



Athlete Guide

Charlottesville Triathlon

Sprint Triathlon

Sunday September 22nd, 2019
Fry Springs Beach Club

Fry's Springs Beach Club, 2512 Jefferson Park Ave, Charlottesville, VA 22903
(Please use google maps if needed to plan your best driving route before race morning)

START TIMES and DISTANCES

8:00am – Sprint Triathlon, Aquabike, Swim-Run – 350m Pool Swim, 12.8mi road bike, 3.1mi road run

8:05am – Sprint Duathlon – 1mi road run, 12.8mi road bike, 3.1mi road run

Thank you for racing with CMS-Events at the Charlottesville Triathlon, Duathlon, Aquabike, and Swim-Run. Here is your Racer Information Guide, please review for your event.

Packet Pickup / Late Registration

****Bring your I.D. and USAT Card or photo of each on your phone**

Saturday September 21st

12pm -3pm Packet Pickup and On-Site Registration Fry's Spring Beach Club (try to pick up your packet Saturday)

2:15-3:00pm– Pre-Race Brief by Race Director and Cory Fines, Trithlete, Owner Finesse Triathlon Training

Sunday, September 22nd

Packet Pickup and On-Site Registration at Fry Springs Beach Club

6:30am – 7:30am – All Race Categories

Race Timeline Sunday September 22nd, 2019

- 6:30am Transition opens (No earlier!). Transition closes at 7:40am
- 6:30-7:30am 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).
- 7:15am – 7:40am Swim warmups
- 7:40am Transition Closes for the Triathlon and Duathlon.
- 7:40-7:50am pre-race briefing for the Triathlon and Duathlon next to transition.
- 7:51The National Anthem / The Star-Spangled Banner.
- 7:55am Triathlon pre-race line up at the pool.
- 8:00am Triathlon STARTS
- 8:00am Duathlon and 5K Run pre-race line up at start line next to transition
- 8:05am Duathlon START
- 8:15am 5K Run STARTS
- 10:00am or when results are ready - Awards Presentation (Top three Overall Male and Female winners; top three in each age group)

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

TIMING CHIP and BODY MARKING

Your timing chip will be picked up with your pack on race morning.

Body marking is next to Packet Pickup race morning from 6:30am-7:30am. Don't forget to bring your RUN number with you to get body marked.

TRANSITION AREA

Transition will open at 6:30am and close at 7:40am. After Transition Closes you cannot re-enter for any reason as the timing mats are activated. Let the Transition Captain know if you need assistance after 7:40am.

There will not be designated spots in Triathlon. Each racer will pick their own transition spot. 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.

PRE-RACE BRIEFING: (Race Director)

Saturday from **2:15-3:00pm** If you are new to triathlons, we recommend going to the pre-race briefing. There will be another condensed pre-race briefing race morning from 7:40am-7:50am next to transition.

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 Saturday if you were not at the course Preview to learn more tips and ask any other questions you may have.

PARKING INFO (see parking map in this Guide)

DO NOT PARK on Park Rd.! Runners will be using this road. We recommend the large Stadium lot at the intersection of Stadium Rd and Maury Ave. (SEE MAP) Don't forget that if you ride your bike to the start you must follow USAT rules and have your helmet on with chin strap secured.

There will only be volunteer parking and very, very limited racer parking available at Fry's Spring Beach Club (FSBC). There will be some parking on Jefferson Park Ave. and Woodlands Dr. There are numerous other close by neighborhood streets.

RESTROOMS

There are men's and women's restrooms located in the main building at the pool entrance closest to the pool. These also have changing areas and showers. There will be two Port-O-Potties located near Transition Area.

WATER TEMP & WETSUITS

We will post the Water temperature on Friday September 20th on the Charlottesville Multisports Facebook page, at packet pickup Saturday and on race morning. USAT rules state that wetsuits are not legal if the water temperature is over 78F.

TIME LIMITS

- 10:15 am – Bike Course Closes
- 11:15 am Run Course Closes allowing a generous completion time.

COURSE RULES and INFORMATION

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.

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 two (2) Run Aid Stations on the run course. The run aid stations will have cold water and HEED Sports drink in cups and Hammer Gels.

