



Sunday, March 26, 2023  
8:45 am

The Freedom Aquatic and Fitness Center  
9100 Freedom Center Blvd.  
Manassas, VA 20110  
[info@triitnow.com](mailto:info@triitnow.com)  
[www.triitnow.com](http://www.triitnow.com)

## PRE-RACE INFO

- 1) There's a list of participants registered for the Tune Up Tri on the race webpage: <http://triitnow.com/TUT/TUTreg.htm> (click on the button marked ENTRY LIST). If you find an error in your registration info, please [email the race director](#) right away!
- 2) At 9:30 a.m. on Saturday, the 22nd we will hold a **pre-race meeting ONLINE**. We expect this to last about 45 minutes. The meeting will include review of the course and procedures for the race, including how to do transitions and a rules review 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 7:45 for that and transition setup. Packet pickup will be available in the lobby from **7:45 to 8:15 only**.

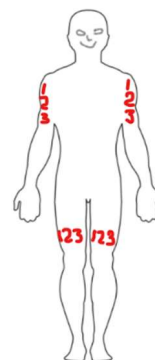
**Each athlete MUST pick up their own packet. Everyone must show photo ID. Parents or legal guardians must pick up packets for those under age 18** (the parent who signs for those under 18 must show their ID instead). This is due to insurance requirements, part of the procedures for us to hold this race 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 Sunday (cash or check only, and exact change is extremely helpful).
- 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://triitnow.com/BikeRacks.htm>.

**Note:** As at all Tri It Now races, racks are not assigned. Rack selection is first come, first serve.

- 5) We request 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 evening, 3/24/23: <https://triitnow.com/TUT/TUTreg.htm> (scroll down to bottom of that 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. The celebration includes awards, door prizes, light snacks, and FUN.



## THE COURSE (full tri course here; adapt to your race category!)

Since we anticipate a chill in the air in March, we start this triathlon with the run, then do the bike, and finally end up with a "snake swim" at the pool (so you begin your swim whenever you arrive, not having to wait for an empty lane). Each leg of the race is described fully on the race webpage. The links to each description are included here:

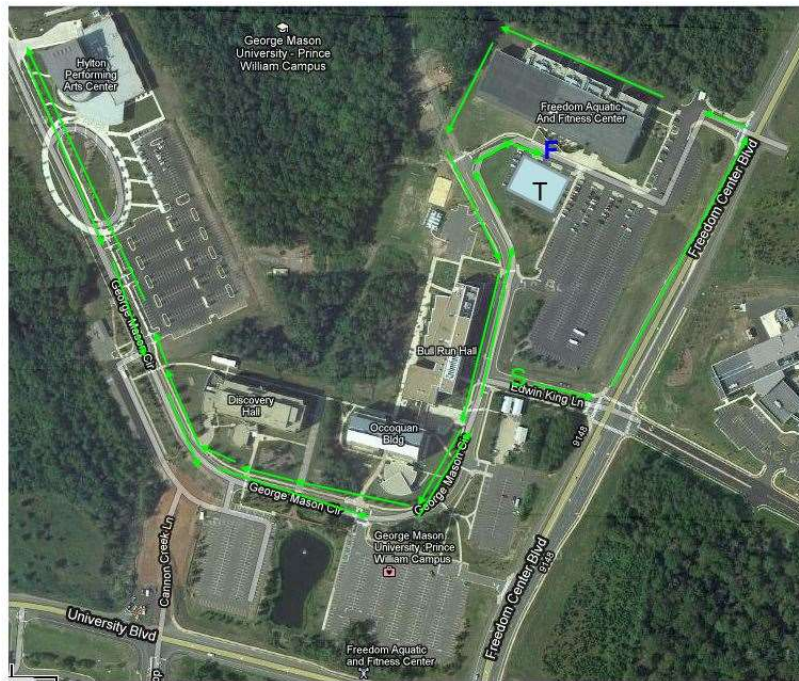
[1.5 mile run](http://www.triitnow.com/tutrun.htm) – [www.triitnow.com/tutrun.htm](http://www.triitnow.com/tutrun.htm)

[4 mile bike ride](http://www.triitnow.com/tutbike.htm) – [www.triitnow.com/tutbike.htm](http://www.triitnow.com/tutbike.htm)

[250 yard swim \(in a pool\)](http://www.triitnow.com/tutswim.htm) – [www.triitnow.com/tutswim.htm](http://www.triitnow.com/tutswim.htm)

(distances are approximate)

The start of the race will be done in waves (announced after registration closes). Here is a map of the **RUN** (both maps are also available on the website so you may see them larger!):



Then you'll get your bike from the transition area (T) and follow the bike route below. The numbers on this map indicate the mileage to that point.



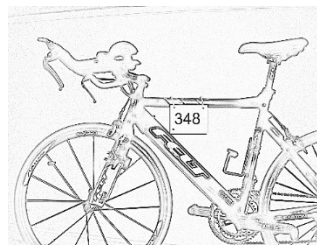
Following the run, you'll enter the pool building to start your swim.

