

ATHLETE GUIDE 2026



SALUTE TO THE MILITARY TRI:
SPRINT TRI, DU, AQUABIKE, RELAY
YOUTH SUPER SPRINT
MAY 23, 2026





WELCOME

Welcome everyone to the 2026 Salute to the Military Tri! We are excited to be your host on Saturday, May 23rd, 2026. Our team is happy to have you join our 'family' even if just for the day and look forward to seeing you at other events in the future!

We hope that this helps you with any questions you may have. Should there be any information that you do not find in this guide, please be sure to check the [WEBSITE](#) for updates.



LOCATION & PARKING

VINT HILL LARRY WEEKS OUTDOOR POOL

4248 Bludau Dr
Warrenton, VA US 20187

DIRECTIONS

PARKING

On race morning, athletes arriving prior to **6:30am** can park in (3) designated lots along Sigler Rd. This road will be closed to vehicle traffic promptly at **6:30am** and vehicles will then be directed to park in designated lots on Aiken Dr near the Recreation Center and tennis courts. From here, it is still only a short walk to transition and the race start area.

NOTE: If you park in any of the lots marked in yellow you will be on the kids run course. You will either need to leave before the start of the kids race at **9:15am** or you will have to wait until all kids have completed the race around **10:30am**. If you park in the lots marked in red, you will be off course and can leave whenever you please without affecting the race.

Please do **NOT** park at the **Inn At Vint Hill** or **Vine Hill Craft Winery** - **YOU WILL BE TOWED.**

For Youth Athletes arriving later, please be aware that you are crossing an active race course en route to packet pickup. Stay alert when crossing the street.

PLEASE SEE THE ATTACHED PARKING MAP.



RACE DAY

SCHEDULE

5:30am Sprint Transition Opens

5:30-6:30am Sprint Packet Pickup @ Back Parking Lot

7:30am Kids Packet Pickup Begins @ Back Parking Lot

8:00am Kids Transition opens

6:30-6:55am Sprint Optional Swim Warm Up

6:45am Transition Closes

6:55am National Anthem @ Pool Deck

7:00am Swim Start

9:00am Sprint Award Ceremony @ Finish Line

8:45am Kids Packet Pick Up Ends

9:00-9:15am Kids Optional Swim Warm Up

9:10am Kids Transition Closes

9:20am Mandatory Kids Race Briefing Pool Deck

9:30am Kids 10 & Under Swim Start

9:45am Kids 11+ Swim Start

10:30am Kids Award Ceremony @ Finish Line

PACKET PICKUP

Packet pick up will take place **RACE MORNING ONLY** at Larry Weeks Community Pool at Vint Hill.

Bib numbers will be given out when you check in.

You will have the opportunity to pick up your packet on race morning at the following times:

5:30-6:45am Sprint Tri

5:30-8:45am Kids Tri

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Photo ID is required to pick up your packet. If you have an athlete under the age of 16, a Parent or Guardian photo ID will be required to pick up your packet.

PACKET PICKUP PROCESS

PICK UP YOUR RACE PACKET WITH YOUR ID AND USAT CARD.

In order to obtain your race packet, you will need to show government. If your athlete is under 18 and does not have a photo ID, a parent or guardian photo ID will be required to pickup their packet.

All Relays MUST check in as a team. To ensure that all team members complete the appropriate waivers, partial or incomplete teams will not be permitted to check-in for absent members of the relay team.

