

*Sunday August 23, 2020*

**Athlete Guide & Race Information**

*ZoomTriFest.com*

# Hueston Woods Race Distances

All of the races include some elements of swimming, biking and running.

1/3 Iron Triathlon (2000m swim / 34ml bike / 9.3ml run)

1/3 Iron Duathlon (3ml run / 34ml bike / 9.3ml run)

1/3 Iron Aqua-Bike (2000m swim / 34ml bike)

1/3 Iron Aquathon (2000m swim / 9.3ml run)

Olympic Triathlon (1500m swim / 25ml bike / 10k run)

Olympic Duathlon (5k run / 25ml bike / 10k run)

Olympic Aquabike (1500m swim / 25ml bike)

Olympic Aquathlon (1500m swim / 10k run)

Sprint Triathlon (750m swim / 17ml bike / 5k run)

Sprint Duathlon (1.5ml run / 17ml bike / 5k run)

Sprint Aquabike (750m swim / 17ml bike)

Sprint Aquathon (750m swim / 5k run)

Beginner Triathlon (250m swim / 9ml bike / 1.5ml run)

5000m Open Swim (3.1ml swim)

3000m Open Swim (1.86ml swim)



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## Schedule

### Sunday

**5:30am-8:15am:** Race Day Registration, Packet & Timing Chip Pick-up, & Body Marking at the Beachfront. Arrive at least 30min before your race. Bring Photo ID & USAT Membership Card (annual members only).

**5:30am-8:15am:** Transition Check-in (All Races) & Zones close 15 min before each race start

**All Races Start following a Pre-Race Meeting, so be at start line, meet, then race!**

**6:45am:** START for 1/3 Iron TRI, DU, AQ-BIKE, & AQ-RUN & 5k Swim

**7:15am:** START for Olympic TRI, DU, AQ-BIKE, & AQ-RUN & 3k Swim

**7:45am:** START for Sprint TRI, DU, AQ-BIKE, & AQ-RUN

**8:15am:** START Beginner TRI

**10:00am:** All swimmers must have exited the water

**11:00am:** All Cyclists, from all races, must have completed the bike course

**1:00pm:** Timing Ends; all racers must have completed the courses



## COMMONLY VIOLATED RULES & PENALTIES

PLEASE DISTRIBUTE TO ALL ATHLETES

### 1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

**Penalty:** Disqualification

### 2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; time penalty in transition area only.

### 3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Time penalty

### 4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Time penalty or disqualification

### 5. Drafting:

**Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**--keep to the right hand side of the lane of travel unless passing.

**Illegal Pass**--cyclists must pass on the left, not on the right.

**Blocking**--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Time penalty

**6. Course:**

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Referee's discretion, time penalty or disqualification

**7. Unsportsmanlike-Like Conduct:**

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

**8. Headphones:**

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty:** Time penalty

**9. Race numbers:**

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

**10. Wetsuits:**

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

**11. Abandonment:**

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

**Penalty:** Time penalty

Variable Time Penalties

<b>Distance Category</b>	<b>1st Offense</b>	<b>2nd Offense</b>	<b>3rd Offense</b>
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

# The Swim - FAQ

**Wetsuits** If water temperature is below 78 degrees you can wear a wetsuit, but it is not required.  
If the water is between 78-83 degrees you can wear a wetsuit, but you are not eligible for awards.  
If the water is 84 degrees or more you may not wear a wetsuit; it would be unsafe.

**Cap Colors** Please be sure you wear your assigned swim cap for safety.  
Cap Colors vary by race, see A-Race sign for cap colors.

**Start** It is an in-water start; racers will line up according to ability. You can touch in some places at the start.  
Men & women will start together. Should we need to start in waves, men start first, then the women.

