



Athlete Guide

Lewisburg Sprint Triathlon

Welcome to the Lewisburg Sprint Triathlon,

We are excited to host you for a fun weekend of multisport adventure in the beautiful Lewisburg community. With an easy outdoor pool swim, rolling bike course, and a fast & flat run course, this weekend will not disappoint!

As you get ready for race day, please take a moment to review the following pages of our athlete guide and read the emails we send you. These are all key to a safe, fun, and successful race! We know you have worked hard to stay healthy and physically fit in the months leading up to this event and want you to have a great race. We appreciate you racing with us and hope you achieve your athletic goals.

Lastly, as you race this weekend be sure to thank the flagger team & volunteers that gave up their weekend to support this event. This is a team effort, and we are grateful for their support!

We look forward to seeing you on the starting line!

Robin Barth, Race Director #GoRUR



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Base Level Sponsors





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Beginner Tri - All Participants Welcome!

Shirts guaranteed to athletes who register by May 10th

Schedule of Events

Friday May 29th

- 4-6pm:** packet pick-up at the West End Park of Lewisburg Area Recreation Park
- 5pm:** Free Youth Splash & Dash - arrive at 4:30, races to **begin at 5pm** (pre-registration required)
- 6pm:** beginner triathlon clinic and athlete briefing located at transition

Saturday - Race Day May 30th

- 5:00-6:30am:** packet pick-up and bike racking
- 6:30-7:30am:** swim warm-ups (pool opens)
- 7:45am:** transition area closes
- 8:00am:** race begins* (racers will begin by age group see details on page 8)
- 9:00am:** finish line celebration with food trucks and post-race food for athletes
- 11:00am:** awards ceremony

Top Male & Female Overall

Top 3 Relay Teams

Age Group Awards (1st-3rd Male & Female):

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Race Site Address: Lewisburg Area Recreation Park, St. Mary's St., Lewisburg, PA 17837

For early packet pick-up on Friday (5/29), you can park at the park

Event day parking (5/30) is @ the parking lot near The BVRA Ice Rink off St. Lawrence St. and overflow parking will be at the Miller Center Address: 120 Hardwood Dr.

*





Top 10 Things to Know About Race Day

1. Lewisburg is a smaller town, so give yourself some extra travel time to get there and find parking.
2. If possible, we suggest carpooling to allow for everyone to get a parking spot. Overflow parking will be at the backside of the Miller Center (120 Hardwood Dr.)
3. Timing chips are expensive and time consuming to replace, don't lose it. You will be given your timing chip at the pool, before entering the water.
4. Body marking will be located adjacent to transition, please have your bib # with you.
5. Bike racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
6. Only athletes are allowed in transition area and are allowed to pick up their bikes. Bike stickers need to be placed on the bike frame which coordinate with bib number so we can verify ownership of each bike at exit.
7. The swim is serpentine swimming (see swim course below). No flip turns allowed.
8. Event day parking is located at the back side of the pool and overflow parking is located at the Miller Center back parking lot. (120 Hardwood Dr.)
9. Post-race food and drinks will be available. Check out what food trucks will be available below!
10. Stay safe and have fun! #GoRUR!



