



#REV3TRI #ITSAFAMILYTHING



REV3 CRISFIELD
MAY 21, 2023

PRESENTED BY



SHEEHY LEXUS
of ANNAPOLIS

ATHLETE GUIDE

KIDS

SPR

DUA

AQUA
BIKE

RELAY



REV3 CRISFIELD
CRISFIELD, MARYLAND
MAY 21, 2023



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WELCOME to Rev3 Crisfield!

Welcome everyone to the 2023 Rev3 Crisfield, presented by Sheehy Lexus of Annapolis. We are excited to be your host on Sunday, May 21st, 2023!! This is the 2nd event in the 2023 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.





REV3 CRISFIELD

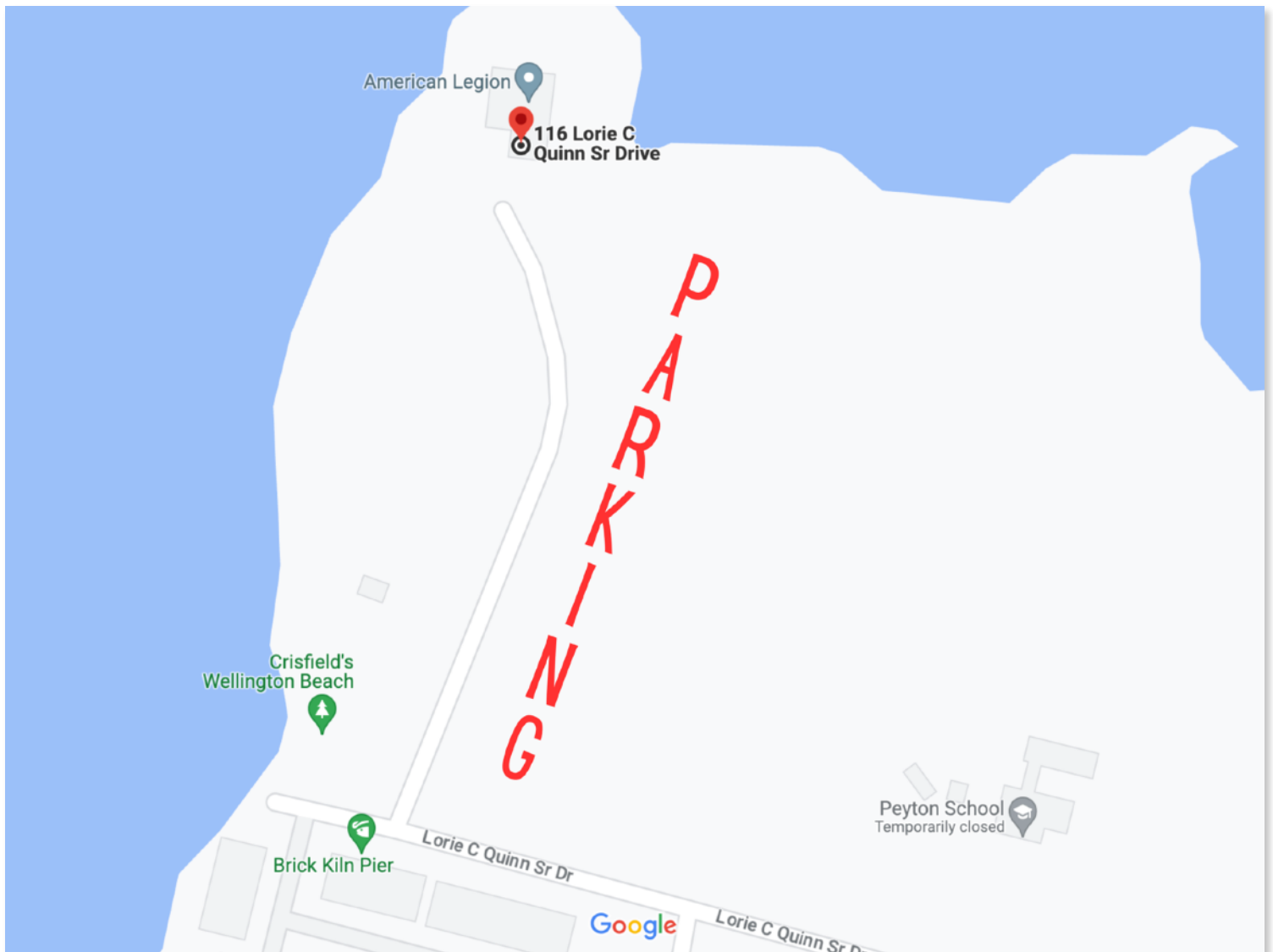
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LOCATION

The 2023 Crisfield Triathlon will take place on Sunday, May 21st, 2023 at the American Legion #16, located at 116 Lorie Quinn Drive, in Crisfield, MD. Parking will be located in a large grass lot in the immediate area, transition and the finish line are 100 yards away from your vehicle.

