



Luraytriathlon.com



Lake Arrowhead, Luray, VA
SUNDAY, AUGUST 14, 2011 8 AM START
750M SWIM – 17MI BIKE – 5K RUN



ATHLETE GUIDE

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A Message from the Race Director David Glover

Dear Athletes,

Welcome to the 6th annual 2011 Luray Sprint Triathlon presented by ENDURANCEWORKS, LLC, in partnership with the Town of Luray and the Virginia Triathlon Series!

Set in the scenic Shenandoah Valley near the friendly town of Luray, this race offers a single loop swim in pristine Lake Arrowhead followed by a 17-mile bike on paved roads through woods and farms and ending with a 5K out and back run on rolling paved roads.

I'd like to personally thank the Town of Luray and the surrounding Page County communities for embracing this special event and to recognize all the volunteers, businesses and race staff who make this race a fun and safe experience for each athlete.

Training for a triathlon is a challenging endeavor that requires commitment and I know you've worked hard to get to the starting line. All of us at the Luray Triathlon want you to have a positive race experience and will be doing everything possible to help you reach the finish line on race day.

If you have any questions, concerns or feedback, please do not hesitate to let us know.

David Glover
Race Director

Schedule of Events

Saturday, August 13, 2011

Pre-Race Events

4:30-7pm: Packet pickup (Appalachian Outdoors Adventures)

www.appalachianoutdoorsadventures.com

18 East Main Street, Luray, VA

540-743-7400

Sunday, August 14, 2011

Race Day Timeline

Arrival Time: Please arrive at the race site no later than 6:45am

6-7:30am: Packet Pickup/Body Marking/Chip Pick-Up

7:45am: Transition area closes (no exceptions)/ Pre-race meeting (swim start)