**Courses** The course is marked with large buoys and all swims are Counter-Clockwise.  
The 5000m Swim is a 500m leg + 6-laps on the 750m Course. The 3000m swim is 4 laps on the 750m Course.  
The 2000m is a 500m leg + 2-laps on the 750m Course. The 1500m swim is 2 laps on the 750m Course  
and the 750m swim is 1-lap on the 750m Course. The 250m swim is one way down the beach.

**Emergencies** If you need rescue throw up your hands and call out. If you are rescued you cannot continue the race. You can rest on lifeguard kayaks, and any place you can touch bottom. If you walk, the water must be above your belly button.

**Aid Station** The 5k swim aid station will have water & gels; You can leave your own aid at the station.

**To Transition & Open Swim Finish** Once you have completed your swim, exit the water and run up the beach into the grass and up to transition. Transition will be in a parking lot West of the Beach. Open Swimmers will also exit the water, proceed up the Beach and to the finish line in a parking lot next to transition.

**Swim Cut Off** Everyone must complete the swim course by 10:00am.

**Aquabike** This is a swim and bike only event. After the bike segment, enter the transition area, rack your bike and then proceed to the finish. Exit transition towards the run course and then turn off to the finish line.

**Aquathon** This is a swim and run only event. You must enter the transition area after your swim get your running gear and then proceed to the run course. At the end of your run you must cross the finish line.

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## Transition FAQ

You must store all your gear in the transition area and enter the transition area between each leg of the race. The transition area will be split into zones. Racers can rack their bike on any rack in the designated zone. Place the stickers provided at registration on your bike and your transition bag. You cannot exit the transition area with your bike or gear bag without a sticker on your bike & bag that matches your body marking race number. This is for your safety.

**Swim In / Run In & Run Out** East side of transition (closest to the water)

**Bike In & Out** On the West side of transition (closest to the road), athletes exit the transition area walking/jogging their bikes (helmet on) out of the transition area. Athletes will mount their bikes just past the Mount Bike Flagg / Line and ride out of the parking lot, North on the park access road and into the bike course. Once they have finished the bike course they will again enter the same parking lot, dismount their bikes (before the Dismount Line) and walk/jog their bike back into the transition area.

