



#REV3TRI #ITSAFAMILYTHING



REV3 POCOMOKE JUNE 18, 2023

PRESENTED BY



SHEEHY LEXUS
of ANNAPOLIS

ATHLETE GUIDE

KIDS

SPR

DUA

AQUA
BIKE

RELAY



REV3 POCOMOKE
POCOMOKE CITY, MARYLAND
JUNE 18, 2023



WELCOME to Rev3 Pocomoke!

Welcome to the 2023 Rev3 Pocomoke Triathlon, the third of five events in the Eastern Shore Triathlon Series!!

Should there be any information that you do not find in this guide, please be sure to check the [website](#) for updates.





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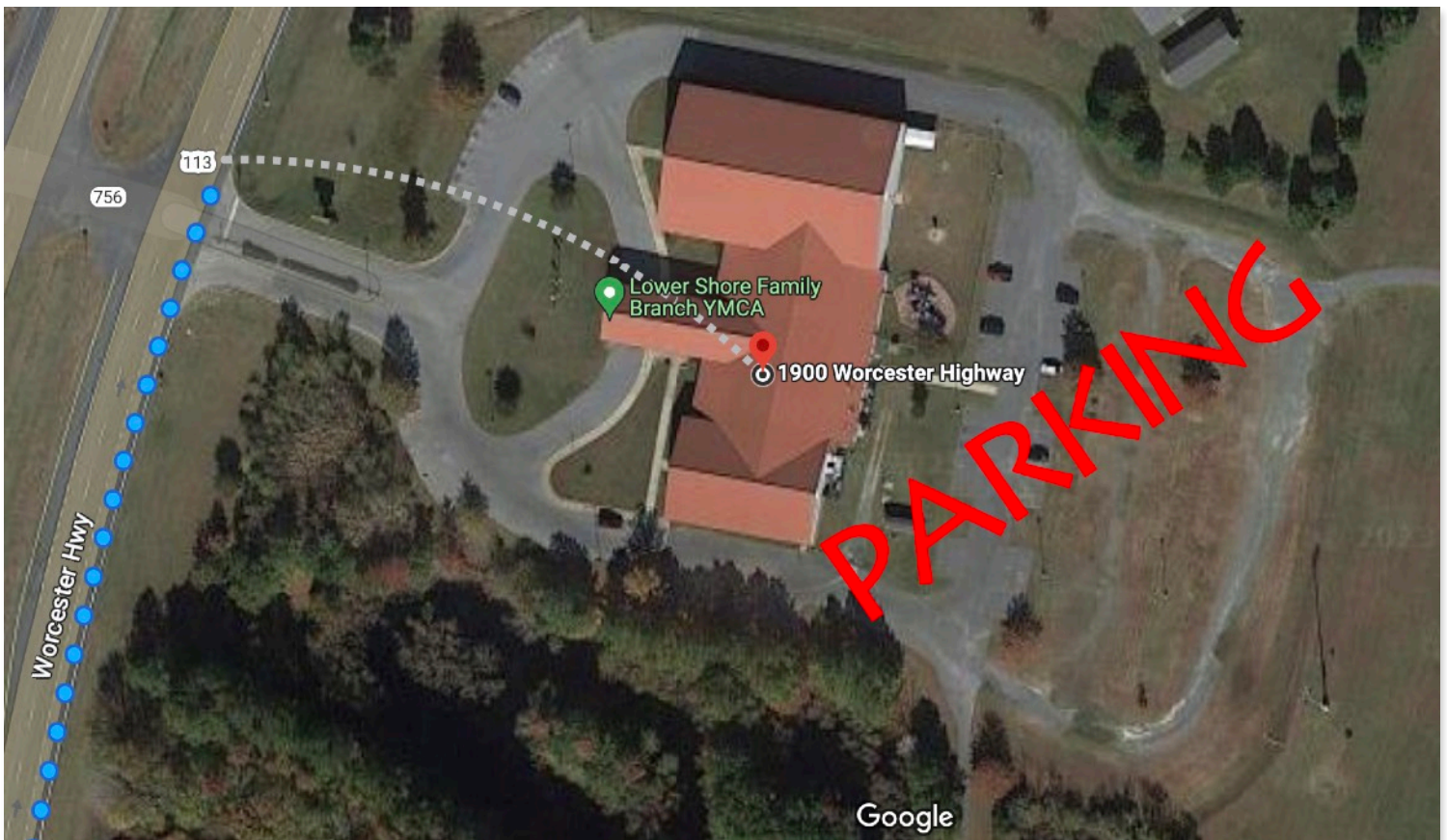
LOCATION

Rev3 Pocomoke will take place on Sunday, June 18th, 2023 at the Lower Shore Family YMCA, located at 1900 Worcester Highway, Pocomoke City, MD US 21851.

