



Athlete Guide

Walnut Creek Triathlon

Olympic and Sprint

Saturday August 24th, 2019

Walnut Creek Park
North Garden, Va

Driving Directions to Walnut Creek Park:

The address is [4250 Walnut Creek Park Rd North Garden, VA 22959](#).

Please use google maps if needed to plan your best driving route before race morning.

START TIMES and DISTANCES

8:00am – Olympic Triathlon, Swim Run – 1500m swim, 23.5mi road bike, 6.2mi road run

8:40am – Sprint Triathlon, Swim Run, Duathlon, Aquabike – 750m swim, 16.2mi road bike,

3.1mi road run

Thank you for racing with CMS-Events at the Walnut Creek Olympic and Sprint Triathlon. Here is your Racer Information Guide, please review for your event.

Packet Pickup / Late Registration

Friday August 23

4:00-6:30pm Packet Pickup and On-Site Registration at Walnut Creek Park, North Garden, Va 22959.

5:30-6:00pm – Pre-Race Brief by Race Director and Cory Fines, Owner of Finesse Triathlon Program

Saturday, Aug. 24

Packet Pickup and On-Site Registration at Walnut Creek Park

6:30-7:30am - OLYMPIC RACERS

7:10-8:10am - SPRINT RACERS

**Swim cap colors/waves will be provided at packet pickup.

Race Timeline Saturday Aug. 24th, 2019

Olympic Triathlon

- 6:30am - Transition opens
- 6:30-7:30am - Olympic packet pickup, Body Marking, Registration
- 7:15-7:30am - Pre-Race MANDATORY Meeting near transition
- 7:30-7:55am - Swim warm-ups allowed
- 7:45am Transition closes for Olympic participants
(7:45am - Singing of the National Anthem by Michael Salvatierra)
- 7:55am Begin lining up for race start
- 8:00am Race start for first Olympic wave (all men), 8:03am second Olympic wave (all women & relays)
- 11:00am (approximate) Olympic Awards begin

Aquabike: Start with OLYMPIC Triathlon, after you finish your bike you are done.
Don't forget to pick up your finisher medal at the finish line!

Sprint Triathlon

- 7:10am Transition opens
- 7:10-8:10am - Race day Sprint packet pickup, Body Marking, Registration
- 8:10am Transition closes for Sprint participants
- 8:15-8:25am - Pre-Race MANDATORY Meeting on the grass near the beach start
- 8:25-8:35am - Swim warm-ups allowed
- 8:35am Begin lining up for race start
- 8:40am Race start for first Sprint wave (all men), 8:43 second Sprint wave (all women & relays)
- 10:15am Post race food available for participants and volunteers at Walnut Creek Park
- 11:30am (approximate) Sprint Awards presentation

Aquabike: Start with OLYMPIC Triathlon, after you finish your bike you are done.
Don't forget to pick up your finisher medal at the finish line!

RESTROOMS

There are 5 men's and 5 woman's restrooms located in the main building at the beach (under Registration/check-in area). These also have changing areas and showers. There is one male and one female restroom located on the beach side of Transition Area.

PARKING INFO

It is highly recommended to arrive at least 75-90 minutes before the start as there are a lot of details on race morning. It's better to have extra time than not enough. Parking volunteers will be there to direct you on race morning. **Please DO NOT PARK on the grassy shoulder of Walnut Creek Park's road!!!! The race course will be using the park road for bikers and runners and the grassy shoulders will need to stay clear for spectators, and some overflow for runners.

About 100 participant parking spaces are in the main parking lot closest to the start/finish area. Once these spaces are full you will be directed to park in the overflow parking spaces in a grassy field, or the first smaller parking lot about a 5-10 minute walk (or ride your bike) to the start / finish.

****Don't forget that USAT rules stipulate that anyone riding a bike on race day must be wearing a helmet or you will receive a penalty.**

WATER TEMP & WETSUITS

We will post the Water temperature on Friday August 23rd on the Charlottesville Multisports Facebook page, at packet pickup Friday and on race morning. USAT rules state that wetsuits are not legal if the water temperature is over 78F. With the warm weather, we expect the water temperature to be in the low 80's.