****PLEASE HAVE YOUR QR CODE & ID READY AT PACKET PICKUP****

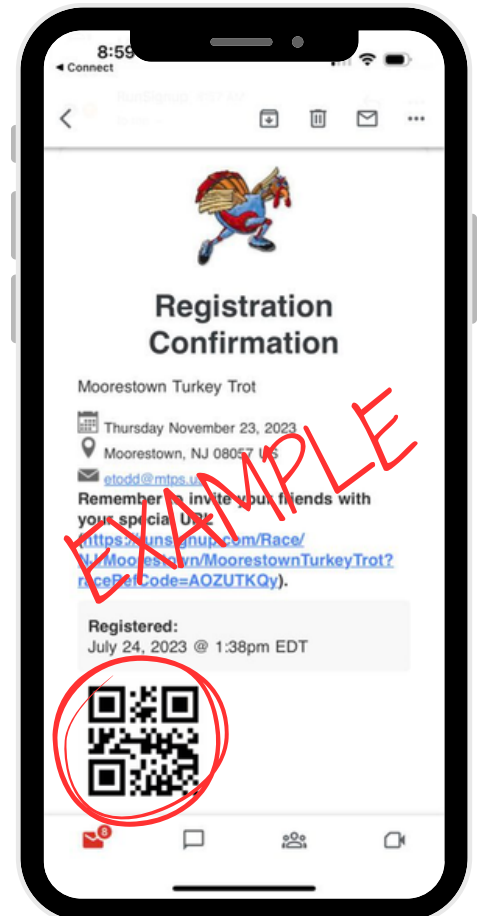
Your QR code can be found at the bottom of your Registration Confirmation email. Please come to packet pickup with your QR code ready to be scanned, this ensures a smooth process.

DOUBLE-CHECK THAT YOU HAVE THESE IN YOUR RACE PACKET:

- SWIM CAP (EXCEPT FOR DUATHLON)
- RACE NUMBERS (BIB, BIKE, HELMET)
- TIMING CHIP

PLEASE NOTE:

This is a **USA Triathlon** sanctioned event, and all USA Triathlon rules will be applied. Please make sure that you make yourself familiar with the most common rules: [Eight Commonly Violated USAT Rules](#). All participants must have a valid USA Triathlon membership, this was verified when you signed up for the event.



TIMING CHIP, STICKERS & BODY MARKING

TIMING CHIP

- Must be worn during the race
- Fasten to your **LEFT** ankle
- There will be a **\$110** fee for all missing, lost, or unreturned timing chips

