

# Loudoun Mini Athletes' Tri

## Saturday, August 7, 2021

### 8:30 AM Start



#### Event Description

Loudoun Mini Athletes' Tri (LMAT) is celebrating its 6<sup>th</sup> year of introducing youth athletes to the sport of triathlon. Drawing nearly 100 participants ages 6 – 15 to join in the fun of swimming, biking, and running, athletes are celebrated at a festive finish line, as they accomplish for some their first multi-sport event! The finish line offers finishers' medals presented to each athlete, at a festive finish line, an awards ceremony and interactive activities for athletes and their families.

#### Event Purpose/Goal

The event is designed as an introduction to the sport of triathlon in that all skill sets are welcome. The event has supported several causes over the years with the most recent being a monetary donation to a local high school track team.

#### The 2021 Event: Why Broadlands?

Celebrating our 6<sup>th</sup> year, we welcome the opportunity to bring this amazing event to the Broadlands community. Our event seeks to utilize Broadlands Community Center for use the parking lot, pool, and pathways surrounding the community center located at 43008 Waxpool Rd. The pathways within the area will allow us to offer a safer bike and run course as well as utilize minimum deputy support for vehicle traffic control.

#### Overall Event Scope

##### Location:

Broadlands Community Center  
43008 Waxpool Rd.  
Ashburn, VA 20147

##### \*Pre-event clinic:

Thursday, August 5 from 6 PM – 7:30 PM

- 4 AM: set up
- 7 AM: athletes check in, set up transition area, body marking
- 8 AM: welcome to athletes, warm up, line up for swim
- 8:30 AM race begins with youngest age group swim
- 9 AM: rest of age group begins the swim
- 10 AM: last of athletes complete the run
- 10:15 AM: awards ceremony
- 11 AM: event concludes
- 1 PM: completely off site

**Event Date:** Saturday, August 7, 2021

**Event Day Timeline:** 8:30 AM Start



**\*The pre-event clinic** is designed to answer questions from parents and the youth athletes. We take some time to review course maps, offer the athletes the opportunity to “test drive” the course, review athlete handbook with parents and offer the youth athletes a bit of race day advice.

Athletes will also be able to pick up their packets which include a race shirt, bib and other goodies, and get their bike inspected. The pool is not utilized during the pre-event clinic.

The pre-event clinic will be held outside in a section of the parking lot.

## Each Sport's Description

### Swim:

**Mini Athletes: ages 6 - 8:** Swim distance is 50 meters

**Young Athletes: ages 9 – 11:** Swim distance is 100 meters

**Oldest Athletes: ages 12 – 16:** Swim distance is 150 meters

**Young Adult Athletes: ages 15 – 16:** Swim distance is 200 meters

*All Participants will be seeded in their age group based on the swim time they entered for 50 meters at registration.*



**Bike See Pages 6 - 9 for draft course maps and course narrative (distances are currently approximate)**

**Mini Athletes: ages 6 - 8:** Bike distance is 1 mile.

**Young Athletes: ages 9 – 11:** Bike distance will be 1.68 miles.

**Oldest Athletes: ages 12 – 14:** Bike distance will be 3.36 miles.

**Young Adult Athletes: ages 15 – 16:** Bike distance will be 4.36 miles.

*Bike helmets and well working bicycles are mandatory and subject to inspection by event staff/volunteers. Bike routes may change due to unforeseen circumstances. Changes will be posted and emailed to registered participants.*



**Run See Pages 10 - 13 for draft course maps and course narrative (distances are currently approximate)**

**Mini Athletes: ages 6 - 8:** Run distance will be .86 mile.

**Young Athletes: ages 9 – 11:** Run distance will be 1.40 miles.

**Oldest Athletes: ages 12 – 14:** Run distance will be 1.60 miles.

**Young Adult Athletes: ages 15 – 16:** Run distance will be 1.60 miles.

*Run routes may change due to unforeseen circumstances. Changes will be posted and emailed to registered participants.*



### Transition area: See Page 12 for draft transition area layout

There are two transitions in a triathlon: swim > bike (Transition 1 or T1) and bike > run (Transition 2 or T2). For this triathlon, T1 & T2 are within the same transition area located in the parking lot of the Broadlands Community Center. The transition area will be fenced off and have numbered areas for each athlete to set up their equipment (bike, helmet, shoes, towel, etc.) giving a space to transition to the next step within the event.

### Finish line: See Page 12 for draft finish line area layout

We would like to propose the tennis court parking lot off of Waxpool Rd for the finish line and finish line festivities. In addition to the finish line arch for photo opportunities, the parking lot offers enough space for additional activities for athletes and parents to enjoy such as finish line food, music, awards ceremony, sponsor showcase, games, and more!

### **Event Day Parking**

The transition area will open at 7 AM for bike drop off and organizing transition space. Parents will be asked to drop off their athlete and bike at the Community Center and then park their vehicle at Hillside Elementary or Eagle Ridge Middle school(s) and utilize the path to return to the Community Center.

### **Course Support**

We will work with Loudoun County Sheriff's office for guidance of course marshal's and deputy support throughout the bike and run courses.

Cones will be placed along roads to create a biking lane for the athletes as well as provide visibility for vehicles.

Signage will be placed along the course to guide athletes through the course as well as provide awareness to spectators.