[Directions](#)

PARKING

There is ample parking BEHIND the Lower Shore Family YMCA.





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SCHEDULE

6:30 am

Packet Pickup & Onsite Registration.

8:00 am

KidsREV Triathlon begins.

9:00 am

SprintREV Triathlon begins.

9:00 am Wave 1: All Males/Duathlon

9:05 am Wave 2: All Females

NOTE: All Aquabike athletes will start with their appropriate gender wave.

10:05 am

Estimated first finisher.

11:30 am

Estimated last finisher & awards.

RACE DAY REGISTRATION

There WILL be Race Day Registration. You MUST provide a current USA Triathlon card or you will have to purchase a one-day license, for an additional fee.



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PACKET PICKUP

There is RACE DAY packet pickup ONLY for this event. There WILL be day of registration.

Packet pickup begins at 6:30 am on Sunday, June 18th, 2023. We ask participants to park behind the Lower Shore Family YMCA at 1900 Worcester Highway, Pocomoke City, Maryland, 21851. We will be at the entrance to the transition area behind the YMCA, and will maintain in that area for awards/food/etc.

Packet pickup for adults will be continuous, from 6:30 am to 8:30 am, but everyone is encouraged to arrive before the youth race at 8am, so as to stay out of the way of our athletes.

Please be sure to bring identification. Your USAT number has been verified prior to packet pickup, but we will need a photo ID to verify your identity.

If you are going to sign up on race day, and do not have a USAT membership, you will be asked to complete a separate form for a one-day license, before you are allowed to compete.

COURSES

KidsREV

100 yard swim, 2 mile bike, 1 mile run

Kids Course



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SWIM

The water is a freshwater pond behind the YMCA. The swim will be an in water start and the course will be marked with yellow and orange buoys for sighting and turns.

Current temperatures are hovering around the cutoff for allowing wetsuits. Please note that if you choose to wear a wetsuit on race day, with temperatures in the range of 78.0 to 83.9, you will be ineligible for age group awards. If the temperature of the water is 84.0 or above, wetsuits will NOT be permitted.

You MAY use a swim buoy for safety, but it may not be used as a kick-board or for anything other than an emergency.



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BIKE

BIKE RACKING

Bike Racking is self racking, we prefer 6 bikes per rack. Transition will be on your left, as you travel down the stone path to registration, just behind the tree line.

PLEASE NOTE, THIS COURSE IS OPEN TO VEHICLE TRAFFIC FOR ADULTS. YOUTH ATHLETES WILL STAY ON THE LOWER SHORE FAMILY YMCA PROPERTY FOR THE DURATION OF THEIR RIDE (4 LOOPS = 2 MILES)

COURSE MARKINGS

The bike course will be marked with ORANGE arrows on the ground and will have arrow signs at every turn. A course map is available, with turn by turn directions, on the main site under [Course Maps](#). Law enforcement will be out on course to assist you at heavy intersections. If you know of any persons who would like to volunteer to help direct you on course, please have them check out the VOLUNTEER tab on the main page.



