

15th Annual Reston Sprint Triathlon

Sunday, August 15th, 2021

BIKE TRAINING, ENDURANCE, and MAINTENANCE



Reston Sprint Triathlon
CORE FOUNDATION

Agenda

- **Welcome**
  - **Mary Cackling**, CORE Foundation's Operations Director
- **Bike safety and training tips**
  - **Anne Mader**, Owner, **The Bike Lane**
- **Bike segment from the athlete's perspective**
  - **Dennis Arndt**, RST Athlete
- **USA Triathlon Competitive Rules**
  - **Dave Conover**, USAT Official of the Year
- **RST Bike Course Details**
  - **Bunny Bonnes**, USAT Race Director Level 2 and RST Board Member
- **Wrap up**
  - **Mary Cackling**



thebikelane

Anne Mader, Owner



Bike Segment From An Athletes Perspective

Quick Introduction

RESTON SPRINT TRIATHLON





Preparing For the Big Day

Two Days Before The Race

- Inspect tires, replace if necessary.
- Inspect and oil chain if necessary.
- If your bike has Di2 or other digital shifting, be sure to check that the battery is charged.
- Bike Computer, check that it is charged.
- Ride or drive the course







Race Day

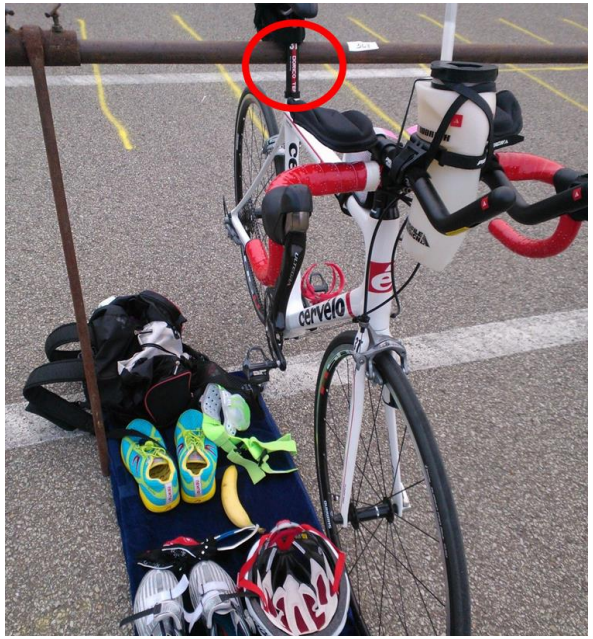
Before You Leave For The Race

- Prep water bottles (add powder)
- Tape gels to your bike





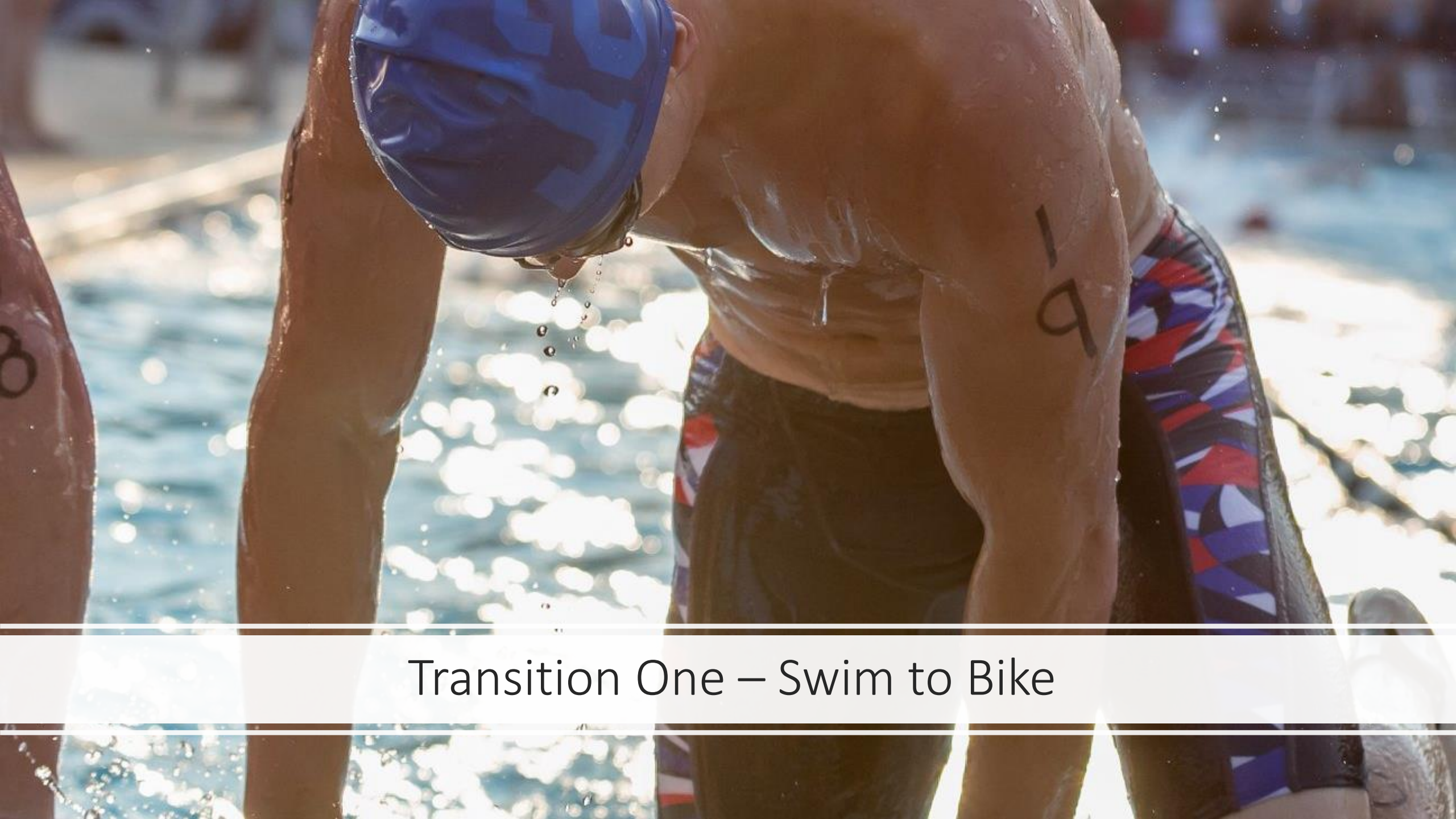








The Little Things Matter



Transition One – Swim to Bike



Transition area is pavement, I would strongly recommend putting on your bike shoes *before* you start the transition onto the bike course.






