

# 2022 Riverside Gardens Athlete Guide



2022



Lucky Coin  
Multisport LLC



RIVERSIDE  
GARDENS



## Important Notes for Spectators:

If you are not a registered volunteer or a member of the staff, you are not permitted to wait for the start in the transition area. We have plenty of volunteers to help the athletes set up their transition but if a parent wishes to help, please provide the assistance and then exit the transition area.

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.

## Timeline:

7:45-8:30 Arrive and check-in (packet and chip pickup)  
8:00-8:40 Setup transition area  
8:40-8:50 Mandatory athlete briefing  
9:00 First Swimmer enters the water

## Approximate start times:

9:00 6-10 year-olds, 50M swim  
9:10 11-15 year-olds, 150M swim



### Swim:

The swim will be a time trial start (one swimmer at a time) with approximately 15 seconds separation between the athletes. The order of start will be based on the swim time provided during registration.

## Transition 1:

Exit the pool area through the gate at the end of the pool. Go to your bike and put on any clothing you wish to wear during the bike leg of the race (shoes are required). Walk or run with your bike toward the pool parking lot exit to the "Bike Mount" line marked just after the speed bump. **DO NOT GET ON BIKE BEFORE THE MOUNT LINE.**



### Bike:

6-10 year-olds one lap  
11-15 year-olds three laps  
Turn right after exiting the pool parking lot. After each lap, do not re-enter the pool parking lot. Turn left and start the additional laps. Once you have completed the appropriate number of laps, ride straight into the pool driveway and dismount at the Mount/Dismount line. **DO NOT RIDE YOUR BIKE PAST THE LINE INTO THE TRANSITION AREA.** Riding your bike into or around transition is never permitted and may result in disqualification.

## Transition 2:

After racking your bike and changing any clothes you wish to change, exit transition towards the run out chute to begin the run.



### Run:

6-10 year-olds will run one loop  
11-15 year-olds will run two loops  
Exit the pool on the sidewalk and turn right running down Buckboard to the cone at the stop sign. Run around cone and run back toward the pool. If you are running a second lap, run around the cone on the sidewalk next to the pool driveway and start the second lap. 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.

## Series Awards:

Athletes will earn points based on their completion and where they place within their category. Each participant's three best finishes will be used to determine their placement in their category for the series. Athletes are not required to do three or more races, however it does increase the likelihood they will receive a series award. Awards will be given to the top three finishers in each category at the end of the season.



# Riverside Course Map & Distances

Age Group	Swim (meters / lengths)	Bike (miles / loops)	Run (miles / loops)
6-8	50 / Two	1.1 / One	.75 / One
9-10	50 / Two	1.1 / One	.75 / One
11-12	150 / Six	3.3 / Three	1.40 / Two
13-15	150 / Six	3.3 / Three	1.40 / Two





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## Road closures on Sunday, August 7th from 9:00AM to 10:30AM

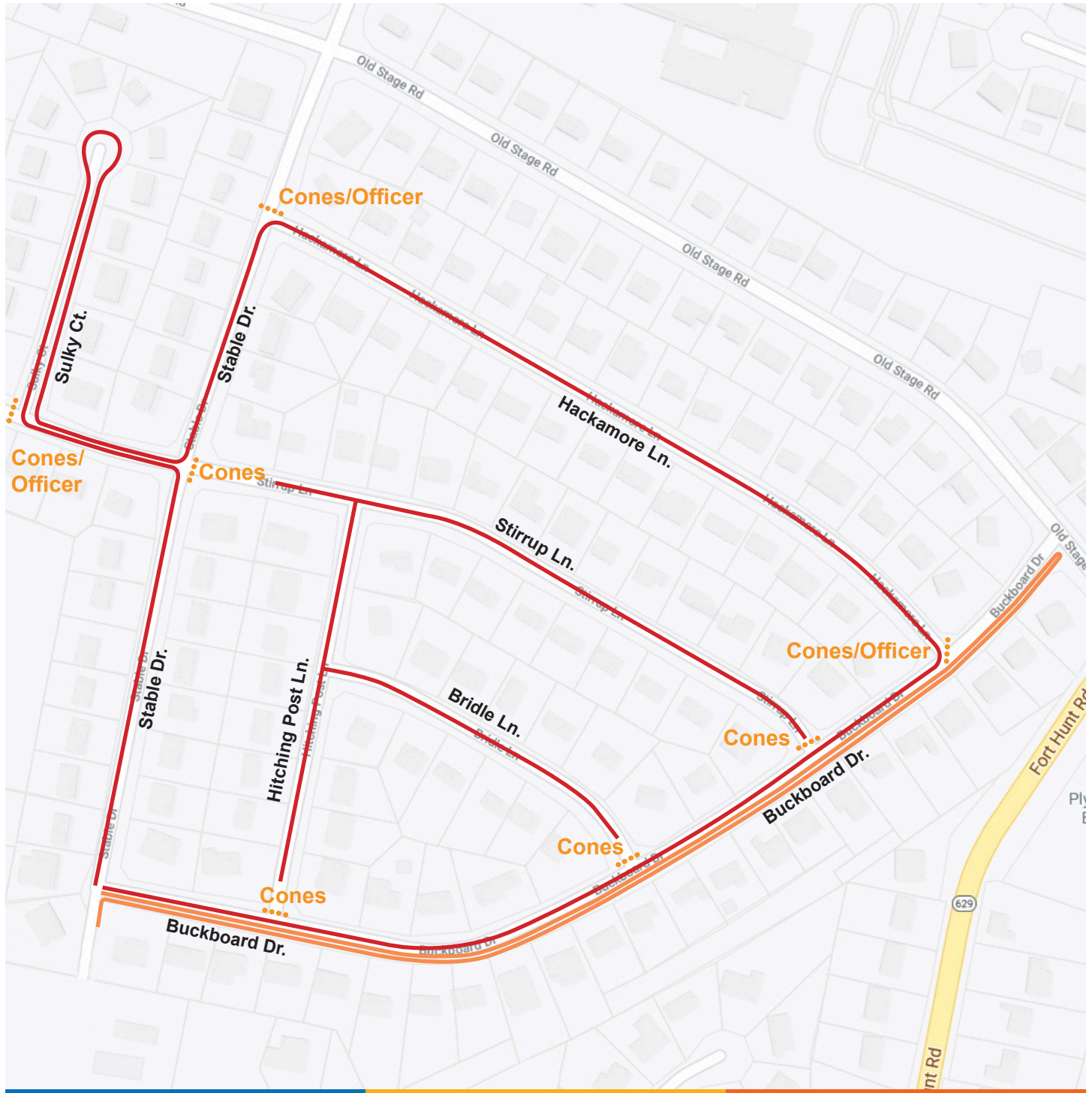
The roads shown here in RED will be closed to traffic for a youth triathlon. Please park on the open road nearest your house to allow you to leave during the race.

