

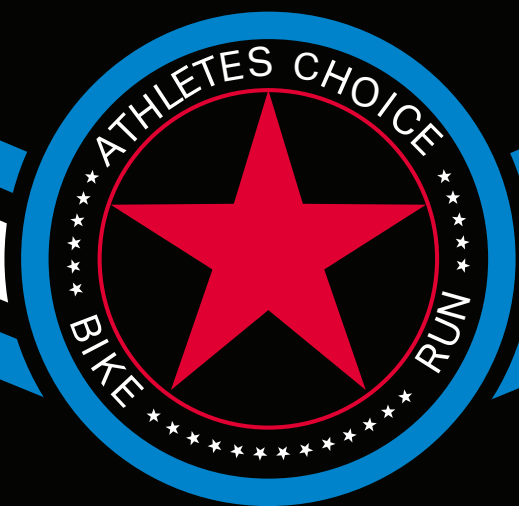
REVOLUTION3



TRIATHLON

SALUTE

TO THE MILITARY



VIRTUAL

MAY 17-23



2020

#Rev3SaluteTri

"I Salute the Military"



SALUTE TO THE MILITARY

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GREETINGS ATHLETES

Revolution3 Salute the Military Triathlon is right around the corner. We are looking forward to an exciting event the week of May 17-23. Below you will find important information regarding race weekend. Please read this entire athlete guide so you will be prepared for your race.

I challenge you to try to honor our military in some way during the event.

If you have any questions please do not hesitate to e-mail us at Info@rev3tri.com

Thank you for your support and we look forward to watching the event unfold!

SCHEDULE

SCHEDULE: MAY 17-23, 2020

EVENT	LOCATION	TIME
Transition Opens	Front Yard or Garage	Whenever you want
Packet Pick Up	Your computer	What works for you?
Body Marking	Bathroom or Kitchen	After you wake up
Timing Chip Pick Up	Your Garmin or Phone	Isn't this easy?
Mandatory Sprint Athlete Meeting	Are you reading this?	Prior to your start
Transition Closes	After your bathroom break	Don't be late or you get DQ'd
National Anthem	Somewhere at your house	Right before you start
Swim Start	What swim? I don't see the water	What is the water temperature?
Award Ceremony	REV3 Virtual Triathlon FB page	After the event ends

PACKET PICK-UP

The beautiful thing is you don't have to do this. You don't have to rush to get there on time. No ID to show. No USAT card to show. You can pick up everyone else's packet without getting scolded.

Location: Hmmmm? Your choice.





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COMPLETING YOUR VIRTUAL TRI:

- You have 1 week to complete your distance (May 17-23)
- You signed up for a sprint, olympic, half, or kids distance. If you need to change the distance for any reason, email info@rev3tri.com

Sprint: 12 mile bike / 3.1 mile run / Athlete's Choice (5min)

Olympic: 25 mile bike / 6.2 mile run / Athlete's Choice (10min)

Half: 56 mile bike / 13.1 mile run / Athlete's Choice (15min)

Kids 6-10: Bike 2.5 miles / Run .75 miles / Athlete's Choice (5min or less)

Kids 11+: Bike 5 miles / Run 1.5 miles / Athlete's Choice (5min)

- You DO NOT have to complete all the events and distances on the same day. You have the full week to complete all the events and distances.
- You can complete it outside or inside on trainers and treadmills.
- Please note: This is not a race and if completing the event outside, you must follow all traffic laws and understand you may be sharing roads with vehicles and not treat this like a normal race.

PARKING

On race morning, athletes will start arriving whenever they want. Everyone gets VIP parking at this race. You can park right next to transition and be the first one to leave. You can also take your bike and gear out of transition as soon as you cross the finish line. There is no arguing with the transition coordinator because you have to get to a soccer game or some emergency popped up at the last minute. Everyone also gets to pick their favorite transition spot at the end of a row. Do you want to be close the bike in/out or the run out? You get to pick. Guess what? You can have as much space as you want around your bike too. There will be no fighting for space around your bike with your neighbors.

BODY MARKING

If you want this to feel like a real race, consider body marking yourself. You will mark your bib number on both upper arms and your USAT age on your right calf.



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RESTROOMS

Porta Johns will not be present at this race. Sorry, we just couldn't afford to put out toilets for everyone. You will get your own VIP toilet almost exclusively for your own use. You may have to wait for another family member but the good news is you won't be late for the starting line. Grab a magazine and take your time. We want you to feel your best.

SWIM ("ATHLETE'S CHOICE")

Struggling for an idea for what to do with this one? If you are on facebook, you can check out what others did for our QuarantRI. Our Facebook group is called @Rev3VirtualTriathlon. You can do whatever you want. The more creative the better.

BIKE

You must set up your own course. Make sure the turns are well marked and instruct the volunteers which direction to tell you to go. If you miss a turn, the volunteers are allowed to yell at you. They don't have to be out there supporting you so the least they should get to do is yell at you for missing a turn. Please be safe out there. Pick a spot on the course where your family will be able to stand and cheer. Don't forget you need to recruit your own volunteers and set up your own aid stations. As you approach the aid stations remember to slow down and POLITELY tell the volunteer what you want. They aren't mind readers. Finally, there is NO LITTERING in this event or you have your neighbors to deal with and you have to live near them every day. And please do not go to the bathroom in your neighbor's bushes. They may see this and look at you funny at the next neighborhood party.