Walnut Creek Park's Lake Swimming Rules

Swimming is now only allowed on weekends from 11-7pm. With school back in session, the Walnut Creek Park lifeguards will be off duty next week meaning it is against park rules to swim in Walnut Creek Park Mon-Fri leading up to the race.

TIME LIMITS

OLYMPIC

- 12:00 pm - Run course closes for all participants allowing a 4hr race completion time.

SPRINT

- 9:25am - Swim course closes for all participants.
- 12:00 pm - Run course closes allowing a generous 3hr20min race completion time.

COURSES

It is the racers responsibility to know the courses.

Please review the included venue, swim, bike and run course maps at the end of the packet 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.

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.

Please pay close attention to the rules for not drafting, how to properly pass other cyclists, not crossing the center yellow line, and no littering or leaving any bike parts on the course. If you are not familiar with these rules, it is your responsibility to know them.

RACE TRAFFIC SAFETY INFORMATION

In an effort to cut down all traffic in the park during the race, drivers will not be able to leave before the last biker has finished. ***Please do not plan to leave before 11am.***

SPECTATOR INFORMATION We welcome spectators! For the racers safety please try to arrive before 8:15am to park and spectate. If arriving after 8:15am you will be directed to park in the lower (first) parking lot. The walk is about 1/3 mile to the start/finish. It is important to walk only on the grass and not on the road from 8:15am until the race ends. (close to noon). Thank you for your understanding and help keeping the racers safe. We highly encourage all spectators to cheer either at the finish or on the runner's side of the road along the main hill (stay off the road). Bring camp chairs, noisemakers and signs to cheer on bikers and runners going out and returning. This hill is nicknamed "Quadzilla"!!

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 three (3) Run Aid Stations on the run course. The run aid station will have cold water and HEED Sports drink in cups and Hammer Gels.

BIKE COURSE INFORMATION

There is a downhill followed by a Left turn when you reach the intersection of Old Lynchburg Rd and Plank Rd. Please slow down and use caution here. The next spot to keep in mind on the bike is where the Sprint and Olympic Courses merge at Alberene Rd and Plank Rd. There will be volunteers and Police Officers at both of these spots. When you return on your bike into the Park, use Caution as you approach the Transition Area. Be ready to slow down and dismount **AT THE DISMOUNT LINE**. This is very important for safety as bikers will be exiting as you are returning.

RUN COURSE INFORMATION

Both OLYMPIC & SPRINT runners will leave transition on the Walnut Creek Park road towards the park entrance/exit and turn right onto the marked trail. Sprint will do one 5K loop and Olympic two 5K loops. Water stop #1 and #2 will be at the dam, and #3 will be at the second loop location. (See map). This IS a technical run and trail shoes will be helpful if you have them. **WATCH YOUR FEET** while you run. Being a trail, there are some rocks and roots on the run course.

TRANSITIONS

There will be a Sprint Course section and Olympic Course section. Each racer will pick their own transition spot within those sections.

No more than 6 bikes per rack. Be mindful of others space and keep your transition organized. Bring **ONLY** what you need into Transition and do not touch other racers property.

A Transition Captain and Volunteers will be there to assist you.

TIMING CHIP and BODY MARKING

Your timing chip will be picked up with your packet. This band gets secured around your left ankle. Please return your chip when you finish! Replacement of the chips are \$50 each.

Relay teams will pick up their timing chip race morning.

Body marking is next to Packet Pickup race morning from 6:30am-7:30am for the Olympic Race and 7:10am – 8:10am for the Sprint Race. Don't forget to bring your RUN number with you to get body marked.

PRE-RACE BRIEFING

Race Director will host a pre-race briefing and Q&A on Friday from 5:30-6:00pm. If you are new to Triathlons, I recommend attending. There will be another condensed pre-race briefing race morning from 7:15am for the Olympic Racers and 8:15am for the Sprint Racers.

ANNOUNCEMENTS during the event

Sherry Taylor of radio station 95. will be announcing for the event and providing your music! Make sure you say hello to her!

FIRST TIME TRIATHLETES

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 to learn more tips and ask any other questions you may have.

BIKE SUPPORT – Blue Ridge Cyclery

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

FOOD

Dominos Pizza, fruit, HAMMER Bars, snacks, HEED and water will be provided after your race!