2020 POCOMOKE TRI BIKE

16.24 mi

Distance

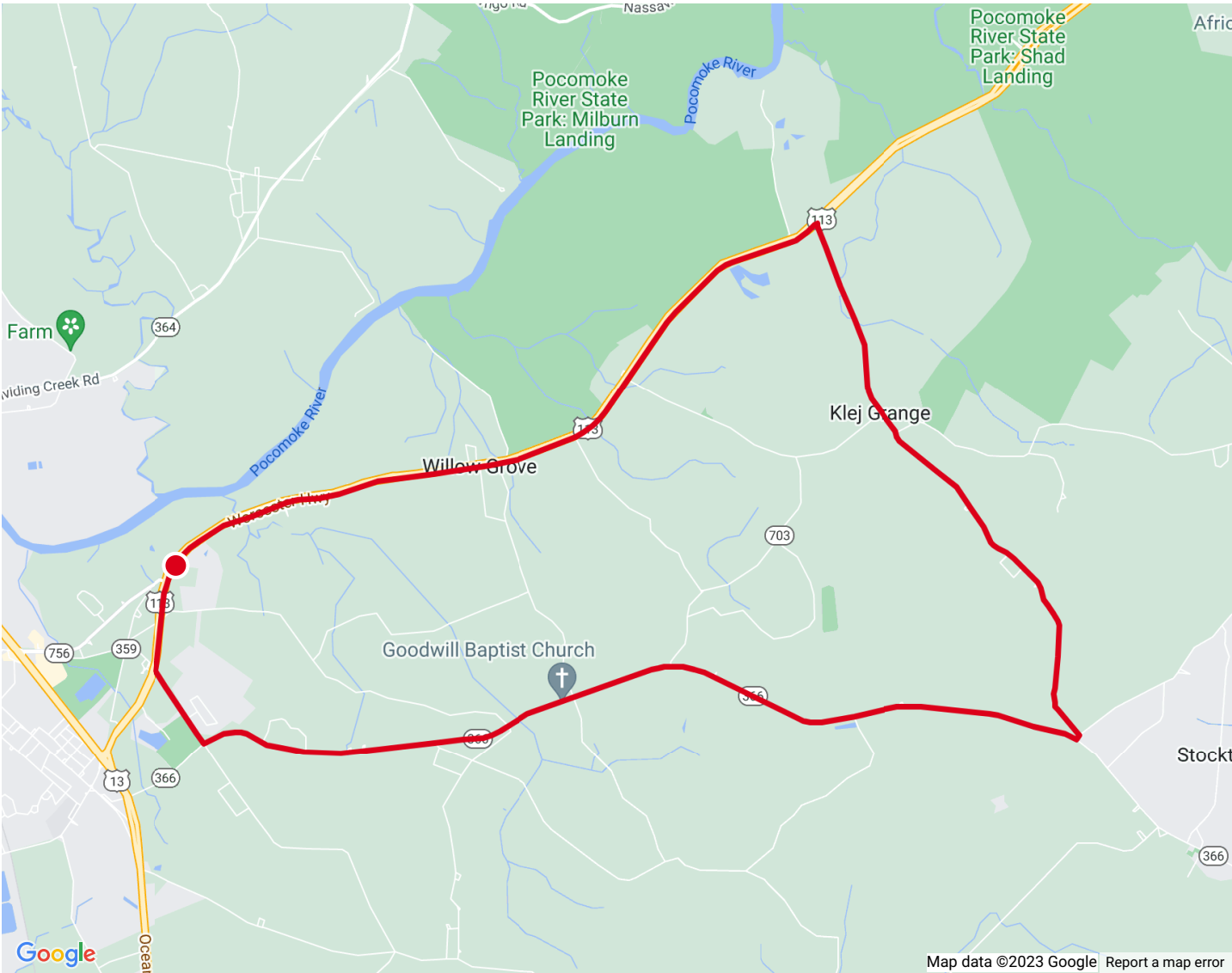
406 ft

Elevation Gain

Bike Ride

Activity Type

Notes



Elevation

Start

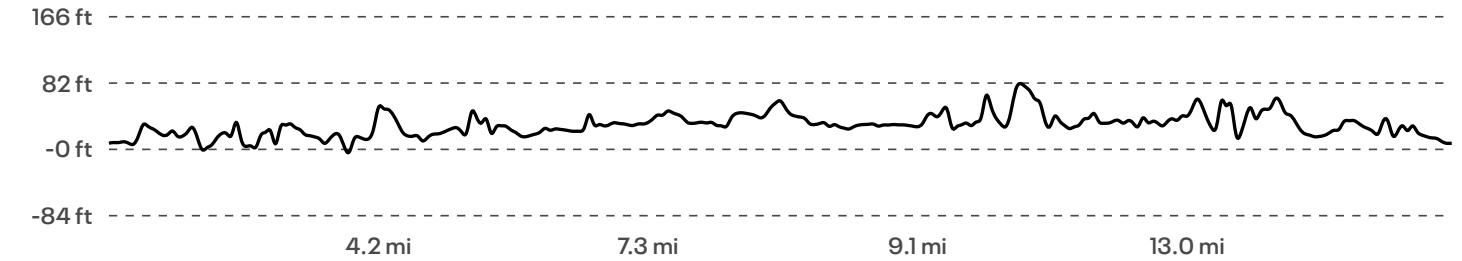
9 ft

Max

84 ft

Gain

406 ft



DISTANCE (MI)	DIRECTION
0.00	Head northeast on US-113 N
4.97	Turn right onto Betheden Church RdDestination will be on the left
5.14	Head south on Betheden Church Rd toward MD-703
6.45	Continue onto Ward Rd
7.31	Head southeast on Ward Rd toward Owl Hollow Ln
8.93	Turn right to stay on Ward Rd
8.96	Turn right onto MD-366 WDestination will be on the right
8.98	Head northwest on MD-366 WDestination will be on the right
13.75	Head west on MD-366 W
14.94	Turn right onto Groton Rd
15.39	Head northwest on Groton Rd toward US-113 N
15.52	Turn right onto US-113 N
16.23	Destination



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RUN

The course no longer goes out on to the roadway but, instead, stays on the YMCA property. We have worked with our partners at the YMCA to give you a spectator friendly course, that goes around the perimeter of the pond you swim in and around the paved pathway that the youth do their ride on.

The run is THREE LOOPS, with you making a final turn on the third loop to come in to the finish line. YOU ARE RESPONSIBLE FOR KNOWING WHAT LOOP YOU ARE ON! An “honesty mat” will be on course, to provide us with verification that you completed all three loops of the run.

There will be ONE aide station that you will hit at the end of each of your loops. You should be able to get water and Gatorade at this station THREE times, to help you keep track!



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AQUABIKE

If you are an Aqua Velo (Swim and then Bike) participant, your time will officially end when you come in to transition. We welcome you to come over and pass under the finish line after racking your bike. **YOU MUST ENTER TRANSITION WITH YOUR BIKE!** Please do not ride your bike across the finish line.

DUATHLON

Duathlon participants will start their 1 mile run when WAVE 1 of the swim is released. You will start from the designated area, right outside of transition. When you come back to transition, you will enter in through the Swim In/Run Out chute, and will be shown that prior to leaving for your event. You will then continue on the bike and run portion and finish as every other athlete.

RELAY

Relay participants will make their exchange of their chip in transition, at the bike rack area. Each team will only have **ONE** chip per team, and it must be passed along to the other member of the team.



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COMMON RULE VIOLATIONS