Directions





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SCHEDULE

7:00-8:45 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

Packet pickup will be RACE DAY ONLY and will be held at the American Legion #16. Packet pickup will begin at 7:00 am.

Packet pickup for adults will be continuous, from 7:30 am to 8:45 am. Transition will close at 8:45 am.

PLEASE NOTE THAT WE WILL HAVE A YOUTH EVENT HAPPENING AT 8 AM. PLEASE BE CONSCIOUS AND AWARE OF OUR YOUTH 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.

Bibs will be assigned to you as you check in. Bike racking will be first come, first serve.

COURSES

KidsREV

200 yard swim in shallow water, 2 Mile Bike, .5 Mile Run

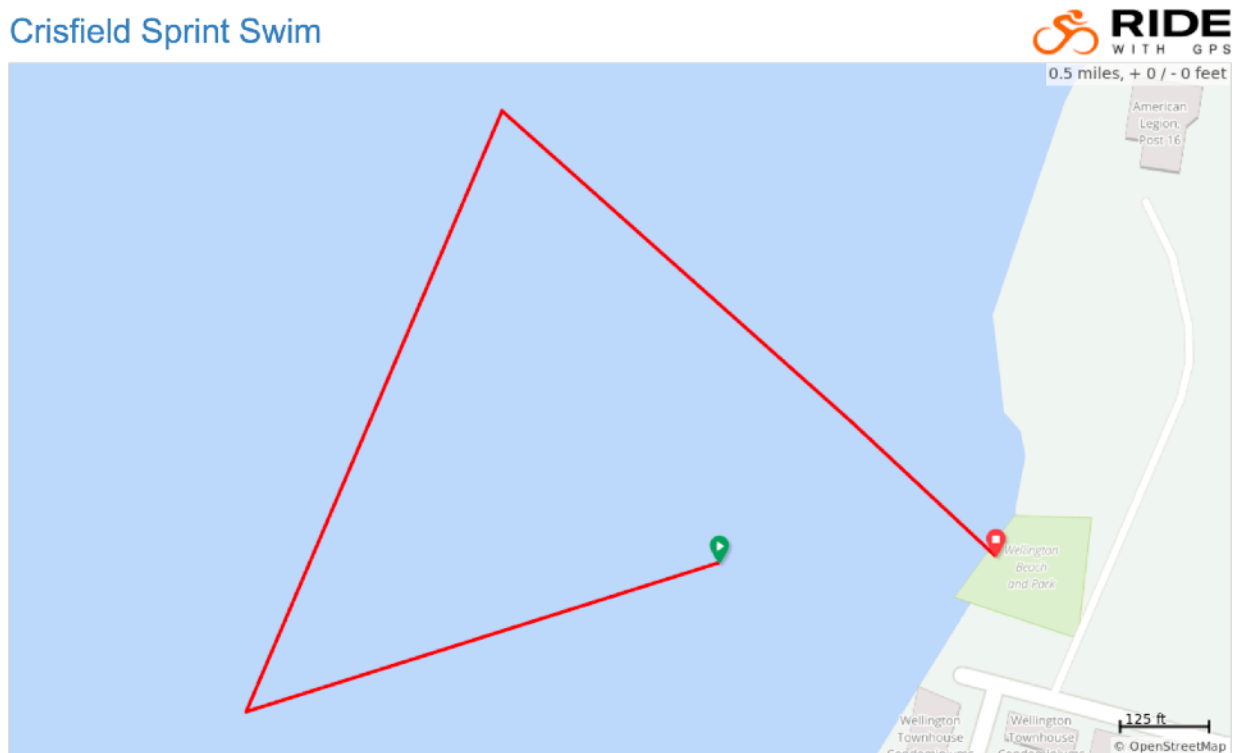
SWIM

Due to the distance to get to the start area, we are going to do a typical WAVE start for the event. All males will start in Wave 1. All females will start in Wave 2. Please be sure to enter the water with the appropriate group as you are timed based on the start of that wave. You MAY use a swim buoy for safety, if you are concerned.