NO CHIP = NO TIME = NO RESULTS

STICKERS

Around Seat Post

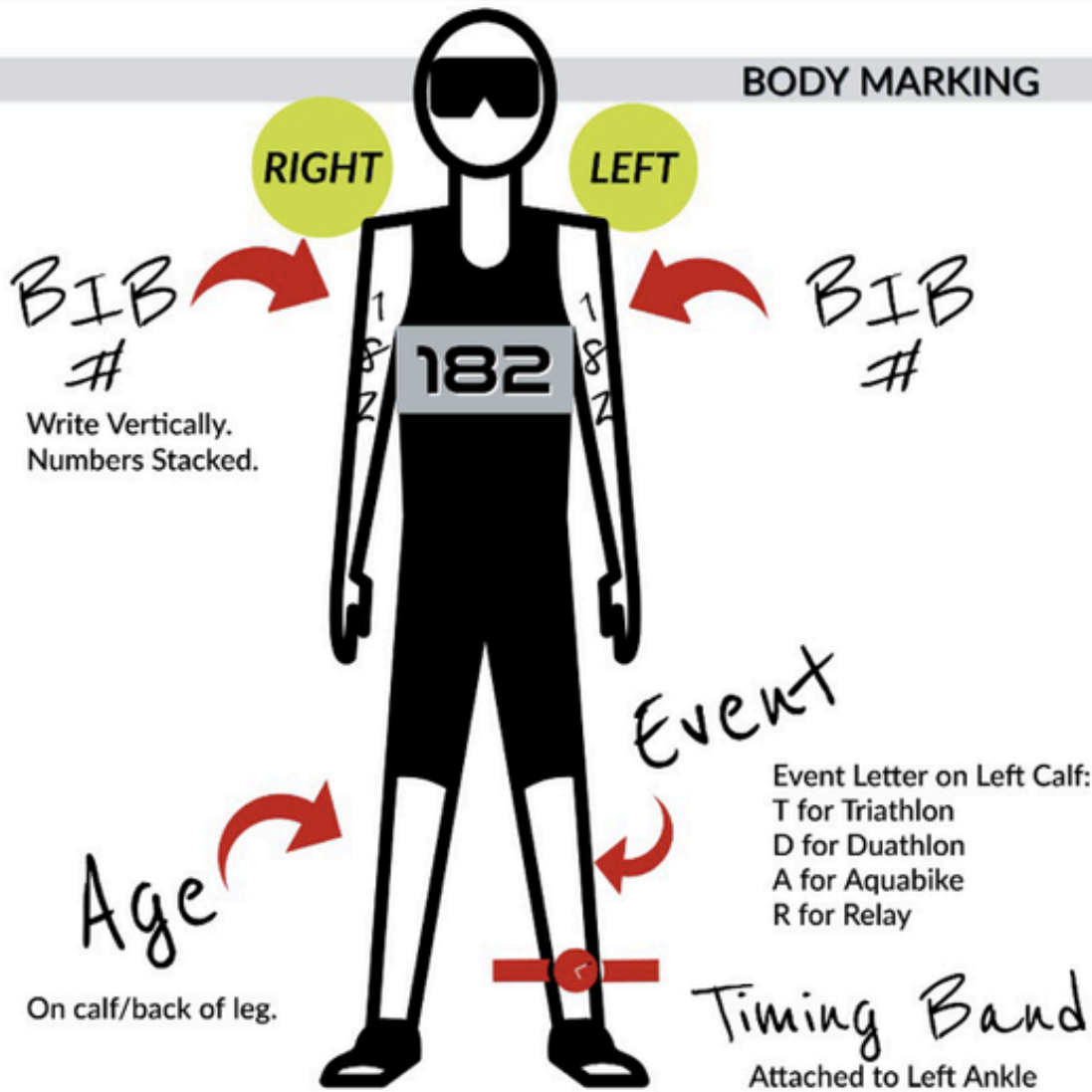


BODY MARKINGS

You are welcome to Mark yourself before you arrive to expedite coming into transition. Please carefully review your marking locations and information below:

- **Race Number:** Both Arms
- **Age:** Right Calf
- **Event:** Left Calf (T = Triathlon, D = Duathlon, A = Aquabike, R = Relay)
- Use a **BOLD BLACK MARKER**, like a **Sharpie®**.
- Wipe your skin clean to remove any oily residue prior to marking. Visibility is important. If you mark yourself incorrectly, use eye makeup remover, makeup remover or baby oil to erase and try again. Lotion or coconut oil on a cotton ball may work as well.

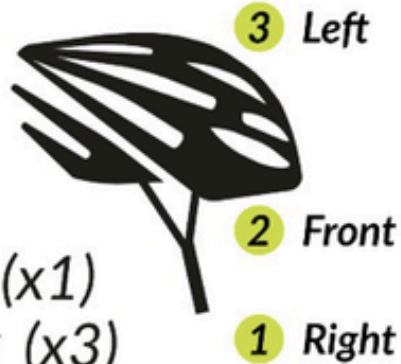
BODY MARKING



EQUIPMENT STICKERS



Bike (x1)
Helmet (x3)



ESSENTIAL GEAR

HELMET

Please be sure to bring your helmet for the bike portion of the course.