Rise Up Racing Team at the Lewisburg Triathlon 2025



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Course Cut-Off Times

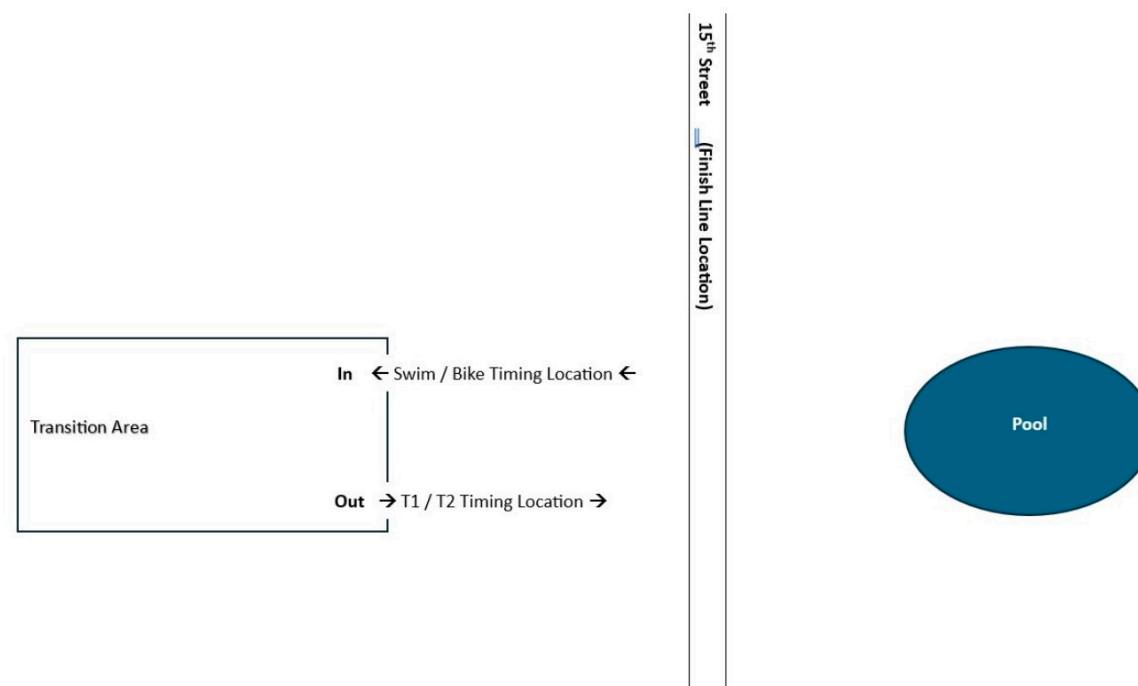
We expect each athlete competing in this event to be properly trained to complete the race within the cut off time. **Athletes must complete the bike course by 11am.** If you are not tracking to finishing the bike course by 11am you will be picked up and then be allowed to continue the run but will not qualify for age group awards. You will still receive a finish medal.

Transition Area

Triathletes may enter the transition area starting at **5:00am**. Transition closes at **7:45am** - **you should begin lining up for your age group start at this time.**

Rack space is available on a first come, first serve basis. Each 10' section of rack will hold 3 bikes per side for a total of 6 bikes. Be a good neighbor in transition and be mindful of those who are still racing!

Only athletes are allowed in the transition area and only athletes are allowed to pick up their bikes. **Bike pick-up starts at 11:00am.** **You will need to show your bib number to pick up your bike.**



Please make note, there will be an in and out for the transition area to keep things moving smoothly.
Signs will be out stating in/out.

***Special thank you to PA Collectors Society
for sponsoring our transition area!***



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Race Numbers

Each athlete will receive two (2) race numbers

1. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.
2. The number with 4 holes is to be worn on the front of the body **during the run** and when crossing the finish line, we have safety pins or you can use a race belt. **This bib number only needs to be worn during the run.**



Timing Chips

Each athlete will receive their timing chip while lining up to enter the pool, we *highly recommend putting it on immediately once given to you.*



1. There is a \$50 replacement fee if you lose or otherwise fail to return your chip, be sure to return it to the finish line.
2. We recommend the left angle, non-chainring side.
3. If you want splits, you need to cross the split points marked by yellow cones when you race!
4. If you drop out of the race, please bring your timing chip to the finish line and inform our timers of your decision.



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Body Marking

Body marking is located adjacent to the transition area. Volunteers will write your race # on both shoulders. Your age will be on one calf and the other calf will be marked with an **A for age group or R for relay team**. Be sure to show your race # or chip to the volunteer to make sure you get the correct #! You can choose to do your own body marking, please ensure it is done correctly.

