

OFFICIAL LURAY TRIATHLON OPEN WATER SWIM & VENUE CLINIC

ATHLETE GUIDE 2021

Saturday, July 17, 2021

<https://luraytriathlon.com/event-information/practice-clinics/>



Racine MultiSports

www.RacineMultiSports.com

Official Luray Triathlon Open Water Swim and Venue Clinic Athlete Guide



Hello Clinic and Swim participants,

We are so excited to see you Saturday, July 17th!

This short guide is being sent to all registered clinic and open water swim participants. After reading the guide please get in touch with us if you have any questions.

Clinic will begin at 8:30am and will wrap up around Noon. Open water swim will be from 9:30am to 11:00am. We will be providing you water and snacks throughout the clinic. You will need to bring your own food so please plan accordingly. We will have water only for the Practice Swim.

Bring your bike and your running shoes and take advantage of some training time after the clinic.

See you in a soon!

Ken Racine,

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Race Director

Luray Triathlons

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- Date:** Saturday, July 17, 2021
- Check In:** 8:00am to 8:30am (Clinic), 8:00am to 9:30am (Swim Only)
- Clinic Time:** 8:30am to Noon
- Open Water Swim:** 9:30am to 11:00am
- Location:** Lake Arrowhead Park, Luray, VA
- Address:** 265 Lake Arrowhead Drive, Luray, VA 22835
- Lodging:** There are many options for lodging in Luray. If you are not able to find accommodations please contact the Luray-Page County Chamber of Commerce for options, 540-743-3915 or 540-743-4530, to see if they can help you. Don't forget to mention Luray Triathlon.

Clinic Schedule of Activities:

- 8:00-8:30am Check in and welcome at park shelter
- 8:30-10:00am Opening remarks by Ken Racine (Owner of Luray Triathlons) and open water swim discussion by Coach Ed Zerkel (Owner of Team Z and Co-owner of Lane 4 Swimming)
- 10:00-11:00am Open water swim practice, including in water instructions with Ed Zerkel
- 11:00-Noon Luray Triathlon venue tour and discussion, with Ken Racine.

Check In Process:

Everyone in the clinic will need their photo ID as required by USAT sanctioning rules. Those only doing the Open Water Swim will not need USAT licensing or a photo ID.

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When you arrive we will check you in. We will provide you with a wrist band that must be worn the entire clinic and open water swim. Location of check in will be the Modern Woodsman Shelter. It will be clearly marked with Luray Triathlon flags.

What We Provide:

- 1) Maps of the venue (clinic only)
- 2) Maps of the course (clinic only)
- 3) Swim Caps
- 4) Water and Snacks

What to Bring:

Swimming gear, towel, goggles, nutrition, sun screen and a change of clothes. Water temperatures have ranged between mid 70's to mid 80's in years past. Wetsuits are permitted since this is not a competition.

You can also bring your bike and running gear as many will be taking advantage of being in Luray to do some post clinic/swim training.

Inclement Weather:

This is a rain or shine event! We will swim in the rain but will not enter the water if there are thunder storms present. We will alter the swim time if needed to work around storms. In an extreme case we may be forced to cancel the swim practice all together.

What the Park Offers:

We will be under a large pavilion for the discussion portions of the clinic. It will be a short walk down to the water for the practice swim. There are bathrooms available on site but the accommodations are limited. On event day we provide many Port-A-Johns to handle the high volume of participants but for the clinic we use what the park offers.

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About the Clinic:

Geared toward triathletes of all levels, the Official Luray Triathlon Open Water Swim and Venue Clinic, located at the race venue, is designed to help you prepare for the Luray International and Sprint Triathlons as well as other short course triathlons with open water swims.

The clinic includes a lifeguard supervised open water practice swim and clinic in pristine Lake Arrowhead; a review of the race site and transition area; plus a chance to ask a Pro Triathlete and the Race Director any questions that you have about the event. You are welcome to bike and run the race course on your own after the clinic.

Presented by, Race Director Ken Racine and Coach Ed Zerkel of Team Z and Lane 4 Swimming, will be there to talk about open water swimming and give tips for success. Most of all the practice is an opportunity for YOU as the athlete to get in open water in a safe, lifeguarded, stress free, non-competitive environment that will bolster your confidence come race morning. The course will be marked with buoys and you are welcome to swim multiple laps of the course within the allotted time frame.

Please note that this is not an individual stroke clinic.

For the transition portion of the clinic, there will be a review of the transition area and flow from swim to bike to run to finish.

Swim Course:

We will determine the swim course on Friday. The course will be designed based on the number of participants registered for the clinic and the number of lifeguards on staff. We will mark the course with buoys and will have paddle boarders and kayakers for your safety.

Water Temp:

The last time we were given a water temp by the Parks Department, the water was 78 degrees. Given this is a practice swim, wetsuits will be allowed, no matter what the morning temperature is during our practice swim. Plan to bring your wetsuit to practice in. We recommend you do some laps without your wetsuit so you can be ready for any conditions on race day.