The swim will be an open water swim start. Adults will walk out from the sandy shore, to the end of the large pier, and will start near a large green buoy. Adults will then swim towards the large ORANGE BUOYS. ORANGE BUOYS ARE TURN BUOYS. When you reach an orange buoy, keep that buoy to your right and make the turn to the next buoy. YELLOW buoys will be placed in between, so you can sight to the next turn buoy. The exit for the event will be the beach area at Wellington Beach, adjacent to the transition area.

SprintREV Swim: <https://ridewithgps.com/routes/42915452>

Crisfield Sprint Swim

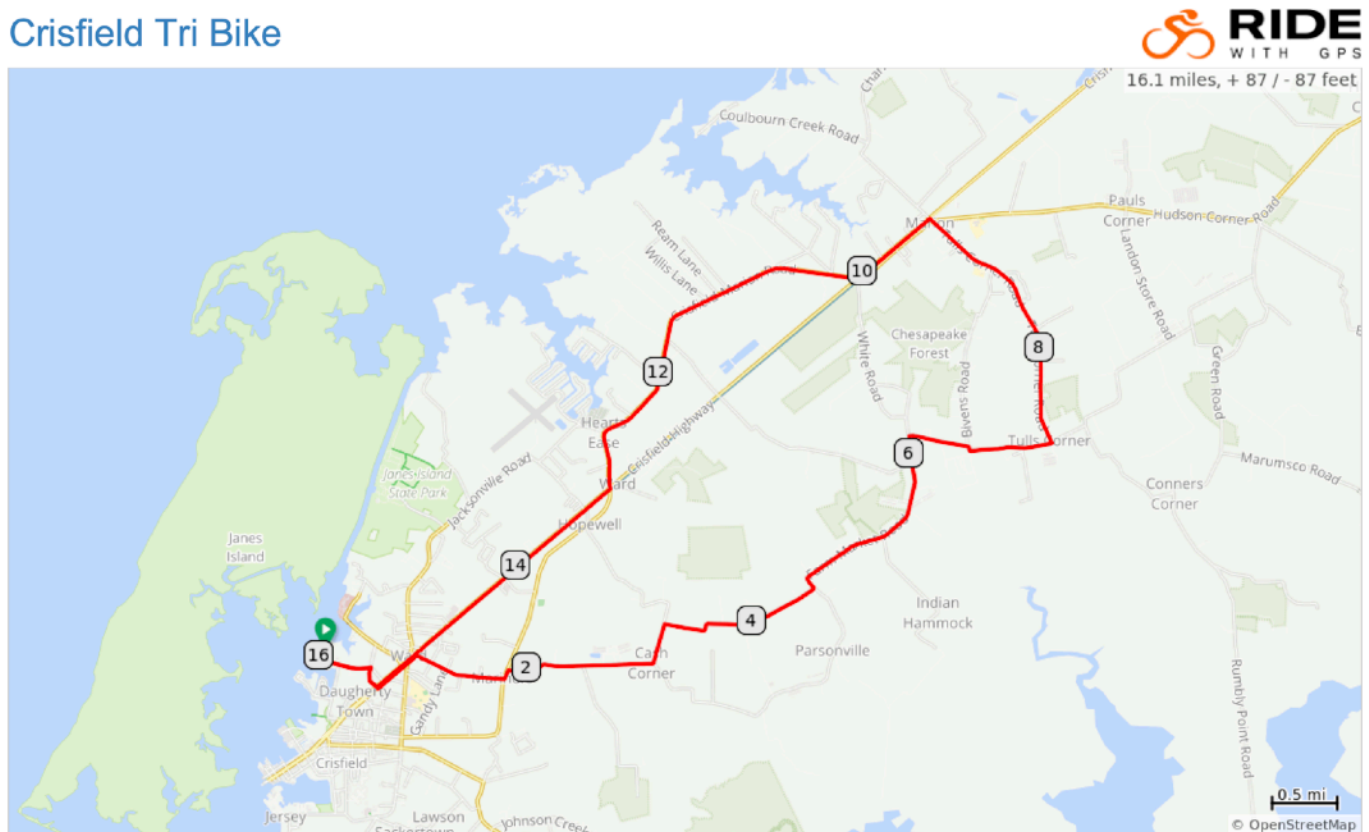


BIKE

The bike course will be marked with ORANGE arrows on the ground & arrow signs at every turn. 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.

