

2020 Mount Vernon Park Athlete Guide



2020



Lucky Coin
Multisport LLC



**MOUNT
VERNON PARK**



Important Notes for Spectators:

Because of restrictions and guidance from USA Triathlon, we ask spectators that are not registered volunteers to watch the race from someplace on the course rather than gathering at transition. We realize this may mean you are unable to see your athlete cross the finish line (depending on the number of people there), but we are trying to maintain safe social distancing throughout the event.

If you are not a registered volunteer or a member of the staff, you are not permitted in the transition area. This is a USA Triathlon sanctioned event. USAT provides the insurance and this is their rule. This is a race and some competitors will be biking and running very fast. Because of this, extra care is required when moving around to watch the different parts of the race. **PLEASE** look both ways at least twice before crossing any part of the course and stay on the spectator side of the rope fence around the transition area.

Please review the athlete briefing (video) that will be emailed out a few days before the race. We will not be having the pre-race athlete briefing onsite so as to avoid congregating.

Please review the course map with your athlete prior to race morning. **THE COURSE HAS CHANGED SLIGHTLY AT THE REQUEST OF THE HOA. It is important you familiarize your athlete(s) with the current course.** If you are able to go out and ride the course with your athlete, it is an excellent way to familiarize them with the course.

Timeline:

6-10 year-olds:

8:15-8:30 Arrive and checkin - packet pickup

8:15-8:45 Setup transition area and enter fenced pool deck area to line up at marked spots on the pool deck

(Estimated) 9:00 First Swimmer enters the water

11-15 year-olds:

8:25-8:40 Arrive and checkin - packet pickup

8:25-8:50 Setup transition area and enter fenced pool deck area to line up at marked spots on the pool deck

(Estimated) 9:10 First Swimmer enters the water

TIMING: We are trying something new with timing for this race. We are using an online timing system. This system is not quite ready for every split generated by a triathlon. The bike and run splits will **INCLUDE** Transition One (T1) and Transition Two

(T2) respectively. There will not be separate splits for transitions. Because of this, it is **VERY** important your athlete wear their race number on the front of their clothing and that they be body marked with their number prior to the start.



Swim:

The swim will be a time trial start (one swimmer at a time) with 20 seconds separation between the athletes. The order of start will be based on the swim time provided during registration.

Transition 1:

Exit the pool and go around the building and out into parking lot to bike rack. Put on clothes (shorts, shirt, socks, and shoes) if desired, and race number. Walk bike to mount line. Get on bike. Ride out of parking lot.



Bike:

6-10 year-olds two laps

11-15 year-olds four laps

As the athletes approach Lafayette Dr. after each lap, they will carefully make a left turn merging with any bike traffic from the pool. They will bike to Hamilton where they will do a U-turn to go back to Wellington to begin their second, third or fourth lap as needed.

Please make sure your athlete knows how many laps they are doing. Their age is the age they are on December 31st, NOT the age they are on race day. Continue on the road and complete the appropriate number of laps. Then enter the transition area to dismount at the "Mount / Dismount" line.

Transition 2:

After returning from your ride, dismount the bike at the dismount line. Riding your bike into or around transition is never permitted and may result in disqualification. This rule is for everyone's safety. After racking your bike and changing any clothes you wish to change, exit transition towards the run out chute to begin the run.



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Run:

6-10 year-olds will run one loop

11-15 year-olds will run two loops

As with the bike, run past the driveway for additional laps. Make sure you run the appropriate number of laps for your age group. After entering the parking lot, make your way to the finish line.

Finisher Medals:

All athletes that complete the appropriate number of lengths in the pool and distances on the bike and run

will receive a custom finisher medal. There is no time limit to complete each leg of the race, however all athletes must finish the race 80 minutes from when they started the swim, not when the first swimmer started the swim.