Aid Stations

Bike: no aid stations available

Run: will be 2 aid stations located .5 mile out from turn around and .5 mile from finish (hitting them 3x total). There will be Gatorade and water available.

Special thank you to Asbury Riverwoods and Susquehanna Valley Visitors Bureau for sponsoring our two aid stations on the run course!

Race Results & Awards

Race results can be found at [Falcon Race Timing](#). We are planning on an in-person award ceremony starting at **11:00am**. Awards to be given include: top male & female overall, top 3 relay teams, and the following age groups 1st-3rd male & female: 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+





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USAT Penalties

USAT penalties, if any, will be noticed to athletes ON COURSE. **This consists of the athletes being shown a Blue or Yellow Card** and time will be added to their final result.

Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

Questions about results can be directed towards the race timer or race director usually located near the finish line.

USA Triathlon

USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#)

USA Triathlon Most Commonly Violated Rules [HERE](#)

[USA Triathlon Competitive Rules \(complete list\)](#)

USAT Aging Up Policy: participants will compete in whichever age group they would be in as of December 31st of this year.





Swim Course

New for 2026 - we will be moving to Age Group Starts: Age groups will be seeded based on estimated 300-yard swim time. This format not only creates a more competitive and engaging race experience - especially as a USAT National Qualifier - but also helps reduce crowding on the pool deck and improves overall flow.

We expect the start process to remain smooth, with a similar cadence to past years and only minimal breaks between groups.

As race day approaches, each age group will be assigned: a corral time (**corralling will happen in the front parking lot of the pool area**)

The 'corral ladies' will be holding signs with the current age groups 'on deck' and then will be walking each age group on deck in order of their bib number to receive their chip timing device and then line up for the start. It is important that athletes line up with the 'corral ladies' in order of their bib number within their correct age group. Bib number is how we sorted estimated swim finish time. If there is a gap, meaning bib numbers 1, 2, & 4 are present and bib number 3 is missing bib number 4 should collect the chip timing device labeled 4 and there will be an extra 5 second gap between athlete 2 & 4. The chip timing company will be in charge of starting each athlete, but athletes should make sure their bib number **MATCHES** their chip timing device.

We will be corralling 3 age groups at time, but this will move very quickly. There will only be a 1 buffer gap between each age group start. Age groups will be seeded by fastest expected swim finish time and will be mixed male & female.

Spectators are encouraged to cheer for their athletes on pool deck only when their athlete is being ushered in. No athletes or spectators are allowed to enter the pool deck through the race course, they **MUST** enter in through the locker room/ main entrance. Once their athlete is finished swimming we ask that spectators move towards transition area or bike course to continue cheering and make room for other spectators to cheer on deck.