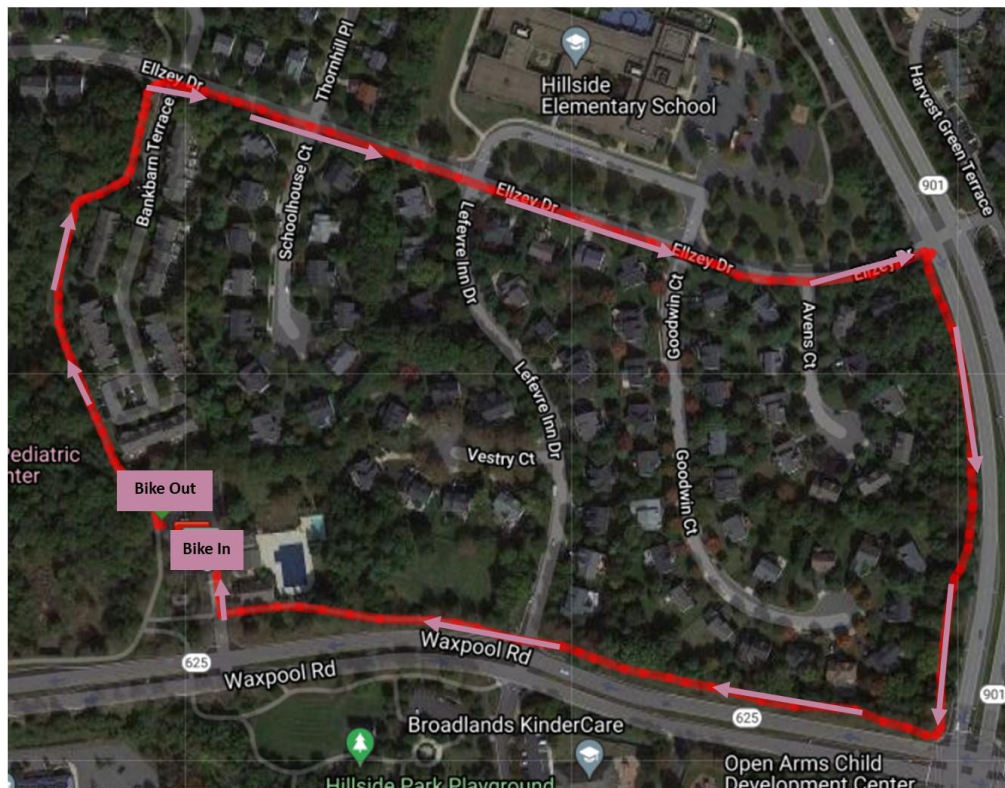
### **Covid-19 & Emergency Precautions**

- Parents will be asked to complete our COVID-19 questionnaire for themselves and their athlete. This questionnaire will ask if parents have been vaccinated, if not have they been exposed to anyone with COVID-19 and have their athlete(s) been exposed to anyone with COVID-19. In addition this document will alert parents that exposure to COVID-19 will result in athlete not participating
- Mask will be strongly encouraged for non-vaccinated parents when spectating their athlete(s).
- Mask will be encouraged for athletes when lining up for swim time and when gathering at the finish line area.
- Mask will be made available for those in need of a mask.
- Athletes will be instructed to use their arm's length to gauge 3 + distance from others.
- Transition areas will be spaced to accommodate up to 3 – 6 feet of space between each athlete's set up area.
- Race packets will be pre-stuffed and available at the clinic to minimize touch points
- Hand sanitizer will be available throughout the transition area.
- Water stop will be a refill station only, athlete will be encouraged to bring their own water bottle for drinking while participating in the event. A volunteer will be posted at the water refill station to pour water into empty bottles as needed by athletes.
- Finish line snacks will be pre-packaged and available in pre-prepared bags for athletes to grab and go.
- Packaged individual bottles of water will be available at the finish line for athlete consumption.
- Signage will be in place at the finish line to remind parents and athletes to use mask and socially distance.
- Mask reminder announcements will be broadcasted throughout the transition and finish line area.
- Volunteers and staff will be wearing mask, face shields and gloves.
- Covid-19 event guidelines will be included within the athletes' handbook and event website, as well as emailed to event participants' parents.
- Ambulance/EMS will be onsite during event hours (Saturday, 8 AM – 11 AM)