SprintREV Bike: <https://ridewithgps.com/routes/42915396>

Crisfield Tri Bike



Crisfield Tri Bike

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|-----------------------|------|
| 1. | 0.0 | 0.0 | 📍 | Start of route | 0.5 |
| 2. | 0.5 | 0.5 | ➡ | R onto Wynfall Ave | 0.2 |
| 3. | 0.7 | 0.2 | ⬅ | L onto Richardson Ave | 0.4 |
| 4. | 1.1 | 0.4 | ➡ | R onto Mariners Rd | 0.7 |
| 5. | 1.8 | 0.7 | ⬅ | L onto MD-667 E | 0.1 |
| 6. | 1.8 | 0.1 | ➡ | R onto Cash Corner Rd | 1.4 |

1.8 miles. +7/-6 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|----------------------------|------|
| 7. | 3.3 | 1.4 | ➡ | R onto Farm Market Rd | 2.9 |
| 8. | 6.1 | 2.9 | ➡ | R onto St Pauls Church Rd | 0.5 |
| 9. | 6.6 | 0.5 | ➡ | R onto L Q Powell Rd | 0.0 |
| 10. | 6.6 | 0.0 | ⬅ | L to stay on L Q Powell Rd | 0.6 |
| 11. | 7.3 | 0.6 | ⬅ | L onto Tulls Corner Rd | 2.1 |

5.4 miles. +18/-17 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|----------------------------|------|
| 12. | 9.4 | 2.1 | ⬅ | L onto MD-413 S | 0.7 |
| 13. | 10.1 | 0.7 | ➡ | R onto MD-667 W | 3.0 |
| 14. | 13.1 | 3.0 | ➡ | R onto MD-413 S | 2.3 |
| 15. | 15.4 | 2.3 | ➡ | R onto Wynfall Ave | 0.2 |
| 16. | 15.6 | 0.2 | ⬅ | L onto Lorie C Quinn Sr Dr | 0.4 |
| 17. | 16.0 | 0.4 | ➡ | R | 0.1 |
| 18. | 16.1 | 0.1 | 📍 | End of route | 0.0 |

8.8 miles. +17/-22 feet



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DRAFTING

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

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](#).

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.

RUN

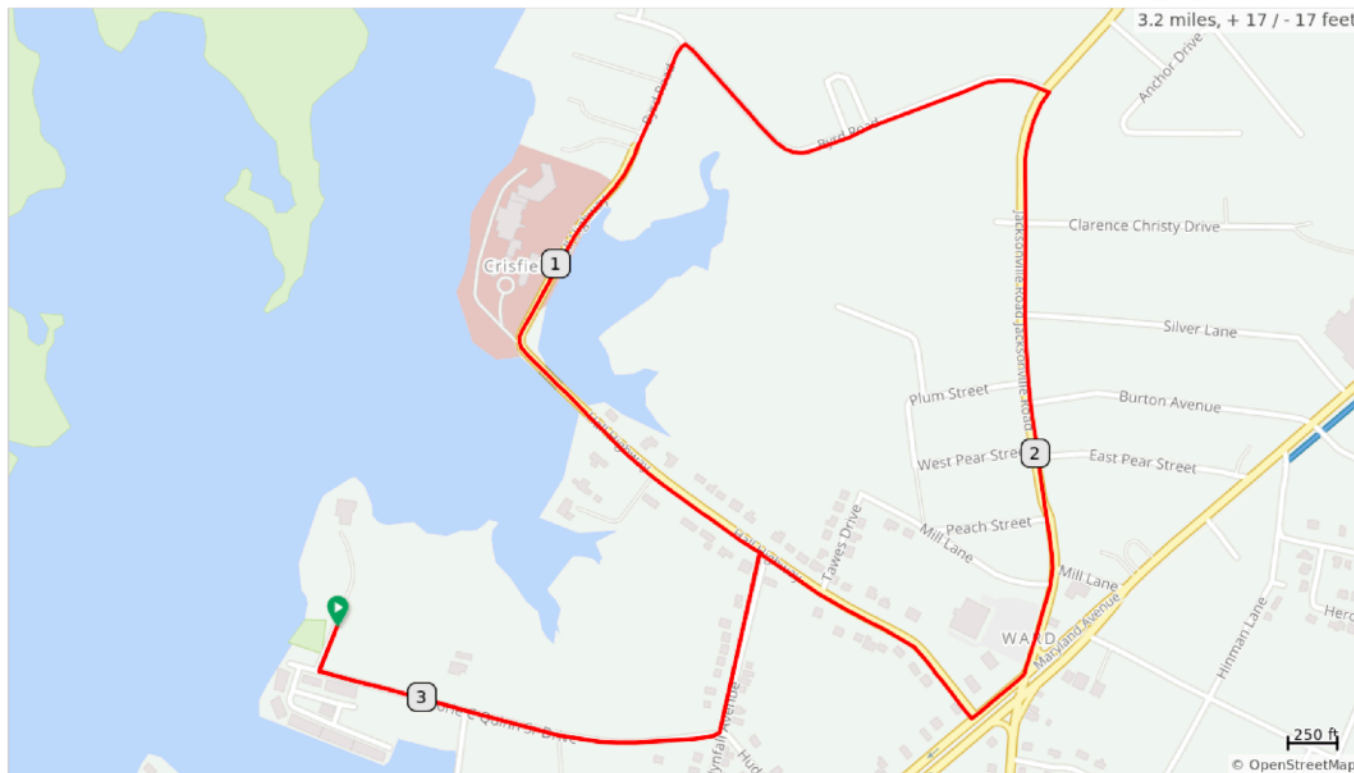
The run will be a large, single loop. The run course will be marked by GREEN arrows on the ground & arrow signs at all turns.

