



2017 Athlete Guide- 6th Annual Swim Fest at Fort Ritchie

Dear Swim Fest Participants,

Are you ready for race day? We are excited to see you this Saturday, May 27th!

This document is being sent to help communicate to you the key pieces of information you will need to have a fun, safe and successful event. Within this document we outline rules and disqualifiers, so it is important that you read it carefully.

Please take time to read the entire document and email us with your questions.

Ken@RacineMultiSports.com

We will have race morning check-in only, no check in on Friday. Registration will be opened race morning for those wanting to register last minute. Race day registration fees will be higher than online rates. Check-in will be located next to the pier on Lake Royer behind the Lakeside building, from 6:00am to 7:30am. We will keep registration open until 8:30am for the swimmers who are only in the 2250. Swimmers for the 750 and 1500 MUST CHECK IN BY 7:30am.

You will be required to present your photo ID at check in (driver license of state issued ID). Our insurance does not allow anyone to transfer their entry to another person. No ID means you do not race.

Stay healthy and we look forward to seeing you at the race! See document below.

Ken Racine

Race Director

Ken@RacineMultiSports.com

301-991-0461 cell

Fitness for Life!



Volunteers

Our events require many volunteers. We like to have more than needed to cover every possible detail. As a result we are always looking for more volunteers. Please visit the Swim Fest race page to volunteer. You will find a Volunteers section with a link to registration. You can volunteer for any of the positions listed on the registration site.

https://www.imathlete.com/events/EventReg/EventReg_SelectType.aspx?fEID=64885&fNew=1&fsource=imAEOverview

Event Location

Lake Royer at Fort Ritchie, look for the pier on the lake. The address is 14421 Lake Royer Drive, Cascade, MD 21719. Directions are below.

Event Cancellation

A Racine MultiSports event may be delayed or cancelled due to adverse, inclement, or unsafe weather. Should the event be delayed, the starting time of the event will be moved back accordingly. The delay will be communicated to all participants. The Racine MultiSports management team and local law enforcement has the authority to cancel an event. If cancellation of an event takes place, please follow instructions of the event officials and local law enforcement personnel. Your entry fee is not refundable if an event is cancelled due to adverse, inclement, or unsafe weather. The Race Director also reserves the right to modify the course at any time before or during an event by his/her own judgment or if instructed by local law enforcement personnel or officials.

Weather Conflicts

The race will not be cancelled for rain or cold conditions. Plan accordingly to the forecast. For severe weather please read above.

Race Schedule

(all times are approximate)

Saturday, May 27

6:00am	Packet Pick-Up and Race Day Registration opens
7:30am	Packet Pick-Up and Registration closes (750 and 1500)
7:30am	Race Briefing by Race Director
7:45am	Warm up for 750 meter race
7:55am	Line up for 750 meter race
8:00am	750 Start Men
8:03am	750 Start Women
8:30am	Packet Pick-Up and Race Day Registration closes (2250 only)
8:30am	Warm up for 1500 meter race
8:40am	Line up for 1500 meter race
8:45am	1500 Start Men
8:48am	1500 Start Women
9:30am	Warm up for the 2250 meter race
9:40am	Line up for the 2250 meter race
9:45am	2250 Start Men
9:48am	2250 Start Women
11:00am	Awards Ceremony
11:30am	Break down and clean up

Race Format

750 Meter Race- one lap around the course
1500 Meter Race- two laps around the course
2250 Meter Race- three laps around the course

All events are an in-water start with a short run on land to the finish line. The 1500 and 2250 will require the swimmers to exit the water, run down the beach and pier and jump back into the water for each lap.