Reston Sprint Triathlon





On The Course

- The bike segment is a good time to refuel
- SAFETY FIRST
- Drafting is not allowed
- Be prepared for a flat

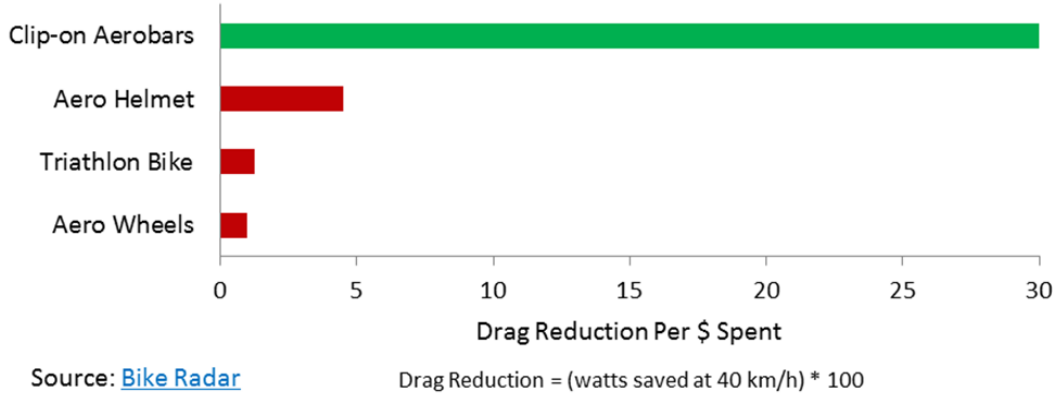




For Those Looking To Transition To The Next Level

Clip On Aero Bars

- Practice practice…
- DO NOT be on the aero bars while near others



Source: Bike Radar

Drag Reduction = (watts saved at 40 km/h) * 100




VIRGINIA
226

Dave Conover
USAT Official of the Year

USA TRIATHLON COMPETITIVE RULES

1. Scope, purpose and construction of the rules.
2. Membership
3. General rules of conduct and penalties
4. Swimming
5. Cycling
6. Running
7. Transitions
8. Doping
9. Officiating
10. Protests
11. Hearings and appeals



+ Modifications for Paratriathletes

+ Supplemental Youth Rules

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GENERAL AND RACE CONDUCT

3.3 General Conduct – comply with the USAT Competitive Rules and be nice

3.4 Race conduct

a. Know and do the entire course
b. No unsportsmanlike conduct
c. Do not obstruct other athletes
d. No unauthorized assistance
e. If you leave the course reenter at the same location
f. Plainly display race numbers
g. Do not push, pull, hold, strike or force through other athletes
h. Do not discard ‘stuff’ on the course
i. No casts or headsets, audio devices, radios, etc. and use of any communication devices in a distractive manner is not allowed
j. No glass
k. No unauthorized equipment
l. Do not endanger others
m. Start in your assigned wave
n. No public nudity

SWIMMING



4.1 Strokes – use any stroke you want

4.2 Bottom contact and resting

- OK to stand on the bottom
- OK to rest by holding a buoy, boat, rope, etc. but cannot use to gain forward progress

4.3 Emergencies – if you receive assistance, voluntary or involuntary, you must retire unless it did not aid in making forward progress

4.4 Wet suits

- Must be <= 5 mm thick
- OK if water temperature is <= 78F
- OK if water temperature is > 78F and <84F but **not** eligible for awards
- For reasons of safety the race director may cancel or adjust the swim distance or disallow wetsuits if water temperature is > 78F and <84F.
- Goggles or face masks are not required
- No fins, gloves, paddles or floating devices

CYCLING CONDUCT

5.1 Propulsion – only human force/power

5.2 Forward progress

- Remain with the bicycle
- Can push or carry if necessary

5.3 Bike course – you must know it

5.4 Traffic laws – obey all unless otherwise directed by a USAT official, police or race management/volunteer

5.5 Endangerment – do not endanger yourself or other athletes

5.6 Accidents – decrease speed and use caution as warranted

5.7 Dismount – OK on the course but do not interfere with other cyclists

5.8 Illegal equipment

- No headsets, speakers, radios, personal audio device, etc.
- Communications devices cannot be used in a distractive manner during competition

5.9 Helmets

- Must be CPSC approved and the approval sticker must be present
- Helmets must be unaltered and undamaged
- Wear with chin strap snapped anytime on the bicycle

CYCLING POSITION

5.10 Position fouls - You cannot position your bicycle in the proximity of another moving vehicle so as to benefit from reduced air resistance.

- **5.10 a. Drafting** - Your drafting zone cannot intersect with or remain intersected with the drafting zone of a leading cyclist or that of a motor vehicle.
- **5.10 b. Draft zone** – Your draft zone is 7 meters long measured from the leading edge of the front wheel back and I meter on either side of the bicycle center line.
- **5.10 c. Right-of-way** – You are entitled to assume a proper location on the bicycle course if you get to that location first without contacting another cyclist.
- **5.10 d. Blocking** – You cannot obstruct forward progress of another cyclist.
- **5.10 e. Passing** – Don't attempt to pass unless you feel you can complete the pass and always pass to the left of another cyclist.
- **5.10 f. Position** – Always stay to the right on the bicycle course unless safety reasons support moving toward the left of the lane.
- **5.10 g. Overtaken** – When the leading edge of another cyclist's front wheel passes you're your front wheel leading edge you must drop back out of their draft zone and after that can re-pass them on the left if you so choose.

The 5.10 rules are interdependent. They work as a system. Each individual rule is necessary for the rest to work effectively and provide the tools necessary for a fair competition.

RIGHT OF WAY

Right Of Way establishes who has the responsibility to avoid a penalty when drafting zones intersect