## Bike Course Maps

Ages 6 – 8

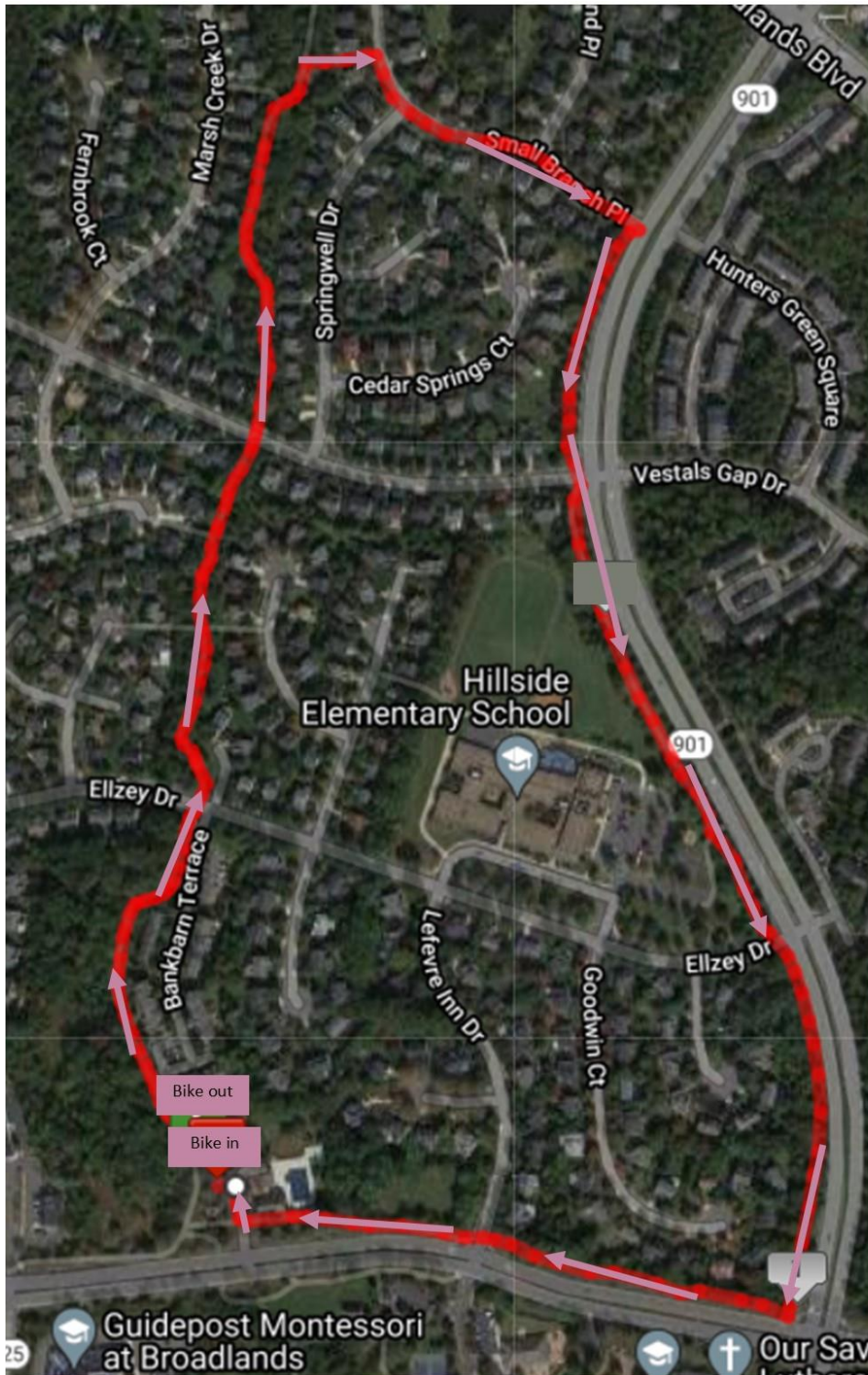


### Bike Route Narrative

#### Age Group 6 - 8

- Bike out from back end of Transition area
- Follow path to Ellzey Dr.
- Right on Ellzey Dr.
- Right on Claiborne Pkwy (utilizing sidewalk path)
- Right on Waxpool Dr. (utilizing sidewalk path)
- Right into Community Center driveway back to transition area.
- 1 mile