8am: first age group starts - staggered swim starts every 5 seconds

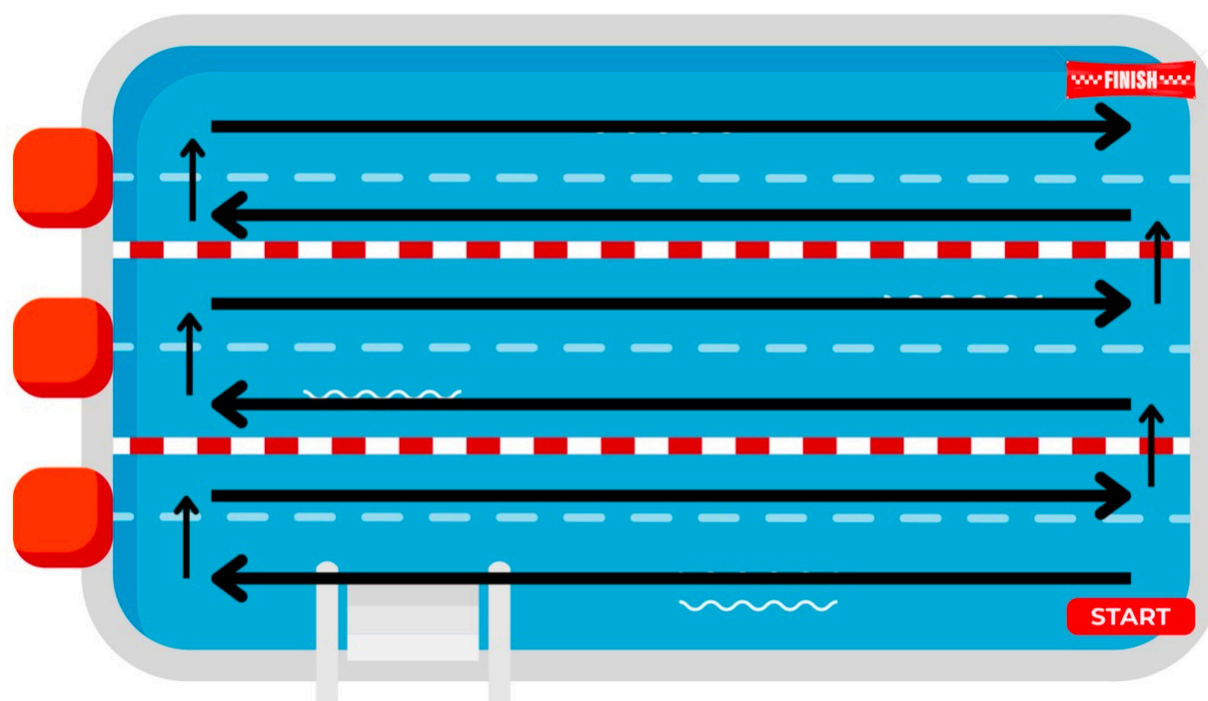
Swimmers will swim in a **serpentine fashion** up and down the lanes starting at one end of the pool and finishing at the other (see picture below)

Flip turns are NOT ALLOWED

Warmups start at 6:30am

Note: Swim time will include the time to transition area

A timing mat will be placed at entrance and exit of transition to get 'in transition time,' but the run from swim to transition will be included in swim time.



Serpentine Swimming



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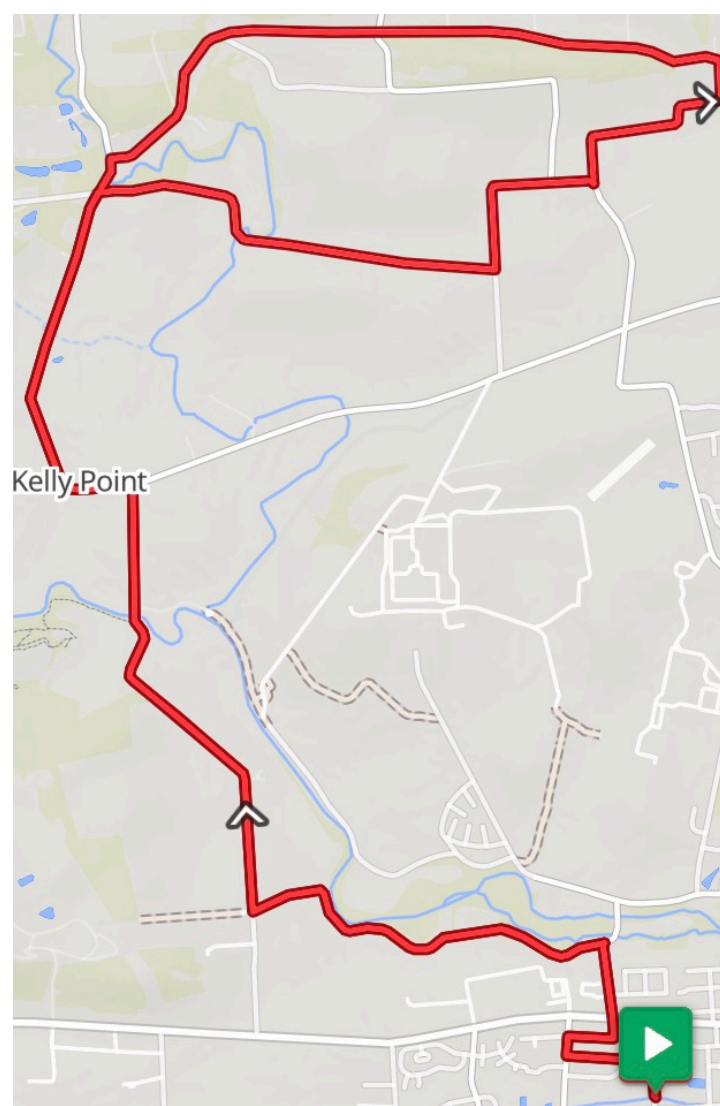
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Bike Course - 15 miles

