



## 2017 Athlete Guide- 2nd Annual Swim Fest at Luray

Dear Swim Fest Participants,

Are you ready for race day? We are excited to see you this Saturday, June 17th!

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)

We will have race morning check-in only, no check in on Friday. Registration will be open 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 beach at Lake Arrowhead, 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](mailto: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 direct those willing to help the link below.  
[https://www.imathlete.com/events/EventReg/EventReg\\_SelectType.aspx?fEID=64888&fNew=1&fsource=imAEOverview](https://www.imathlete.com/events/EventReg/EventReg_SelectType.aspx?fEID=64888&fNew=1&fsource=imAEOverview)

## **Event Location**

Lake Arrowhead at Lake Arrowhead Park. The address is 265 Lake Arrowhead Rd. Luray, VA 22835.

## **Directions**

The following directions are from downtown Luray (intersection of Hwy 340 and Main St.) to Lake Arrowhead:

- Travel East on Main St. (US-211 Business) for approximately .5 miles.
- Take a right onto Reservoir Avenue (traffic light). Reservoir Avenue will become Fairview Rd. in about 1 mile. Continue on Fairview Rd. for 1.7 miles to the stop sign.
- Take a right onto Brookstone Rd., and then an immediate left onto Valleyburg Rd. Continue to follow Valleyburg (becomes Lake Arrowhead Dr.) for 1.3 miles to Lake Arrowhead Park on the left.
- Race will be at the lower level near the lake.

## **Parking**

There will be parking attendants directing you to the parking area. Please follow their instructions. You will be able to leave when you decide, your car will not be locked in. We will be using the parking area closest to the lake and if it fills we will park the remaining cars up top. So arrive early to get a close spot.

## **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 inclement weather. Plan accordingly to the forecast. For severe weather please read above.

## **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 very short run on land to the finish line. The 1500 and 2250 will require the swimmers to exit the water up one boat ramp and then re-enter down the neighboring ramp to be accounted for each lap. Please see the “Swim Exit Map” below for details.

### Packet Pick Up/Body Marking

We encourage everyone to arrive early to help process everyone through check-in. **Photo ID will be required (driver’s 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.

### Race Schedule

(All times are approximate)

Saturday, June 17

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

### 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. We expect mid 70's as a water temp but that is simply a guess. The water temp will be checked Friday before the race and put on the Luray Triathlon Facebook page. We will take another reading 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 on race morning. Please follow the schedule above for the times of each warm up.

## 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 will be portable toilets at the venue and there are restrooms at the top of the park with a few outdoor showers.

## Food/Water Stations

We will have water and 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, sandwiches, pasta salad, fruit 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 award at the race. **Awards 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.

## 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-swimfestluray750-2017/>

1500 Meter



<http://racinemultisports.com/results-swimfestluray1500-2017/>

2250 Meter



<http://racinemultisports.com/results-swimfestluray2250-2017/>

### **Race Photos**

We are pleased to announce a sweet deal for you! We will providing race photos 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. Please realize that there is no guarantee that a photo will be taken of each participant.

### **Bonzai Sports**

Bonzai Sports will be on site to support your swimming needs! Don't forget to check them out to rent or purchase a wetsuit for the event. You can find them online at <http://tribonzai.com/>

### **4500 Club**

We are excited to offer the 4500 Club to all swimmers who complete all three races on the same day! That is a total of 4500 meters. Check out the 4500 Club page on our website for details.

<http://luraytriathlon.com/4500-club/>

Please email us at [Ken@RacineMultiSports.com](mailto:Ken@RacineMultiSports.com) if you have any questions.



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