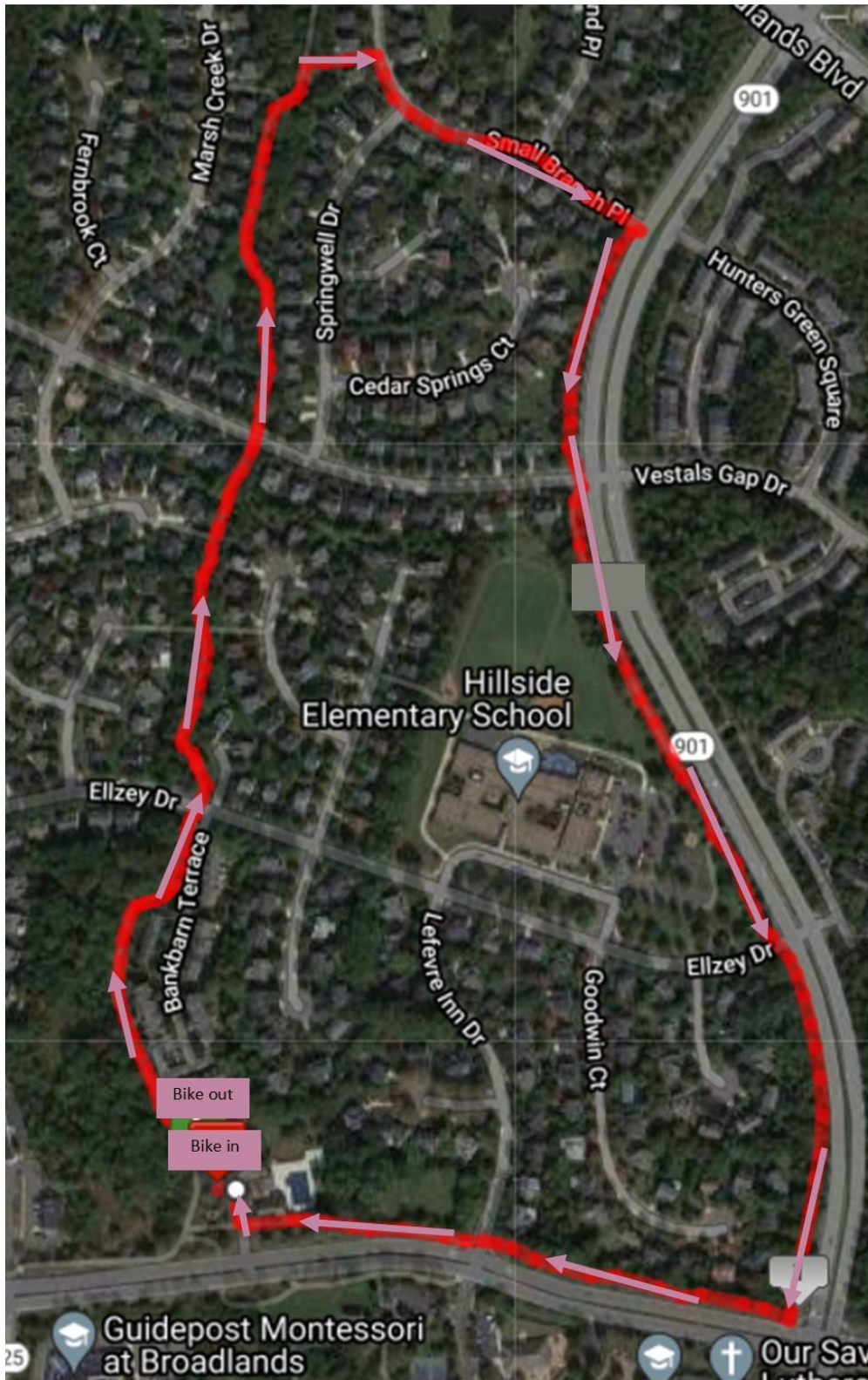
## Bike Route

### Narrative

#### Age Group 9 - 11

- Bike out from back end of Transition area
- Follow path to cross over Ellzey Dr.
- Follow path to Small Branch Pl.
- Right on Small Branch Pl.
- Right on Claiborne Pkwy (utilizing sidewalk path)
- Right on Waxpool Dr. (utilizing sidewalk path)
- Right into Community Center driveway back to transition area.
- 1.68 miles





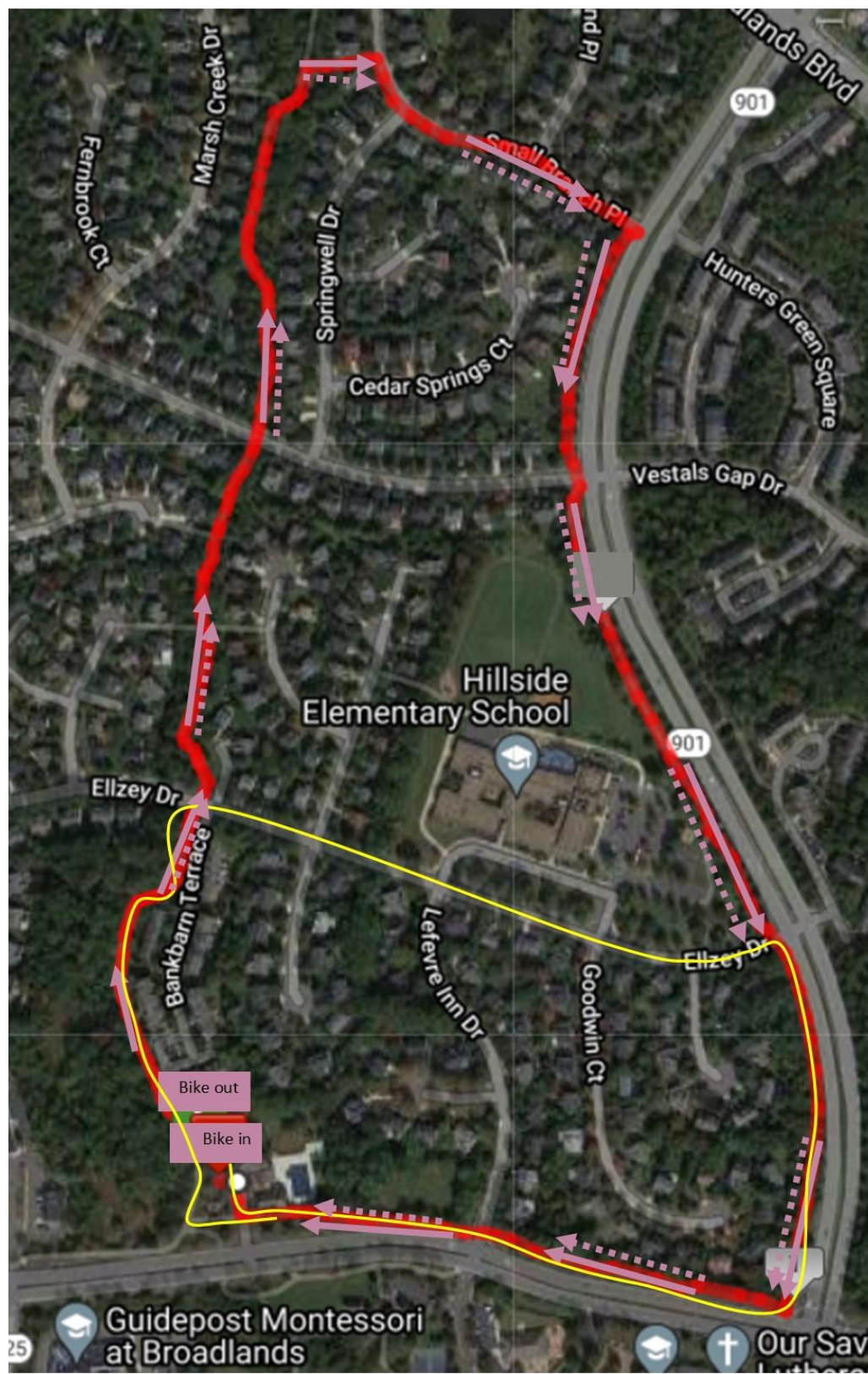
## Bike Route

### Narrative

#### Age Group 12 - 14

- Bike out from back end of Transition area
- Follow path to cross over Ellzey Dr.
- Follow path to Small Branch Pl.
- Right on Small Branch Pl.
- Right on Claiborne Pkwy (utilizing sidewalk path)
- Right on Waxpool Dr. (utilizing sidewalk path)
- Right on to path for second loop
- 3.36 miles