The course IS OPEN to vehicle traffic, so please be aware of your surroundings. We are trying to control all major intersections but there will be businesses that you will run by and we cannot control every entrance and exit. Please do NOT wear headphones so that you are able to be aware of your surroundings during the run.

There will be ONE aide station on the run course, near McCready Hospital. This is just over a mile into the run course. This aide station will have water and Gatorade. There will also be cups of water at the RUN OUT chute.

SprintREV Run: <https://ridewithgps.com/routes/42915423>

Crisfield Tri Sprint Run



Crisfield Tri Sprint Run

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|---------------------------------------|------|
| 1. | 0.0 | 0.0 | 📍 | Start of route | 0.0 |
| 2. | 0.0 | 0.0 | ← | L onto Lorie C Quinn Sr Dr | 0.4 |
| 3. | 0.4 | 0.4 | ← | L onto Wynfall Ave | 0.2 |
| 4. | 0.6 | 0.2 | ← | L onto MD-460 W | 0.6 |
| 5. | 1.2 | 0.6 | → | R onto Byrd Rd | 0.4 |
| 6. | 1.6 | 0.4 | → | R onto State Hwy 358/ Jacksonville Rd | 0.6 |

1.6 miles. +5/-6 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|----------------------------|------|
| 7. | 2.2 | 0.6 | → | Slight R onto Maryland Ave | 0.1 |
| 8. | 2.3 | 0.1 | → | R onto MD-460 W | 0.3 |
| 9. | 2.5 | 0.3 | ← | L onto Wynfall Ave | 0.2 |
| 10. | 2.7 | 0.2 | → | R onto Lorie C Quinn Sr Dr | 0.4 |
| 11. | 3.2 | 0.4 | 📍 | End of route | 0.0 |

1.5 miles. +3/-3 feet



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AQUABIKE

If you are an Aquabike participant, your time will officially end when you come into 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 finish line area. When you come into 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.

All courses can be found at www.CrisfieldTriathlon.com



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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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AFTER PARTY

The Crisfield Lions Club will have food for the athletes as a part of your registration. You should have been able to select either a Soft Crab Sandwich, or a Crab Cake, as part of your registration. You are allowed ONE (1) free sandwich as a part of your registration. Additional food is available for purchase for spectators and athletes. There will also be beer for sale from the American Legion.

There will be Water, Gatorade, Soda available for athletes at the conclusion of the event, along with some light snacks.

Please consider heading into Crisfield to support many of the local restaurants and businesses that will open up for us at noon! We have spoken to Bubby's Wing Shack, Waterman's Inn, and The Gathering Place Restaurant and know they will be open. We are hoping that Linton's Crab Deck may be open too, for those wishing to sample some hard crabs!



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



SHEEHY LEXUS
of **ANNAPOLIS**

DRIVEN
PHYSIOTHERAPY



**ANTHENELLI, PHOEBUS
& HICKMAN, LLC**

ATTORNEYS AT LAW



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Thank you for choosing Rev3 Crisfield! 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 7 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', with a long, sweeping underline.

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.