**Run Out** On the East side of transition, athletes run out of transition and onto the run course.




# LEGEND SWIM

**T** Transition

**P** Parking

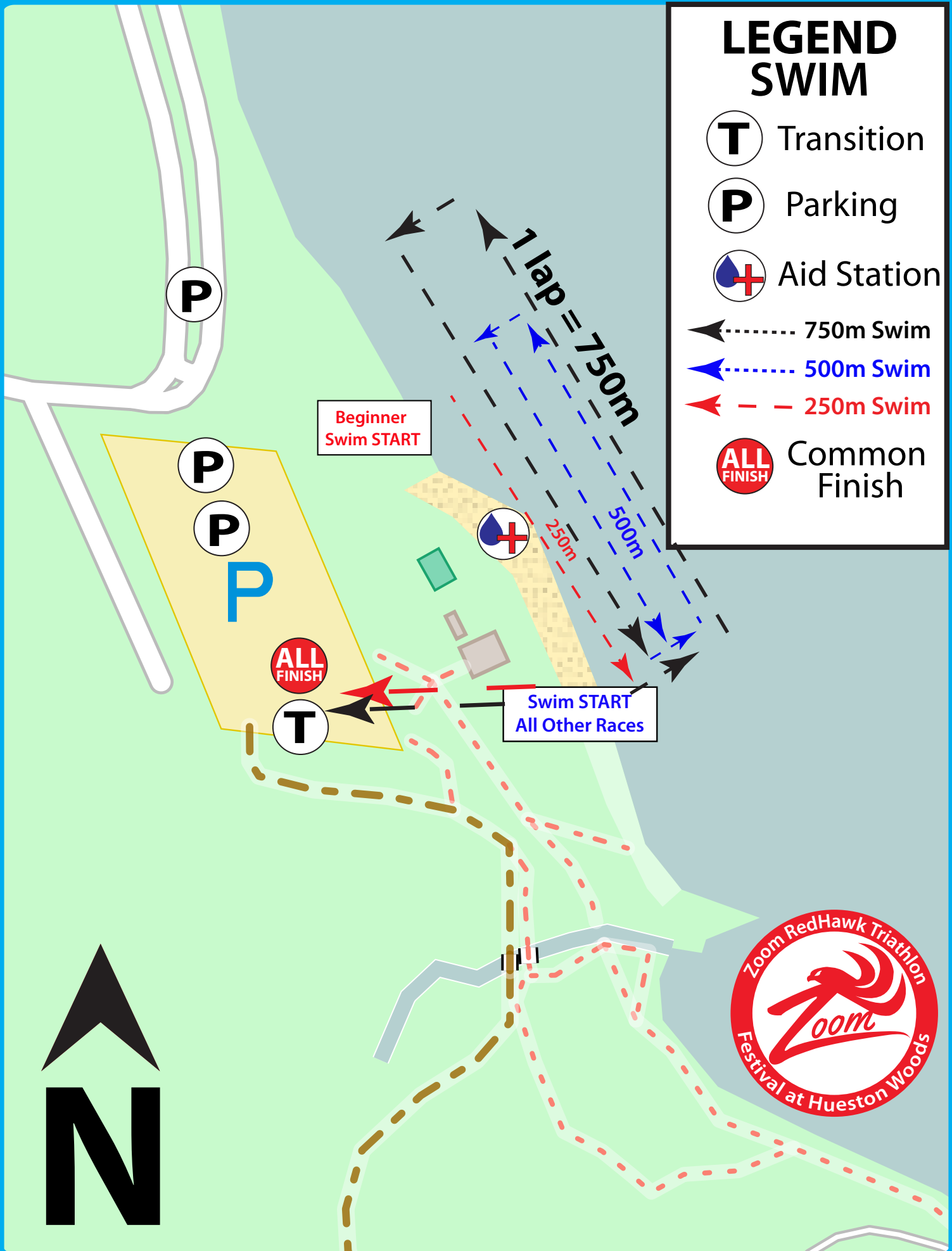
 Aid Station

 750m Swim

 500m Swim

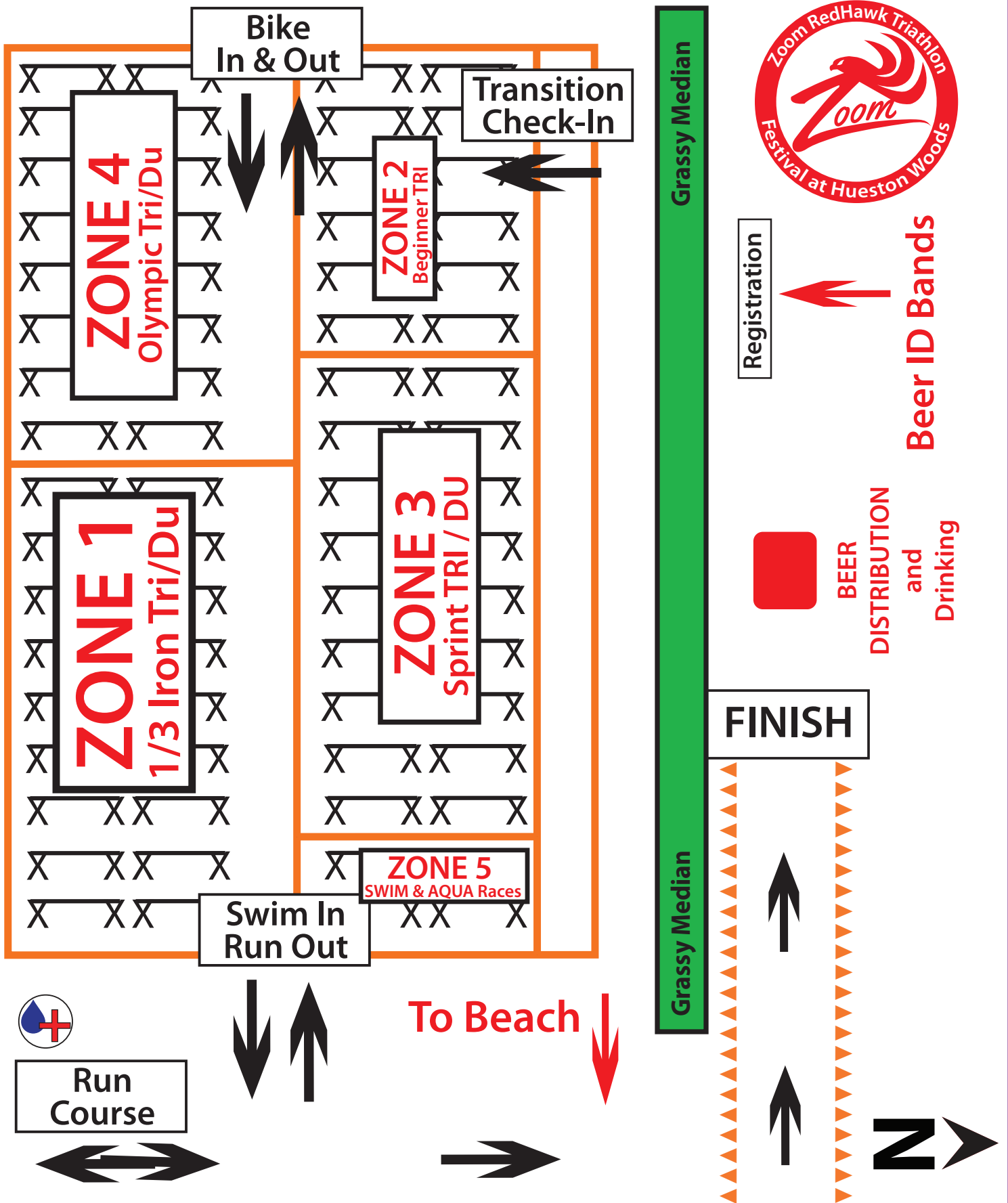
 250m Swim

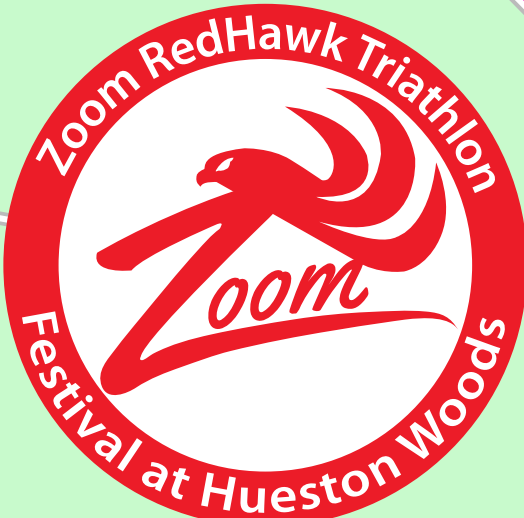
 Common Finish



# Beer MAP & Location Information

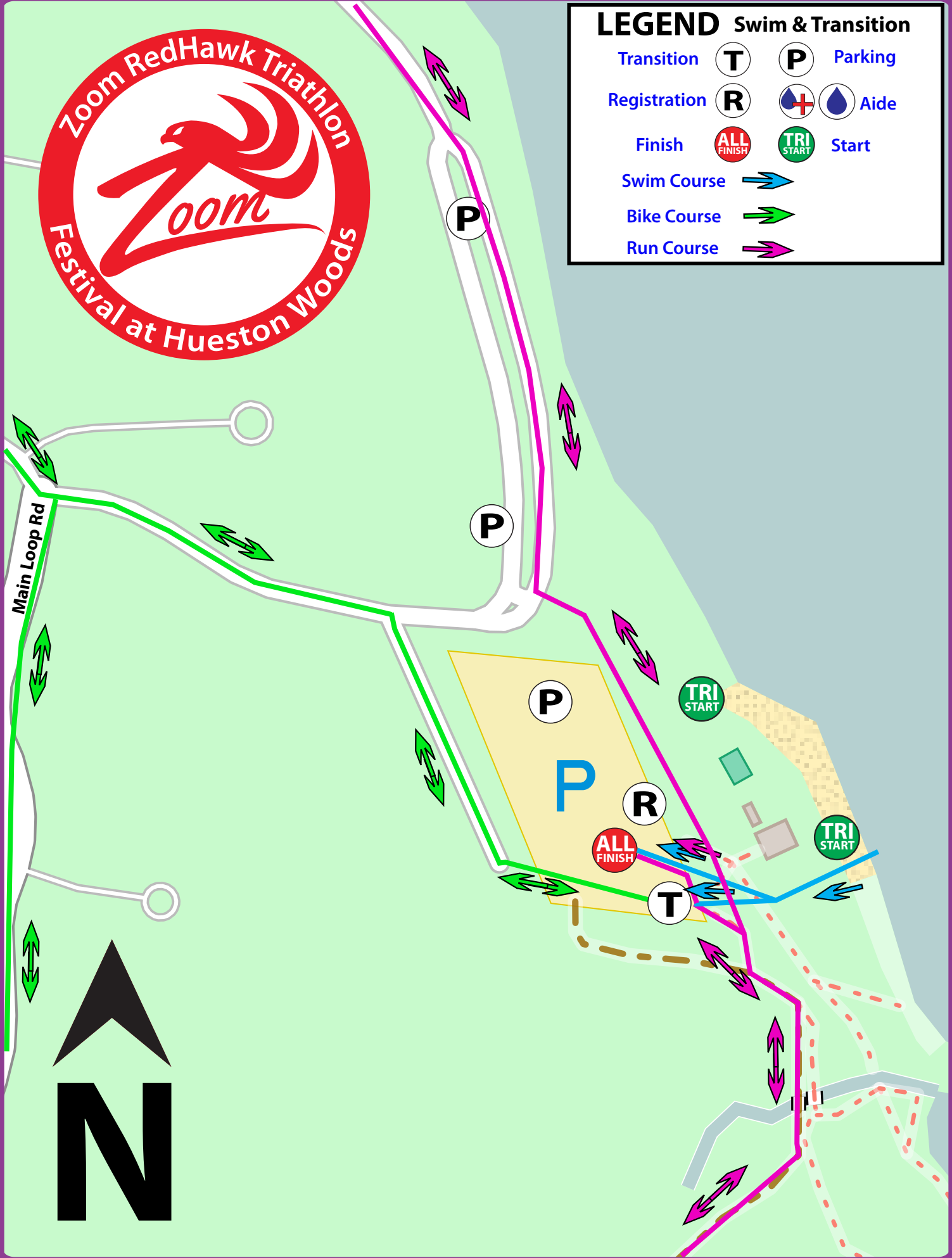
Last Beachfront Parking Lot, Hueston Woods State Park





### LEGEND Swim & Transition

Transition	<b>T</b>	<b>P</b>	Parking
Registration	<b>R</b>		Aide
Finish	<b>ALL FINISH</b>	<b>TRI START</b>	Start
Swim Course			
Bike Course			
Run Course			



Main Loop Rd





# The Bike - FAQ

**What Bike?** Any human powered upright bike: road, hybrid, tri or mountain.

**Helmet** Wear a helmet on your bike at all times & before you leave transition.

**Safety** The roads are open to traffic, so please obey traffic laws unless law enforcement tells you otherwise. Law enforcement will be on all corners and in major intersections. You may have the right of way but cars may not know this, so be alert. Please stay within your lane when turning; avoid oncoming traffic when turning. Please ride on the RIGHT side of your lane as close to the WHITE line as possible unless you are passing or it is unsafe. DO NOT pass cars unless you are instructed to do so. You would not want them to turn into you. Should you have an emergency alert another rider so they can get help. Be sure you obey the traffic laws unless an officer is present and allows you to proceed & has stopped all the cars. Please put safety first, and have a great race!