## Bike Route

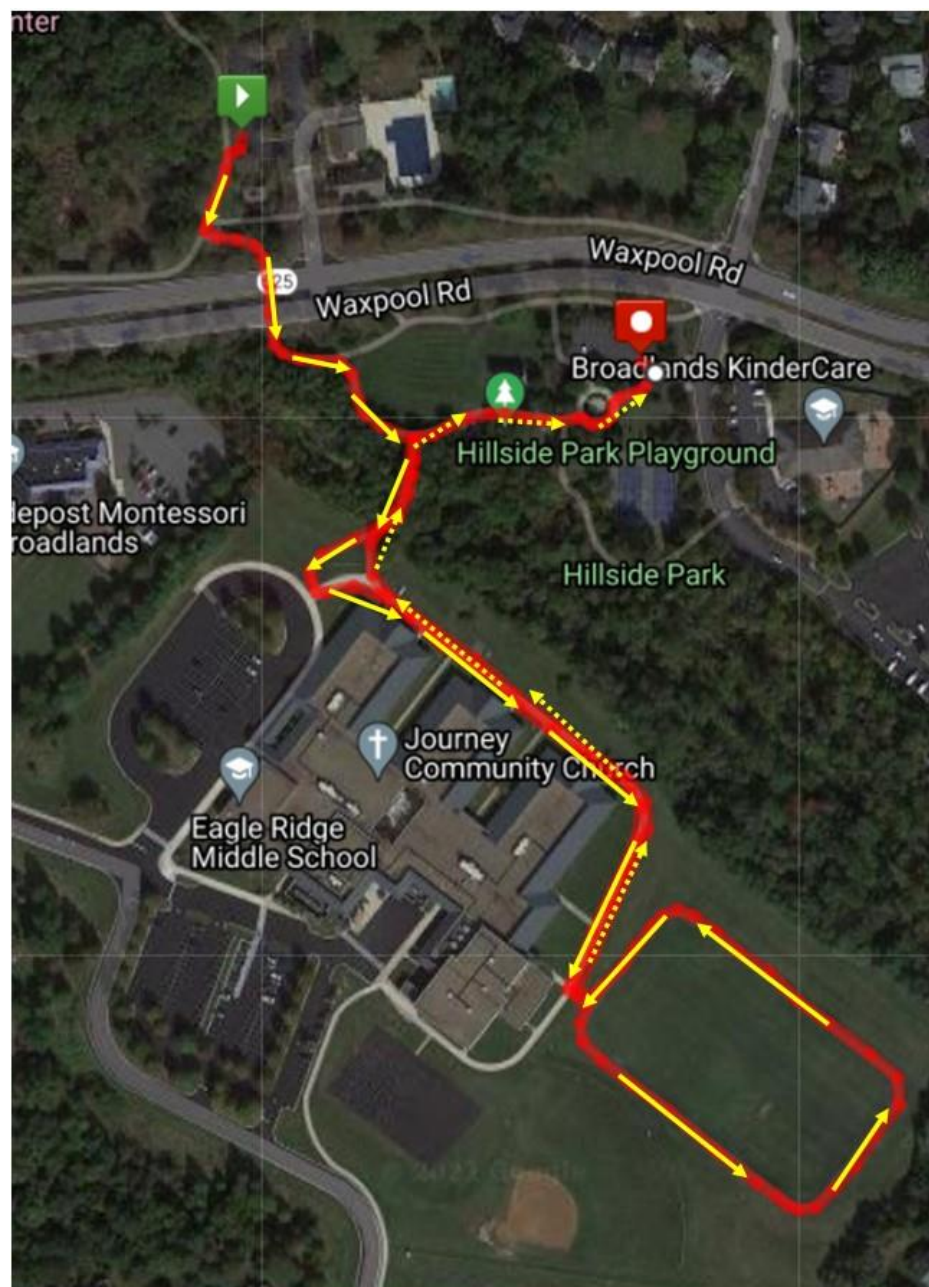
### Narrative

#### Age Group 15 - 16

- Bike out from back end of Transition area
- Follow path to cross over Ellzey Dr.
- Follow path to Small Branch Pl.
- Right on Small Branch Pl.
- Right on Claiborne Pkwy (utilizing sidewalk path)
- Right on Waxpool Dr. (utilizing sidewalk path)
- Right on to path for second loop (dotted arrow)
- When approaching community center right on path for final smaller loop. (Yellow line)
- 4.36 miles