8:00am: RACE START- 1st wave

11:00am: Estimated awards time/Last athlete finishing

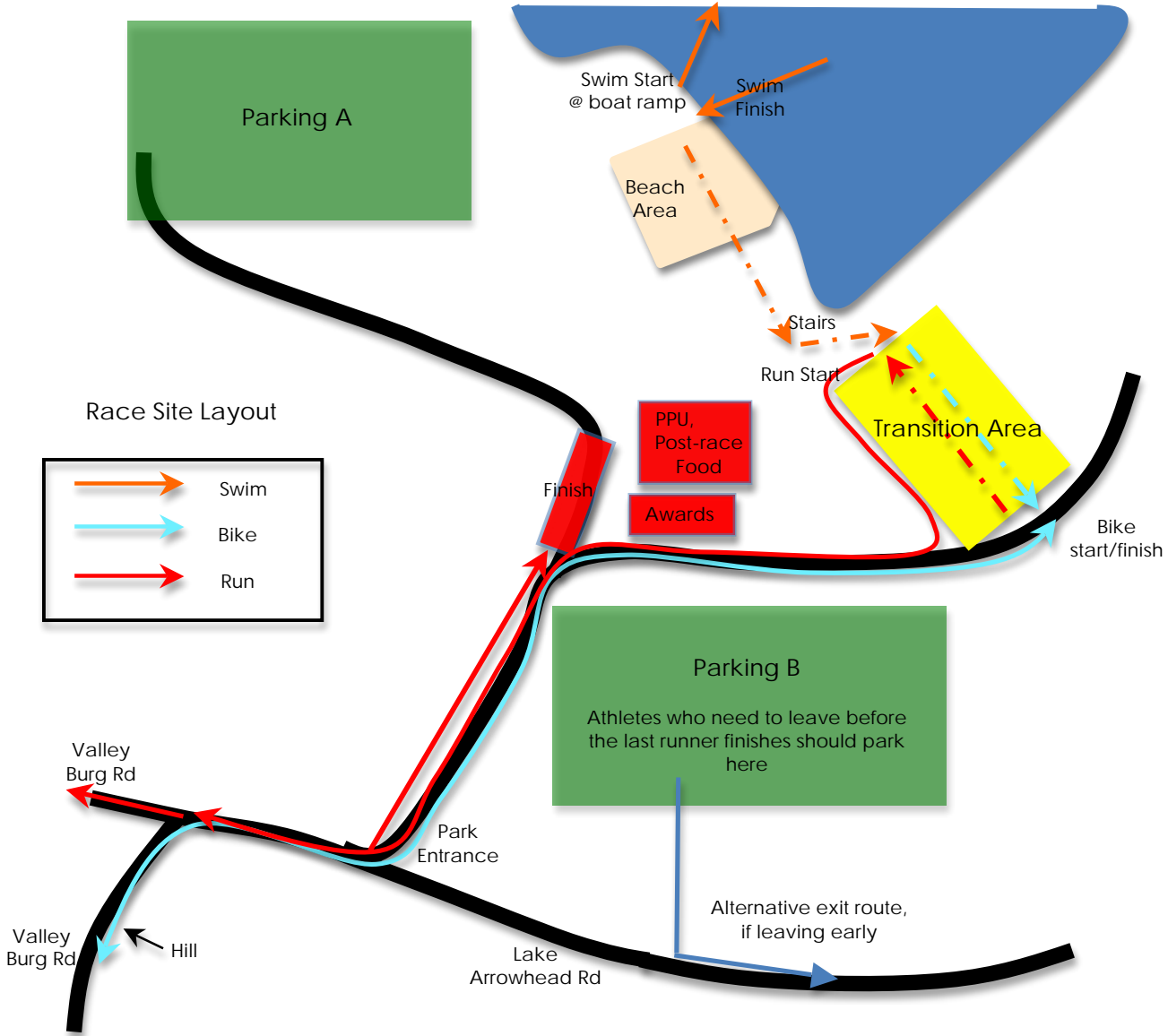


Luray Sprint

Race Information



Race Site: Lake Arrowhead 265 Lake Arrowhead Rd – Luray, VA 22835



Race Day Parking

Two lots at the race site will be allocated for race day parking. The upper lot B near the pavilions will be reserved for athletes and spectators who need to leave prior to the last athlete finishing. All other athletes should park in the lower lot A next to the lake and will be asked to wait until the last athlete finishes before leaving the race site. Thank you in advance for your cooperation.



Race Information



Packet Pickup

Packet Pick-up will be at the following locations and times:

Saturday, August 13th, 4:30-7pm

Appalachian Outdoors Adventures

Sunday, August 14th, 6-7:30am

Race site-Lake Arrowhead

- Things to bring with you to packet pick-up:

1. Photo ID - this is REQUIRED! No ID = No Race!!!
2. USAT Card - if you are a USAT member
3. Questions

- Special notes about packet pick-up

1. Adults - Each individual athlete and relay member must pick-up their own race packet.
2. Minors - Those under the age of 18 years may have their parent/guardian pick up their packet.
3. Race Categories - You may change your race division during packet pick-up.
4. Swim wave times - Wave times will be posted by age/category at packet-pickup.
5. Timing Chips - You will receive your timing chip on race morning NOT at packet pick-up. Please see the Timing Chip section on page 6.

Sprint athletes will need to pickup their packet during the designated sprint race pickup times. Please do not come to the international pickup time for your packet as it will not be available.

NOTE: YOUR Photo ID is required to pick up your race packet. If you are a USAT member you are required to show a current USAT license to get your race packet. All relay team members must pick up their own race packet.

REMINDER: Photo ID is REQUIRED --> No ID = No Race = No Exceptions.

Directions:

Please use the following directions from Appalachian Outdoors Adventures- Packet pickup- in downtown Luray (Main Street) to get to Lake Arrowhead:

- Continue East on Main Street (US-211 business route) for approximately 0.5 miles.
- Take a right onto Reservoir Avenue. Reservoir Avenue will become Fairview Rd after 1 mile. Continue to follow Fairview for 1.7 miles until reaching a "T" in the road.
- Take a right onto Brookstone Rd, and then an immediate left onto Valley Burg Rd. Continue to follow Valleyburg (becomes Lake Arrowhead Drive) for 1.3 miles to Lake Arrowhead Park on the left.

Driving directions can also be found here: <http://luraytriathlon.com/region/driving/>



Luray Sprint

Race Information



Course Cut-Off Times

Athletes will have 3 hours from the start of your swim wave to complete the entire race distance. Cumulative cut-offs will be:

Swim - 40 minutes

Bike - 2 hours

Athletes not on the run course within 2 hours of starting the race will be asked to turn in their timing chip. Finishing the race at this point is at the discretion of each athlete, but race support will not longer be provided and Set Up Events holds no responsibility for athlete safety after this point.

Post-Race Food

PBJ sandwiches, fruit, trail mix, chips, cookies and drinks will be provided free of charge to all athletes after the race. There will also be vendors selling hot food to raise money for local community organizations.