Timing and Race Awards:

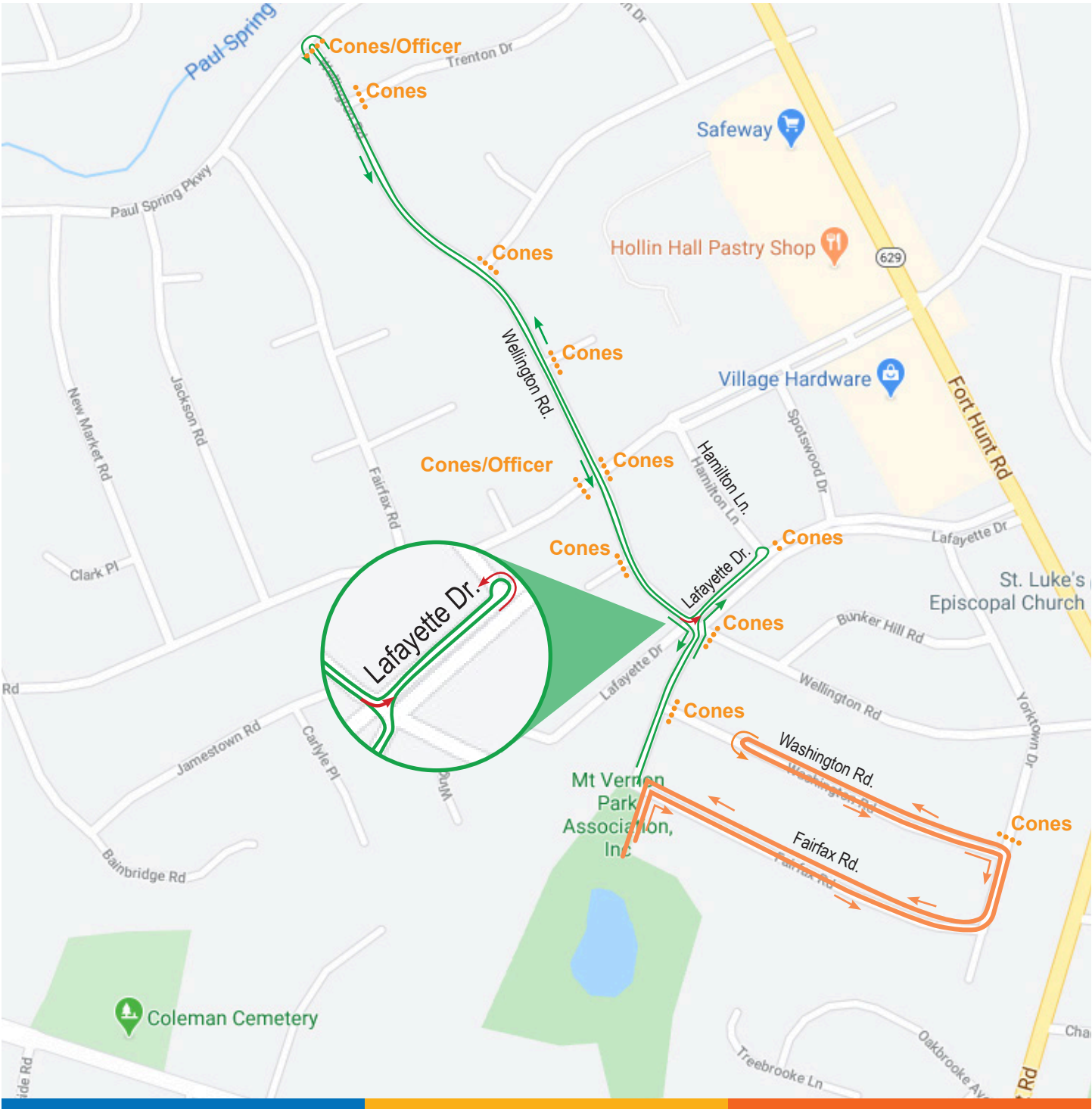
We had originally hoped to have individual race awards but because two races have been cancelled and the other two have limited entries, we are unable to justify the expense. We do our best to avoid timing and finish order errors. If you believe an error has been made, please contact me at the race site or after by email at scott@luckycoinmultisport.com.