## Run Routes

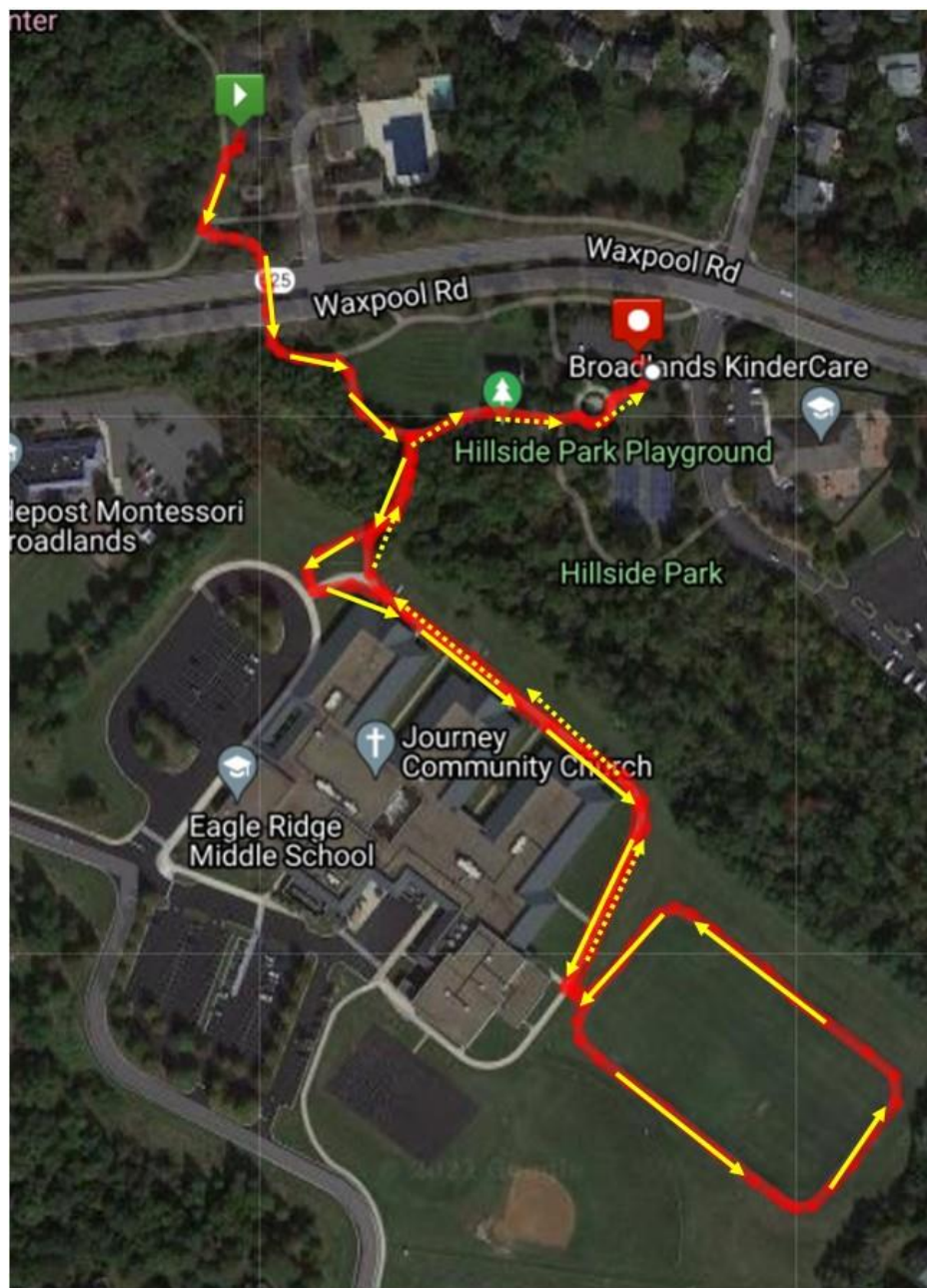
Ages 6 – 8



### Run Route Narrative Age Group 6 - 8

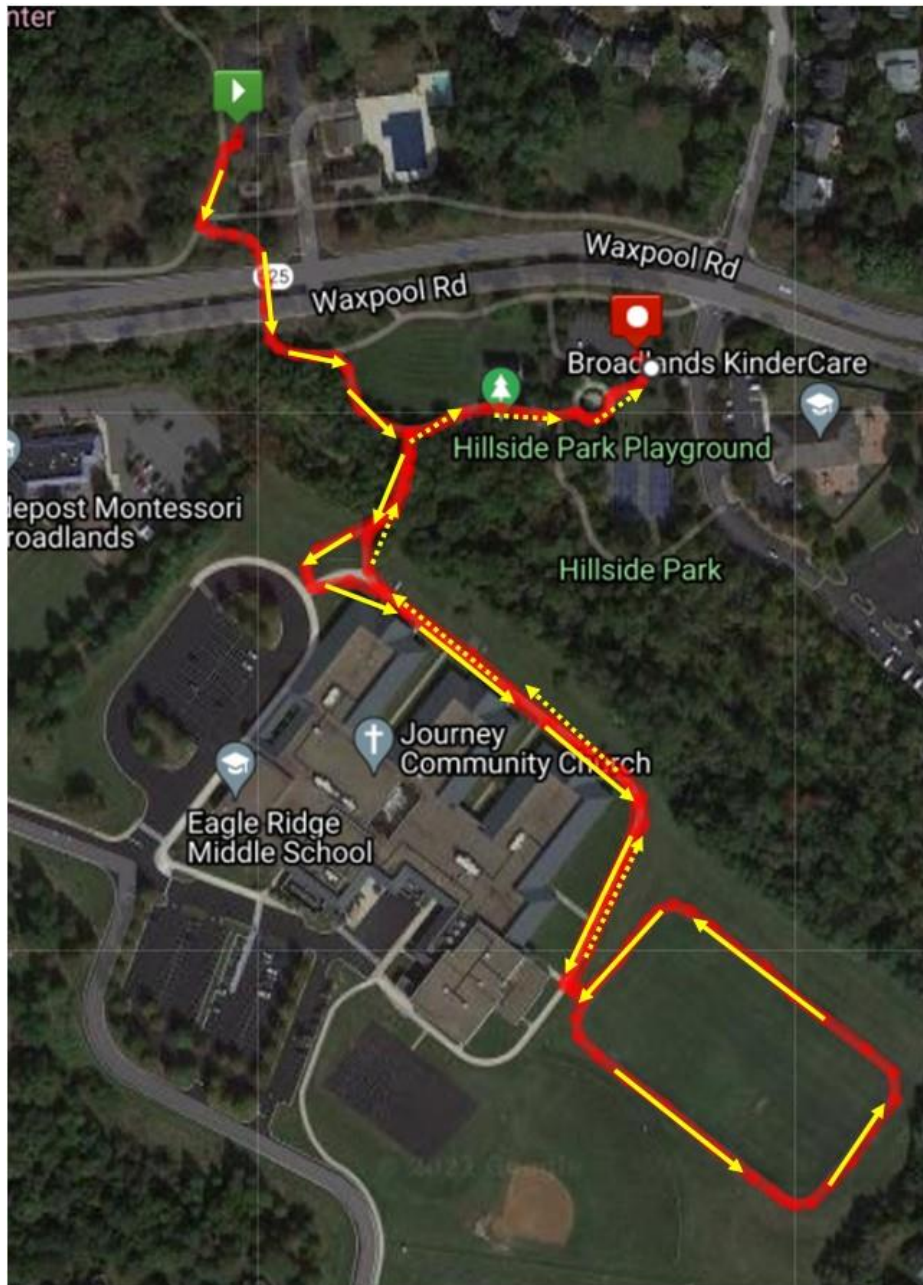
- Run out from front of Transition area
- Follow path to tunnel
- Follow path Eagle Ridge Middle School
- Right on sidewalk to track
- Left onto track
- One loop then right on sidewalk
- Follow sidewalk to right on path (dotted line)
- Right on path towards tennis court parking lot/finish line
