GroundForce IT

ROBIOUS LANDING TRIATHLON

Presented by ACTIVE Chiropractic

2018 ATHLETE GUIDE
## ATHLETE GUIDE CONTENTS

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GroundForce IT Robious Landing Triathlon presented by Active Chiropractic
Welcome from Andy Moser, USA Triathlon Certified Race Director, and the Go To Eleven Racing Team

We’re very excited to celebrate the 12th running of the GroundForce IT Robious Landing Triathlon presented by Active Chiropractic. We welcome all our endurance athletes, from those participating in their first sprint, to those testing their speed. I raced this event as my first open water tri back in 2011, and if you’ve picked this as your first, we know you’ll enjoy it. Our venue at Chesterfield County’s Robious Landing Park on the James River is a scenic setting to both race and relax. We are proud to host Richmond’s favorite summer tri party!

**Athlete Demographics:**
- 15% chose this year’s Robious Landing Tri as their first triathlon ever
- Representing 14 different states
- 56% men and 44% women

**Race Features**
- Post-race catered BBQ including vegetarian options.
- The swim is in the James River, not likely to be wetsuit legal. It is several degrees over the maximum wetsuit “legal” temperature, though they may still be optional
- The beautiful bike course heads west into rural rolling countryside. The course is a simple out-and-back with one turn onto Manakintown Ferry Road; you'll always know where your competition is!
- The run winds through the trails of Robious Landing Park, with a short jaunt into the adjacent Riverdowns Neighborhood to hit an aid station. The 2 miles of the 3.1 is shaded.

**The Robious Landing Triathlon benefits the Cameron K Gallagher Foundation**

Our mission is to fulfill Cameron’s dream and legacy by being a positive force that works to cultivate awareness and understanding of teenage depression and anxiety.

To learn more about Cameron’s Story and the CKG Foundation, please visit [SpeakUp5K.com](http://SpeakUp5K.com).

**SpeakUp5K**

Let's Finish This
## Race Weekend Timeline

### Friday, June 22, 2018: Pre-swim

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>5:45pm</td>
<td><strong>Group Pre-swim at Robious Landing Park</strong>&lt;br&gt;Group pre-swim at Robious Landing Park. Free to join if you are registered to race the Robious Landing Tri. Meet and sign in at the picnic tables by the kayak ramp by 5:45pm. Bring a brightly colored swim cap.</td>
</tr>
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### Saturday, June 23, 2018: Packet Pickup

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1pm - 3:15pm</td>
<td><strong>Packet pickup in the large pavilion</strong> at the race site:&lt;br&gt;3800 James River Road, Midlothian, VA. Racers must bring a photo ID. <strong>NO ID, NO RACE, NO EXCEPTIONS.</strong> USAT members must also bring their valid USAT card. <strong>Racers may only pick up their own packet.</strong> This includes relay teams. No overnight bike racking. Timing chips handed out on race day.</td>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>3:30pm – 4:30pm</td>
<td><strong>Pre-race briefing</strong> in the small pavilion at the race site. Recommended for first-timers and those not familiar with the course. Q&amp;A with the Race Director</td>
</tr>
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### Sunday, June 24, 2018: Race Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15am</td>
<td>Parking and Transition Volunteers report</td>
</tr>
<tr>
<td>5:30am</td>
<td>Transition opens</td>
</tr>
<tr>
<td>5:30am – 6:30am</td>
<td><strong>Race Day Packet Pickup.</strong> Racers must bring a photo ID. <strong>NO ID, NO RACE, NO EXCEPTIONS.</strong> USAT members must also bring their valid USAT card. <strong>Racers may only pick up their own packet.</strong></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>5:30am – 6:30am</td>
<td>Chip Pickup at the tent near transition area – look for “TIMING CHIPS” banner</td>
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<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>6:35am</td>
<td>National Anthem at swim start</td>
</tr>
<tr>
<td>6:50am</td>
<td>Swim start formation by wave order. Race welcome and final pre-race briefing.</td>
</tr>
<tr>
<td>7:00am</td>
<td>Race Start: Wave 1 – Men 39 &amp; Under – YELLOW Caps</td>
</tr>
<tr>
<td>7:05am</td>
<td>Wave 2 : Men 40 – 49 – GREEN Caps</td>
</tr>
<tr>
<td>7:10am</td>
<td>Wave 3 : Men 50+, Male Aquabike, Clydesdales – BLUE Caps</td>
</tr>
<tr>
<td>7:15am</td>
<td>Wave 4: Women 39 &amp; Under – PINK Caps</td>
</tr>
<tr>
<td>7:20am</td>
<td>Wave 5: Women 40+, Female Aquabike, Athena, ALL relays – PURPLE Caps</td>
</tr>
<tr>
<td>~8:10am</td>
<td>First finisher</td>
</tr>
<tr>
<td>~10:15am</td>
<td>Awards Presentation in the party area near the finish line</td>
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RACE DISTANCES

Sprint Distance = Swim 650 meters  Bike 18.8 miles  Run 5k
(Aquabike division is swim and bike only; no run!)