The Luray Double

Athletes who complete the "Luray Double" by completing the Luray International and Luray Sprint in the same weekend receive a special hand-engraved wine carafek, .

Training for the Triathlon

Official Luray training plans, created by USAT-certified coach and race director David Glover, are available online for athletes looking for guidance in preparation for the race. These plans are available at novice and intermediate levels. For more information, please visit:

<http://luraytriathlon.com/event-information/training-for-the-triathlons/>.

Practice clinics will also be held on August 7th, from 8am to 1pm at Lake Arrowhead, to allow athletes to prepare for the races and provide pre-race guidance. For more information on the clinics, please visit: <http://luraytriathlon.com/event-information/practice-clinics/>.

Spectators

Please note that the main parking entrance will be closed when the race starts for athletes entering and exiting the park for both the bike and run portions of the race. *For safety reasons during the race, we ask that spectators please enjoy watching the athletes from within the park.* You'll be able to watch the swim either lakeside or up on one of the embankments. The athletes will run out of the lake and up the stairs to pass through transition. They will return to the transition area after the bike to head out again on the run before finally finishing in the park.



Luray Sprint

Transition Area & Body Marking



Jenny Raley

Transition Area

Triathletes may enter the transition area at 6:00AM. Transition will close and all bikes must be racked 15-minutes before the start of the first swim wave (7:45). Bike racks are numbered and triathletes must put their bicycles and gear on the designated rack.

Each rack holds 6 bikes, with positions on racks being based on a first come, first serve basis. To the right is an example of how your transition area should be organized. Please be courteous of the space and belongings of other racers before, during and after the race.



Transition Security: For security reasons, only athletes, race officials and volunteers are allowed in the transition area at all times. Please note that once your race is over, many others are still racing. We will be allowing 10 athletes at a time into the transition area to get their bikes and other gear. This will keep congestion for those still racing to a minimum.

Body Marking

After racking your bike, proceed to the body marking areas located near the transition area (marked by a flag). Triathletes must be marked at least 30 minutes before the race and **MUST** bring their bib number for verification.

Please refer to the VTS website under **Novice Athletes** for more information on transition area rules and race flow.

Race Numbers



Each athlete will receive three race numbers:

- The smallest number (sticky) must be worn on the front of the cycling helmet.
- The medium number (4 holes) is to be worn on the front of the body during the run and when crossing the finish line.
- The largest number is to be folded over the top tube of your bicycle.

Please refer to the VTS website under **Novice Athletes** for more information on number placement.



Timing & Results



Timing Chips

Please be aware of the following procedures to insure successful timing of your event:

- All participants will receive their ChampionChip on race morning at the Chip Pick-Up Tent. You are **REQUIRED** to show your paper Bib number in order to receive your timing chip. Body marking is **NOT** an acceptable Bib number.
- Along with the timing chip participants will receive a disposable medical ankle strap. It is **REQUIRED** that all participants wear the timing chip on their **LEFT** ankle as shown. For guidance on wearing the chip/ankle strap, please refer to the event website under **Novice Athletes** or to a race day volunteer.



Additional notes:

- Remember, you **MUST RETURN YOUR CHIP** at the finish line.
- **IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.**

Athletes who lose their chip or fail to return the chip after the race will be assessed a \$30 charge.

Race Results & Awards

Tentative results will be posted as they come available on race day. USAT penalties will also be posted on a pink slip by the USAT officials. These will be posted on a black triangular kiosk near the finish line area/food area. Questions or concerns can be directed towards the race timer or race director.

Awards will not be mailed – If you can't be present to collect your award, please make arrangements to have someone pick it up for you. Final results with age group/ split breakdowns will be posted on the website as soon as possible, usually within 48 hours after the event.



Luray Sprint

ALL VTS EVENTS ARE USA TRIATHLON SANCTIONED

USA Triathlon 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 their website or calling 719.597.9090.

USAT's Most Commonly Violated Rules:

Helmets	Helmets MUST be worn with the chin strapped anytime you are riding your bike—before, during and after the event. Penalty: Disqualification
Outside assistance	Only race and medical officials may provide assistance to athletes during the race. Penalty: Variable time penalty
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
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
Overtaken	Once passed, you must exit the drafting zone to the rear before attempting to re-pass. Penalty: Variable time penalties
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 \$10.