**Bike Cut Off** Everyone must complete the bike course by 11:00am.

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## 8ml Bike Course Loop

The 8-mile Course is 1 lap, clockwise, around the lake. Athletes will complete loops on this course. All turns are marked with black arrow signs. If you do not see a sign, proceed straight. We DO NOT mark on the roadway surface; ignore all these markings. Be sure you follow the course for your race; the course begins at the beachfront in last parking lot near the beach.

The only turn is out of the park and back into the park. You will remain on Main Loop Road the entire course. Folks completing multiple laps will continue past the Beach entrance to the next lap.

**Beginner Race = 1 Lap (9 miles)**

**Sprint Race = 2 laps (17 miles)**

**Olympic Race = 3 laps (25 miles)**

**1/3 Iron Race = 4 laps (34 miles)**

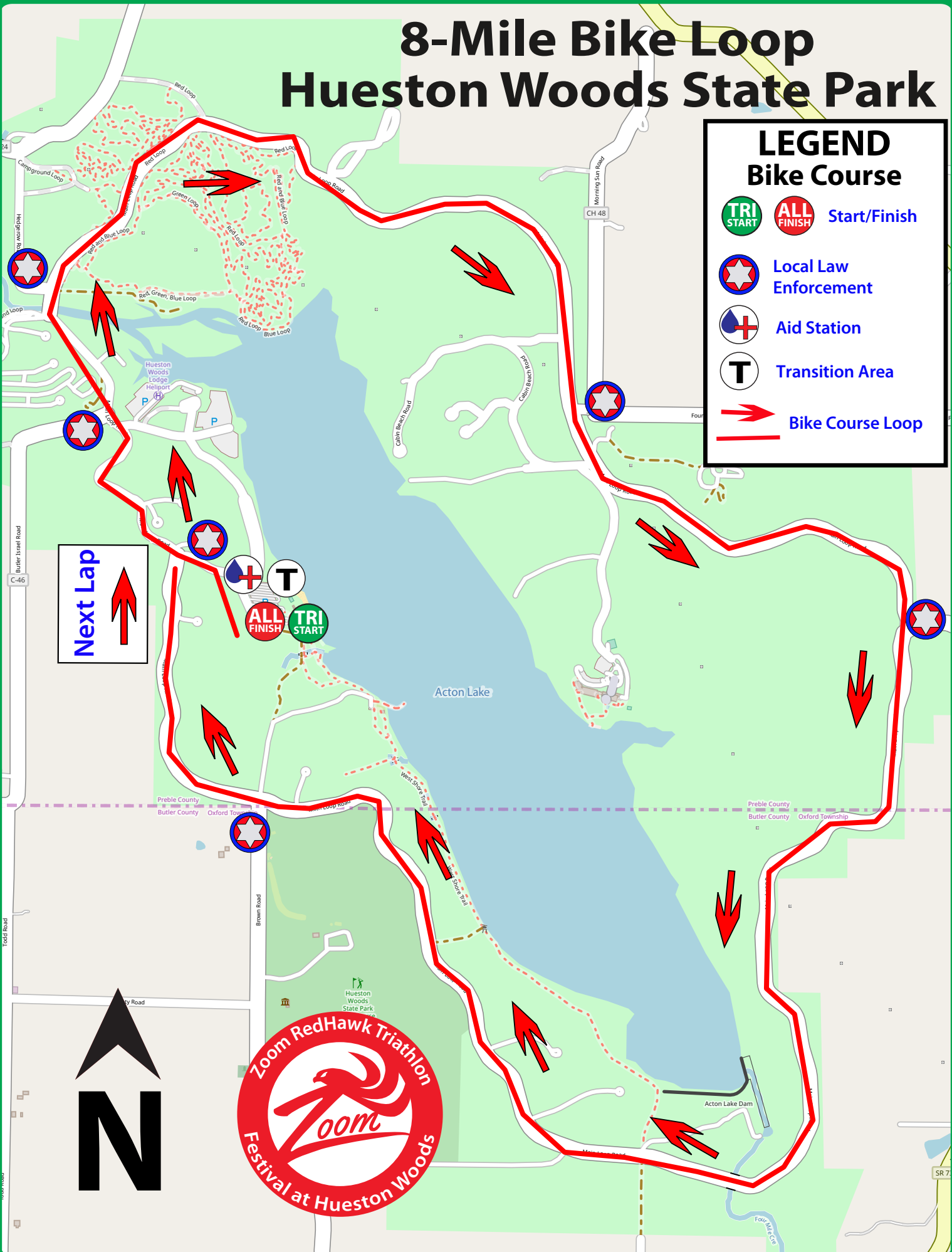


1. The bike starts in the Southern parking lot at the beachfront
2. Exit the transition area and go right, riding North. At the stop sign, turn left and ride up the hill.
3. At the top of the hill go right onto Main Loop Rd. heading North.
4. Remain on Main Loop Rd. and ride around Acton Lake.
6. Remain on Main Loop Road until you reach the Beach Access Road. For your next lap continue Straight. For Transition, Turn LEFT and proceed down the hill riding East.
7. Before you reach the bottom of the hill turn RIGHT onto the Parking Lot Park Access Road and ride South.
8. The Transition Area is in the last parking lot.

# 8-Mile Bike Loop Hueston Woods State Park

## LEGEND Bike Course

-   Start/Finish
-  Local Law Enforcement
-  Aid Station
-  Transition Area
-  Bike Course Loop



