



2023 Riverside Gardens Athlete Guide



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 course map with your athlete prior to race morning. 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 and chip 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 and chip pickup)

8:25-8:45 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



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

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

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.

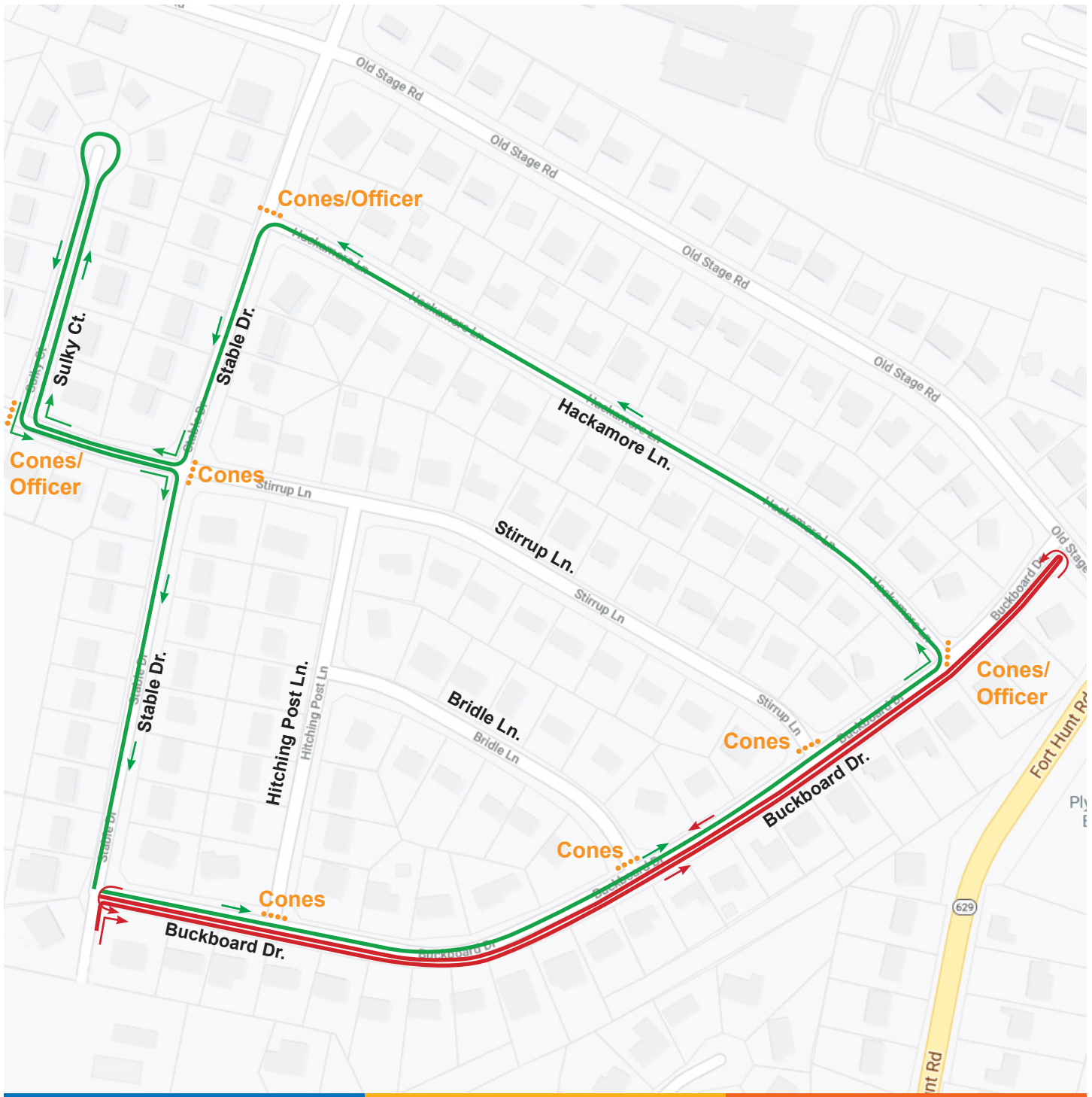
Series Awards:

Athletes will earn points based on their completion and where they place within their category. Each participants 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 13th from 8:45AM 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 by Thursday race week to increase the likelihood we will be able to accommodate your needs.

email: 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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