BIKE COURSE INFORMATION (SEE COURSE MAPS at the end of this Guide)

The bike course an out and back course. The Turn Around is just past Hardware Bridge as you begin to head up hill. Two Police Officers and a Volunteer will be at this location.

Other bike course notes -

Make sure you mount dismount AT THE DISMOUNT LINE. This is very important for safety as bikers will be exiting as you are returning. Make sure your helmet is on and buckled before you mount your bike.

RUN COURSE INFORMATION (SEE COURSE MAPS at the end of this Guide)

ANNOUNCEMENTS during the event

Sherry Taylor of radio station Z95.1 will be announcing for the event and providing your music! Make sure you say hello to her!

BIKE SUPPORT – Blue Ridge Cyclery

Blue Ridge Cyclery will be at Fry Springs Beach Club Sunday 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

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

SPECTATOR INFORMATION

FSBC has plenty of viewing and sitting area on the hill inside the club. There is a Volleyball Court and Tennis Court where kids can play while you are waiting. Also great viewing of the swim.

BENEFICIARY: Charlottesville Police Foundation

The Charlottesville Triathlon will benefit those who tirelessly keep us and our community safe. Our Police Officers make every event we have possible.

The Charlottesville Police Foundation is an independent non-profit organization of local citizens who help our police get the tools and training they need to do their best work and keep our community safe.

SPECIAL THANKS to our Partners, Sponsors and Volunteers!!

Charlottesville Police Foundation and Charlottesville City Police Department, Charlottesville Racing Club and Charlottesville Triathlon Club, Blue Ridge Cyclery, HAMMER Nutrition, Wisdom Oak Winery, Announcer Sherry Taylor from radio station Z95.1, Formula Complete Fitness, Blue Ridge Graphics, Lauren Tate Photography, Charlottesville Albemarle Rescue Squad, 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, and Motor Officials. The event would not be possible without them!! Some of our Volunteer Team is from Wilson Memorial High School and Association of Operating Room Nurses. We appreciate their 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

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 with the link on the website, and emailed. Photos are donated by from Lauren Tate Photography.

Other Things to Do:

There is a UVA Football Game on Saturday, time TBA. Walk around the UVA Grounds, Shop and Eat on the Charlottesville Downtown Mall.

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

-Emily Hatch, and the CMS Events Team

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.

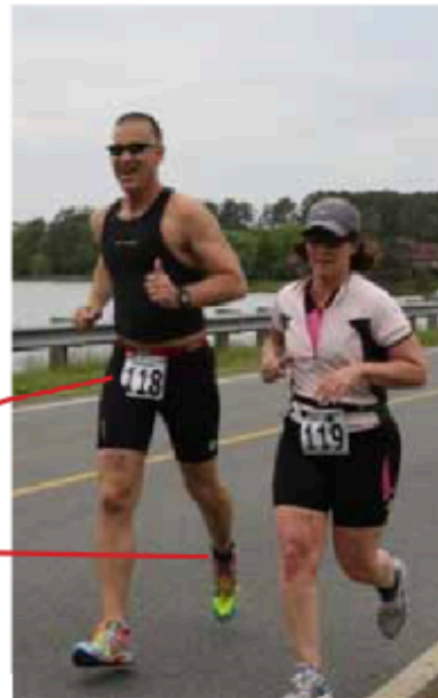
*Photos courtesy of Competition Imagery
www.competitionimagery.com*

Bib Number:

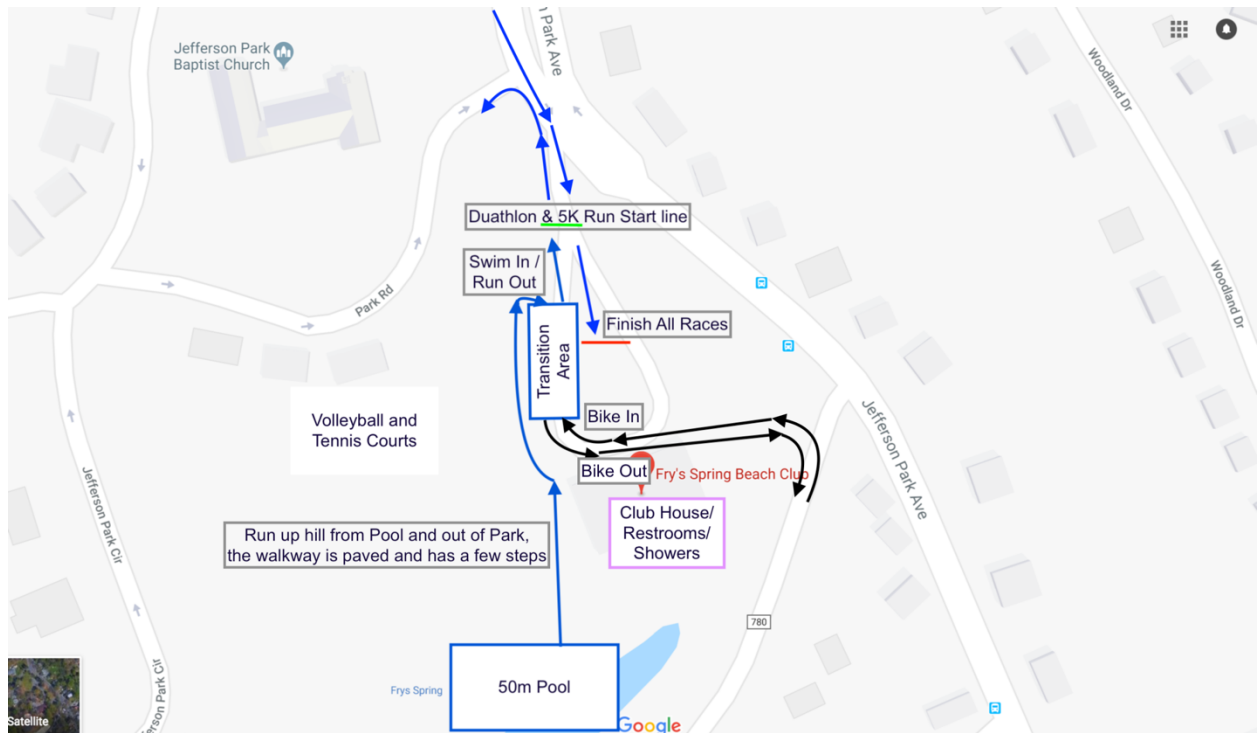
Must be worn in the front during the entire run portion of the event.

Timing Chip:

Must be worn on either ankle.