Swim Rules and Conduct

This is a swim competition with awards being given out based on the results. As a result, we expect to have a variety of skill level. We ask that you line up at the start based on your skill level (fast in the front, slower swimmers in the back). In mass start swimming events it is common to have a tight pack with natural bumping and knocking into each other. We will not tolerate any poor sportsman like conduct such as hitting, pushing or pulling another competitor. Doing so will result in being disqualified. In the event you need assistance from a kayaker, we will allow you to hold on to the kayak but will not be able to move forward while holding on. You will remain steady until you can start swimming again. If you feel you cannot continue with the swim, notify the kayaker and they will take you to a designated area to exit the water. If you do not complete the swim you must report to the finish line to turn in your timing chip but should not enter the finish chute.

Multiple Event Participants

We have participants signed up for more than one event. We ask those participants to clear the finish area quickly after each event and be prepared to line up for the next event to avoid delays. Those swimming additional events should keep their timing chip on. We will not start the next event until the previous event is completed.

Water Temp/Wetsuit Use

Water temps change with air temperatures. Over the past 2 weeks the water temp has ranged from 55 to 70 degrees in the morning. With air temperatures in the 90's this week we predict race day water temps to be upper 60's to low 70's. The water temp will be checked race morning and shared during the check in process. Wetsuits will be allowed as long as temperatures are below 78.1 degrees. You can use speed suits in any temperature.

Warm Up Area

We will allow warm up time in the designated area outlined by race officials. Please follow the schedule above for the times of each warm up.

Parking

There are many parking spots throughout the property. The earlier you arrive the closer you will be to the venue. Parking will be centered at the Lakeside building at the lake, next to the pier. We will have designated parking for volunteers. Participants can park in all other designated parking spots. Absolutely no parking on the grass.

Packet Pick Up/Body Marking

We encourage everyone to arrive early to help process everyone through check-in. **Photo ID will be required (drivers license or state issued ID)** for packet pick up for those 16 and older (Youth must be accompanied by a parent/guardian). Our insurance provider will not allow entries to be transferred to other people. We will refuse any participant who tries to race under someone else's entry. Check-In and Packet Pick-Up will be done near the pier on the lake behind Lakeside, the building next to the lake. Body marking will be required race morning.

Timing Chips

This race is chip timed. You will be issued a timing chip at the time of packet pick up. It will be your responsibility to ensure we get the timing chip back. We will collect the timing chip at the finish line. In the event you do not complete the race you must return the chip to the finish line director. We will charge \$25.00 for lost chips. Chips are worn only on the ankle and the number on the chip must match your bib (race) number. Those swimming multiple events must keep their chip on between events.



Race Results

Race results will be LIVE so those who want to watch the race from smart phones or other web devices can follow along. We will also post the results on a results board for athletes shortly after they finish. To access LIVE results we have created a separate attachment with the QR codes for each event. You can also share the following links for those using a laptop.

750 Meter



<http://racinemultisports.com/results-sffr-750-2017/>

1500 Meter



<http://racinemultisports.com/results-sffr-1500-2017/>

2250 Meter



<http://racinemultisports.com/results-sffr-2250-2017/>

Pre-Race Meeting

The meeting is recommended for all participants and is designed to give you last minute instructions for a safe and successful race. We expect everyone to be on time for this meeting. Meeting is scheduled at 7:30am (swimmers of the 2250 only will be allowed to miss this briefing).

Restrooms

There are public restrooms located in the lower level of the Lakeside Building at the lake that can be used before and after the event. After the race you will be able to access the Community Center to shower in the locker room.

Food/Water Stations

We will have water and Heed sport drink at the water station that can be used before, during and after the event. We will also have Fifth Quarter Fresh chocolate milk, Jersey Mike's subs and other food items at the finish line for volunteers and participants.

Security

All participants are responsible for their own equipment and belongings. Racine MultiSports will not be responsible for lost or stolen equipment or belongings. You will be able to store items in your car which will be close to the race course. We will have a key box to hold your keys during your event.

Awards

The awards ceremony will follow the race. We encourage you to get your medal at the race. **Medals will only be mailed to you upon request for a fee of \$10 to cover handling and shipping costs.** The categories being awarded will be as follows.