RACE AMENITIES

- Race shirt
- Finisher medals
- Accurate swim, bike and run splits, with receipt printers for your finish times and results on a big-screen TV
- Catered Post-race food, music, & party
- Race photos
- Race swim cap
- Post-race stretching and massage by Active Chiropractic

AWARDS

Please note the race director reserves the right to add or delete the number of awards in age group categories prior to race day based on registrants in that category 2 weeks prior to race day. Awards will not be mailed out. Awards will be presented for:

- Top 3 overall male & female
- Triathlon Age groups (3 deep) male and female
  19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 60-64, 65-69, 70 and over (more added based on registrants)
- Top 3 Aquabike male and female
- Top 3 Athena and Clydesdale
- Top Relay

SPECTATORS

- Feel free to join us at the swim start. It is about a 5 minute walk up the run course into the property of the adjoining private neighborhood. Because of the downriver swim, your athlete may exit the water before you return to the race venue, so plan your time accordingly.
- The transition area is the hub of the race; this is the area where the athletes rack their bikes and keep their gear. While ONLY athletes are allowed inside the transition area before, during, and after the event, around transition is the best place to spectate. You will see your athlete return from the swim to mount their bike and return from the bike to start the run. Transition is only a few steps away from the finish line, but please be mindful of crossing the race courses: look both ways! Feel free to bring a cowbell or other noisemaker.
- Please remember that triathlon is an individual sport and that you as a spectator may not assist your athlete during the event. For example, you may not pick up their goggles after the swim, drive out to fix a flat tire during the bike, or hand them an energy bar during the run (outside assistance warrants USAT penalties). If you wish to be involved with the race, we are glad to have your help as a volunteer. Please see the Volunteer Coordinator at the Volunteer tent to sign up and get an official Volunteer t-shirt.
**Packet Pickup**

Come to the large pavilion behind the bathhouse at Robious Landing. Saturday Packet Pickup will be held from 1pm to 3:15pm, and race morning packet pickup will be held from 5:30-6:30am.

Per USA Triathlon, you MUST show a photo ID to pick up your packet. *No ID, No Packet, No Race.* Only you may pick up your packet, no one else may pick it up for you. Current annual USAT members are required to bring their annual membership card.

**Timing Chips**

Timing chips will be handed out from a tent adjacent to the transition area on race morning – Look for the “TIMING CHIPS” banner. Bring your Run Bib to the chip pickup tent to receive your chip.

The chip will be on a Velcro strap; place this on your LEFT ankle so as to avoid tangling it in your bike chain.

Upon completion of the race, a volunteer will remove your chip at the finish line. If you voluntarily withdraw from the race at any point, you must immediately report to the green timing tent adjacent to the finish line and check in with the timing staff to return your chip. This is particularly important in the swim portion, as the timing chips are used as a head count.

Relay Members: Your chip is your “baton”. All relay members exchange at their designated bike rack. The swimmer will exit the water and proceed to their bike rack, where they will hand off the chip. Once the cyclist has the chip around their ankle, they may remove their bike from their rack. Once the cyclist returns from the bike course to their rack, they will re-rack their bike before handing off the chip to the runner.

**Body Marking & Race Numbers**

Body Marking Volunteers will be roaming transition on race morning to mark your biceps, thighs, and calf with your race number and Race Age (your age as of December 31st) or Category (C for Clydes, A for Athena, R for Relay, or AB for Aquabike). Smiley faces available upon request.

You will be provided with three numbers at Packet Pickup:

- The large sticker must be displayed clearly from both sides of your bicycle: fold it over your top tube, down tube, or seat tube.
- The small sticker must be affixed to the front of your bike helmet.
- The race bib (holes in each corner) must be worn on the front during the run and as you cross the finish line. You may pin it to your shirt or wear it on a race belt.
**TRANSITION AREA**

The fenced area that contains the bike racks is called the Transition Area. According to USA Triathlon Rules, only athletes are permitted in this area. While your family may assist you in carrying your gear to and from Transition, they must stop at the gate and let you set up and remove your own gear.