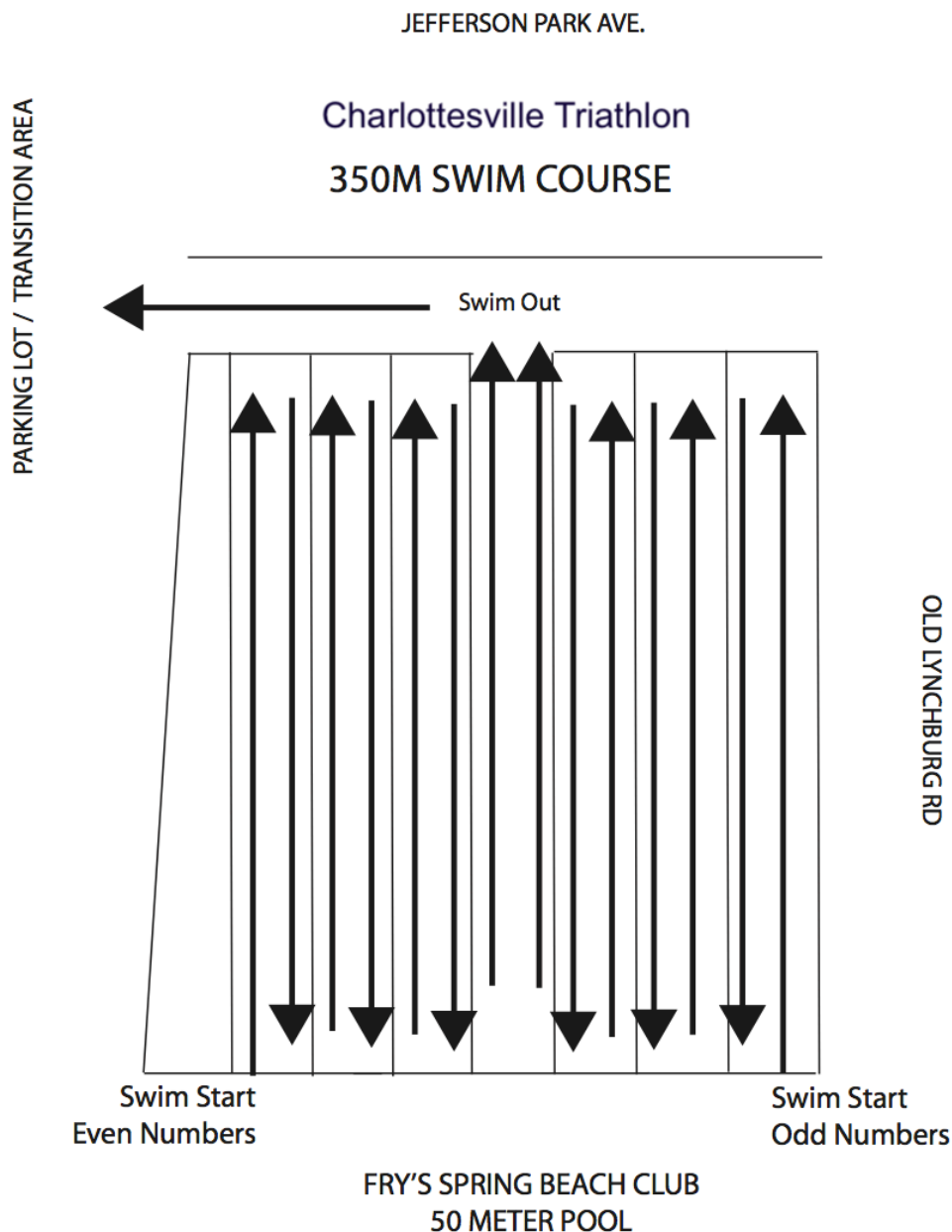


VENUE MAP



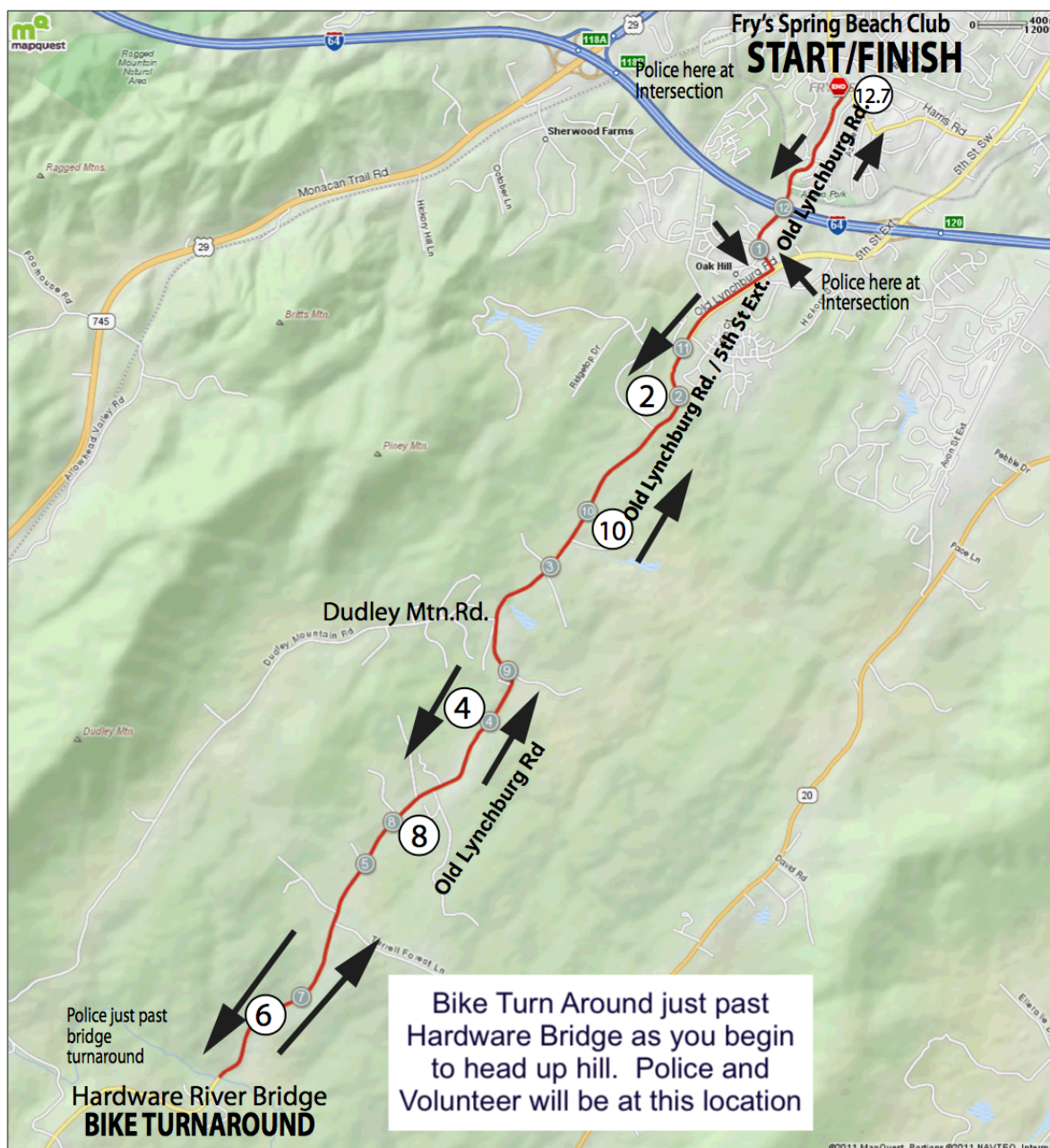
The **SWIM** course will snake through the pool from the outer side of the pool towards the middle. Two lines will be formed for the start. Odd numbers will start on one side of the pool and Evens will start on the other. Both lanes will snake through each lane to meet in the middle and then swim in the same direction to exit the pool. We will start everyone 15 seconds apart with the lowest race numbers beginning first. This will be clear race morning if you are not familiar with this Swim Start.