- .87 mile





## Run Route Narrative Age Group 9 - 11

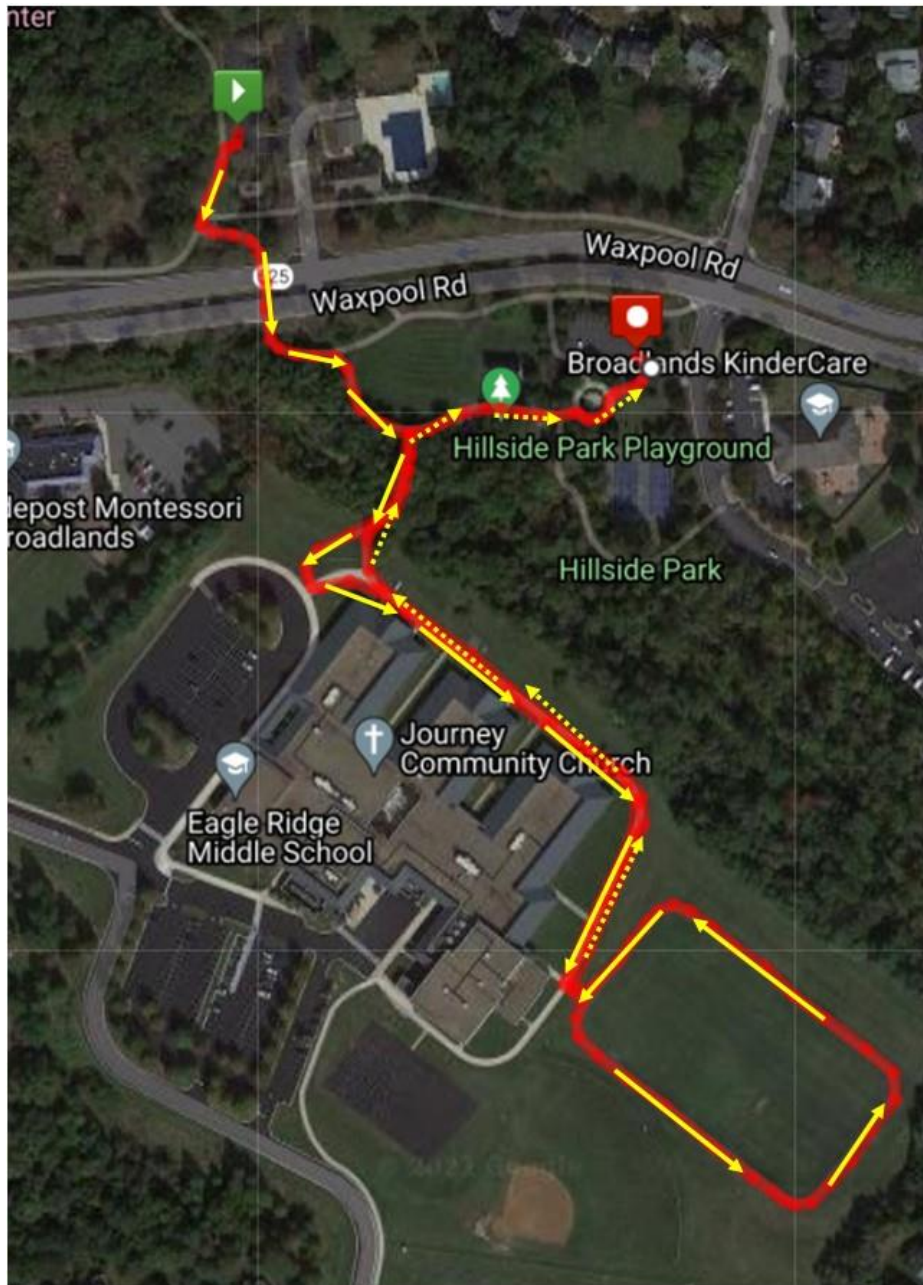
- Run out from front of Transition area
- Follow path to tunnel
- Follow path Eagle Ridge Middle School
- Right on sidewalk to track
- Left onto track
- Two loops
- Then right on sidewalk
- Follow sidewalk to right on path (dotted line)
- Right on path towards tennis court parking lot/ finish line
- .1.35 miles