# Run FAQ

**Duathlon** This is a run, followed by a bike and then another run. You must enter the transition area between events. It starts North of the transition area.

**Aid Stations** There are 3 aid stations each w/ water, sport drink, food aid and first aid.

## The Course

This is a loop course. The course is a mix of path, grass, gravel, and paved roads. It is marked with signs, cones and chalk; if you do not see one of these proceed straight. There will be volunteers on the course for your safety; it is your duty to know the course. Should an emergency arise, alert a volunteer.

**1.5-Mile Course** This is a 1/2 lap on the run course.

**3.1-Mile Course** This is 1 lap on the 5k Course.

**6.2-Mile Course** This is 2 laps on the 5k Course.

**9.3-Mile Course** This is 3 laps on the 5k Course.

**The Finish** Everyone must complete the run course by 1:00pm.



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## Awesome Post Race Party!!!

### Photo Booth

Bring friends, bikes & smiles for FREE shots on the red carpet!

### "Happy Finish" Towel

Enjoy a complementary cold towel at the finish line. You will be Happy!

### Food & Drink

Stick around for pizza, beer, soda & more!

### Finisher Medals

Finisher medals will be given to the at the finish line.

### Results Online

Results will be available immediately after the event on our facebook page, Speedy-Feet.com and ZoomTriFest.com

# LEGEND: Run Course Hueston Woods

Start



Aide



Finish



Transition



Mile Marker



1.5ml = 1/2 lap

5k (3.1mls) = 1 lap

10k (6.2mls) = 2 laps

9.3mls = 3 laps



## TURN BY TURN

- Exit Transition on the Beach side; Follow the Sugar Camp gravel trail South up a hill. Continue into the parking lot and turn around at Main Loop Road and run North.
- Continue to your right onto the Sugar Camp Access Road, running Northeast. Turn around in the parking lot at the bottom of the hill.
- Run up West up the Sugar Camp access road, and turn Right at the top to continue North on the Sugar Camp gravel path. Run down the hill.

