



VOLUNTEER TRIATHLON GUIDE

This booklet is designed to help volunteers understand their roles and expectations so they can be strong team players, execute their jobs successfully and help host a great race day event.

CELL NUMBERS / CONTACTS

Contact

- Tyler Barchek: 937-286-5245 (Course Coordinator)
- Misty Boyd 513-465-2866 (Registration Coordinator)
- Mick Mominee 937-572-5018 (Race Director)
- Rebekah Brately 614-381-2781 (Race Director)
- Nick Curry 937-681-4837 (Medical Director)
- **911 in the case of emergency**

Basics

- You will be working from 6:00am-1:00pm in one of the following areas: registration, body marking, aid stations, course directions, or finish line. We will assign you a post on race day. Please wear comfortable clothes, sunscreen and bring water. We will also have more drinks, food, and snacks too. Also if you need a break or anything comes up during your work, contact one of the staff listed above.
- We will train you on race day.

SCHEDULE & DIRECTIONS

Schedule

- Please be at the beachfront by 6:00 a.m. so plan to arrive earlier in case you get lost or traffic is an issue.
- We will be done by 1:00pm. Please see the folks at registration to get paid at the end of the event.
- You are welcome to spend Saturday night with the Zoom staff at the park. We camp out overnight at the beachfront Saturday night. There is a mix of male and female adults present at all times. Please contact us if you want to join.

Event Directions

- We recommend you print out directions because sometimes GPS signals are spotty and inconsistent. You can find printable directions at www.zoomracingusa.com or contact the Race Director.
 - **Dayton Triathlon at Buck Creek State Park (June):** The beach address is 1976 Buck Creek Ln, Springfield, OH 45502; we will be in the last (farthest most) parking lot. Once you enter the beach, turn left and drive to the end. Look for the registration tent (there is a flag and banner).

- **Buckeye Triathlon at Deer Creek State Park (July):** The beach address is 14403 Crownover Mill Rd, New Holland, OH 43145. Drive to the end of the park main road, and we will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner).
- **Cincinnati Triathlon at Caesar Creek State Park (August):** The beach address is 8570 OH-73, Waynesville, OH 45068. Drive to the end of the park main road, and we will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner).
- **Zoom RedHawk Triathlon at Hueston Woods State Park (September):** The published park address is 6301 Park Office Road, College Corner, OH 45003. This address will take you to the Campground, which is close to the Beach and Race address (the Beach is South of the Campground on Main Loop Road). There is limited cell service, so I recommend you print directions. We have some you can see here: <https://www.zoomracingusa.com/directions-hw/>. Once you are inside the park you will be on Main Loop Road. Look for signs for the Beach, which is on the West side of the Lake. Essentially Main Loop Road makes a loop around the lake and the park, so if you cannot find the Beach, just keep driving on Main Loop. The Beach is between the Sugar Camp/Brown Road and the Marina/Nature Center on Main Loop Road. We will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner).

VOLUNTEER AND RACE INFO

Arrival

- Please be at the beachfront by 6:00 a.m. so plan to arrive earlier in case you get lost or traffic is an issue.
- Once you arrive we will be in the last parking lot at the beach. Look for the registration tent (there is a flag and banner). Check-in with Misty (513) 465-2866 at the registration tent once you arrive. Please arrive by 6:00am. If you get lost or need assistance you can call Misty or Mick 937-572-5018.

What to Bring

- Wear comfortable clothing suited for the weather.
- Bring water, snacks, sunscreen, sunglasses/visor, or hat.
- We will provide food and drinks too.

Bag Check / Gear Storage

- You can store your gear at the registration tent. Just tell the Zoom staff know you are a volunteer.
- There are also changing rooms at most of the parks.
- There will be restrooms on site; it might be a porta-john.