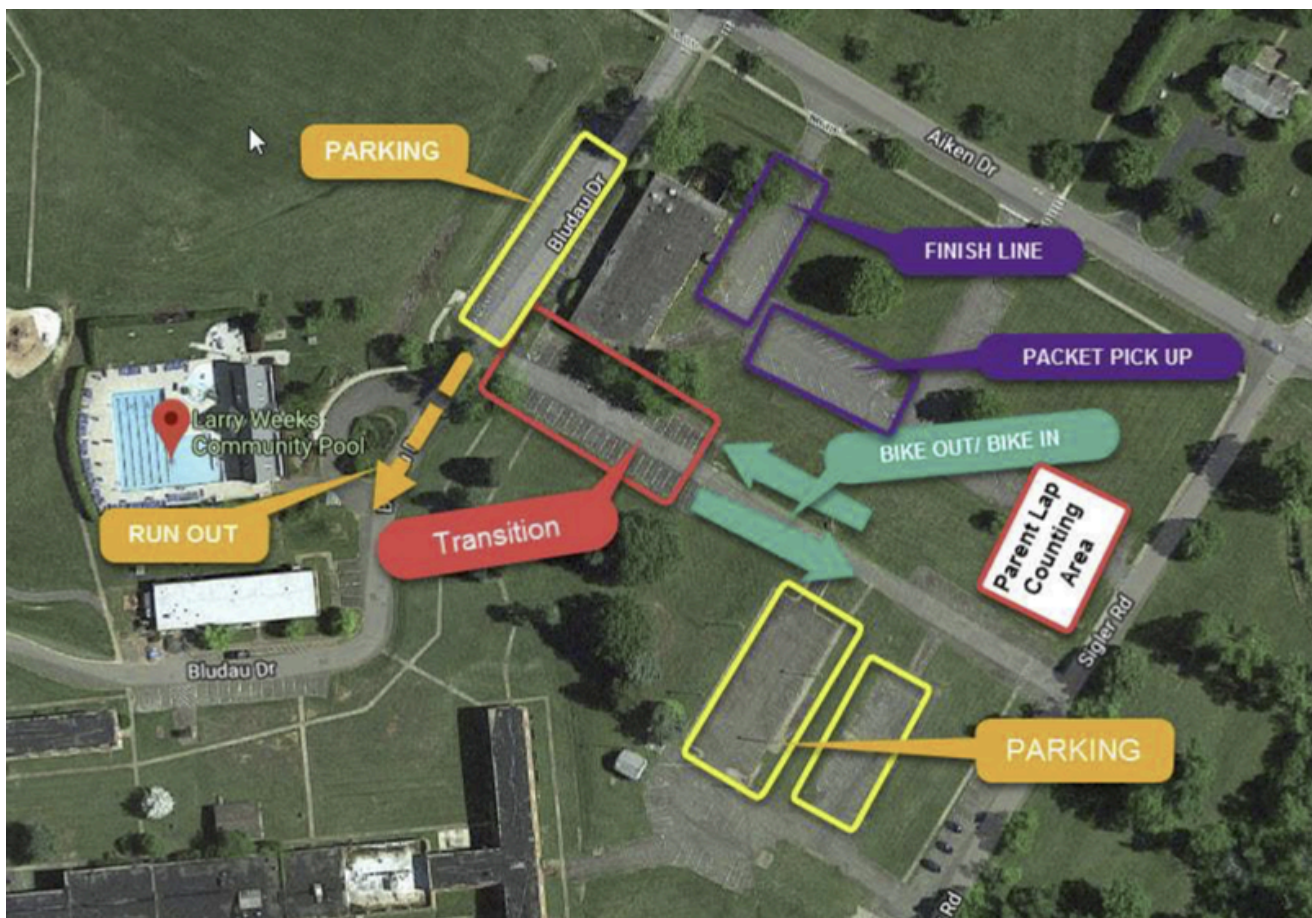
ATHLETES WITHOUT A HELMET WILL NOT BE ALLOWED TO CONTINUE.

SWIM CAP

All athletes will be issued a colored swim cap. It is not mandatory to wear the race issued swim cap.

BIB

While you may wear your bib on the bike leg of the race, it is not mandatory and athletes will not be penalized without a running bib on the bike. However, the bib must be worn and visible during the run leg of the race. Be sure your bib faces forward when you enter the finish chute. This will aid timers should you lose your timing chip or in case of electronic malfunction due to weather. We would strongly recommend purchasing a race belt, which will make it easier for you to quickly throw on your bib after the swim or bike.