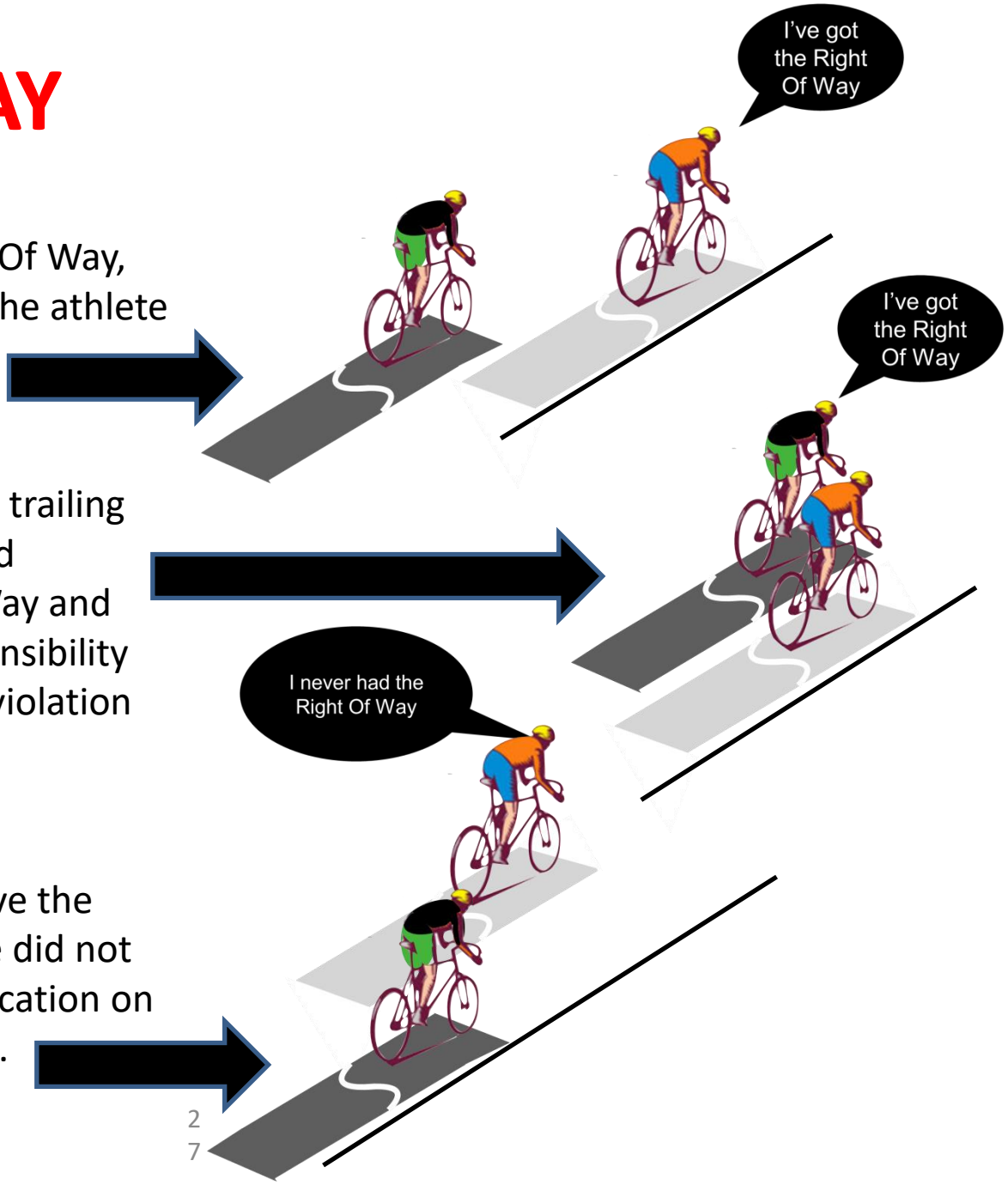
When you're in front you own the Right of Way. When you're passed you lose it.

RIGHT OF WAY

1. A leading athlete owns the Right Of Way, by consequence of the fact that the athlete is in front of a trailing athlete.

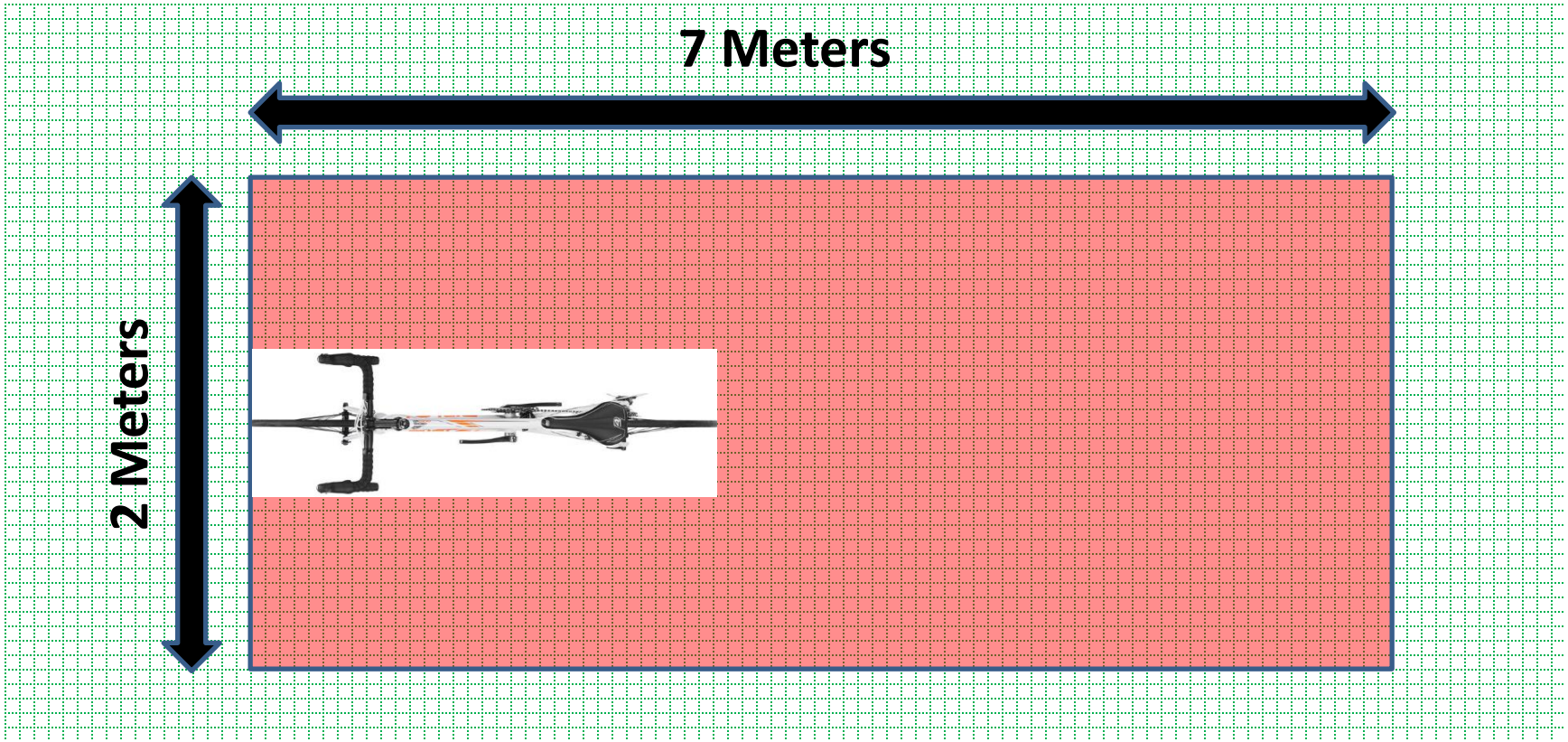
2. When an athlete is passed by the trailing athlete, the athlete that is passed immediately loses the Right Of Way and now bears the brunt of the responsibility for avoiding a potential position violation (e.g. 5.10g Overtaken) .

3. The leading athlete does NOT have the Right Of Way because the athlete did not “assume any otherwise proper location on the cycling course” (e.g. position .

