National Point Series (XPS).

Olympic Distance:

Triathlon: 1000m lake swim, 30K bike (mostly on singletrack trails), 10k run

Duathlon: 2K trail run, 30K bike (mostly on singletrack trails), 10k run

(Olympic distance Triathlon does two laps of each section for the above totals. The Duathlon does one 2K Run lap, then two laps of the bike and second run for the above totals)

Sprint Distance Triathlon:

Triathlon: 500m lake swim, 15K bike (mostly on singletrack trails), 5k run

XTERRA 10k Trail Run:

Trail Run: 10K (two) 5K laps on singletrack trails

The National Point Series Race will have awards for Top 3 Male and Female Competitors as well as all XTERRA age range categories (19& under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69. 70+).



TIMELINE:

- 6:30-7:30 am: Trail run check-in and race-day packet pickup
- 6:30-8:30 am: XTERRA and Sprint check-in, packet pickup, body marking. ***highly recommended to pick up your packet Saturday.
*****There is a 10 minute walk from registration to the transition area, please plan for this!**
- 7:45 am: Trail run race brief (near registration)

8:00 am: START Trail run (near registration)

- 7:30 am: Transition opens
- 8:35-8:50 am: XTERRA Triathlon and Duathlon mandatory race brief (at swim start)
- 8:00-8:45 am: Swim warm-ups allowed
- 8:50 am: Transition closes for XTERRA participants
- 8:55 am: line up and staging for swim waves; Duathlon line up

9:00 am: START XTERRA Triathlon

9:05 am: START (XTERRA distance) Duathlon

- 9:25-9:40 am: Sprint Off-Road Triathlon mandatory race brief
- 9:15 am: Transition closes for Sprint participants
- 9:30-9:40 am: Swim warm ups allowed (do not swim before this as XTERRA swimmers may still be on swim course)
- 9:40 am: line up and staging for swim waves

9:45 am: START Sprint Off-Road Triathlon

Awards:

10:00 am: (approximately) Trail run

12:30 pm: (approximately, may start earlier if we have results)

XTERRA, Sprint Triathlon and Duathlon



SWIM WAVES and START TIMES for XTERRA/OLYMPIC Distance:

9:00 am - All men - Green Caps

9:03 am All woman and relays - Pink Caps

SWIM WAVES and START TIMES for SPRINT Distance:

9:45 am - All men - Purple Caps

9:48 am - All woman and relays - Blue Caps

Race Maps: All race maps are on the website.

<https://app.racereach.com/event/xterra-cville-tri/course-maps>

We will have copies for you to view at the race. The course will be well marked by Friday.

The BIKE course will follow BLUE arrows and their are two aid stations on the bike course with bottled Gatorade and Water.

RUN course will follow RED arrows and has one aid station with Gatorade and Water in cups.

Temperature: The current water temperature is 77 degrees. Updates to this will be posted on our Facebook page.



Transition area: Do not go back in the transition area once it is closed! If you forgot something ask a volunteer to help you. (The start, transition and finish are not close together on this course)

Relays: Meet your team member INSIDE the transition area and transfer your chip near where your team racked your bike.

****Relays** will pick up a chip on race morning from the timer. You do not wear the disposable timing chip. You will also need to return this chip at the end of your race.

Shoe Staging for Triathlons: The transition area is about 1/8 mile down a gravel road from the lake/swim portion of your event. There will be a shoe staging area for you to keep shoes to wear to and from the transition. We highly recommend you have something on your feet as you run from the swim back to transition.

AID Stations: Two on the Bike course and one on the Run course with Gatorade and Water.

Bathrooms: There will be 8 port-a-potties. Four near the finish and registration area. Four near the transition area.

Post Race Food and Gathering: We will have post race pizza, fruit and snacks along with water and Gatorade at the finish.

Bring your Race bib to Random Row Brewing Company within one month of your race to receive \$1 off your first beer!

People are invited to gather at Pro Re Nata after the race. There is not an official party spot for the XTERRA event due to graduation activities. Get there early and there will be plenty of seating.



Awards: The National Point Series Race will have awards for Top 3 Male and Female Competitors as well as all XTERRA age range categories (19& under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69. 70+).

(The non point series races will also have this award structure.)

Stick around for other fun prizes and give aways!

Volunteers: Thank a volunteer! They are here to help you and we could not have the race without them. If you know someone coming with you who would like to help with the race and volunteer, have them contact us. We can always use more awesome volunteers!

Special Thanks to our Sponsors and Partners:

Miller School of Albemarle, Blue Ridge Cyclery, Reynolds Subaru, California Triathlon, Blue Ridge Graphics, Wisdom Oak Winery, Your Race Base, Brain Davis and 92.7 Cville Country, Pat Gallagher and 106.1 The Corner, Ragged Mountain Running, King Technical Apparel, Paul Mitchell, Gatorade, XTERRA Wetsuits, Random Row Brewing Company.

Thanks to Western Albemarle High School and Swim Team, and Crozet Volunteer Fire and Rescue!