COURSES

SWIM

The swim will be a counter clockwise snake swim. Athletes will enter the pool feet first and will swim down and back in one lane before touching the wall and going underneath the lane rope to start your next down and back. Flip turns will not be permitted and if a staff member witness an athlete doing a flip turn it will result in a **:30 SECOND** penalty. Adult total distance - 300 yards, Youth 6-10 -50 yards, Youth 11-15 - 100 yards

BIKE

You may not mount your bicycle inside the transition area at any time. During all portions of the bike, athletes should stay to the right to allow passing and to avoid collisions. The bike is a looped course:

- **ADULT RACE:** 2 laps on the bike
- **Kids 10 & Under:** 2 laps on the youth bike
- **Kids 11+:** 4 laps on the youth bike

We will have a spot on the course where parents will be able to stand, cheer, and most importantly count their kids laps. If a child does less than the required number of laps they will be disqualified. The "parent zone" will be the perfect spot for parents to count their child's bike laps and let them know when they are done and can enter back into transition for the run portion.

- **Sprint Bike Course:** <https://ridewithgps.com/routes/42589384>
- **Kids 6-10 Bike Course:** <https://ridewithgps.com/routes/20800493>
- **Kids 11+ Bike Course:** <https://ridewithgps.com/routes/14895092>

RUN

When exiting transition after finishing the bike, stay to the left until you are on the run course. When on the run course athletes should stay to the right. Youth 6-10 - 1 Lap, Youth 11-15 - 2 Laps

- **Sprint Run Course:** <https://ridewithgps.com/routes/20801235>
- **Duathlon Run Course:** <https://ridewithgps.com/routes/38071442>
- **Kids 6-10 Run Course:** <https://ridewithgps.com/routes/13707955>
- **Kids 11+ Run Course:** <https://ridewithgps.com/routes/13699098>

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	➔	R onto Aiken Dr	0.0
3.	0.1	0.0	➔	R onto Farm Station Rd/ Watson Dr	0.1
4.	0.2	0.1	➔	R onto Rogues Rd	1.5
5.	1.7	1.5	←	L onto Ringwood Rd	1.9
6.	3.6	1.9	←	L onto Greenwich Rd	1.2

3.6 miles. +106/-159 feet

Num	Dist	Prev	Type	Note	Next
13.	11.9	0.2	←	L onto Farm Station Rd/ Watson Dr	0.1
14.	12.0	0.1	←	L onto Aiken Dr	0.0
15.	12.0	0.0	←	L onto Sigler Rd	0.1
16.	12.1	0.1	📍	End of route	0.0

0.4 miles. +6/-0 feet

Num	Dist	Prev	Type	Note	Next
7.	4.8	1.2	←	L onto Kennedy Rd	1.3
8.	6.0	1.3	←	L onto Rogues Rd	1.3
9.	7.4	1.3	←	L onto Ringwood Rd	1.9
10.	9.3	1.9	←	L onto Greenwich Rd	1.2
11.	10.5	1.2	←	L onto Kennedy Rd	1.3
12.	11.7	1.3	➔	R onto Rogues Rd	0.2

8.1 miles. +347/-300 feet

SPRINT BIKE COURSE

Vint Hill Kids Tri Bike -

Dist	Type	Note
0.0	📍	Start of route
0.4	➔	R onto Kennedy Rd
0.8	➔	R at the 1st cross street onto Aiken Dr
1.2	➔	R onto Sigler Rd
1.6	➔	R onto Kennedy Rd
2.0	➔	R at the 1st cross street onto Aiken Dr
2.4	➔	R onto Sigler Rd
2.9	➔	R onto Kennedy Rd
3.2	➔	R at the 1st cross street onto Aiken Dr
3.6	➔	R onto Sigler Rd
4.1	➔	R onto Kennedy Rd
4.4	➔	R at the 1st cross street onto Aiken Dr
4.8	➔	R onto Sigler Rd