- Begins at the Lewisburg Area Recreation Park and journeys through the outskirts of the Lewisburg Area
- Scenic and rolling hills, a little over 700ft of elevation
- Though there will be a flagger presence on course for your safety, the course is still open to traffic, please BE ALERT and BE CAREFUL!
- No aid stations on bike course
- **Helmet is required. Earbuds are NOT ALLOWED.**

Rules & Etiquette

- You MUST wait to mount your bike until AFTER you cross the mounting line outside of transition. Like-wise, you MUST dismount your bike BEFORE crossing the line at the end of the bike.
- Hard shell helmets must be worn and must be fastened before touching bike after swim.
- Stay to the right to allow faster cyclists to pass on the left.
- When making a pass, call out to the athlete and let them know 'on your left'.
- Do not ride side by side with another athlete.
- Crossing the yellow line is an automatic DQ.



Link to bike course [HERE](#)



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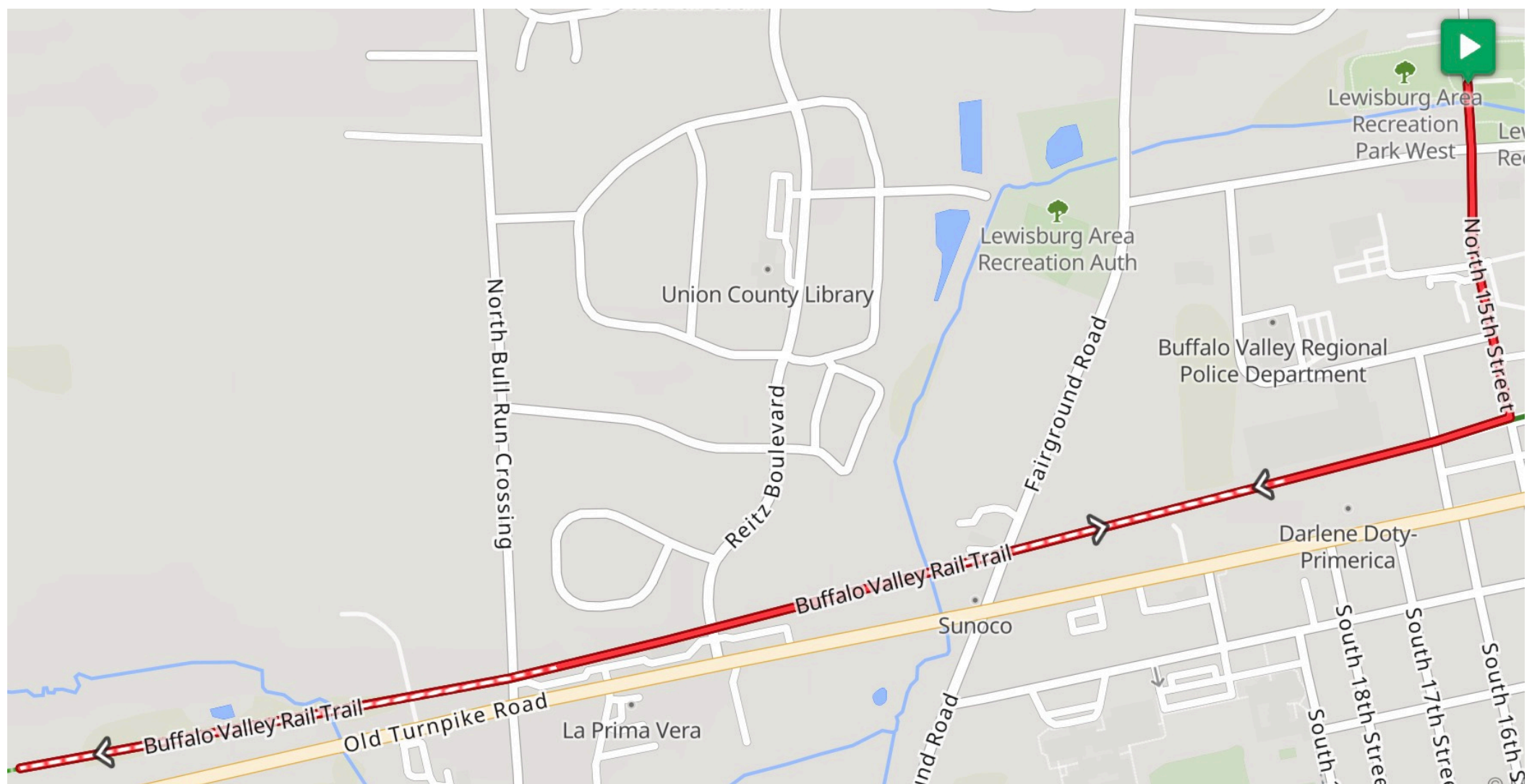
Run Course - 3.1 miles