The racks are numbered in groups of six, i.e. 1-6, 7-12, 13-18 and so on. Find the rack that corresponds to your bib number. If you are picking up your bib on race morning, we suggest you do so first before entering transition. Within your assigned rack, spots are first-come, first-serve. Hang your bike by the nose of the seat or by the handlebars (do not lay it on the ground). Lay out your gear underneath your bike, but remember that you must share the rack with five other athletes; you have about 20” of width.

There is no “changing area” within Transition, so while you will be able to put on a shirt or jersey once you get out of the river, you won’t be able to change out of what you wore to swim. Plan your attire accordingly.

During the race, remember that you cannot ride your bike inside the transition area. Walk your bike past the mount line (duct taped across the road), and then you may get on. Likewise, when you finish your ride, you must dismount before crossing the line, and walk your bike back to its rack.

**SWIM COURSE**

**To reach the Swim Start:** Give yourself at least 5 minutes for the walk upriver (with the water on your right side) along the marked run course to the Swim Start feather flag. Wear shoes or flip flops until you reach the boat landing; we will have buckets for your shoes that we will bring back to the race venue. Please place any trash, water bottles, etc in these buckets. As you enter the water down the boat ramp, stay to the right and hold onto the dock. The middle of the ramp below the waterline is SLIPPERY.

**Waves**
- 7:00am : Wave 1 : Men 39 & Under : YELLOW Caps
- 7:05am : Wave 2 : Men 40-49 : GREEN Caps
- 7:10am : Wave 3: Men 50+, Aquabike Men, Clydesdales : Blue Caps
- 7:20am : Wave 5 : Women 40+, Aquabike Women, Athena, ALL Relays : Purple Caps

Novice / Nervous swimmers: Ask for a WHITE swim cap at packet pickup if you would like the kayakers to keep an eye on you. You’ll still start in your assigned wave. The swim is straight downriver with the current, which will be stronger towards the middle of the river. Buoys will be placed along the course for your sighting only, and you can go on either side of them.

If you require assistance from a kayak, wave and one will come to help you. Grab on to the front or back end of the kayak only; do not grab the side or attempt to climb in! You may hang onto a kayak as long as you feel you need to, as long as they do not help propel you forward. Only if you ask the kayak volunteer to tow you in will you be disqualified.

GroundForce IT Robious Landing Triathlon presented by Active Chiropractic
BIKE COURSE

The bike course travels west out of the park into the rural countryside of Chesterfield and Powhatan Counties.

Though police will be holding vehicular traffic at the intersections to allow cyclists to pass, cyclists should be aware that the roads are still open to traffic. Ride on the right and look over your shoulder before attempting to pass, and only pass on the left.

Turns will be marked in spray paint on the road, and there will be large black & white yard signs with arrows. We will place as many Volunteer Marshals as we have at the turns to direct you along the course. However, it is the athlete’s responsibility to know the course. Review the course maps below. The courses are simple: Ride straight out of the park to the stoplight at Robious Road (you came through this light when you drove in to park). Continue about 3.6 miles to make a left turn onto Manakintown Ferry Rd. Continue 4.7 miles to the top of the hill and the turnaround, and follow the same course back to transition.

Safety Note: There is ongoing road construction along approximately 1.75 miles of the bike course. While you can expect some gravel on the road, the surface in this area has been freshly paved and is in much better shape than previous years – no more potholes! We strongly advise against riding in the aero position while transiting the construction zone.

Read more on cycling conduct in the following USAT rules section.

RUN COURSE

Exit the transition area at the opposite end of the bike in, through the arch over the sidewalk. There will be an aid station in the trees within 100 yards of starting your run.

The park trail system is complex, with many turns. The run is mostly off-road, with rocks, roots, and tree branches. Pay attention and watch your footing! Follow the staked signs marked TRI with an arrow and heed the caution tape marking off side trails.

There is a second aid station in the woods and one in the short stretch into the adjacent neighborhood (about 1 mile of unshaded pavement). Aid stations will have water and Gatorade. Please dispose of your trash only within the aid stations; don’t carry your cups past the signs! Littering on the course is cause for penalty.
All Maps are available for download on the race website.
SWIM COURSE

● = YELLOW BUOY
● = ORANGE BUOY
⚔️ = KAYAK
🐟 = BOAT
💥 = JET SKI
✅ = LIFE GUARD

IN-WATER START AT STONE HARBOR BOAT RAMP

FOLLOW MARKED RUN COURSE TO START (0.6mi)

SWIM EXIT AT KAYAK STAIRS

TRANSITION

GO TO RACING

GroundForce IT Robious Landing Triathlon presented by Active Chiropractic
PARKING

Athletes and spectators should park in the James River High School lots at 3700 James River Road.