RUN

You have to setup your own run course. Make sure to put the mile markers in the right spot or I'll yell at you this time. Make sure to turnaround at the right spot. We have other races going on so you can't necessarily follow the person in front of you as they may be doing a different distance. If you miss the turnaround, the volunteers are allowed to yell at you. Try to run as fast as you can but of course safety first! See everything in the BIKE section. The same holds true with the run. Please don't high five your fellow competitors unless they are living in your house.

SUBMITTING RESULTS

Go to: <https://resultscui.active.com/events/2020Rev3SalutetotheMilitaryYouthVirtualTriathlon>

- You will need the R# from your registration confirmation email. This is your identifier to submit results.
- There must be a numeric value in each field. You must enter 0 if needed.
- Put your "Athlete's Choice" time in the SWIM category. It should be a minimum of 5, 10, or 15 minutes depending on which race you registered for.
- Enter "0" for your transition times (T1 and T2). In this race, there are no transition times. BONUS.
- You must submit a picture. If you have a picture of your time on a watch or screen, upload that. Otherwise you can submit any picture. Feel free to make me laugh when I approve your results.
- Please submit your results by May 23rd.
- The results will be available starting on May 24th.



Dear Eric Opdyke,
Congratulations! You are now registered for the [2020 Rev3 Salute to the Military & Youth Virtual Triathlon - Salute Sprint - Sprint Virtual \(Hoodie, Buff, Medal, Sticker, Bib\)](#). Please check the [event's website](#) for updates.

Refer your friends
[Share](#) [Tweet](#) [Save](#) [Email](#)

Click on the link to sign your waiver [R-108LLJQP](#)

Registration Team

info@rev3tri.com



My Events

My Events can help you stay organized and prepare for your events. Visit the My Events page on ACTIVE.com to view and manage your events.



Registration Details



Please be prepared to present this email at the event

Registration ID: R-108LLJQP
Participant: Eric Opdyke
Date: May 23, 2020
Registration category: 2020 Rev3 Salute to the Military & Youth Virtual Triathlon - Salute Sprint - Sprint Virtual (Hoodie, Buff, Medal, Sticker, Bib)

TIMING CHIP

Your Garmin is always right. For once, no complaints to the race timer because your Garmin was 1 second faster than the timing chip. You get to submit the time your program provides you.

AID STATION

We will not be supplying any water or snacks at this race. Please consider using BASE Performance for your hydration and race nutrition needs. We expect you to have the best aid stations. Remember to thank your aid station volunteers and of course keep 6' apart.



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AWARDS CEREMONY

Where:

This will be announced on our Facebook Group @Rev3VirtualTriathlon

What:

Awards will be mailed to the top 3 "LIKES" total on social media (Instagram and Facebook). If your social media names do not match your names, you can let us know at info@rev3tri.com.

How:

You need to use the hashtags #Rev3SaluteTri and #Rev3Tri on your posts. This is how we will track them.

RULES

- Be safe
- You can wear headphones on the run
- Use your own bathroom
- You can draft (if its someone living in your house)
- Volunteers can yell at you if it warrants
- No one can average 50mph on a bike so don't try to submit that time.
- If I see sub 5min/mile pace for the run I'm going to be highly skeptical
- "Athlete's Choice" is the best place to cheat
- HAVE FUN!

WEATHER CONTINGENCY PLAN

- If the weather is bad, pick a different day.

SWAG

The athlete giveaways will start shipping out the week after the race. We appreciate your patience as it takes quite awhile to ship this all out.



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ZWIFT CHALLENGE

On Saturday May 23rd at 9:15AM EST we will have a virtual race on the Zwift cycling platform. You can use these miles as part of your requirement or just take part in this additional fun event. We will have an award for the fastest male and female.

- You must have a zwift account
- Follow me on Zwift companion app @Eric Opdyke REV3.
- You will need 2 devices (1 for zwift, 1 for zoom video)
- Course will be 10ish miles.
- We will also video conference each person on Zoom (video link below). Log into the call at 9am EST.
- The race will be announced by our race announcer SimplyStu
- The meetup (race) will start promptly at 9:15am EST and you cannot join late.
- Anyone can join the zoom video call to watch and listen. You don't have to be on zwift to participate.
- You must be registered for Salute to the Military Virtual Triathlon to race.

Topic: REV3 Salute Tri Race
Time: May 23, 2020 09:00 AM Eastern Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/84145740364>
Meeting ID: 841 4574 0364
One tap mobile
+19292056099,,84145740364# US (New York)
+13017158592,,84145740364# US (Germantown)

VIDEO WRAP-UP

We want to honor the military for all they do to protect our nation. We will be making a video with everyone's message. We are asking everyone to email info@rev3tri.com a very brief video with the simple message:

"I Salute the Military"