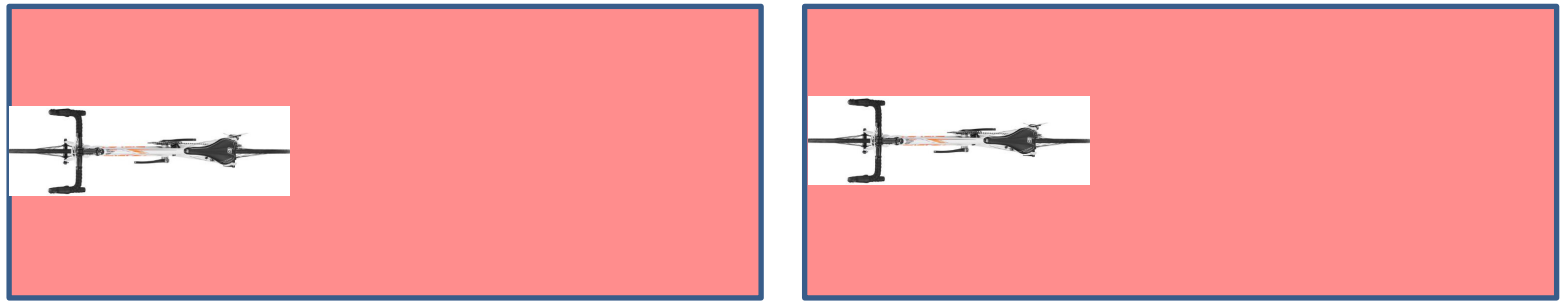


DRAFT ZONE

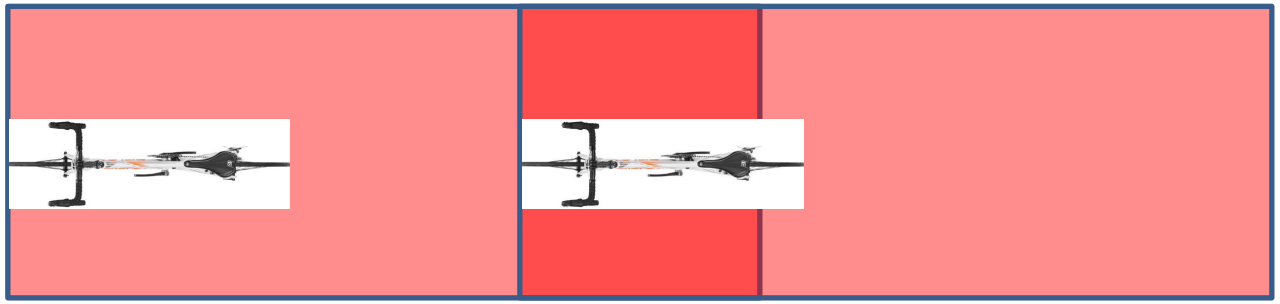
5.10 b. Definition of Drafting Zone. The term "drafting zone" shall refer to a rectangular area seven (7) meters long and two (2) meters wide surrounding each bicycle. The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts.

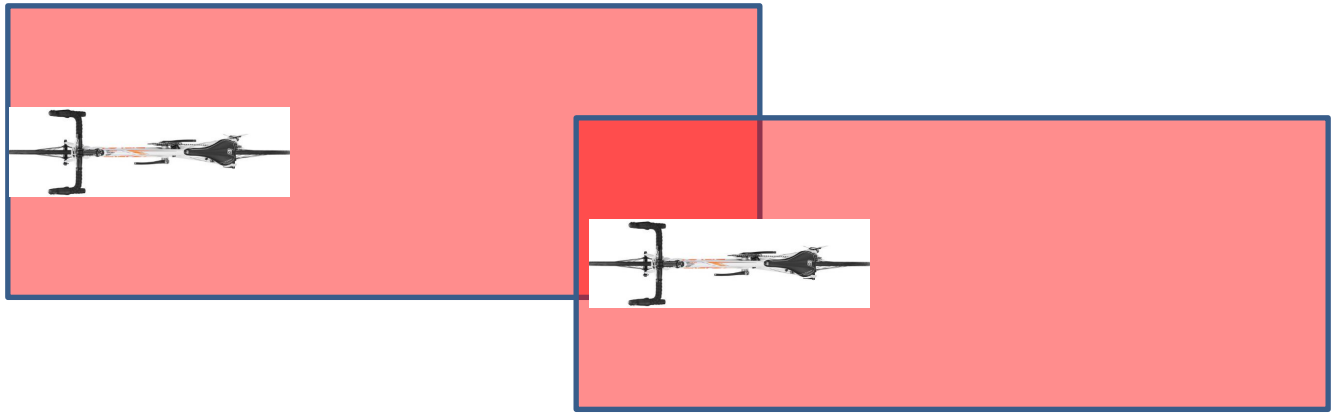


NOT DRAFTING



DRAFTING





No participant shall permit his drafting zone to intersect with or remain intersected with the drafting zone of a leading cyclist or that of a motor vehicle

DRAFT ZONE EXCEPTIONS

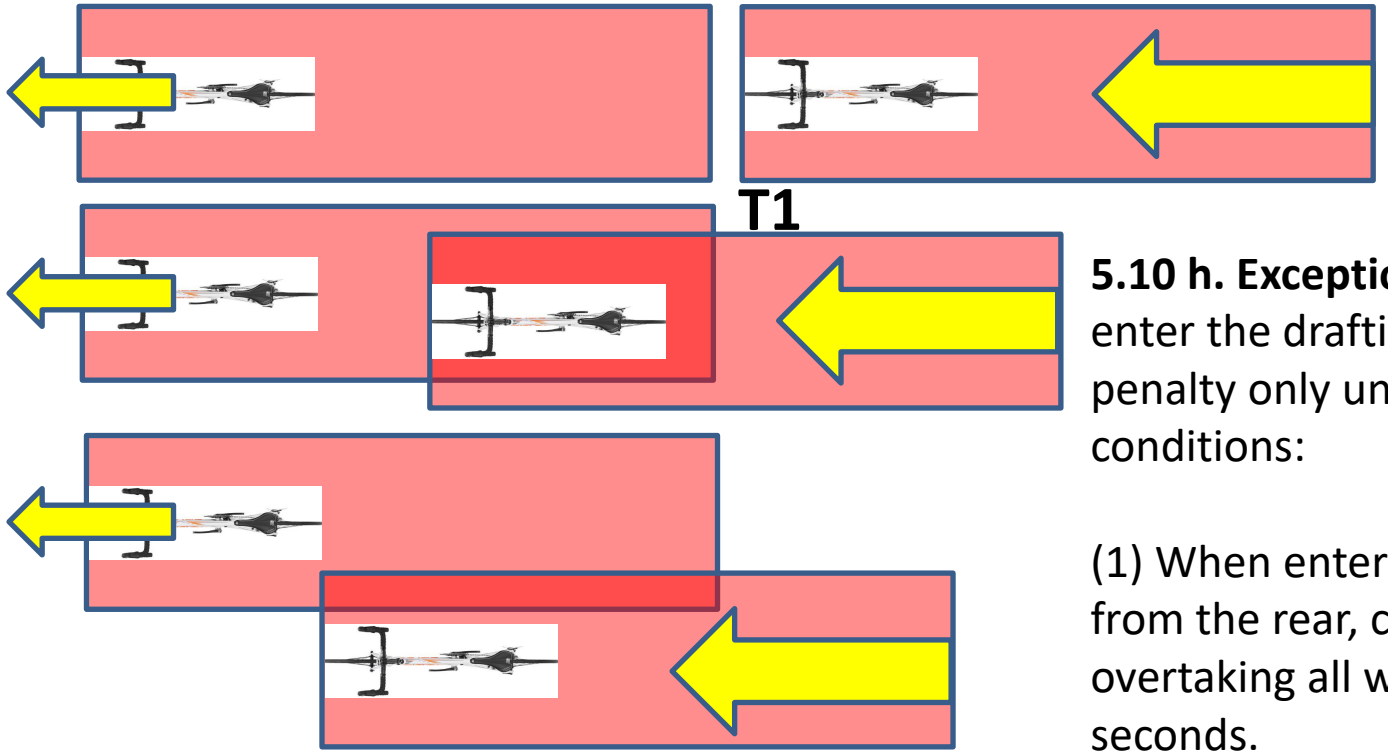
5.10 h. Exceptions. A participant may enter the drafting zone without penalty only under the following conditions:

(1) When entering the drafting zone from the rear, closing the gap, and overtaking all within no more than 15 seconds.

(2) When cyclist reduces speed for safety reasons, for course blockage, for an aid station, for an emergency, when entering or exiting a transition area, or when making a turn of 90 degrees or more; or

(3) When USA Triathlon or the Head Referee expressly excludes a section of the bicycle course from the position foul rules because of overly narrow lanes, construction, detours, or a similar reason.

NOT DRAFTING



5.10 h. Exceptions. A participant may enter the drafting zone without penalty only under the following conditions:

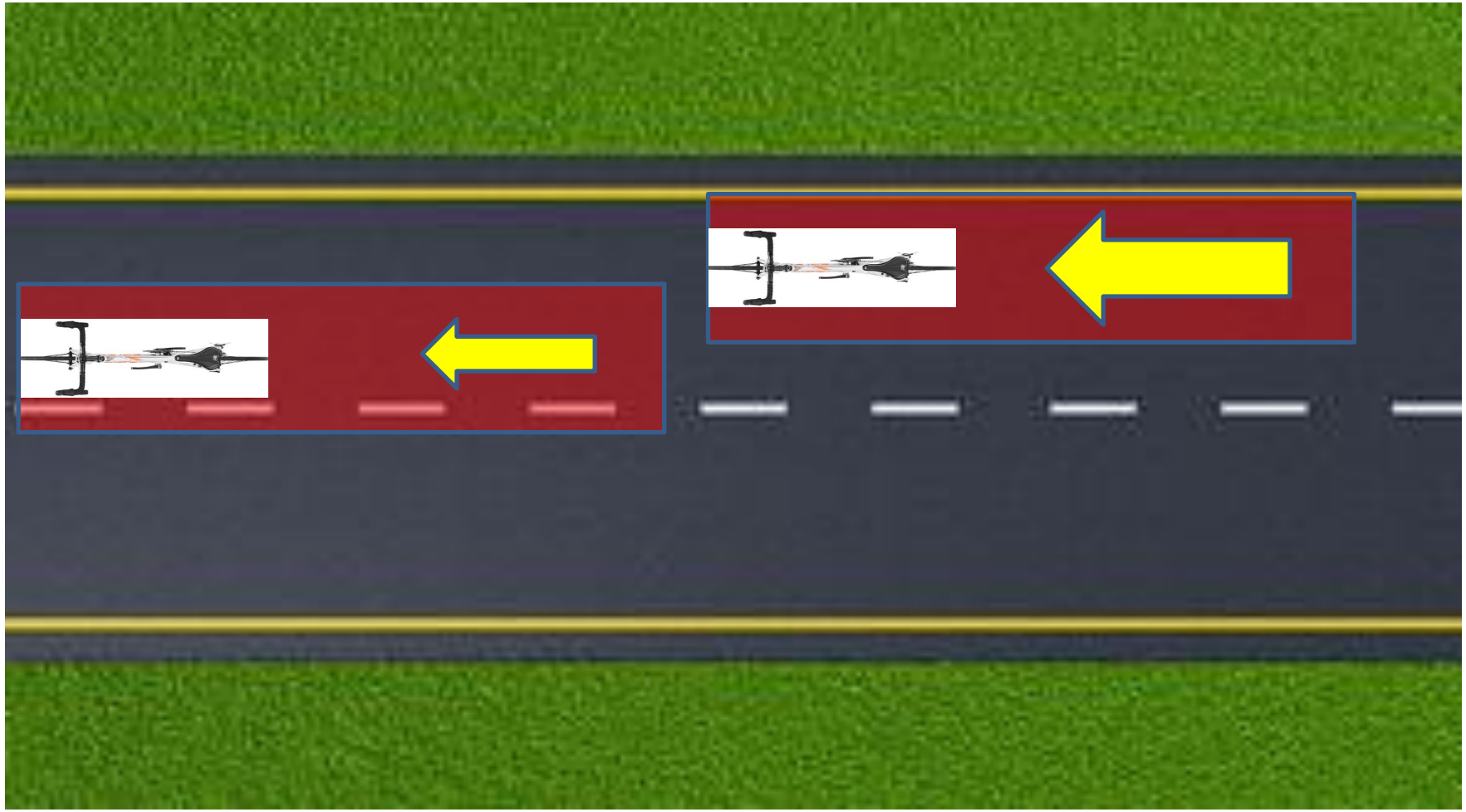
(1) When entering the drafting zone from the rear, closing the gap, and overtaking all within no more than 15 seconds.



<= 15 sec. between T1 when entering the DZ and T2 when your front wheel passes that of the cyclist being passed