Do not attempt to drive into Robious Landing Park on race morning.

RACE SITE / PACKET PICKUP / PRE-RACE BRIEFING

3800 James River Road,
Midlothian VA

➢ Packet pickup located in Shelter #2 – near the bathhouse on the hill

LOST & FOUND

Located at the Announcer’s Tent – adjacent to the finish line

BIKE SUPPORT

Provided by Endorphin Fitness, in the red tent near Transition. Look for the black BIKE SUPPORT flag.

RESULTS

Preliminary race results are posted LIVE on

PHOTOS

With the closure of the local race photography company we’ve used for years, race photos are now crowd-sourced.

WEATHER PLANS

The events will go on rain or shine. In the case of thunder, lightning, fog, or any other temporary unsafe condition, expect a delay of start. There will be no delay for rain alone. We will do everything in our power to have the swim portion of the triathlons; however, safety is Priority Number 1. Weather is to be respected, and can not be controlled, nor ignored. Decisions on cancellations or delays are made with the best available information in concert with our local safety and emergency services support and authorities. If the event must be cancelled due to weather, there will be no refunds. If the river is unsafe for swimmers due to high currents, debris, or contaminants, the race will be held as a duathlon (run-bike-run). We advise to stay tuned to www.facebook.com/gotoelevenracing.
REFUNDS

Due to the nature of the industry, we have a strict no refunds policy. All registrants must acknowledge and initial this policy within the registration path before checkout.

TRANSFERS & DEFERRALS

The deadline for transfers & deferrals is 30 days out from race day. No transfers will be accepted after this date as we have placed our orders for racer gear by this point. Sorry - no deferrals will be accepted after this date.

Bib Sales: If you receive your bib at packet pickup and give it to another athlete to race, you and the other athlete will be subject to a lifetime ban from USA Triathlon. Racing under another person's bib is strictly prohibited.

CATEGORY CHANGES

Racers who want to change categories within the same event (ex. from individual to aquabike or relay team) may do so before online registration closes at no additional cost. Category changes after online registration closes may be done in person at packet pick-up for NO additional service fee aside from any difference in category costs. Hurt your knee and can't run? Drop down to aquabike and complete only the swim and bike portions. Ear infection and can't swim? Grab a relay member to swim for you and pay only the difference to upgrade.
ABOUT OUR RACE SERIES
Go To Eleven Racing was founded by a local athlete to support the greater Richmond triathlon community by continuing to produce a few of the favorite local events. We will strive to bring you a great experience at the same great venues athletes have enjoyed for years. Go To Eleven believes in lowering the barriers to entry for new athletes and those with challenges, while providing a logistically sound and professionally directed event for the experienced triathlete. Whether it’s your first or fiftieth, we hope to send you home with a smile on your face!

June 24: Robious Landing Triathlon presented by Active Chiropractic -benefiting the Cameron K Gallagher Foundation
August 11: NEW Pink Power 5K
August 12: Pink Power Triathlon presented by Angus Dentistry -benefiting United Athletics
October 13: Tour de Midnight 30k / 50k / 100k Bike Ride – supporting the Epilepsy Foundation of VA

PRODUCED BY

GO TO 11 RACING
TURN IT UP A NOTCH!
USAT RULES & POLICIES

The Robious Landing Triathlon is a USA Triathlon (USAT) sanctioned event and follows the USAT Competitive Rules.

AGE POLICY

Athletes compete in their age groups according to their age on December 31, 2018.

WETSUITS

Wetsuits will only be allowed for competition if the water temperature is below 78.0 degrees Fahrenheit. If the water temperature exceeds 78.0 degrees but is less than 84.0 degrees, an athlete MAY wear a wetsuit but WILL BE INELIGIBLE for awards and national ranking consideration. If the water temperature is 84.0 degrees or higher, the use of wetsuits is strictly prohibited. The USAT Official will take readings before the race and make a determination about wetsuits. Wetsuit eligibility will be announced prior to the race. James River water temperatures can range anywhere from 72 degrees to 85 degrees this time of year. As of Thursday, 6/23, the temperature is 80 degrees.

COMMON RULE VIOLATIONS

USAT Officials will be on-course during the event enforcing the Competitive Rules. Stay safe and fair!

Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant’s equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Drafting: Drafting—keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position—keep to the right hand side of the lane of travel unless passing. Blocking—riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken—once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Headphones: Headphones, headsets, Walkman’s, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Empty bottles, gel wrappers, etc must be left at an aid station.