All 3 events will have the same award structure

Top 3 Male and Top 3 Female

3 deep in each Male and Female age group below

16 and under

17 to 19

20 to 29

30 to 39

40 to 49

50 to 59

60 to 69

70 and over

Race Number

Race numbers have been assigned to each participant and will be written on the participant arms and back of the hand. This allows us to identify you during the race. You are allowed to use a full sleeve wetsuit. You will have the same number and timing chip if you are in multiple races.

Race Photos

We are pleased to announce a sweet deal for you! We have partnered with two photo companies to provide you with FREE, yes, FREE photos! Here is how it will work. Hypnotic Imagery will be taking photos during the event and will provide those digital photos through an online link. Racine MultiSports is paying for the photos and access as part of your participation in the event! You will be emailed the link a few days after the event. We are also offering you a deal brought to you by York Photo. York Photo is offer you a free print of your choice of photo. There will be a coupon in your swag bag to redeem your free print. Please realize that there is no guarantee that a photo will be taken of each participant.

Onsite Vendors

We will have the following vendors on site and a few more.

Wetsuit Wearhouse- they will have swimming gear available for purchase for your last minute needs.

Fifth Quarter Fresh- will be providing you free chocolate milk

Jersey Mike's- will be providing you free subs

Structural Elements- will be onsite with Normatec Boot recovery system.

Directions

14421 Lake Royer Drive, Cascade, MD 21719

From the Washington, D.C. area:

Take Interstate 270 North to Interstate 70 West to Exit 35, Smithsburg/Boonsboro, MD. Turn right onto Route 66 and travel six miles to Route 64. At the intersection, turn right onto Route 64 and continue for one mile, then turn right onto Route 491. From this point, drive seven miles and turn left onto McAfee Hill Road. Turn left at the traffic light and go through the main gate at Fort Ritchie.

Optional Route from the Washington, D.C. Area:

Take Interstate 270 North to Frederick, MD, where it merges with Route 15 North. Stay on Route 15 to Route 550 at Thurmont, MD. Turn left on 550 (towards Sabillasville). Route 550 begins a 10-mile climb into the Catoclin Mountains and leads directly into the main gate of Fort Ritchie.

From Baltimore, Maryland:

Take Interstate 70 West and follow either of the routes described above.

From points north (PA Turnpike, Carlisle, Chambersburg, etc.):

Take Interstate 81 South to Exit 5 at Greencastle, PA, and then take Route 16 East through Waynesboro, PA, into Blue Ridge Summit, PA, which will be approximately 14 miles. At Blue Ridge Summit there is a sign on the right that says "Maryland _." Turn right here (Fort Ritchie Access Road) and drive two miles, then turn right into the main gate of Fort Ritchie.

From Hagerstown: Take Route 64 to Smithsburg, MD. Turn right onto Route 491 and travel seven miles. Turn left on McAfee Hill Road. At the traffic light turn left into the main gate at Fort Ritchie.

Optional route from Hagerstown, MD:

Take Route 60 to Route 418 and turn right at the intersection of PA Route 16. Drive approximately six miles to Blue Ridge Summit, PA. At Blue Ridge Summit there is a sign on the right that says "Maryland _." Turn right here (Fort Ritchie Access Road), drive two miles, then turn right into the main gate of Fort Ritchie.

From Hagerstown Regional Airport:

Turn right when exiting airport onto Showalter Road. Take Interstate 81 North to Exit 5 at Greencastle, PA, then take Route 16 East through Waynesboro, PA, into Blue Ridge Summit, PA, a trip of approximately 14 miles. At Blue Ridge Summit there is a sign on the right that says "Maryland _." Turn right here (Fort Ritchie Access Road), drive two miles, then turn right into the main gate of Fort Ritchie.

Please email us at Ken@RacineMultiSports.com if you have any questions.

Thank you to our sponsors!