12:00-4pm POST RACE PARTY at Wisdom Oak Winery

Wisdom Oak Winery is a family owned and operated winery located just minutes from Walnut Creek. Join us post-race to celebrate with a bottle or a glass of our award winning wine and to enjoy live music on our patio! We look forward to seeing you!

Wisdom Oak Winery Owners, Jason and Laura Levallee are excited for your race and to see you after! Jason is an excellent runner and athlete. *Anyone is welcome to attend. Bring a blanket or camping chairs to spread out on the beautiful lawn.

Random Row Brewing Company is giving racers \$1 off your first beer! Your race number is your ticket. Go visit this great Microbrewery off Preston Ave. within a month of the event for your discount. Random Row also has a great workout every Monday from 6-7pm with Ann and Jason Dunn. (<http://randomrow.com>)

Beneficiary Scottsville Volunteer Water Rescue and Fire

In 2011, Scottsville Fire and Scottsville Rescue made an agreement for Scottsville Fire to inherit operations of the Swift Water Rescue Team. While our primary response area is Albemarle County, we also assist Fluvanna, Buckingham, and Nelson Counties. Our primary service is swift water rescue, we also respond to other water related calls, such as; search and rescue, floods, special event stand-by, and boat support for dive teams. We have several swift water rescue trained personnel and numerous boat operators and shore support personnel. Our fleet includes two boats and two kayaks. If interested in joining our team or department stop by or give us a call. 434-286-2841, best time to call is Monday - Thursday 6pm to 9pm. Applications are also available on-line.

SPECIAL THANKS to our Partners, Sponsors and Volunteers!!

Charlottesville Racing Club and Charlottesville Triathlon Club, California Triathlon, Blue Ridge Cyclery, HAMMER Nutrition, Wisdom Oak Winery, Sherry Taylor from Z95.1, Formula Complete Fitness, Crozet Running, Random Row Brewing Company, Blue Ridge Graphics, Lauren Tate Photography, Albemarle County Parks and Rec. The Albemarle County Police Department, Albemarle Amateur Radio Club, Charlottesville Albemarle Rescue Squad, Scottsville Water Rescue, Gold Wing Road Riders Association, and all who have contributed towards making this event possible! We are grateful for everyone's support. Thank you!!

THANKS to our COURSE SUPPORT

Thank a Volunteer, a Police Officer, the Rescue Squad, Scottsville Water Safety,

Radio Operators, and Motor Officials. The event would not be possible without them!! Much of our Volunteer Team is from Wilson Memorial 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.***

RESULTS

Our friends at Second Wind Timing will provide your Professional Triathlon timing with accurate Swim, bike, Run and Transition splits. Results will be posted at the event as they are printed. They will also be posted on Facebook and the website as soon as they are available.

AWARDS and PRIZES

****Please note – Awards will NOT be mailed out**

- Top 3 Overall male and female
- Top 3 Collegiate male and female
- Age groups (3 deep) male and female
- Fastest Aquabike and Swim Run
- Top Relay (may go deep depending on number of relays entered)

19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 60-64, 65-69, 70 and over

RACE PHOTOS will be posted to Facebook and emailed which are donated by from Lauren Tate Photography.

Other Things to Do

Visit Monticello, Wisdom Oak Winery right down the road, and Random Row Brewing Co in downtown Charlottesville where you will receive \$1 off your first beer with your race number.

See you race weekend and have a safe and fun event!

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.

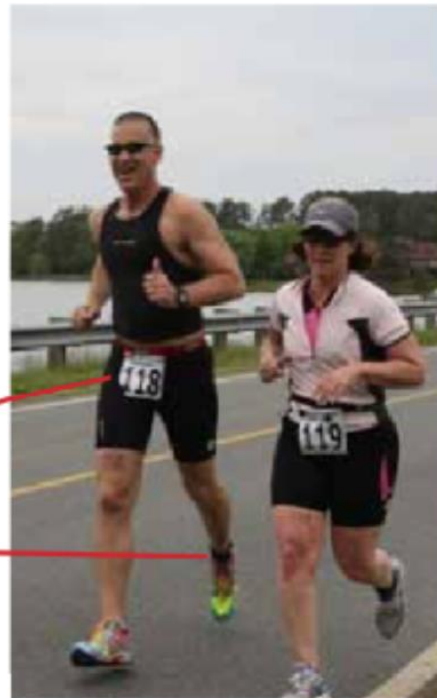
*Photos courtesy of Competition Imagery
www.competitionimagery.com*

Bib Number:

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

Timing Chip:

Must be worn on either ankle.