## RACE DAY

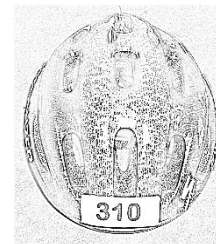
- 1) The race begins at 8:45, but you should **arrive 45-60 minutes ahead of time** in order to pick up your race numbers, collect your race timing chip, set up your bike, helmet, shoes, etc. in the transition area. **YOU WILL BE REQUIRED TO SHOW YOUR RACE NUMBER BIB AT THE CHIP PICKUP TABLE!!** Transition area will open by 7:30 a.m.
- 2) Please note that a large portion of the parking lot at the Freedom Center will be used for our event (transition area). Therefore, follow the instructions (signs and volunteers) when choosing a parking space!
- 3) The pool will NOT be open for swimming before the race. Please plan to run or bike if you want to warm up. (note: USAT rule that you must have bike helmet on and buckled any time you are on the bike...before, during, and after race. DQ if not.)
- 4) The transition area will have rows of **bike racks**. You may rack on whichever rack you choose.

Our racks are intended for 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](http://tritnow.com/BikeRacks.htm) or paste this URL into your web browser: <http://tritnow.com/BikeRacks.htm>).

- 5) You must attach the provided **bike number** to your bike (the number you receive will be self-sticking). 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.



- 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 [Tune Up Tri webpage](http://www.USATriathlon.org) or on their website, [www.USATriathlon.org](http://www.USATriathlon.org).
- 7) Timing chips will be distributed on race morning. Be sure to put it 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) The pool deck will be open, and we highly **recommend leaving a towel in the bleachers** so you have easy access to it when you finish your race. PLEASE do not walk in the hallways when you are dripping wet (safety hazard).
- 9) The transition area will be CLOSED at 8:30. EVERYONE must be finished with setup and clear the area at that time.
- 10) There will be a **mandatory pre-race meeting** indoors or outside in front of the building just prior to the start of the race (approximately 8:30) to go over race instructions. **AFTER 8:30, ONLY RACE PARTICIPANTS WILL BE ALLOWED IN THE TRANSITION AREA UNTIL THE RUN & BIKE PORTIONS OF THE RACE ARE OVER FOR ALL.**
- 11) Following the pre-race announcements, all participants will walk to the start area together. The first wave of runners will begin at approximately 8:45. Waves (marked on bib labels) are by age group.



- 12) 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.
- 13) **Run** course will be marked with Tri It Now arrows. Follow all signage. The run course will include running across a section of grass as well as on sidewalks. The run begins on a section of road closed to traffic for the race. After 2 turns, no more of the run is on the road (do NOT go on the road as the bike course is there!)
- 14) **Aquabike** participants will be started after the runners have all begun. We will go as a group from the run start to a corner of the transition area where the starter will time your start.
- 15) **Aquathlon** participants will enter the transition area, collect swim gear (goggles, etc.) and head into the pool. (skip to #21 below). A section of the transition area without bike racks will be saved for your transition gear.
- 16) **Relay Teams**: runner will follow run instructions 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 swimmer (again at the team bike rack).
- 17) From the run finish, runners go to your bike in the transition area. Put on your **HELMET** (it must be fastened at all times while you are on your bike during the race, as well as before and after the race), 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.
- 18) The bike course is marked with **arrows** on large sign boards. PLEASE NOTE: **Maps are posted on the COURSE tab of the race website**. Take a look at them and print them out if you wish. Although we'll do our best to mark the course with arrows and volunteers, it is the responsibility of the athlete to be familiar with the course.
- 19) 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.
- 20) **Duathletes** will then repeat the first run again, but this time starting from the transition area (using the same exit that the triathletes use to go to the pool, and turning to the right to go all the way around the building, picking up the first run course on the service road behind the building). At finish, go inside to pool deck (same route used by triathletes) to report to the timers. WALK on pool deck, honoring the same order of finish as when you entered the building.
- 21) Triathletes go to the path marked for entrance to the pool. When you reach the first lane, you may begin your snake swim immediately. No need to wait in line. **NO JUMPING OR DIVING INTO THE POOL**; sit on the edge and slide in!
- 22) **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! Swim rules are posted on the race website (COURSE tab).
- 23) Throughout the race, please remember: **SAFETY FIRST!** This race is for FUN and it is not fun to get hurt!
- 24) Please read over the list of **USA Triathlon rules** provided on the race website ([instructions](#)) .

We would like to point out several serious infractions **that may lead to disqualification** from the triathlon:

- a) Unsportsmanlike conduct.
  - b) Being on the bike without a fastened helmet (even before/after the race).
  - c) 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.
- 25) After you finish, please stay and cheer for the others, and plan to attend the **awards ceremony**. We also have some great **door prizes** to give out. PLEASE plan to stay because you may be surprised by what you might win to take home. And we do not mail awards.

Post-race festivities will be indoors (in the Community Room) unless the weather is great enough for us to spend that time outside. We hope to begin the awards ceremony between 10 and 10:30 (very loose estimate). Immediately after

you finish your race, you'll receive your finisher award, and there will be small snacks available on the pool deck. BE SURE TO DRY OFF BEFORE STEPPING INTO THE HALL (puddles on that floor make it very slippery).

26) Results will be posted on our race webpage as soon as possible after the race is over: <http://triitnow.com/RESULTS.htm>

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

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