SWIM COURSE MAP



The **BIKE COURSE** will exit and enter Fry's Spring Beach Club from the Old Lynchburg Rd secondary entrance/exit. After taking a right onto Old Lynchburg Rd continue on approximately 1 mile to 5th St.Extended/Old Lynchburg Rd and take a right at this intersection. Police will be here. Take 5thSt Extended./Old Lynchburg Rd approximately 5.5 miles to the turnaround just past the Hardware River Bridge and then return back the same route.

12.73 miles



Description

3.1mi RUN COURSE FOR ALL RACES:

The **3.1 Mile RUN** will exit transition south (left) onto Park St. At the next intersection take a right onto Brunswick then take your next right onto Sunset Ave. Follow Sunset to Jefferson Park Ave. where you will take a left onto Jefferson Park Ave.(JPA) Run North/West facing car traffic on JPA towards UVA in the bike/run lane or sidewalk to Stribling Ave. Take a left onto Stribling Ave. Just before mile 1 on Stribling Ave. will be the 1st Water Stop.

Continue past the Water Stop on Stribling until you reach a gravel road. Continue on the gravel road for approximately 6/10 of a mile until you reach Fontaine Ave. Take an immediate left on a paved path towards the stoplights and then cross over Fontaine Ave in the designated crosswalk. (Police here). Once across Fontaine go right on the sidewalk and then take a quick left onto a paved path. At the exit of the paved path soon after mile 2 will be the 2nd Water Stop on Stadium Rd.