BLOCKING

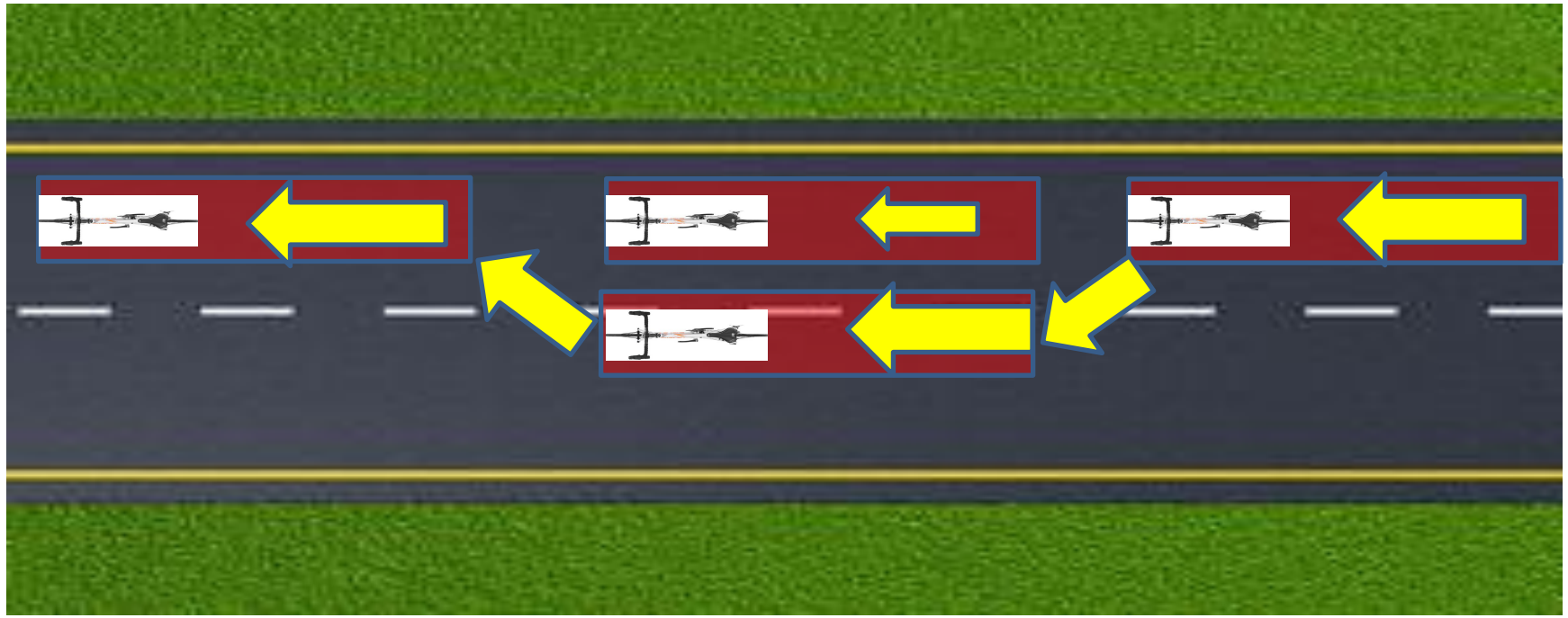
5.10 d. Blocking. Cyclists must not block or obstruct the progress of another participant.



Blocking involves a cyclist riding to the left of the lane, forcing a passing cyclist to take an alternate route or slow down

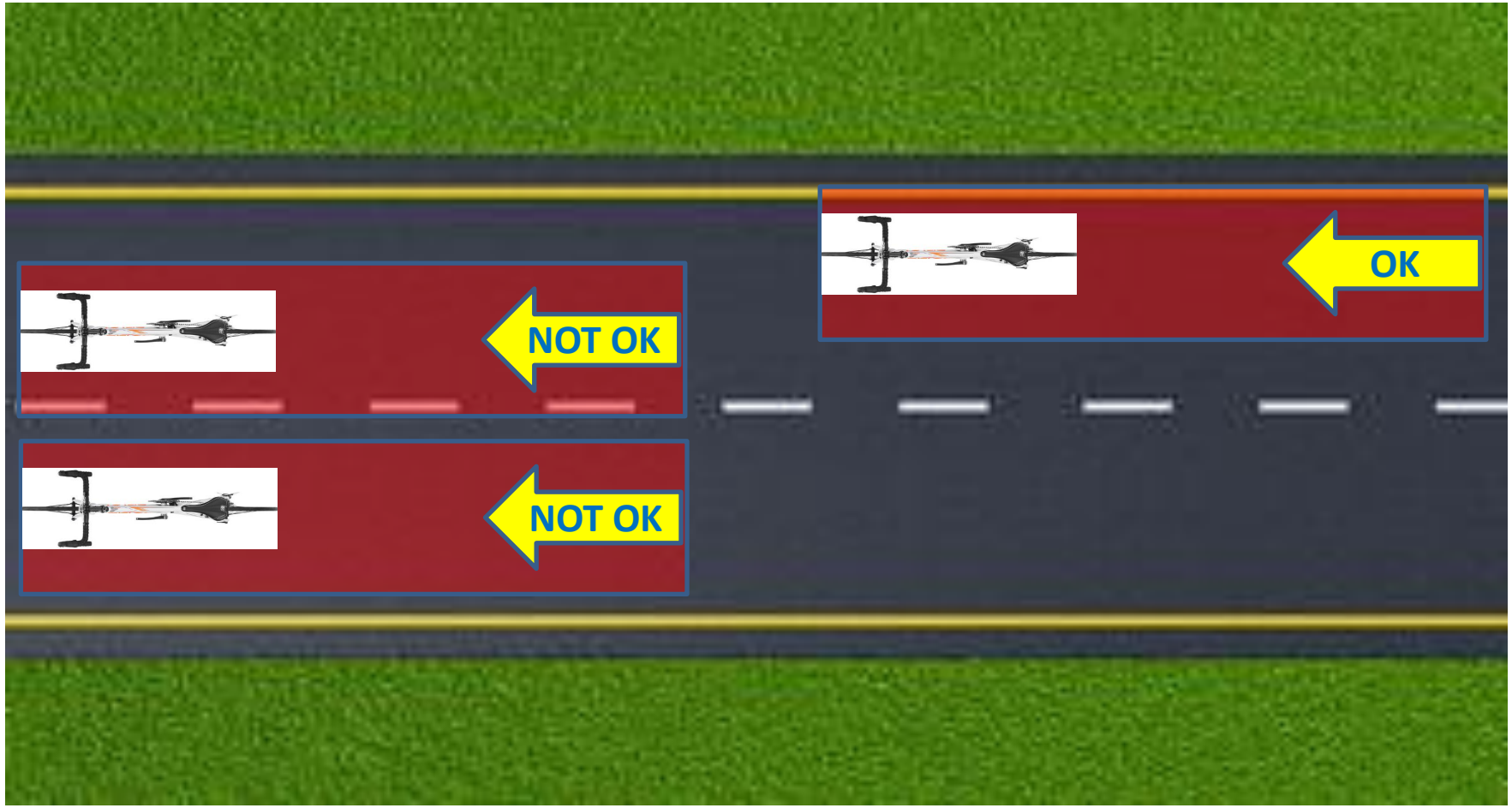
PASSING

5.10 e. Passing. A participant who approaches another cyclist from the rear or from another unfavorable position bears primary responsibility for avoiding a position foul even if the cyclist being approached alters speed. A participant must not attempt to pass another cyclist unless adequate space is available and the athlete is confident of his/her ability to pass the other cyclist. All passing is to be done to the left of the cyclist being overtaken unless otherwise specified.



POSITION

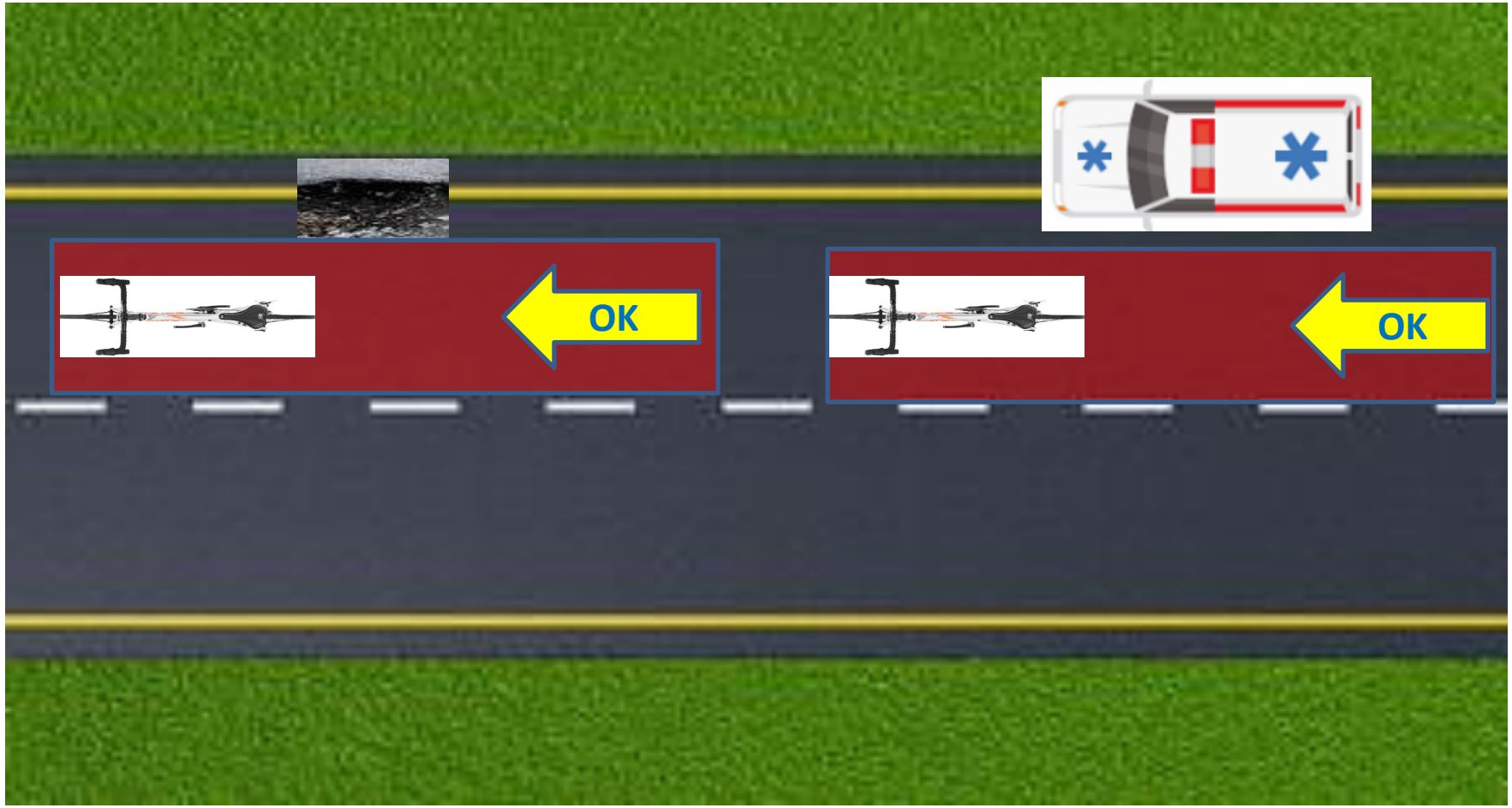
5.10 f. Position. Except for reasons of safety and when no advantage is gained, all cyclists shall keep to the right of the prescribed course unless passing.



The Position rule requires cyclists to keep to the right of the course unless there are obvious safety reasons to move left.

POSITION

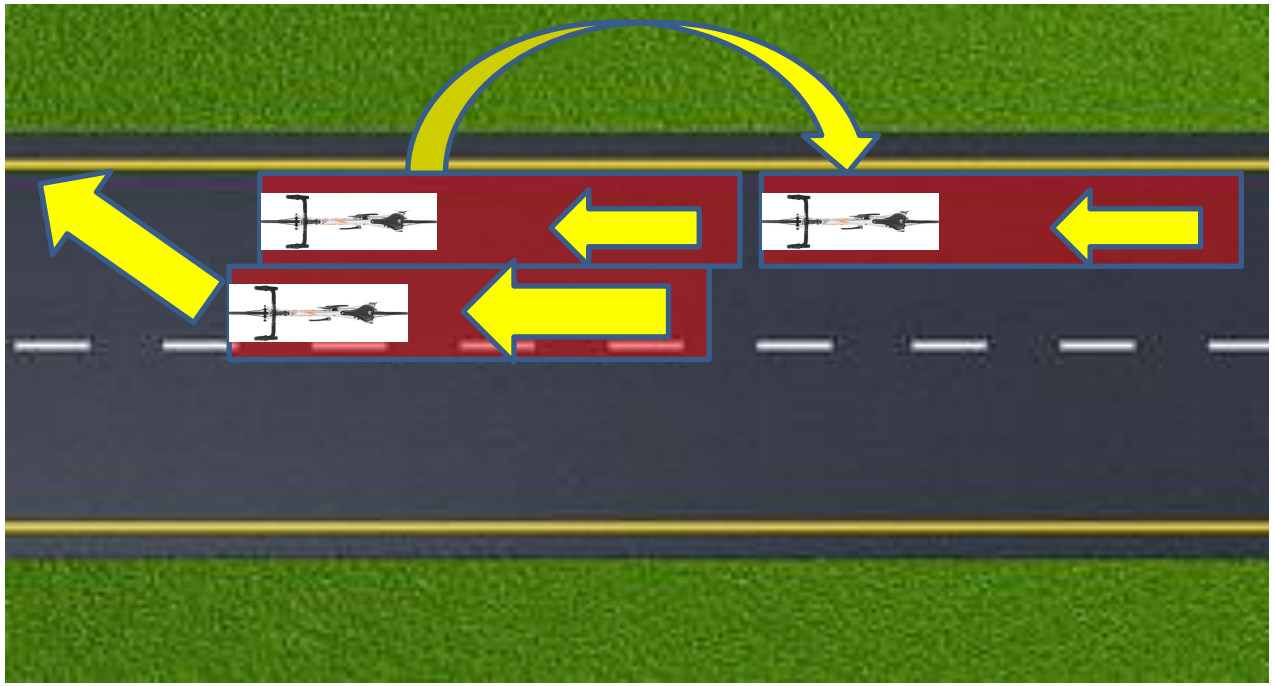
5.10 f. Position. Except for reasons of safety and when no advantage is gained, all cyclists shall keep to the right of the prescribed course unless passing.



The Position rule requires cyclists to keep to the right of the course **unless there are obvious safety reasons to move left.**

OVERTAKEN

5.10 g. Being Overtaken. When the leading edge of the front wheel of one cyclist passes beyond the front wheel of another cyclist, the second cyclist has been "overtaken" within the meaning of these Rules. A cyclist who has been overtaken bears primary responsibility for avoiding a position foul and must immediately move to the rear and out of the drafting zone of the passing cyclist. The overtaken cyclist shall first move completely out of the drafting zone of the other cyclist before attempting to re-pass the other cyclist.



The Overtaken rule defines a pass and how the overtaken cyclist must immediately exit the draft zone to the rear.

RUNNING

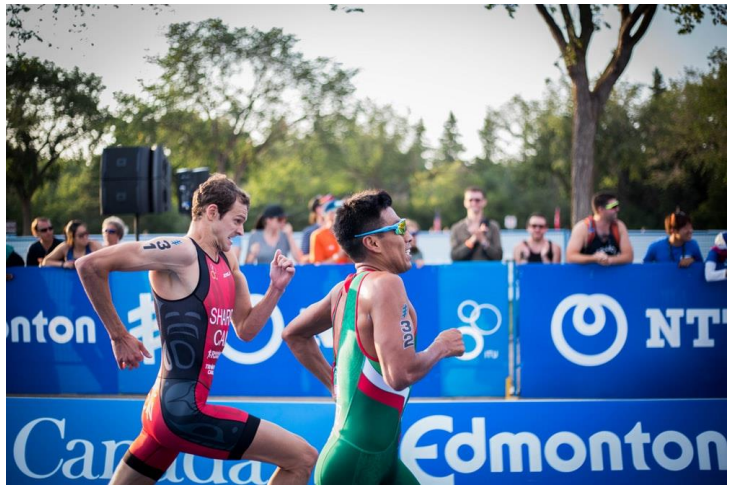


Photo by Victoire Joncherary

6.1 Permitted conduct

- You can run or walk but not crawl
- Unless for safety reasons or where no advantage is gained – stay on the course

6.2 Course knowledge – it is your responsibility to know and follow the run course

6.3 Permitted and illegal equipment

- No headsets, radios, personal audio devices, etc.
  - Cell phones are allowed as long as they are stored out of sight ***(enforcement change – phone can be out and visible but time penalty if used for music and DQ for endangerment if used while on the bike in a distractive manner such as calls, texts, social media)***
- Water bottles (non-glass), gels, etc. OK

TRANSITIONS



Photo by Daniel Llorente

7.1 Entering and exiting – cycling speed going out and coming in must be safe

7.2 Placement of equipment – put equipment in designated and individually assigned location in transition and keep it there

7.3 Bicycle placement – return your bike to your assigned location

7.4 Obstruction and interference – do not impede forward progress of another athlete or disturb their equipment/bicycle while in transition

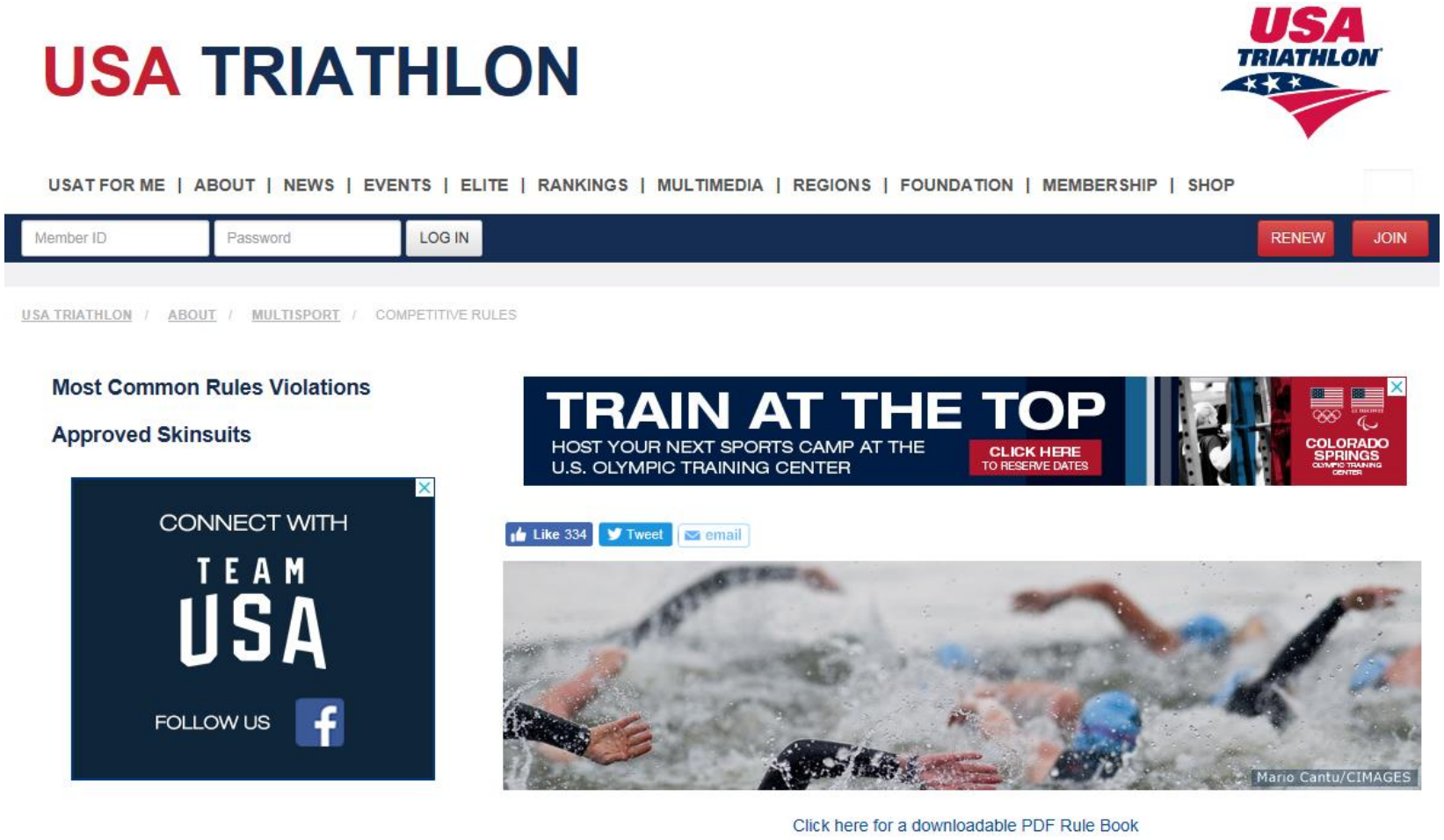
7.5 Glass containers – not allowed

WHAT IF YOU ARE PENALIZED

- Participants in any USAT sanctioned event should always check the results board after the race (posted next to the race results) to see if their race numbers are listed on the Head Referee Report.
- A penalized participant will see what rule was violated and the amount of penalty time assessed.
- Penalized participants have the right to see the Violation Report associated with their particular penalty and the Head Referee should explain how the rule was violated.
- While the 5.10 rules cannot be Protested or Appealed, as defined in the rules, if there is a case of mistaken identity or clerical error in transcription of the race number, the penalty will be removed.

QUESTIONS

https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules





RST Bike Course Details

Bunny Bonnes

USA Triathlon Race Director 2
and RST Board Member



Reston Sprint Triathlon

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YOU TRI'D
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