The run portion of the race will be on the sidewalks on the roads shown in orange.

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 Thursday to increase the likelihood we will be able to accommodate your needs.

email: [scott@luckycoinmultisport.com](mailto:scott@luckycoinmultisport.com)  
Phone: 703.927.4467





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# Riverside Transition Area (Swim/Bike/Run)

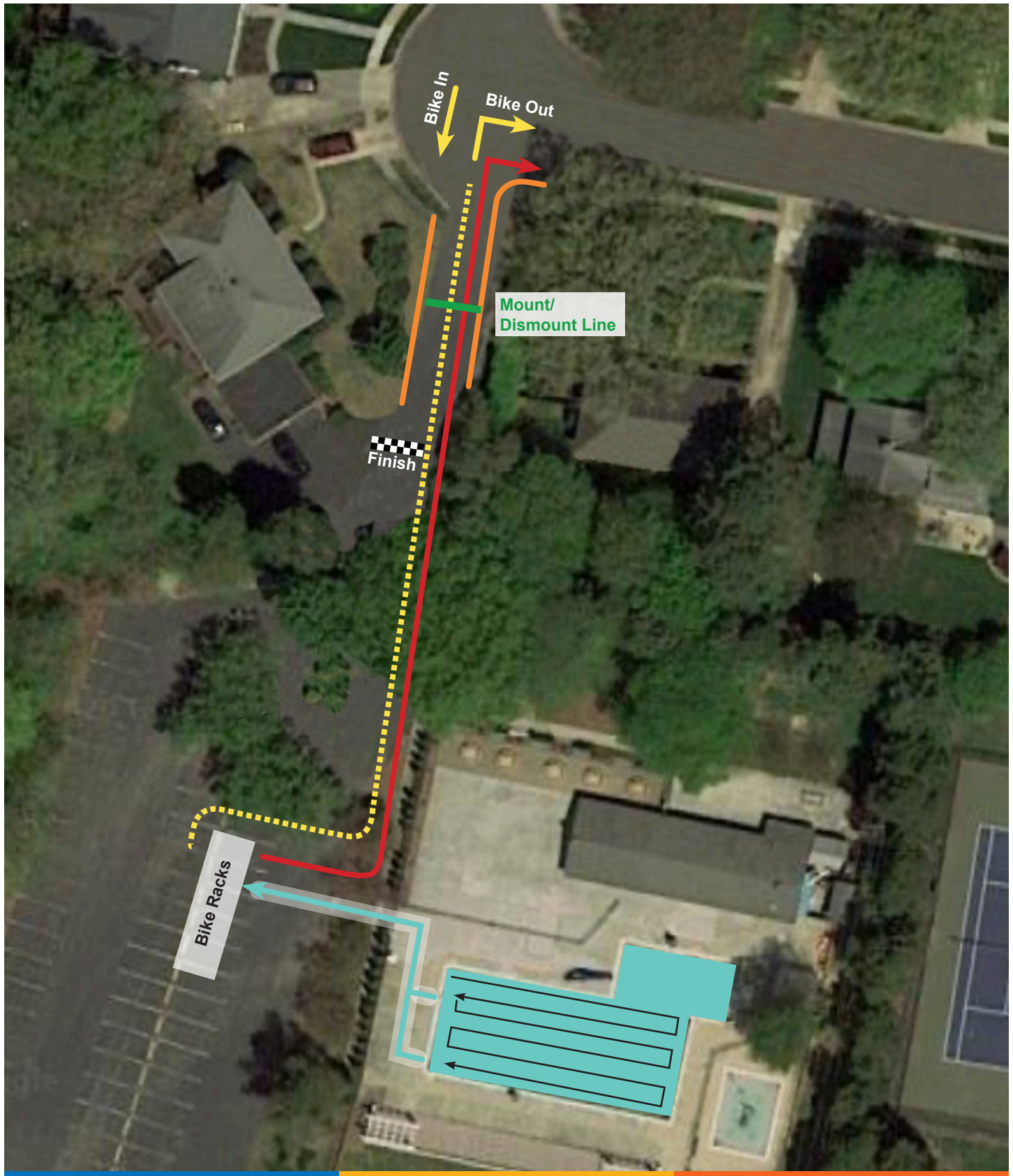
Swim Out

Walk/run bike

Bike Out/In

Run Out/In

Rope Fence





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