



Athlete Guide

Jefferson Sprint Triathlon, Duathlon, Aquabike, Swim- Run

Sunday July 7th, 2019

Claudius Crozet Park and YMCA

Thank you for racing with CMS-Events at the 9th annual Jefferson Sprint Triathlon / Duathlon / Aquabike / Swim-Run. Here is your Racer Information Guide, please review for your event.

Packet Pickup & Late Registration

Crozet YMCA & Park – under the first pavilion.

Saturday: 3:00pm-5:00pm

Sunday: 6:00am-7:00am

Bring your I.D. and USAT card (if you are an annual USAT member). All online registration will close Thursday July 4th at 7pm.

Driving Directions to Crozet YMCA & Claudius Crozet Park

The address is 1075 Claudius Crozet Park, Charlottesville, VA, 22932. Please use google maps if needed to plan your best driving route before race morning.

Parking

Please enter the parking area from the main front entrance gate on Park Rd. There will be event parking in the grass field area to the Left of the driveway entrance of Crozet Park (see venue layout map below). **You will not be allowed to drive in or out of the back entrance until after the bike portion of the event is completely finished.

Full event schedule for Triathlon/Duathlon/Aquabike/Swim-Run

- 6:00am Transition opens (No earlier!)
- 6:00-7:00am Packet pickup, Chip timing pickup and on site Registration. On site registration requires cash or check to enter. (It is highly recommended to pick up your packet the day before the race).
- 6:45am – 7:15am Swim warmups
- 7:00am – National Anthem

- 7:00am Transition Closes for the Triathlon & Duathlon
- 7:10-7:25am pre-race briefing starts next to the pool.
- 7:25am Triathlon pre race line up at the pool.
- **7:30am Triathlon STARTS (Aquabike, Swim-Run start with Triathlon)**
- **7:35am Duathlon STARTS**
- **Awards** will begin about 9:30am (OR as soon as we have enough finishers to read results)

Aquabike and Swim Run: Start with Triathlon, end after you finish your bike or run. Don't forget to pick up your finisher medal at the finish line!

Showers: will be available post-race in the Crozet Park/YMCA locker rooms. Please bring your own towel and toiletries.

TEMPERATURE USAT wetsuit/water temperature rules will be in place on race day. Crozet YMCA's pool water temperatures average in the low 80's for this time of year and air temperature

averages in the 80's. We have had very hot and humid weather, wetsuits will not be allowed. Make sure you hydrate well before, during and after your race.

Courses

It is the racers responsibility to know the courses.

Please review the included venue, swim, bike and run course maps prior to race morning. The courses will be well marked and supplemented with volunteers as best possible. Police Officers will be at major intersections for safety to protect racers and motorists.

SWIM COURSE: The **SWIM** course will snake through 8 lanes of the 25 meter pool to total 350 meters. The first and last lanes of the swim course will be one direction (See swim map below). One swimmer will start every 15 seconds. The Swim Captain 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.

BIKE COURSE:

After leaving transition (T1) for the bike portion, you will exit Crozet Park from the rear entrance/exit at Hill Top St. for approximately an 11.50 mile out and back course. ****As you approach the turn around of the bike course, SLOW DOWN at the top of the hill and be ready to bike back up the hill after the turn around.****

Please review all USAT competitive rules that are in place for your safety and good sportsmanship, click [HERE](#) or go to www.usatriathlon.org. Race officials will be on course enforcing the rules.

Please note, like most Triathlons, we are not able to close traffic to cars. We have police monitoring car traffic at all 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 TRIATHLON / DUATHLON RUN COURSE:

The 3.1 Mile **Triathlon/ Duathlon/ Swim-Run** will exit transition and run between the pool and Transition then toward the back of the Park. It will follow around the park paved pathway and enter the trail at the back of the park where the dog park is located. (inside the park). You will continue out on the trail for about 1 mile to the turn around and run back. When you come back to the paved pathway you will continue on in the same direction and follow it around to the finish line.

1 MILE DUATHLON RUN COURSE:

All Duathletes will START at the bike mount/dismount line (see venue map). The 1 Mile **Duathlon RUN** is out the park paved pathway to the turn around and back to Transition. Run around the turnaround cone and then head approximately .51 mile the same way back to the transition area.