- Flat out and back shaded course
- Journey's down St. Mary's street and connects to the Buffalo Valley Rail trail
- 2 aid stations offering Gatorade and water
- This course will get you flying through to a PR run split in no time!

Rules & Etiquette

- No headphones, earphones or any radio-type devices will be allowed
- You **MUST** have your run bib number on your **FRONT** as you approach the finish line
- Please be sure to return your timing chip at the finish line

CONGRATULATIONS YOU DID IT!!



Link to run course [HERE](#)



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Race Photos by Albright Studio Photography



Scan the QR Code to see your pictures!

New this year - FREE Kids Splash and Dash!

Must be pre-registered. No youth showing up day of will be permitted to register.

- Any youth in the 5 & Under (*regardless of swimming ability*) or any youth not able to swim without a flotation device are required to have a buddy in the water with them. Flotation devices are encouraged and welcomed.
- Each age group will have their separate race and the next age group will not start until the first age group is complete and the volunteers 'reset'.
- This is meant to be a 'fun' race and there will be no official timing.
- Shoes can be stored at the swim exit for youth to put on.
- 5 & under group will be swimming 25 yards then running a 'straight' shot through the park to the finish line (with their buddy)
- 6-8 year olds will be swimming 50 yards then running 1 loop through the park to the finish line
- 9-10 year old will be swimming 50 yards and running 2 loops through the park to the finish line
- Finish line will include medals and a sweet treat for each participant!



**Let's get the next generation excited about racing!
Bring out your kiddos to this fun, safe, and FREE event!**

You don't have to be participating in the Lewisburg Sprint Triathlon to participate - all are welcome!



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Post-Race Food

Celebrate your finish with some good food with our food trucks that will be serving up delicious post-race goodies! Athletes and volunteers will receive a free slice of pizza!



Cherry Hill Farms offering up hot dogs, hamburgers, BBQ, fries, chicken tenders, mini funnel cakes, and much more!

Miles of Concessions offering up hot dogs, hamburgers, grilled cheese, fries, wraps, and much more!





The Mad Griller will be serving up some delicious milkshakes and specialty lemonade to satisfy your sweet tooth on race day!