



Sunday, May 8, 2022
8:00 am
The Freedom Aquatic and
Fitness Center
9100 Freedom Center
Blvd.
Manassas, VA 20110
info@triiitnow.com
www.triiitnow.com

PRE-RACE INFO

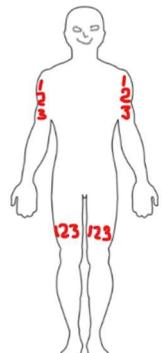
- 1) There's a **list of participants** registered for the LADIES' CHOICE MULTISPORT FESTIVAL on the race webpage: http://triiitnow.com/LC/LC_reg.htm (click on the button marked ENTRY LIST, toward the bottom of the page). Any **corrections** should be reported to the race director (info@triiitnow.com) by 10 pm on Wednesday, 5/4/22 Please note that the race is seeded by estimated swim times. If you have no time, you will be at the end of the line to start. [Duathletes and Relay team members doing the bike and run legs are not required to list a swim estimate.] NOTE: Race age is your age on 12/31/22.
- 2) There will be an online pre-race meeting from 9:30 to 10:30 a.m. on **Saturday 5/7/22**. The meeting will include review of the course and procedures for the race, followed by a Q&A session. The meeting will take place via Zoom. The link will be emailed to all who are registered by Friday evening.

Packet pickup will be held on race morning. Be sure to allow PLENTY of time. We recommend arriving no later than 6:45 for that and transition setup. Packet pickup will be available in the lobby from **7:00 to 7:30 only**.

Each athlete MUST pick up their own packet. Everyone must show photo ID. Parents or legal guardians must pick up packets for those under age 18 (the parent who signs for those under 18 must show their ID instead). This is due to insurance requirements and is part of the procedures for us to hold this race with USA Triathlon sanctioning. Please come prepared! .

If you have received/purchased USAT annual membership SINCE registering for this race, please bring along your card or a printout from the USAT website showing your member number so that we can record it for the post-race reports we are required to file.

- 3) Tri It Now will be offering race number belts (\$11) and swim caps (\$6) for sale at packet pickup on unday (cash or check only).
- 4) Please review the instructions found on the course description page of the race website on how to use our Tri It Now bike racks. It is important that all participants understand how to use our racks properly in order to assure the stability of the bikes. You may use this link to reach the **bike rack instructions** directly: <http://triiitnow.com/BikeRacks.htm> . Racks are not assigned. Rack selection is first come, first serve.
- 5) We are requesting that **ALL ATHLETES DO THEIR OWN BODY MARKING BEFORE ARRIVING AT THE RACE VENUE** on Sunday morning. Use a black permanent felt tip marker (it's not *really* permanent on skin). It is important to use permanent marker so the number stays on during the swim. Bib numbers will be posted on the entry list on Friday, 5/6/22: https://triiitnow.com/LC/LC_reg.htm (scroll down to bottom of page). The bib # should be applied as shown in this diagram:
- 6) **Please bring your own water bottle for hydration during the race.** We recommend having a bottle at your transition spot and/or on your bike. Some may want to carry water during the run. We'll provide water at the finish.
- 7) **We hope you will plan to stay for the awards ceremony following the race.**

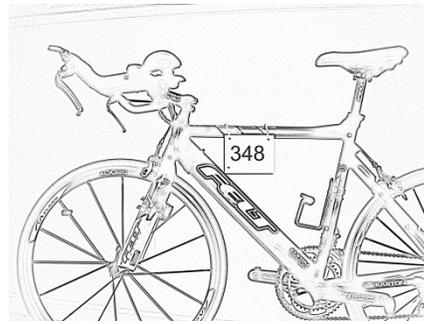
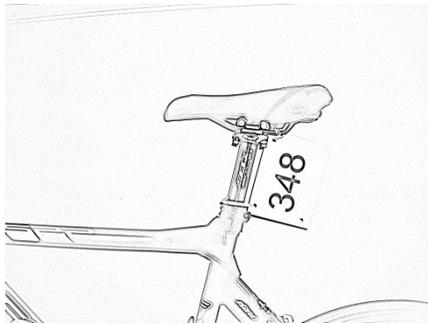


RACE DAY

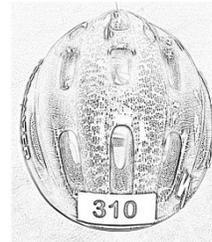
- 1) The race begins at 8:00, but you should **arrive 45-60 minutes ahead of time** in order to pick up your race numbers, and set up your bike, helmet, shoes, etc. in the transition area. In addition you will have to collect your race chip. **YOU WILL BE REQUIRED TO BRING YOUR RACE NUMBER BIB TO CHIP PICKUP!!**
- 2) Please note that a large portion of the parking lot at the Freedom Center will be used for our event (transition area). Therefore, please pay attention to the cones, etc. when choosing a parking space!
- 3) The pool will NOT be open before the race. Please plan to run or bike if you want to warm up.
- 4) The transition area will have rows of **bike racks**. You may rack on whichever rack you choose, first come served basis.

Our racks are intended for 2-4 bikes each. PLEASE look at the race webpage to see pictures and videos of how to rack on them ([click here to see them now](#) or paste this URL into your web browser: <http://tritnow.com/BikeRacks.htm>).

- 5) You must attach the provided **bike number** to your bike (it has a tape surface that adheres when it is folded). Follow either of these pictures which show where to attach the bike number:



And you must stick the **helmet number on the FRONT** of the helmet (for id by referees and the photographer).