## Run Route Narrative Age Group 12 - 14

- Run out from front of Transition area
- Follow path to tunnel
- Follow path Eagle Ridge Middle School
- Right on sidewalk to track
- Left onto track
- Three loops
- Then right on sidewalk
- Follow sidewalk to right on path (dotted line)
- Right on path towards tennis court parking lot/ finish line
- .1.59 miles



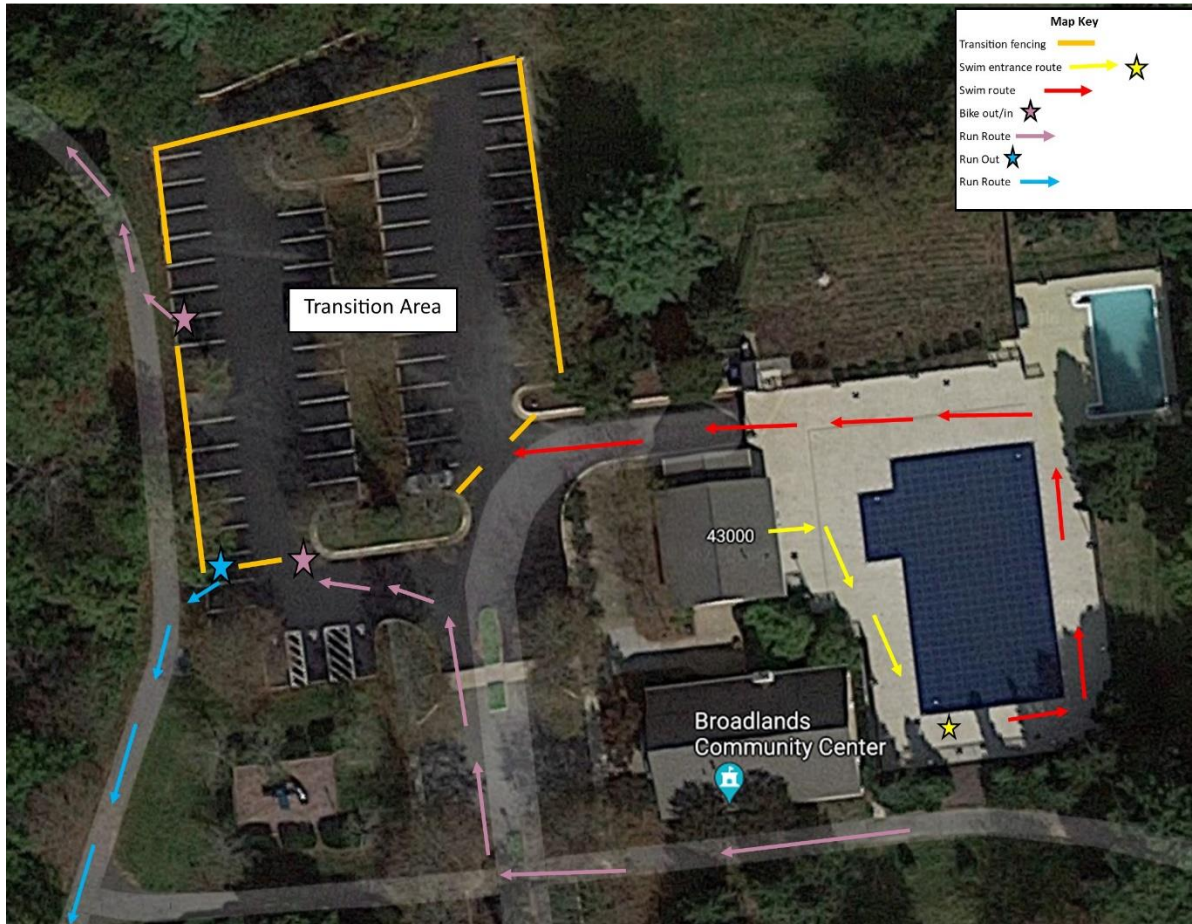


## Run Route Narrative Age Group 15 - 16

- Run out from front of Transition area
- Follow path to tunnel
- Follow path Eagle Ridge Middle School
- Right on sidewalk to track
- Left onto track
- Four loops
- Then right on sidewalk
- Follow sidewalk to right on path (dotted line)
- Right on path towards tennis court parking lot/ finish line
- .1.83 miles



## Transition Area



## Finish Line Area