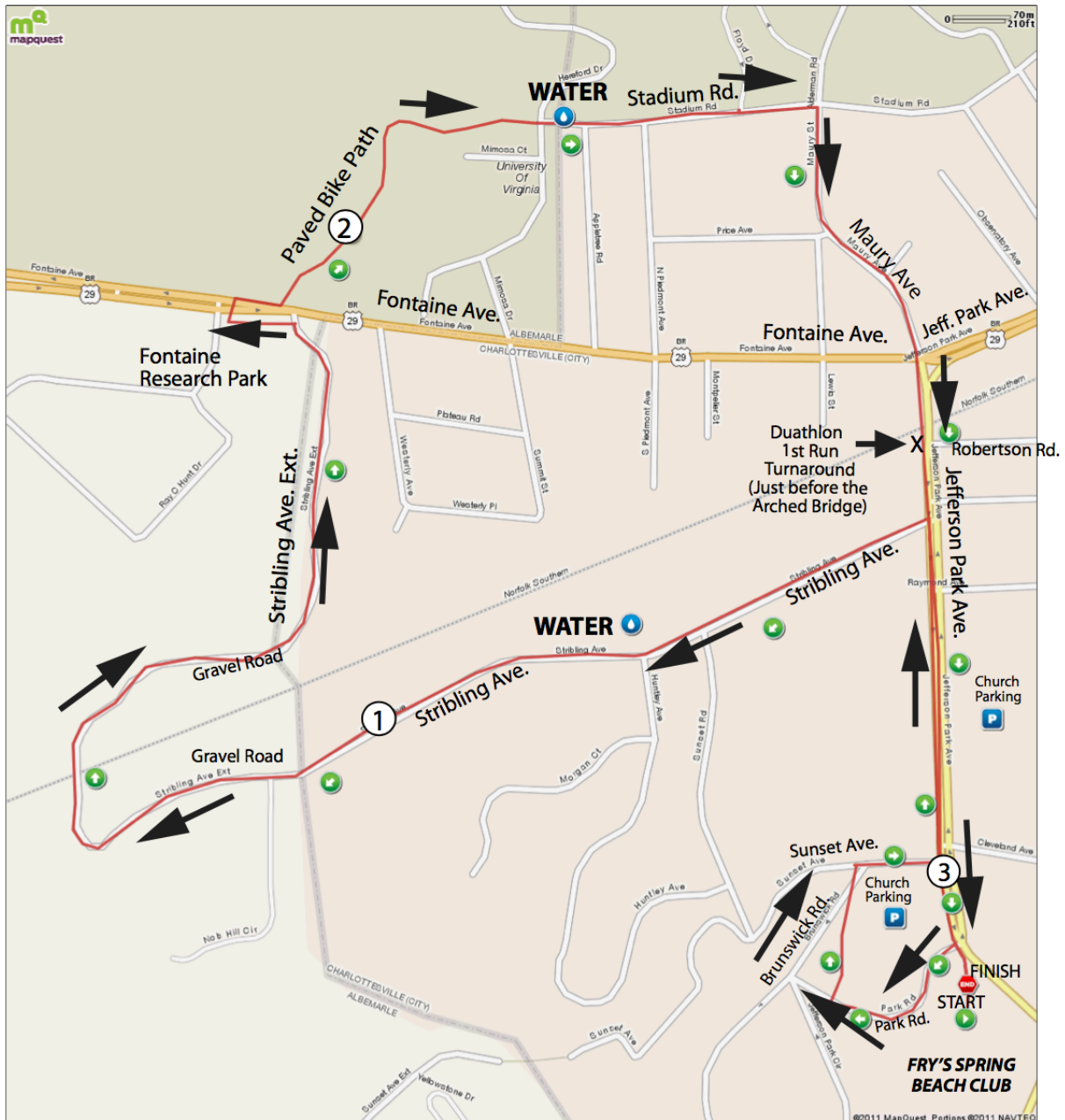
Continue straight on Stadium Rd past the Water Stop until you reach Maury Ave. Take a right onto Maury and head back South East to FSBC. Cross through a main 4-way stoplight intersection (Police will be here) towards the new bridge and Run over the footbridge on the pedestrian sidewalk. Once across the footbridge you will be on Jefferson Park Ave (JPA). Run in the bike lane or sidewalk back to FSBC. Run through the stone pillars at Fry's Spring Beach Club and then across the finish line once in the parking lot!

1mi DUATHLON RUN COURSE:

The first **1 Mile DUATHLON RUN** is the same as the first half *and* last half mile of the 3.1 mile Run. All Duathletes will START near transition and go Left onto Park Rd and Right onto Brunswick then Right onto Sunset Ave. Follow Sunset and take a Left onto Jefferson Park Ave. Run **straight** on JPA in the bike/run lane towards the bridge at Fontaine & Jefferson Park Ave's 4 way intersection. The Duathlon 1mile turnaround is just before the bridge. Run around the turnaround cone and then head **straight** back to the transition area at Fry's Spring Beach Club.