USAT Aging Up Policy:

Participants will compete in whichever age group they would be in as of Dec. 31st, 2011. In other words, everyone's age group for the 2011 season will be determined by their age on Dec. 31st, 2011.

Please refer to the VTS website under **Series Rules** for more information on USAT rules and membership.



Water Safety



Water Temperature

The typical water temperature for the Luray Sprint is 76–80F.

The water temperature for each open water event is taken and posted on the event website and the series event page 36–48 hours before the posted packet pick-up time. This temperature reading is a preliminary reading. The official water temperature to determine final wetsuit eligibility will be taken on race morning about 60–90 minutes prior to race start by the USAT official on site.

Wetsuit Rules

The VTS abides by USAT cutoffs concerning water temperature and wetsuit eligibility:

- 78°F or below: Wetsuits ARE allowed.
- 78.1 to 83.9°F: Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in the temperature range will mean that the athletes are ineligible for awards.
- 84°F and above: wetsuits are NOT permitted – this is for your own safety.

Water Safety

Lifeguards will be available throughout the swim course to ensure your safety. If you are in need of assistance, roll on your back and put your hand straight in the air to signal a lifeguard to your assistance. You may hold on to a lifeguard's surfboard or kayak, but using a lifeguard for forward progress will result in a DQ.



In the case of strong water currents, please keep aware of your surroundings and sight for buoys frequently.

If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'd on the swim.

A yellow wiggly man will mark the exit of the swim. Be sure to sight for the wiggly man in the final straightaway of the swim.

