



## 2017 Athlete Guide- 8th Annual Fort Ritchie Triathlon and Duathlon

Dear Athletes,

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](mailto:Ken@RacineMultiSports.com)

Check out the affordable lodging at the race site! Details are within the Guide.

Please share with family and friends...online registration will be open until midnight, Wednesday, August 2nd. Registration will then open during Saturday packet pick up from 3pm to 6pm. **No new registration** will be taken race morning!

This race is sanctioned by USAT. You will need your USAT membership card and a photo ID in order to pick up your packet and enter the race. Those of you who purchased a one day license will only need a photo ID. **NO ID = NO RACE!**

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

### ***Ken Racine***

Race Director

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*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 share this link with anyone interested in helping out. All race crew members get a Race Crew tech t-shirt.

[https://www.imathlete.com/#/legacy?url=%2Fevents%2FEventReg%2FEventReg\\_SelectType.aspx%3FfEID%3D64894%26fNew%3D1%26fsource%3DimAEO%26fOverview](https://www.imathlete.com/#/legacy?url=%2Fevents%2FEventReg%2FEventReg_SelectType.aspx%3FfEID%3D64894%26fNew%3D1%26fsource%3DimAEO%26fOverview)



**Event Location** The Fort Ritchie Community Center will be your first stop race weekend. Directions are in a section below. The address is: 14421 Lake Royer Drive, Cascade, MD 21719



**Event Cancellation** Racine MultiSports events 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 hot/cold conditions. Plan accordingly to the forecast. For severe weather please read above in Event Cancellation.

### **Race Schedule** (all times are approximate)

Saturday, August 5th

3:00pm to 6:00pm Packet Pick-Up, last chance to register at Fort Ritchie CC

Sunday, August 6th

5:30am	Packet Pick-Up Opens
5:30am	Transition Opens
7:00am	Packet Pick-Up Closes
7:30am	Transition Closes
7:40am	Race briefing by finish line
8:00am	Sprint and Olympic Du starts
8:05am	Sprint Tri Starts
8:25am	Olympic Tri starts
9:15am	First Sprint finisher expected
10:30am	First Olympic finisher expected
Noon	Awards Ceremony

### **Race Format**

Sprint Tri- Swim 750 meters, Bike 25K (15 miles), Run 5K

Olympic Tri- Swim 1.5K, Bike 38K (23.50 miles), Run 10K

Sprint Aqua Velo- Swim 750 meters, Bike 25K (15 miles)

Olympic Aqua Velo- Swim 1.5K, Bike 38K (23.5 miles)

Sprint Du- Run 5K, Bike 25K (15miles), Run 5K

Olympic Du- Run 5K, Bike 38K (23.50 miles), Run 10K

**Parking** There are many parking spots throughout the property. The earlier you arrive the closer you will be to the venue. You need to park first, check-in at the community center, and then bring your bike and gear to the transition area. You must check in and get your wristband BEFORE you rack your bike. If you checked in on Saturday you can park and come straight down to bike transition. Please follow the instructions of our parking team when you arrive.

**Lodging** There are hotels in Thurmont, MD, Hagerstown, MD and Waynesboro, PA. We are also offering the following:

- 1) **Camping**- you are allowed to camp outside the Community Center for (\$5 per person). Accommodations include a grassy area to pitch your tent and bathrooms right at the race site. No need to confirm. Camp fires and grills prohibited.
- 2) **Camper/Mobile Homes**- you can park your camper or mobile home on the property for FREE but there is no electrical hookup.
- 3) **Indoor Camping**- for a small fee (\$10 per person) you can sleep inside the Community Center. To make this reservation please contact the Community Center at Fort Ritchie, 301-241-5085, and ask for Jaimie or email her at [jpaterson@thefrcc.org](mailto:jpaterson@thefrcc.org)

**Packet Pick Up** We encourage everyone to arrive early to help process everyone through check-in. **Photo ID and USAT Membership Card will be required** for members and photo ID for One Day license holders for packet pick up for those 16 and older (Youth must be accompanied by a parent/guardian). **NO PHOTO ID = NO RACE**. We do 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 in the Community Center at Fort Ritchie at the times listed above in the schedule. Please follow signs for the exact location of packet pickup.

**Body Marking** Body marking will be required race morning. We will mark both arms and both legs with your race number and mark your calf with your age. Body marking will take place near the transition area and finish area.

**Timing Chips** This race is chip timed. You will be issued a timing chip after you rack your bike. Location will be near the finish line. 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 \$35.00 for lost chips. Chips are worn only on the left ankle and the number on the chip must match your bib number. The band must be worn TIGHTLY to ensure it does not come apart. It will feel tight when you first put it on but after a few minutes it will feel very comfortable.



**Results** Your results will be immediately available after you finish your race. We will have a race kiosk that you can use to see your results. Results will be updated live via the web. Please feel free to share the QR code and link below with friends and family so they can follow along on their smart phones or web devices.



<http://racinemultisports.com/results-frt-2017/>

**Mandatory Pre-Race Meeting** The meeting is required 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 time is 7:40am race morning.