- 6) **Helmets are required** during the bike portion of the race...DON'T FORGET TO BRING YOUR HELMET ON RACE DAY. And please remember that your helmet must be ON and FASTENED whenever you are on your bike (even before or after the race)...otherwise, it is a DQ. See a summary of the USAT rules on the [Ladies' Choice webpage](#) or on their website, www.USATriathlon.org.
- 7) We will be chip-timing this event. The **chips** will be handed out on race morning. Be sure to put the chip on your ankle (Velcro & neoprene band will be included) before going to the starting line. And keep track of it during the race; lost chips will incur a replacement fee assessed by the timing company.
- 8) There will be a **mandatory pre-race meeting** outside in front of the building just prior to the start of the race (approximately 7:50) to go over race instructions. **AFTER 7:50, ONLY RACE PARTICIPANTS WILL BE ALLOWED IN THE TRANSITION AREA UNTIL THE RUN & BIKE PORTIONS OF THE RACE ARE OVER FOR ALL.**
- 9) **Duathletes** will begin with a mass start near the transition area at the same time that the swimmers are starting indoors. For the start, all duathletes should meet with the race official at the door swimmers will use to exit the pool area (there is a door at the small patio outside the pool exit). The first run of the duathlon uses the same route as the final run. At the end of the first run, duathletes will enter the transition area using the same entrance used by swimmers as they come from the pool.

- 10) **Relay Teams**: swimmer will follow swim procedures below, and then hand-off the team timing chip to the biker in the transition area (by the team bike rack). Biker will then bike and return to transition to hand-off chip to the runner (again at the team bike rack).
- 11) **Triathletes, Aquabikers, Aquathlon participants, and Relay teams** will begin the swim as a time trial start (one swimmer at a time, beginning 5 seconds apart). Everyone will be asked to line up according to race numbers. The **first swimmer** will enter the water at about 8:10, with the others following one at a time at 5 second intervals. No jumping or diving into the pool. Sit on the edge and slide in as directed by the Starter.
- 12) **Flip turns are illegal** in this race and they will be cause for disqualification. Since every lane is a one-way "street"/lane, it would be dangerous to be flipping head-first into swimmers coming straight at you. *Swimmers must touch the wall, go under the lane line and then push off from the wall in that new lane.* Do not push off from the wall before going under the lane line! You must touch the wall on BOTH sides of the lane line.
- 13) From the swim finish, you should hurry (do not run on the pool deck) to your spot in the transition area. **Aquathlon** participants put on any gear needed for your run (especially your number bib), exit transition at the RUN banner (at same place you entered transition from the swim), and turn right on the sidewalk to begin the run. ALL OTHERS: Put on your **HELMET** (it must be fastened at all times while you are on your bike), shoes, etc. WALK/RUN your bike to the bike start at the end of the transition area. The **mount line** will be clearly marked. There will be people directing traffic for you, but please be aware of traffic conditions for your own safety). Always stay to the right while biking—but be sure to pass only on the left.
- 14) The **BIKE COURSE** is marked with **arrows** painted on the road. There will also be **signs, volunteers, and police officers** at critical points on the course. PLEASE NOTE: it is the athlete's responsibility to know the course. **Maps are posted on the website.** Important: **THIS IS A 2 (TWO) LOOP BIKE COURSE.** You are responsible for counting your own laps.
- 15) At the end of the bike portion of the race, dismount your bike when told (**dismount line** will be clearly marked) and WALK/RUN it into the transition area. You must replace your bike in the same spot where it was before the bike ride.
- 16) **Aquabikers** are finished with their race after re-entering the transition area following the bike ride. Please re-rack bikes and then exit the transition area so others may continue racing unimpeded. Turn in your chip to the timers at the finish line arch.
- 17) **Triathletes and Duathletes** continue: Be sure your **race number** is on for the run. It may be pinned to your shirt or shorts or on a race belt, but it **MUST** be displayed on the FRONT of you—especially as you approach the finish line. We do use these to help with recording your finish time for the race, for announcements, and for photographs.
- 18) Please read over the list of **USA Triathlon rules** provided on the race website (http://triiitnow.com/USAT_rules.pdf)
We would like to point out several serious infractions **that may lead to disqualification** from the triathlon:
 - 1) Unsportsmanlike conduct.
 - 2) Being on the bike without a fastened helmet (even before/after the race).
 - 3) Not completing the entire course as described on the maps provided on the website. Please note that, while every effort has been made to mark the course clearly, it is the responsibility of the competitor to be familiar with course as shown on the maps
- 19) Please note: USAT rules prohibit the use of earphone music devices during the race.
- 20) If you are unable to finish the race, please let the finish line crew know (and give them your timing chip). Until you show up, we'll be waiting for you!
- 21) After you finish, grab a snack under the tented patio near the finish area.
- 22) Please stay and cheer for the others, and plan to attend the **awards ceremony** following the race. **We do not mail awards.** We also have great **door prizes** to give out. Post-race festivities will be held in the tent/picnic area near the finish line.
- 23) **Results** will be provided by Arsenal Timing, and will be posted on our race webpage as soon as possible after the race is over: <http://triiitnow.com/RESULTS.htm> .
- 24) Throughout the race, please remember: **SAFETY FIRST!** This race is for FUN and it is not fun to get hurt!

Please be sure to hydrate well (drink plenty of water or sport drink) before the race (during the day Saturday and on Sunday morning)!

GOOD LUCK! Have a safe, fast, and fun race!



*Be sure to show your appreciation to our **volunteers**
and to our **sponsors and supporters, including:***