AID STATIONS:

There are no bike course aid stations. There will be Volunteers and Police Officers on the bike course. Hydrate before you head out and bring water on your bike if needed. There will be one (1) Run Aid Station at the half way / turn around on the run course . The run aid station will have cold water and HEED Sports drink in cups and Hammer Gels.

TRANSITIONS:

The transition is at the grassy area just in front of the pool. Transition will close at 7:00am. Your Transition Captain can assist and answer any questions. Each racer will pick their own transition spot.

Chip Timing & Body Marking:

Pick up your timing chip race morning. This band gets secured around your left ankle. Relay teams will pick up their timing chip race morning.

Body marking is next to Packet Pickup race morning starting from 6:00am-7:00am. Don't forget to bring your RUN number with you to get body marked.

Bathrooms:

Are located inside the pool area at the pool house and next to transition. There are also showers.

Pre-race Briefing:

Race Director Emily Hatch and Freddie Shashaty, Co-Owner of Finesse Triathlon Program, will host a pre-race briefing and Q&A on Saturday from 4:00-5:00pm. If you are new to Triathlons, I recommend attending. There will be another condensed pre-race briefing race morning from 7:10am-7:25am next to the pool.

Announcements:

Pat Gallagher of radio station 106.1 will be announcing for the event and

providing your music! Make sure you say hello to him!

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 Saturday 4-5pm to learn more tips and ask any other questions you may have.

Bike Support – Blue Ridge Cyclery:

Blue Ridge Cyclery will be at the Crozet YMCA Sunday morning to help with any basic last minute bike needs. If your bike needs repair or has not been checked for a while please visit BRC (or your local bike shop) and have then make sure it is ready to go!

Blue Ridge Cyclery is located in downtown Charlottesville off Preston Ave. (434) 529-6521 and in a second shop near the Charlottesville Airport off of Rt. 29 in the Hollymead Shopping Center (434) 995-2453 (BIKE). www.blueridgecyclery.com or email blueridgecyclery@me.com

Bike Course Cut-off Time:

All competitors should be finished with the bike course by 9:45am.

Volunteers

Thank a Volunteer, a Police Officer and the Rescue Squad. The event would not be possible without them!! Much of our Volunteer Team is from Western Albemarle High School and we appreciate their continued support and enthusiasm! We can always use more hands and racer support. If you know anyone who would like to volunteer while they are waiting for you, email: Emily@charlottesvillemultisports.com.

Beneficiary of Jefferson Sprint Triathlon / Duathlon / Aquabike race – The Claudius Crozet Park and YMCA: The Park's mission is to promote the health and well being and enhance the general social, physical and cultural welfare of residents of the community of Crozet and the surrounding area of

Albemarle County, VA. The CCP is home to the ever expanding Peachtree Baseball program, the award winning Gators Swim Team, soccer and baseball fields, Quick Start tennis courts, our beautiful community pool open year-round, all of the fabulous facilities and programs offered by the YMCA, walking trails, and the new, [Crozet Dog Park](#). As a community-owned and operated park since its inception in 1958, the Park's success is based on a strong network of community volunteers and partners from across the community.

The CCP is pleased to be partnering with the Piedmont YMCA to offer a state of the art pool and recreation center. Looking for info about the pool and recreation center? Please go to the "Healthy Living" tab on the [Piedmont Family YMCA website](#) for more info.

Donations can be made by sending a check to Claudius Crozet Park, PO Box 171 Crozet, VA 22932. Please write "Play Crozet" on your check's memo line. Thank you !

Claudius Crozet Park is a 501(c)3 non-profit organization. Mailing address: Claudius Crozet Park, PO Box 171 Crozet, VA 22932; email: [Claudius Crozet Park](#)

Special Thanks to our Partners and Sponsors!!

California Triathlon, Blue Ridge Cyclery, HAMMER Nutrition, Formula Complete Fitness, Crozet Running, Ragged Mountain, Crozet YMCA & Park. Thank you to the Albemarle County Police and the Crozet Rescue Squad and our announcer Les Sinclair.