**Transition Area** This year we are assigning bike racks. Signage at the ends of the rack will inform you on where to rack your bike. You must rack on your assigned rack. The racks will hold 8 bikes, alternating, 4 on one side and 4 on the other. You need to rack your bike using your seat with the front wheel down on the ground. If you have trouble with bike racking please seek out a volunteer. You will also need to have a wrist band and your bike numbered to get into and out of bike transition. Wrist bands and bike numbers are given during packet pick up. You can see the details of the bike number below in the Numbers section below.

**Restrooms** There are public restrooms located in the Community Center that can be used during packet pick up. Before, during and after the race we will have port-a-johns by transition and restrooms will be located inside the Lakeside building next to the lake. 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 Gatorade sport drink at the water stations on the run course about every mile. We will also have bananas and oranges at the halfway point for the Olympic run. The bike course will have water at the u-turn on Rt. 491 (Raven Rock Road). The bike water stop is mile 7 for the Sprint race and mile 14.5 for the Olympic race. We will have Jersey Mike's subs, Rocky's Pizza and other food at the finish line for volunteers and participants.



**USA Triathlon** This race is sanctioned by USAT which is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon by visiting <http://usatriathlon.org> or calling 719.597.9090.

**USAT's Most Commonly Violated Rules:**

1. **Helmets-** Helmets **MUST** be worn with the chin strapped anytime you are riding your bike before, during and after the event. **Penalty:** Disqualification
2. **Outside assistance-** Only race and medical officials may provide assistance to athletes during the race. **Penalty:** Variable time penalty
3. **Drafting-** Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. **Penalty:** Variable time penalties
4. **Position & blocking- You** must stay on the far right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking. **Penalty:** Variable time penalties
5. **Overtaken-** Once passed, you must exit the drafting zone to the rear before attempting to re-pass. **Penalty:** Variable time penalties
6. **Race numbers-** All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they pass the finish line. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.** **Penalty:** Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

All athletes that are USAT annual members must present their USAT card in order to pick up the race packet. Temporary USAT cards can be printed from the USAT website: <https://membership.usatriathlon.org/>. In the event that you forget your membership card, a one-day membership can be purchased at packet-pickup for \$15.

**USAT Aging Up Policy:**

Participants will compete in whichever age group they would be in as of Dec. 31st, 2017. In other words, everyone's age group for the 2017 season will be determined by their age on December 31st, 2017.

**Start Waves** The Duathlon starts near the finish line at 8:00am. The Triathlon swim is an in-water start. The course will be counter clockwise and will be a 750 meter loop (see website for map). The triangle buoys are turn buoys and the round are straight away buoys. We will allow swimmers to walk into the water for the in water start. Please see the swim wave file below. Sprint athletes will navigate one loop. Olympic will navigate two loops and will hit the beach after lap one, run down the beach and pier, jump back into the water for lap two.



Wave	Division	Start	Caps
1	Sprint High School Division	8:03am	Red
2	Sprint Men	8:06am	Green
3	Sprint Women/Sprint Relay	8:09am	Gray
		short break	
4	Olympic Elite/Oly Men Under 40	8:25am	Yellow
5	Olympic Men 40+	8:28am	Lt. Blue
6	Olympic Women/Olympic Relay	8:31am	Pink

Duathlon Sprint and Olympic start together at 8:00am near the finish line.

AquaBike, Clydesdale and Athena swim within their gender divisions above.



**Wetsuit Rules** We will follow USAT ruling. We will allow wetsuits if the water temp is below 78.1 degrees. We will take a reading the morning of the race to determine if we can wear wetsuits. We advise you to bring your wetsuit since the past five years we were wetsuit approved. **Water temp was 74.0 degrees on July 30, 2017. That is encouraging for a wetsuit legal race!**



**Swim Rules** You must wear the designated swim cap provided at packet pick up, have your body marked and have your timing chip. This lake is shallow in parts. At no time are you allowed to walk in the water during any portion of the swim other than near the swim exit. Doing so will result in disqualification. All advancement must be a swim stroke. The only devices permitted for use in the swim, are as follows (all else will result in disqualification): goggles or mask, snorkel, race issued swim cap and water shoes that have no flipper or propulsion benefit (see below). We will follow all USAT swim rules.



**Bike Format** The bike course is 14 miles for the Sprint and 22.75 miles for the Olympic and both courses area considered hilly. The bike course is not closed to traffic. You must obey all traffic laws and use good judgment when racing on the course. We will mark the turns with signs and plan to have road guards at most of the turns. WE STRONGLY ENCOURAGE YOU TO DRIVE THE BIKE COURSE to ensure you know where to turn. It is your responsibility to know the course. If a guard is not at his/her post there will be posted signs to follow. Maps and turn-by-turn directions are available on our website. We also spray painted arrows at each intersection along the course. All ground markings are white paint with an arrow and the letters FR. We will also use 2'x2' yellow signs to direct you for the turns and cones where needed. See pictures below.