MVP Course Map & Distances

Age Group	Swim (meters / lengths)	Bike (miles / loops)	Run (miles / loops)
6-8	50 / Two	2.10 / Two	1.00 / One
9-10	50 / Two	2.10 / Two	1.00 / One
11-12	150 / Six	4.20 / Four	2.00 / Two
13-15	150 / Six	4.20 / Four	2.00 / Two





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Road closures on Sunday, August 30th from 9:00AM to 10:30AM

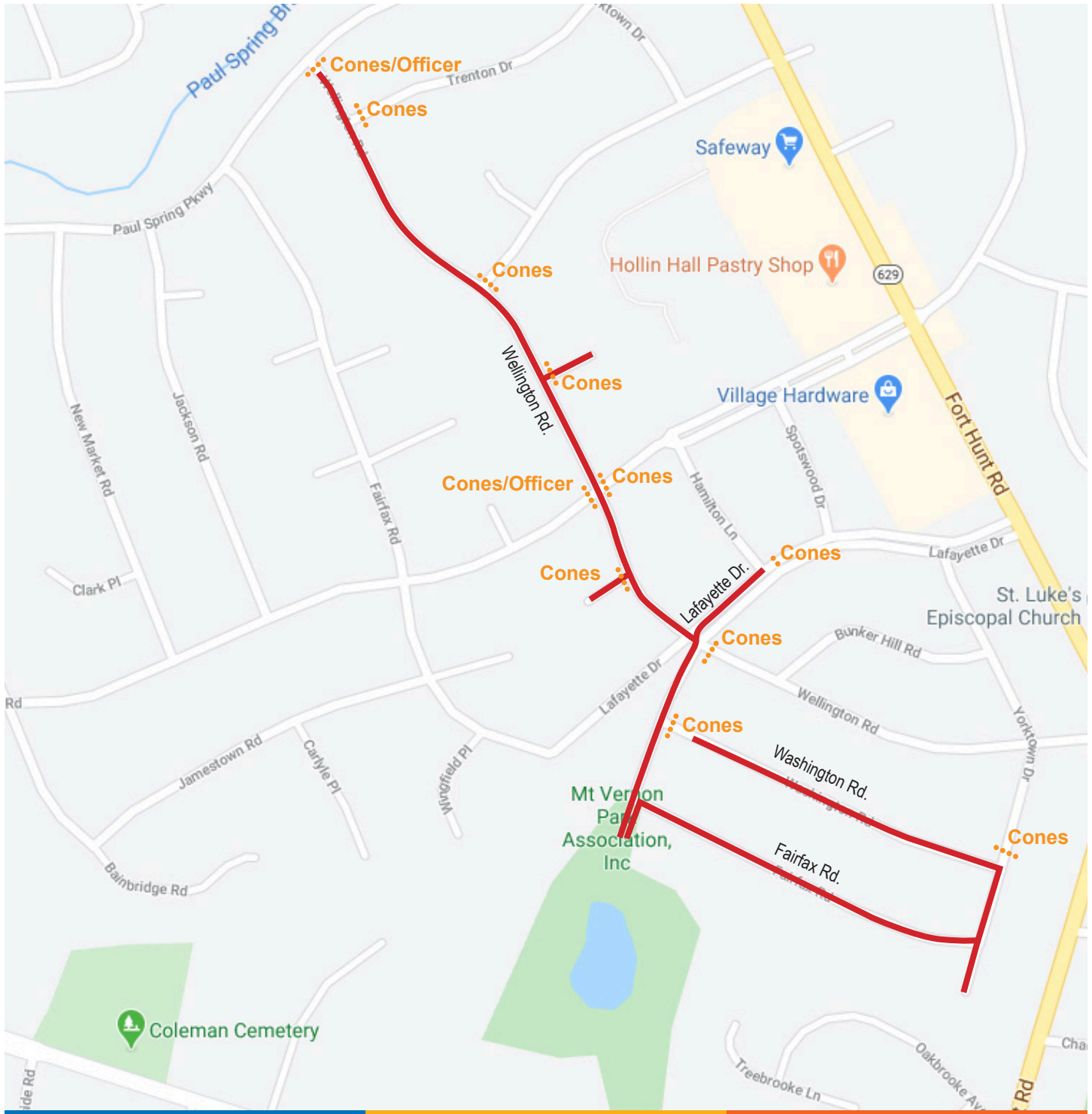
The roads shown here in RED will be closed to traffic for a youth triathlon. Please park on the open road nearest your house to allow you to leave during the race.

If you have mobility limitations and will need assistance getting to your car, please contact using the information below. We will try to make arrangements to get you to

your car. Please contact us by August 28th to increase the likelihood we will be able to accommodate your needs.

email: scott@luckycoinmultisport.com

Phone: 703.927.4467





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MVP Transition (Swim/Bike)





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