4.8 miles. +94/-99 feet

Dist	Type	Note
4.9	➔	R
5.0	📍	End of route

0.1 miles. +0/-0 feet

KIDS BIKE COURSE

Dist	Type	Note
0.0	📍	Start of route
0.3	➔	R onto Kennedy Rd
0.7	➡	L at the 1st cross street onto Brookside Pkwy
1.3	➔	R toward Boathouse Rd
1.4	⬆	Continue onto Boathouse Rd
2.6	➔	R onto Aiken Dr
2.8	➔	R
3.1	➔	R
3.1	📍	End of route

3.1 miles. +100/-102 feet

SPRINT & DUATHLON 2nd RUN COURSE

Salute to the Military Duathlon Run

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.3
2.	0.3	0.3	➔	R onto Kennedy Rd	0.3
3.	0.5	0.3	➔	R onto Aiken Dr	0.3
4.	0.9	0.3	➔	R onto Bludau Dr	0.1
5.	0.9	0.1	📍	End of route	0.0

0.9 miles. +11/-13 feet

DUATHLON 1st RUN COURSE

Vint Hill Kids Tri Run - 1.8

Dist	Type	Note
0.0	📍	Start of route
0.0	←	L onto Bludau Dr
0.3	→	R onto Kennedy Rd
0.5	→	R onto Aiken Dr
0.9	→	R onto Bludau Dr
1.2	→	R onto Kennedy Rd
1.5	→	R onto Aiken Dr
1.8	📍	End of route

1.8 miles. +26/-28 feet

KIDS RUN COURSE

AIDE STATION

There will be an aide station approximately halfway through the sprint and kids run course with water & gatorade. You should be prepared to carry your own water and food as you see fit on the bike and run portions of the race. There will be additional food and drink at the finish line.

RESTROOMS

Porta Johns will be available near transition area in the parking lot and you may also use the facilities inside the pool.

WEATHER CONTINGENCY PLAN

Our events take place rain or shine, there is no rain-date. Should there be lightning during the swim, the swim start will be delayed until conditions are safe. If delays continue to build, the swim leg may be reduced or cancelled. In which case we will use a time trial start for the bike leg. In the event of a severe natural disaster (hurricane, tornado, etc.), Rev3 will be in regular communication with all registered athletes. Unfortunately we cannot offer refunds for inclement weather.

VOLUNTEERS

We rely heavily on our Volunteers to have a successful event. If you have any friends or family that wants to get close to the race day action have them sign up to Volunteer while you race!

Sign up: **VOLUNTEER**

AWARDS

WHERE

The award Ceremony for the Sprint Race will take place at **9:00am**, before the beginning of the kids race. The award ceremony for the kids race will take place at **10:30am**. If you need to leave before the award ceremony you may stop by the finish line and pick up your award after the announcer says results are in. Due to it being a time trail start no awards will be handed out prior to **8:45am** or until **90%** of athletes have finished the Sprint.

WHAT

Rev3 awards the following categories:

- Top 3 Males & Females Overall
- Top 3 Males & Females in each 5yr age group: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
- Top 3 Aquabike Males & Females Overall
- Top 3 Military/First Responders Overall
- Top 3 Clydesdales & Athena
- Top 3 Relays Overall
- Kids REV: Top three Females & Males 8 & Under, 9-10, 11-12, 13+

Athletes who place in their age group but cannot attend the award ceremony should please coordinate with a friend to pick up their award.

OUR PROMISE TO YOU

- Support the healthy lifestyle choices of runners!
- To help provide smooth events for organizers and athletes alike. By taking care of the details, events are enjoyable and athletes continue to come back to support the organizations that host them.

QUESTIONS?

Contact Jason with Revolution3 at info@rev3tri.com for more information.



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