**Bike Rules** This is a no drafting event and all USAT rules will be in play. We will be monitoring the bike course. The penalty for any bike rule violation will be 2 minutes for each offense added to your time. The third offense will result in disqualification. To avoid drafting please leave 4 bike lengths between you and the person in front of you. To pass you must move to the left and then pass. Helmets must be on and chin straps fastened and not dangling under your chin. You must have the chin strap fastened before you leave the transition area and must remain fastened until you return to the transition spot. Helmet rule violations will mean disqualification. When on the course please stay to the right and allow faster riders to pass on the left. Some of the course is on wide shoulders which are safe for passing. The rest of the course does not have a shoulder so use extreme caution when on those roads. NO IPODS OR HEAD SETS ALLOWED, doing so will result in disqualification. Bring plenty of water...do not rely on us to provide you enough water on the bike course.



**Run Format** The run course is a 5K loop on the grounds of Fort Ritchie. The Olympic athletes will navigate the loop twice to complete the final 10K run. Most of the course is closed to vehicle traffic. We will use painted arrows with the word "RUN" on the ground and yellow arrow signs where needed. See Below.



**Run Rules** You must wear a bib number on your front the entire run and have it at the finish line. NO IPODS OR HEAD SETS ALLOWED, doing so will result in penalty, per USAT rules. We will follow all USAT run rules.

**Relay Division** The relay division will have one bib (for the runner) and will have one timing chip. The chip must be transferred from one member to the next (swimmer to biker, then biker to runner). This transfer MUST take place in the transition area only. The chip must be fastened to the next team member's ankle before they leave the transition area to ensure the split time is captured going over the timing mat.

**Aquabike** Participants in this category will do the same swim and bike course as the triathlon but will not complete the run course. The participants will complete the bike course then rack their bike and run out of transition and u-turn into the finish chute. This will allow the Aquabike participants the satisfaction of crossing the finish line. See map below. Details on awards for this category are listed below in the Awards section.



**Clydesdale and Athena** Clydesdale are male athletes who weigh a minimum of 220 pounds. Athena are female athletes who weigh a minimum of 165 pounds. When competing in these categories you will not be competing in the age group category. You may be required to weigh in at packet pickup so we can verify your qualification for these categories. See the Awards section below for awards for these categories.

**Race Photos** We are excited to share that race photos are available to you free, that's right, FREE! Hypnotic Imagery will be the race day photographer. They will be taking photos throughout the event and will ensure to capture your finish. Photos will be available a few days after the event. You will be able to download and share any photos you desire, free of charge. We cannot ensure you will have a picture of each leg of the event. <http://racinemultisports.com/photos/>

**Security** All participants are responsible for their own equipment and belongings. Racine MultiSports will not be responsible for lost or stolen equipment or belongings. Only participants with a proper wrist band will be permitted in the transition area. You must wear your wrist band the entire race and it will be required to take your bike out of the transition area. Please share with your family and friends that they must stay out of the transition area. We will not allow bikes or gear to be set out on Saturday.

**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.

**Sprint- Tri**

Top 3 Male and Top 3 Female

Top Male and Female Masters (40+) pulled from Age Group

3 deep Male and Female in each Age Group

16 and under

17 - 19            45 - 49

20 - 24            50 - 54

25 - 29            55 - 59

30 - 34            60 - 64

35 - 39            65 - 69

40 - 44            70+

Top Relay Team

Top Clydesdale/Athena

**Olympic- Tri**

Top 3 Male and Female Open/Elite  
Top 3 Male and Female Age Group- pulled from Age Group  
Top Male and Female Masters (40+) pulled from Age Group  
3 deep Male and Female in each Age Group

16 and under

17 - 19            45 - 49

20 – 24            50 - 54

25 – 29            55 - 59

30 – 34            60 - 64

35 – 39            65 - 69

40 – 44            70+

Top Relay Team

Top Clydesdale/Athena

**Olympic and Sprint- Aquabike**

Top Male and Female Only in each race

**Olympic and Sprint- Duathlon**

Top 3 Male and Top 3 Female, removed from Age Groups  
Top Male and Female Masters (40+) removed from Age Groups  
Top Male and Female in each Age Group

16 and under

17 - 19            45 - 49

20 – 24            50 - 54

25 – 29            55 - 59

30 – 34            60 – 64

35 – 39            65 - 69

40 – 44            70+

Top Relay Team

Top Clydesdale/Athena

**Numbers** You will receive three numbers in your packet (running bib, bike number and helmet number). All these numbers help to identify you during the race. Your bib number must be worn and visible during the entire run. You must have it on your front of your body attached to your top or a race belt. Next is your bike number which is a sticker that must be attached to your bike before you arrive at bike transition. Finally is your helmet number that is worn on the front of your helmet. See pictures below of 2016.

Bib Number



Bike/Helmet Combo Numbers (peel and stick)



Bike Number Applied  
(stick anywhere on the top tube or seat tube)



Helmet Number Applied



## **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 Catoctin 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.

# Thank you to our sponsors!

