

RACE INFORMATION

RACE DESCRIPTION

SPRINT TRIATHLON – This is a 500yd pool swim, 15m bike course, and a 5k run – part trail part road. This is a great triathlon for beginners as well as the experienced triathlete. The longer swim in the pool is closer to the open water distance. The bike course has rolling hills on country roads as well as four lane roads. The course is 1 loop and takes you downtown Spotsylvania. The run is challenging with hills and a mulch trail with the road interspersed. Our triathlon is open for triathletes 15 years and older.

SPRINT RELAY – not ready to tackle the entire tri alone? Put a relay team together – this can be 2 – 3 people who share the different legs of the event. Your swimmer is seeded right along with the individuals competing in the event. You have a separate rack in transition where you tag and exchange the timing chip for the next leg of the event. You also have your own division for awards.

THE COURSES

SWIM – The swim is in a 25yd pool and will be a snake swim. You start in the deep end and swim up and back in 1 lane, then go under the lane line and swim up and back in the next lane. This continues for 10 lanes – a total of 500yds. The event is seeded based on the 500yd swim time submitted by each swimmer – including relay teams. Swimmers start 15 seconds apart with 2 minute break after 50 swimmers.

BIKE – The bike course is a 15 mile loop over rolling hills. The course is open to traffic. Police presence is at all major intersections but you need to follow the rules of the road.

RUN – The 5k run is part mulch trail and part road. The run is a challenging course on the YMCA and Patriot Park property. There are 3 water tables with heed and water on the run course.

TRANSITION – The transition area is set up in the side parking lot of the YMCA. All racks will be numbered with a separate rack for the relay teams. There are port-a-potties in transition.

YOUTH TRIATHLON – this event is divided based on age:

5-10 yr olds – 50yd pool swim, 1.6m bike on a closed, .75m run – mostly trail

11-15yr olds – 100yd swim, 3.2m bike on a closed road, 1.5m run – mostly trail

Each event has a REALY TEAM option. You may have teams of 2 or 3 kids competing in the team division. Your team must choose either 5-10 or 11-15 year old event. You can age waive up – not down. Relay teams have their own award division.

The youth triathlon is a great way to get our kids involved in this sport we love. The distances are designed to give the kids the experience of competing in the 3 events with transitions without over taxing them with big distances. Having the youth event immediately

following the sprint triathlon provides the kids with great spectators and volunteers. Many of the sprint triathletes stay and cheer on the kids.

COURSE DESCRIPTION

SWIM – The swim is in a 25yd pool. The kids will be seeded based on swim time and started 1 at a time. There will be a short break in between age groups. We start the older kids first. The 100 yds is a snake swim – they swim up and back in 1 lane then up and back in the 2nd lane then out to transition. The 5-10 yr olds swim up and back in 1 lane then out to transition. We allow young triathlete who needs help in the pool – ie swimming with a noodle or other aid- to use them.

BIKE – the bike course is a 1.6 mile loop that the 5-10 yr olds do 1 time and the 11-15 yr olds do 2 times. The bike course is all within the YMCA and Patriot Park and does not go out on any public roads. Our young triathletes may use training wheels if needed. The bike course is lined with volunteers. The kids are never out of sight of a volunteer at any point.

RUN – The run course is mostly on a wide, mulch trail. The 5-10 yr olds go into the trail and come out then finish on the side walk. The 11-15 yr olds run a different section of the trail that is challenging with some hills before arriving back near transition to finish their run on the 5-10 yr old run course. There are volunteers along the run but there are short sections where the kids are out of sight. There are water tables on the run course with both heed and water.

TRANSITON AREA – The transition area is in the same location as the sprint triathlon. The “racks” are lines on the ground with numbers designating the triathletes area. There will be a separate area for the relay teams.

DIRECTIONS – From 95 take the Massaponax Exit – Route 1 – and go south. Right on Spotsylvania Parkway. Left on Smith Station Road. The Ron Rosner Family YMCA of Spotsylvania is on the right – 5700 Smith Station Road.

TEAM COMPETITION – this is an extra awards category we offer. This does not affect the way you race the event. We take the results and wards points to each individual who competes from your team giving additional points for those who place up to 5th in their age group. The team divisions are: SPRINT TRI: Collegiate – all kids attend the same college, Club/military/corporate – all members need to be part of your club (i.e. triathlon club), branch of the military, or associated with the same business. YOUTH TRI: high school, middle school, and elementary school – each of these have home school as the school.

This is a fun way to take bragging rights and take the trophy back to your school, club or business. We will ask again at packet pick up if you are part of a team for this competition. Remember, every team members earns points so encourage your friends or co workers to come and tri!

AWARDS

SPRINT INDIVIDUAL: Top 1, 2, & 3 overall and in each age group: 19 & u; 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

SPRINT REALY TEAM: Top 1, 2, 3

TEAM COMPETITION: Top team in each category

YOUTH INDIVIDUAL: Top 1, 2, 3 overall and each age group: 5-6, 7-8, 9-10, 11-12, 13-15

YOUTH RELAY: Top 1, 2, 3 for 5-10yr old relays, and Top 1, 2, 3 for 11-15yr old relays

AFTER PARTY

At your finish line we have PAPA JOHN'S after party complete with hydration and pizza and music.

T SHIRT – There is a technical, dry fit shirt for all of those who register BEFORE May 1st. We do NOT guarantee our technical shirt to those who register AFTER May 1st.

TRAINING PROGRAM – TEAM Y tri offers a 6 week triathlon training program in preparation for this triathlon. Training program start date is March 29th. Contact Becky Weber if you are interested: rufus34@comcast.net.

RAPPAHANNOCK AREA YMCA RACE SERIES – our event is part of this race series. There are 8 possible events for adults and 5 events for kids to compete in. Running 5 or more for adults or 3 or more for kids will earn you additional prizes. Check out the details at www.teamytri.com.