Post Race Food:

Post race pizza provided by Crozet Dominos. They are opening early and delivering for our event! Also fruit, HEED sports drink, snacks.

Race Number Instructions



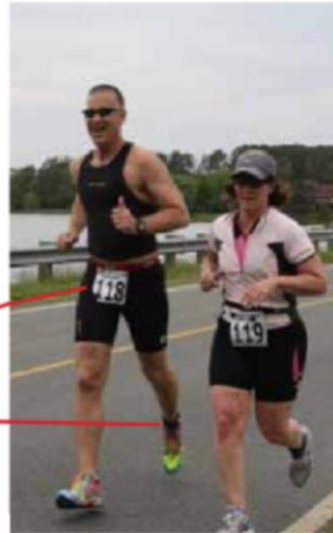
Photos courtesy of Competition Imagery
www.competitionimagery.com

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.

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

Timing Chip:
Must be worn on either ankle.

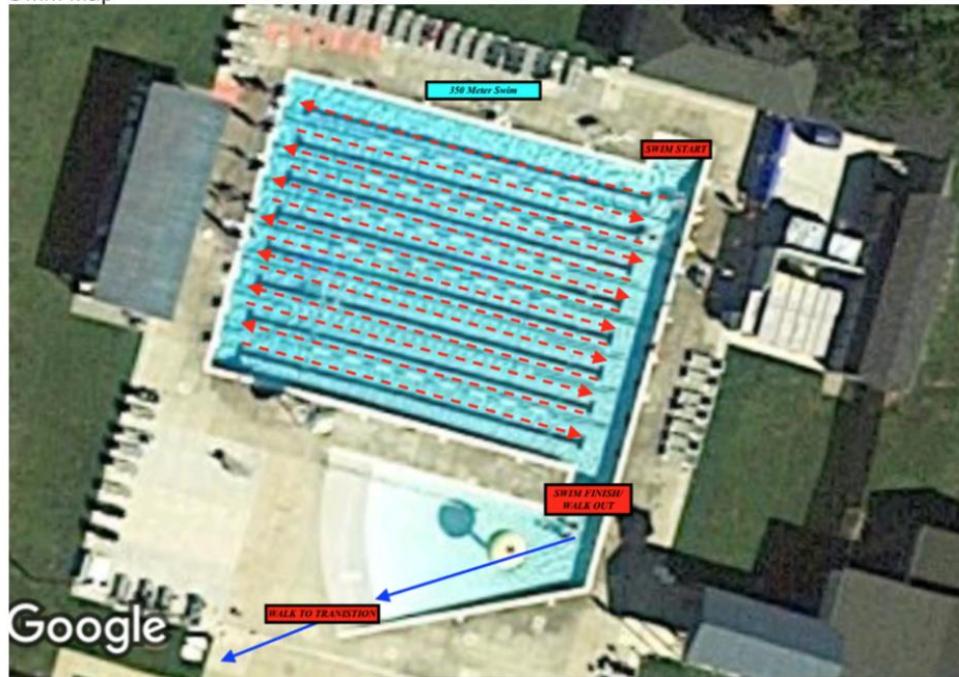


Venue Map

Venue and Swim Course:



Swim Map



Bike Course:

Bike Course Map – ***note the course distance is 11.5miles

Map your runs



mapmyrun

11.30 JST&D Bike Course Map

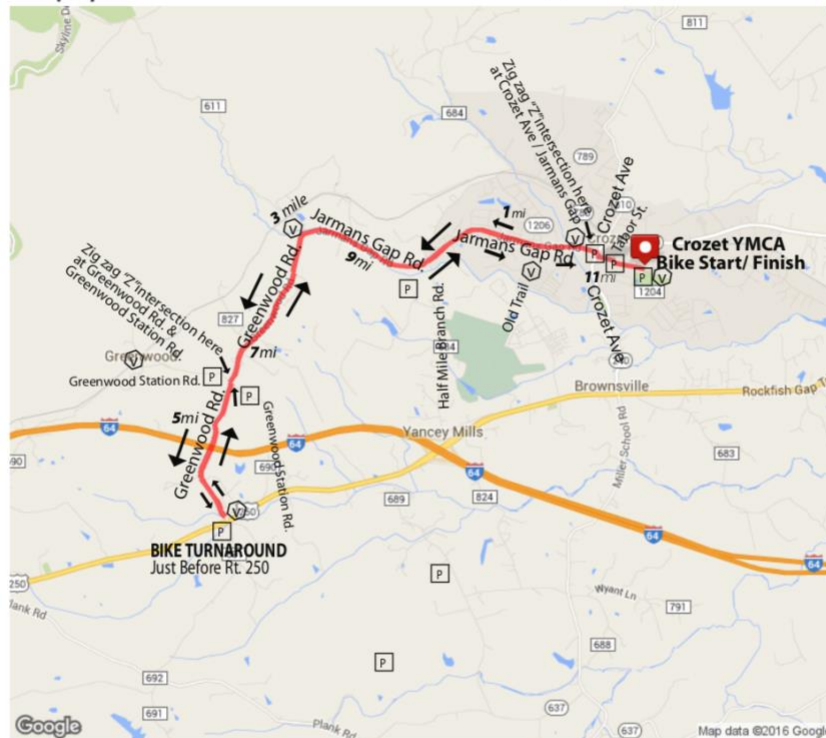
Distance: 11.32 mi

Elevation: 659.4 ft (Max: 901.35 ft)

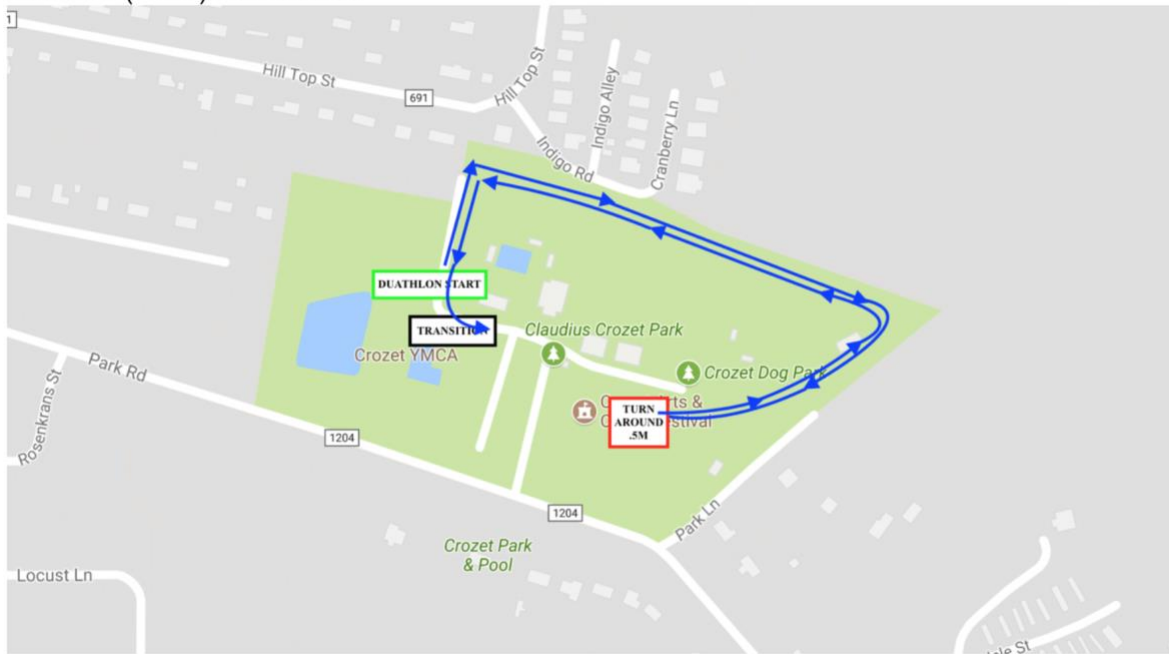
<http://www.mapmyrun.com/routes/print/1160758315/>

P = Police (7)

V = Volunteer (6)



Duathlon (1mile) Run Course



3.1mile Trail Run Course:

