

# 16<sup>th</sup> Fawn Lake Triathlon 2025

## Competitor Instructions

### Course Description and Race Rules

**Sprint Race:** This race is open to all ages. (15 and Up) The race consists of a 700-meter swim in Fawn Lake, a 12.3-mile bike-ride through Fawn Lake, and a 5K run on asphalt streets. Fawn Lake is a gated community. The guards at the gate will have a list of participants.

All USAT rules will be in place. A USAT certified official will be on site.

**Sprint Race Description:** The swim begins and ends on Fawn Lake Beach, located adjacent to the Fawn Lake Community Center. Swim caps are required, and wet suits are not permitted unless the water temperature is below 78° F per USAT rules. The swim will be out and back using a reverse triangle in a clockwise rotation. The transition area will be in the FLCC parking lot. Bike stands will be provided, spaces are 1<sup>st</sup> come first serve. **Helmets are MANDATORY.** Electric bikes are not permitted. The bike course will be 2 loops at 6.2 miles per loop. It is relatively flat. Traffic is well controlled. The roads are in particularly good condition with no gravel sections. There will be two tight U-Turns on the course. Cones and volunteers will be in these areas. The 2<sup>nd</sup> U-Turn is downhill. **Extreme caution is expected.** You will dismount your bike before a sharp turn into the transition area. The 5K course is fairly flat and fast with enhanced views of our beautiful neighborhood. There will be two water stations on the course at Run start and 2.0 miles.

A COURSE MAP WILL BE DISPLAYED AT REGISTRATION FOR BOTH ADULT AND YOUTH RACES. IT IS THE RESPONSIBILITY OF EACH PARTICIPANT TO KNOW THE COURSE PARAMETERS FOR EACH SEGMENT OF THE RACE.

**Youth Sprint Races:** There are two categories in this race.

Race 1 is open to ages 10-15. The race begins with a 225m-pool swim (9 laps). Followed by a 6-mile bike ride. The race will finish with a 2000M out and back run. (Helmets must be worn, Race #'s displayed on during race. **Parents cannot assist during swim, transition or bike, Running alongside during 2000m is permissible) No Direct aide is allowed Helmets are MANDATORY.**

Race 2 is open to children ages 6-11. It begins with a 75-meter pool swim (3 lengths) followed by a 3 mile bike ride out and back and a 1000M run. **Parents cannot assist during swim, transition or bike, Running alongside during 1000m is permissible) No Direct aide is permitted... Helmets are MANDATORY.**

**Race Numbers are Mandatory for the Bike and Run.** They must be easily visible. Note: This has been an issue in the Youth Races. **Strict enforcement will be enacted**

Note: There is an age overlap for (10-11) They can opt into either race.

Water aides and Training wheels are not permitted. Helmets must be worn. **Headphones are strictly not permitted.**

### Event Schedule:

Pre-Race Day Packet Pickup (at Fleet Feet of Fredericksburg)	Saturday Aug 23rd 10-1
Competitor Arrival Course Open Packet Pick Up	Sunday August 24 <sup>th</sup> Gates Open 5:50 Packet Pickup Sprint and Youth 6:00 – 7:30
Sprint Triathlon	7:30

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Registration Closed	7:30 8:15
Packet Pick Up Youth	8:15 – 9:40
Youth 12-15	9:40
Youth 6-11	Follows Youth 12-15
Awards Ceremony	Immediately Following the 6-11 Race

**Payment and Registration:** Payment and registration must be made online and with a credit card through [Arsenal Events](#) early registration ends June 29th. **Entry Fee for 2025, Sprint \$130, Youth \$50, Relay \$180.** Entry Fee will increase by \$10 on June 30 and additional \$20 on July 31. (Shirt size not guaranteed after 7/1) Added this year are **special discounts for families and friend** referrals. Improved Technical shirts will be provided for all races including youth races. Swim Caps will be provided to all competitors. Shirts sizes are not guaranteed after August 1. **All Registration will close at midnight on August 21<sup>st</sup>.** There will be no race day registration. Note: We do offer a deferral option with a small fee toward a future registration.

**Photo Waiver:** I understand that at this event I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and/or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

All participants must complete a [USA Triathlon](#) event waiver. This is done electronically as part of the race registration. The cost is **\$15 for adult and \$10 for youth.** Parents or legal guardians must sign all youth waivers. Per USAT rules we cannot provide USAT Registration Forms.

**Packet Pickup:** Packet Picket is scheduled for Saturday, August 23rd, from 10-1 at the Fleet Feet of Fredericksburg 1993 Carl Silver Pkwy 22401.

Race packets can be picked up on race day beginning at 6:00 at the Community Center on Longstreet,

**Course Walk Thru:** We recommend all participants do a course walk through. Neighborhood passes will be available at Packet Pickup on Saturday. Course guides will be stationed at the Fawn Lake Community Center. These maps will offer instructions on successfully completing and competing in the race.

**Finisher Medals:** All finishers will receive a custom designed medal commemorating their participation in the race.

**Awards:** Awards presentation will begin immediately following the completion of the Adult and Youth races. The Overall Male and Female competitors and overall Male and Female Fawn Lake Resident competitors will receive recognition on a special plaque created by The Fawn Lake Veterans Group. This plaque hangs in the Fawn Lake Country Club. An award will be given to the top 3 Male and Female finishers overall, the top Masters Male and Female finishers as well as the first place Relay. An award will be given to the top 3 Finishers in each age group. Sprint age groups start at Under 15 thru 65 and over in 5 year increments (ex. 15-19, 20-24, etc). Awards for the youth races will go to the top 3 finishers in each race by gender. Youth age groups are 6-7, 8-9, 10-

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11, 12-13, 14-15. (Ages to be determined as of December 31, 2025) An award will also be presented to the Fastest Family in the Sprint event. (Cross Country Scoring 1<sup>st</sup> two members to cross the line)

**Special Awards:** The top M/F Finishers overall will be awarded a free Foursome at the Beautiful Fawn Lake CC (Cart fee not included, Non-transferrable) Course Record Award: Anyone breaking the existing Course Records M/F will receive a Course Fly over in a Vintage Biplane [Helmet and Goggles](#). (Non-transferrable)

**Amenities:** A race hospitality table will be provided for all competitors. The table will be open pre- and post-race. Complimentary Pizza, Beer or Juice Box will be available during the award ceremony. Restrooms are in the Community Center.

**Parking:** Parking will be in the Country Club parking lot. Additional Parking will be managed by the Fawn Lake Veterans. Shuttle to the race from remote parking will be available. No trailers are permitted in the race staging area. Trailer parking is available at the Sports Park. Race equipment may be dropped off at the staging area before parking a vehicle or trailer in the overflow area. Fawn Lake is a gated community. Access to the community will be available at 5:30 AM on race day.