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](#).

DRAFTING

USA Triathlon rules state that bicycles should stay 3 bike lengths away.

HELMETS

All participants **MUST** wear a helmet. No helmet, no ride. The chin strap for the helmet **MUST** be fastened.

HEADPHONES

As this is a USA Triathlon sanctioned event, the use of headphones is prohibited. You will be asked to remove the headphones, should you be seen wearing them.

ASSISTANCE ON COURSE

There will be very little motor assistance on course. Please ensure that you have the materials necessary to change a flat tire, in case you have a puncture. If there is an emergency on course, please let a law enforcement officer on course know the emergency and approximate location.



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AWARDS

All finishers will receive a medal, commemorating their achievement.

AWARDS:

TOP 3 MALE

TOP 3 FEMALE

Top 3 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 & Over

Top 3 Duathlete (Male and Female separate)

Top 3 Aquabike (Male and Female separate)

Top 3 Relays

Top 3 Clydesdales (Males 220 lbs+)

Top 3 Athena (Females 165 lbs+)

Top 3 Military/Law Enforcement/First Responder (Male and Female separate)



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POST RACE

We will be supplying drinks and food immediately following the race. Awards Ceremony will occur around 11 am, to ensure that our kids run is safely complete and to give everyone 2 hours to complete the Sprint Course. The Lower Shore Family YMCA will be open to use the bathrooms, take showers. Please remember that we are guests in their facility. Be kind. Be courteous. Be clean.



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Thank you to our sponsors, Sheehy Lexus of Annapolis, Driven Physiotherapy, and AP&H!!



SHEEHY LEXUS
of **ANNAPOLIS**

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& HICKMAN, LLC**

ATTORNEYS AT LAW



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Thank you for choosing Rev3 Pocomoke! We hope that this has answered any questions that you may have. If you have addition questions, please feel free to reach out to us at info@rev3tri.com and we will do our best to answer you in a timely manner.

We look forward to seeing you all on Sunday morning at 6:30 am!! KidsREV begins at 8:00 am and SprintREV race begins at 9:00 am!!

A handwritten signature in blue ink, appearing to read 'Jason Chance'.

Jason Chance – Race Director

OUR PROMISE TO YOU

- ◆ Support the healthy lifestyle choices of athletes!
- ◆ 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.