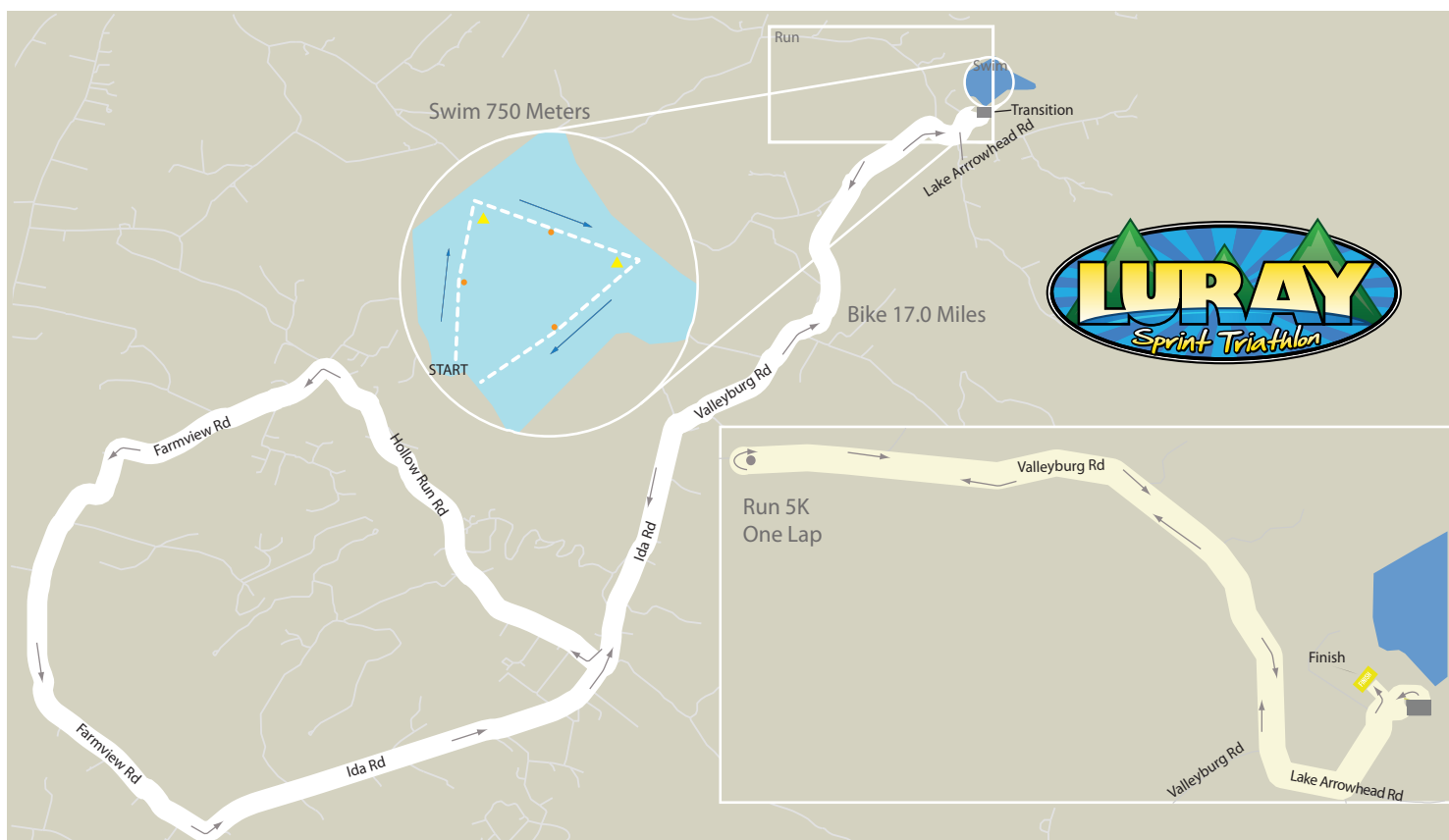


Course Maps



Jenny Ruley

The course diagram is posted below and also on the Luray Sprint race page of the VTS website.



Swim- 750 meters

Official swim waves will be posted on the website in the week before the event, at packet-pickup and on race-day.

- ◆ Swim caps will be provided at open water swim events. Please wear the designated color of your swim wave (provided at packet pickup).
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your swim wave.
- ◆ Official swim waves will be posted on the event website the week of the race and will also be made available at packet-pickup and race morning.
- ◆ Orange oval buoys (indicated in red here) are guide buoys, while yellow triangle buoys are turn buoys. Please review the swim course before the race.

Knowing the course is ultimately YOUR responsibility.



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Course Maps



Bike- 17 miles

- ◆ The course will be marked with orange spray chalk arrows and white VTS signs with red arrows at all the turns. Every 5 miles will be marked in orange spray chalk.
- ◆ Though there will be police presence on the course for your safety, the course is still open to traffic – please **BE ALERT** and **BE CAREFUL!**
- ◆ Volunteers will be at all corners wearing orange vests and holding orange flags.
- ◆ It is highly recommended you pre-ride or pre-drive the course. **Knowing the course is ultimately YOUR responsibility.**

Rules & Etiquette

- ◆ No drafting, no headphones/iPods/radios. USAT officials will be on the course and penalties will be assessed (see USAT rules).
- ◆ Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. ***Failure to fasten your helmet results in an automatic DQ.***
- ◆ Stay to the right to allow faster cyclists to pass on the left and obey the yellow line rule. ***Crossing the yellow line is an automatic DQ.***
- ◆ Bike frame #'s go on the top tube behind the handlebars, helmet #'s go on the front of your helmet.



Run- 5k (3.1 miles)

- ◆ The run course will have limited vehicle traffic. Volunteers will be on the course to direct runners and stop traffic. Please stay alert and remain aware of your surroundings!
- ◆ This is a one loop, out and back course on pavement and gravel—please follow the white VTS signs with red arrows.
- ◆ Aid stations will be located at approximately each mile mark.

Rules & Etiquette

- ◆ No headphones, earphones or any radio-type devices will be allowed.
- ◆ You must have your run # on your front as you approach the finish line.
- ◆ Please be sure to return your timing chip to designated volunteers after crossing the finish line...YOU DID IT!



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Luray Sprint

Bike Cue Sheet



Bike Cue Sheet

Start: Lake Arrowhead Park, Luray, VA
Total Distance: 16.9 miles

<u>Distance</u>	<u>Total</u>	<u>Directions</u>
0.0	0.0	Leaving Park, turn right on Lake Arrowhead Rd
0.1	0.1	Turn left at Valley Burg Rd
2.5	2.6	Turn left at Ida Rd
1.5	4.1	Turn right at Hollow Run Rd
2.4	6.5	Turn left at Farmview Rd
4.1	10.6	Turn left at Ida Rd
3.8	14.4	Turn right at Valley Burg Rd
2.5	16.8	Turn right at Lake Arrowhead Rd
0.1	16.9	Arrive at Lake Arrowhead Park

Notes:

- Adding distance from transition area to park entrance (2x) adds additional 0.1 mile for total distance of 17.0 miles
- Cue sheet generated using googlemap_cuesheet: <http://snurl.com/hogwv>



Luray Sprint