Walnut Creek Race Venue



Walnut Creek Olympic Swim Map 2018

Olympic Swim Map – see first map below

The 1500m Olympic swim is two laps. It will start in the calm waters of Walnut Creek lake and make clockwise loops keeping the big YELLOW turn buoys on the right. Once finished with the second swim lap, participants will swim towards the Red exit swim buoy and then run on grass approximately 200meters to the transition area.



Walnut Creek Sprint Swim Map 2018





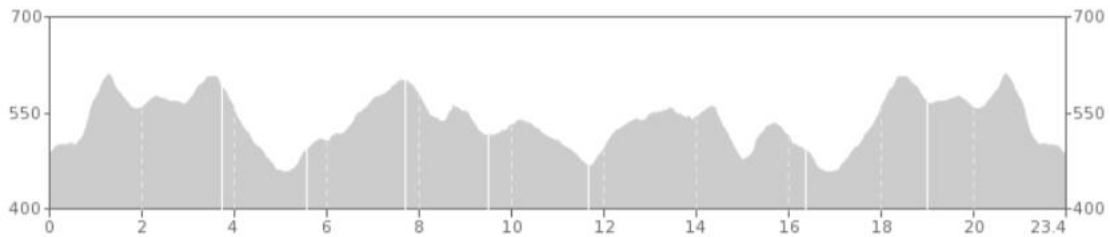
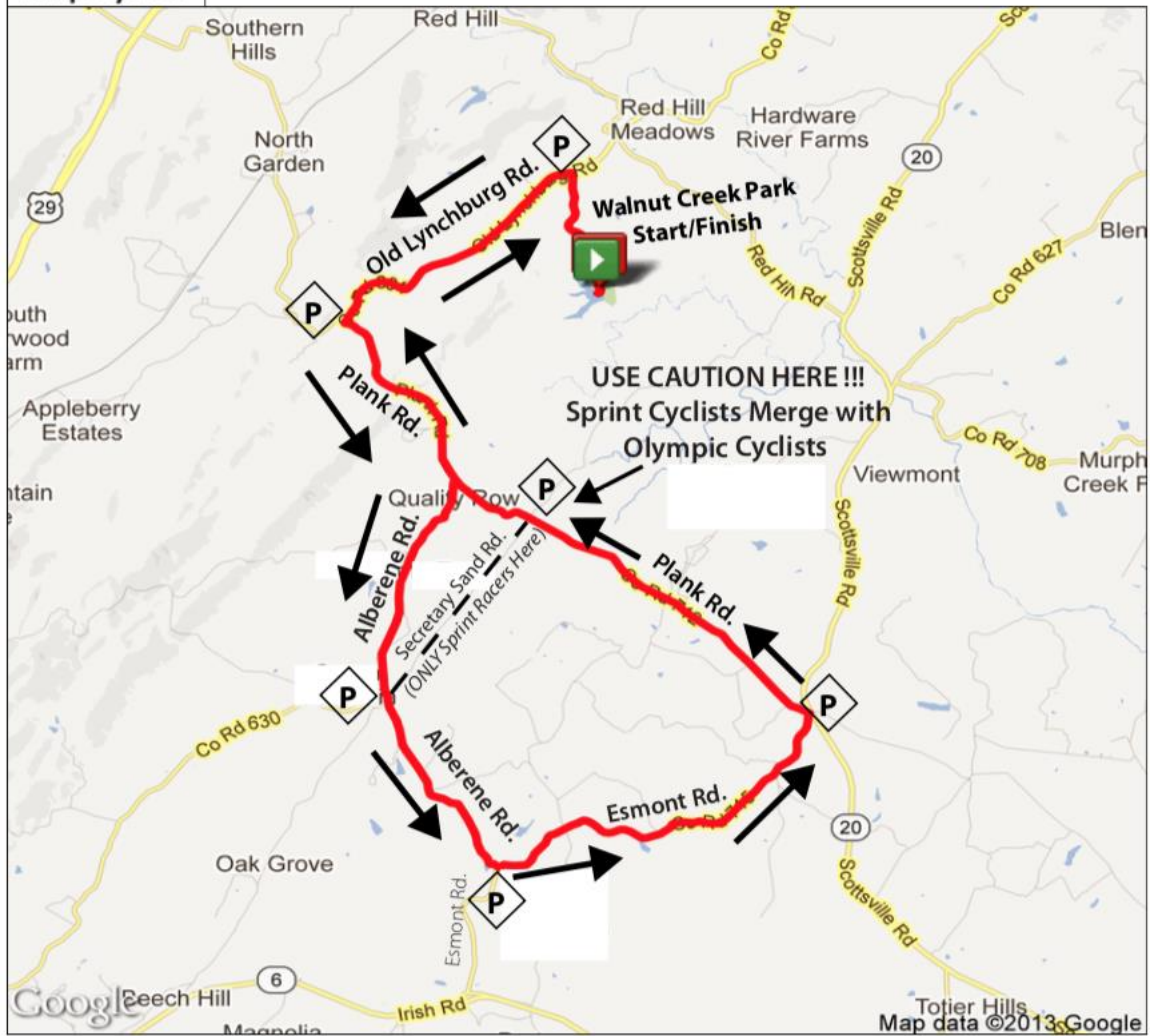
mapmyride

