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around the VTS

YOUR GUIDE TO THE VIRGINIA TRI SERIES



Those of us in the DC metro area are fortunate to have a great race series known as the Virginia Triathlon Series (VTS). The VTS brings 20 separate events to various locations throughout the state. The races are well-run, presented in great venues, and great fun to attend. If it weren't for the VTS, we wouldn't have one of the richest and most diverse race calendars of any region in the U.S. Each season, the VTS has grown, from nine races in 2005 to 20 distinct events in 2009. This year, the well-known classic races such as Kinetic, Culpeper, and Big Lick are returning, and several new and unique races are being added.

The cool thing about the VTS is that, in addition to enjoying each event for its own merits, you can take part in the overall series. The VTS is a championship series that seeks to find the best and most consistent athletes in the state. Those competing in at least 5 races earn points toward the series championship. The series employs a weighted scoring system that factors in the distance of the event and the number of participants. The weight of each event is used to determine the score for each qualified participant. The top scorers for the series are eligible for VTS Series awards at the end of the year.

For those fans of the Kinetic Half and Sprint races, you know what has characterized this race in the past – cold (water) and early (in the

season)! According to VTS series director Greg Hawkins, “We have done a couple of cool things this year. We added an early season event at Lake Anna Beach Marina (Rumpass at Bumpass) and

moved the Kinetic races back by 3 weeks. The reason we moved Kinetic back was that it was just plain cold, and many folks hadn't put the miles in yet for a half. By adding the early season International and Sprint races at the marina, we take advantage of the warmer water in this part of the lake, and give athletes a chance to check their fitness before tackling a half.”

In addition to the new season opener, the VTS has a new end-of-the-season event, the New River Valley Triathlon (sprint distance). This race's swim takes place in the spectacular brand new aquatic center in Christiansburg, VA. It'll be a great addition

for the state's many Virginia Tech alumni (like the Tri-DC publishers), who can use the race as an excuse to visit their alma mater – or at least their old, favorite watering holes. This is a great time to visit this part of the state; the fall foliage in the mountains will be breathtaking.

For those that are new to the VTS, we highly recommend that you check out an event or two in the state's premier race series. As to veterans, we'll see you at the races, and we wish you the best of luck in pursuing series bragging rights!



VTS Series director Greg Hawkins.



2009 VTS lineup

- 4/4 Smithfield Sprint
- 4/18 Rumpass in Bumpass International
- 4/19 Rumpass in Bumpass Sprint
- 4/26 Angels Race
- 5/2 Smith Mountain Lake Triathlon
- 5/9 Kinetic Half
- 5/10 Kinetic Sprint
- 5/31 Reston Sprint
- 6/20 Bath County Triathlon
- 6/28 Montclair Triathlon
- 7/19 3 Sports Triathlon
- 8/2 Culpeper Sprint
- 8/15 Luray International
- 8/16 Luray Sprint
- 9/12 Patriots Half
- 9/13 Patriots Sprint/International
- 9/26 Big Lick
- 10/3 Giant Acorn International
- 10/4 Giant Acorn Sprint
- 10/11 New River Valley Triathlon