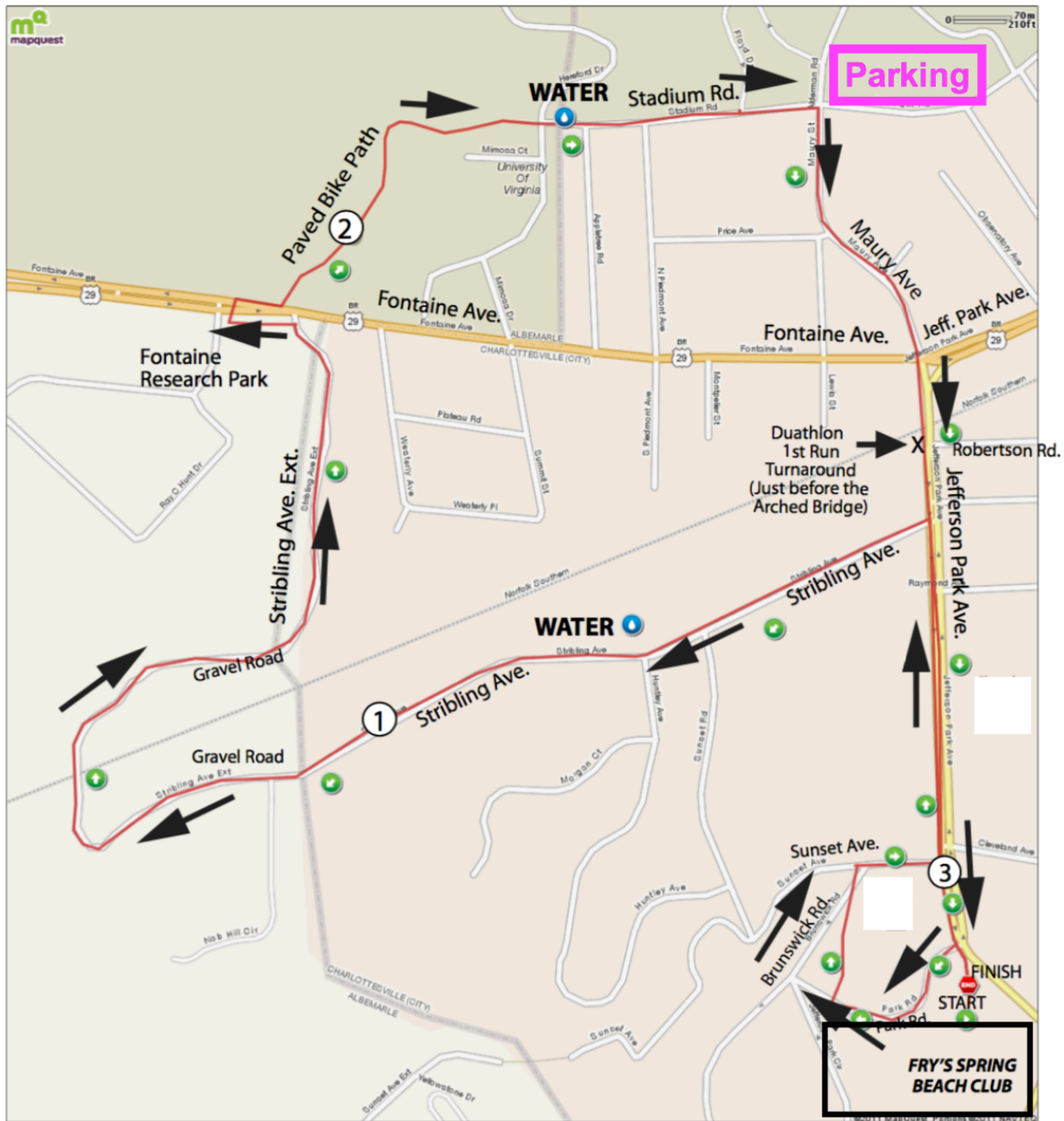
SEE RUN MAPS BELOW:

3.10 miles



Description

There is a large stadium lot with plenty of parking at Stadium Rd / Maury Ave
intersection of the 5K Run Course.
This is a short .6mi from FSBC!



Description