WC Tri - OLYMPIC BIKE

Distance: 23.33 mi

Elevation: 682.41 ft (Max: 702.1 ft)

P = Police





Walnut Creek Sprint Bike Course

Course - 16.7 miles

Distance: 16.63 mi

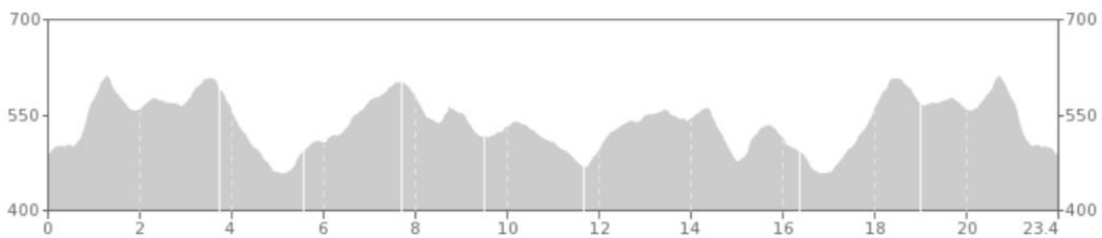
Elevation: 505.25 ft (Max: 702.1 ft)

P = Police

mapmyrun



Sprint Bike Road Course



Walnut Creek Triathlon Run

Walnut Creek Park Albemarle County, Virginia

4250 Walnut Creek Park
North Garden, VA 22959



Registration/ Check-in/
Restrooms/ Showers/
Spectator Viewing
Deck over lake/ Awards
and Post race food

FINISH

START

P = PARKING: (also
see parking map)

Olympic does
2 LAPS

Hiking & Biking Trails		Park Area: 525 acres
Bike Factory Trail	0.63 miles (3,347')	
C'ville Bike & Tri Just Climb It Trail	2.18 miles (11,515')	
Chimney Trail	0.74 miles (3,886')	
Colleen's Corners	0.44 miles (2,310')	
Entrance/Jungle Trail	0.63 miles (3,311')	
Fifth Pillar Trail	0.84 miles (4,410')	
Luke's Loop	0.83 miles (4,403')	
The Blue Wheel	1.99 miles (10,517')	
Wahoo Way	0.30 miles (1,593')	
Wilkins Way	3.90 miles (20,588')	

● Easiest ● Intermediate ● Most Difficult

Elevation Contour (10')	Gatehouse
Stream	Beach House
Grassy Area	Bridge
Disc Golf Area	Picnic Shelter
Disc Golf Holes	Restroom
Beach	Kiosk
Spot Elevation	Parking
Old Homestead	Maintenance Shop
Boat Launch	
Boat Rental (summer)	

Prepared by Albemarle County • Department of Community Development, Information Services Division • Map created by Derek Bedart, February 2014.
Note: The map elements depicted are graphic representations and are not to be construed or used as a legal description. This map is for display purposes only.

0 300 600 900 Feet