Course and Race Info can be found at <https://www.zoomracingusa.com/guides/>

EMERGENCIES

- Contact the Race Director, Medical Director or call 911

Post Event Food and Drink

- You are welcome to enjoy food and drink in the athlete area after you are done cleaning up.
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ABOUT OUR ORGANIZATION

Zoom Multisport Racing is in its seventh year hosting multisport races in Ohio, and we are looking forward to another great season hosting multisport races. We are athletes who want to encourage more people to get healthy through multisport training and racing. We also love our local parks and want to bring more patrons to the parks to run, bike and swim. We want to partner with you to host a safe, challenging and fun event at your venue.

Mission

Zoom Multisport Racing promotes quality multisport racing for everyone from the recreational to elite athlete. We draw from years of coaching, racing and organizing to offer a top-notch race experience where participants will be inspired to maximize their potential.

Vision & Zoom Multisport Racing 5-Star Commitment

SafE

- Post professional medical staff at the race site
- Station trained professionals and volunteers on the race course
- Manicure entire race course to ensure fast, safe racing

EXciting

- Provide multiple vantage points for spectators
- Design a challenging, user-friendly race course
- Celebrate in a fun and entertaining atmosphere before, during, and after the race

Competitive

- Engage everyone from the elite to the everyday athlete
- Offer competitive races for teams and individuals from across the state, region and nation
- Enforce rules and regulations of the national governing body for each race (USA Triathlon, Cycling, Track & Field, and Swimming)

AthletE Centered

- Give finisher Medals, Swag, Performance Tees, and More
- Create events for athletes engineered by athletes
- Solicit feedback from racers for continual improvement
- Partner with local, regional, and national businesses for the benefit our racers

InspirationalL

- Encourage athletes to reach their full potential
 - Offer training plans, performance counseling, coaching and racing team
 - Donate a portion of our proceeds to benefit a special cause
 - Build community and share camaraderie with athletes from all walks of life
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EVENT BACKGROUND

Races Offered

- Beginner Triathlon = 300m swim / 8ml bike / 1.5ml run
- Sprint Triathlon = 750m swim / 12ml bike / 5k run
- Sprint Duathlon = 1.5ml Run / 12ml bike / 5k run
- Sprint Aquabike = 750m swim / 12ml bike only
- Sprint Aquathlon = 750m swim / 5k run only
- Olympic Triathlon = 1500m swim / 24ml bike / 10k run
- Olympic Duathlon = 5k run / 24ml bike / 10k run
- Olympic Aquabike = 1500m swim / 24ml bike only
- Olympic Aquathlon = 1500m swim / 10k run only
- 1/3 Iron Triathlon = 2000m swim / 36ml bike / 9.3ml run
- 1/3 Iron Duathlon = 5k run / 36ml bike / 9.3ml run
- 1/3 Iron Aquabike = 2000m swim / 36ml bike only
- 1/3 Iron Aquathlon = 2000m swim / 9.3ml run only
- 3k Open Water Swim (1.86 Miles)
- 5k Open Water Swim (3.1 Miles)

Race Terms Defined

- Triathlon = swim, bike, run
- Duathlon = run, bike, run
- Aquabike = swim & bike only
- Aquathlon = swim & run only
- Open Swim = swim only
- Cycling Time Trial = cycle only
- Team = Any group of people who all compete under the same name; anyone can create a “team” for the purposes of our team series

ATHLETE RACE DAY SCHEDULE

- 5:30am-8:15am: Registration and Packet Pick-up at the Beachfront
 - 5:30am-8:15am: Transition Check-in for all Races
 - 6:45am: All Duathlons Start Following a Brief Pre-Race Meeting
 - 7:00am: 1/3 Iron Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
 - 7:15am: 5k & 3k Open Swim Start Following a Brief Pre-Race Meeting
 - 7:30am: OLY Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
 - 7:45 Sprint Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
 - 8:15am Beginner Triathlon Start Following a Brief Pre-Race Meeting
 - 1:00pm: Timing Ends, All Athletes must have completed the race.
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