When you turn to the transition area you have run 1.5 miles. This is the Beginner Course.

- Run up past the transition area going North. Continue in the grass, following the cones. Run up into the parking lot. Continue to follow the parking lot onto the access road, and run past the dog park. At the stop sign go Right. Loop around the Marina parking lots.
- Turn left on the park access road and run South back towards the Beach. Run through the parking lots, into the grass, and back towards the transition area. Run past all the parking lots.

Continue straight for your next lap, or turn Right into transition or for the finish line!

# In Case of Emergency

**Dial 911 or Race Director at 937-572-5018**

Directions to McCullough Hyde Memorial Hospital at 110 N Poplar St, Oxford, OH 45056. PHONE: 513.523.2111  
Exit Hueston Woods Beach Area and turn Left on Main Loop Road heading South. Then Turn Right on Brown Road heading South. Next Turn Left on Sycamore St. heading East. Take 3rd Right onto Poplar St. and the Hospital will be on your Right. The Hospital is 5.5 miles from the Hueston Woods State Park Beach.

## Emergency Action Plan

The emergency action plan is to guide athletic personnel, emergency medical services & volunteers in case of emergency.


## Emergency Equipment

1. Athletic Training/Fit Aid kit at main tent
2. Basic first aid kits at each of the hydration stations
3. AED and spineboard: w/ Massie Township Fire Department

## Role of First Responders

1. Establish safety of scene
2. Immediate care of athlete: Assess the ABC's (Airway, Breathing, Circulation)
3. Activate the Emergency Management System (EMS), when necessary
5. Call race/medical director and/or EMS (911)
6. Control scene by moving bystanders to make room for first aid and EMS

## On Course (Bike & Run) Injury Management

<b>Athlete is Conscious</b>	<b>Athlete is Unconscious</b>
<b>If Head/Neck Injury</b> <ul style="list-style-type: none"><li>- Check Airway/Breathing/Circulation</li><li>- Stabilize C-spine</li><li>- Call Race/Medical Director and EMS</li><li>- Determine need for spine board</li><li>- DO NOT remove bike helmet until EMS determine its safe</li></ul>	<ul style="list-style-type: none"><li>- Check ABC's</li><li>- Assume Head/Neck Injury</li><li>- Call Race/Medical Director and EMS</li><li>- Medical Director and EMS spineboard athlete</li><li>- Monitor ABC's and transport to hospital</li><li>- DO NOT remove bike helmet until EMS determine its safe</li></ul>
<b>If NO Head/Neck Injury</b> <ul style="list-style-type: none"><li>- Quick assessment of condition</li><li>- Determine need of EMS</li><li>- If minor injury, give basic first aid and notify EMS</li></ul> <b>In case of severe orthopedic trauma Call EMS</b>	

# In Case of Emergency

Dial 911 or Race Director at 937-572-5018

## National Weather Service Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

### Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
  Extreme Caution
  Danger
  Extreme Danger

## Heat Related Issues

**Heat Cramps** symptoms - painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in heat and depletion of salt and water due to profuse sweating. Treat with hydration and stretching.

**Heat Syncope** symptoms - weakness, fatigue, fainting due to loss of salt & water in sweat & exercise; predisposes to heat stroke. Lay down in cool place & rehydrate.

**Heat Exhaustion** symptoms include reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache, and sometimes unconsciousness, may also accompany nausea and vomiting. Move athlete to cool place and take action to lower body temperature and rehydrate. Notify EMS immediately.

**Heat Exhaustion** abrupt onset, headache, fatigue, flushed skin, reduced sweating, increased heart rate, increased respiratory rate, rapid rise in body temperature. Take immediate emergency action to reduce temperature (ice bath, ice towel). Notify EMS immediately & athlete is to be moved to the hospital as soon as possible.

## Acts of God

**Lightening** Move to cars or shelter next to the base camp. If unable to reach shelter assume crouched position w/ head down & arms hugged around knees (avoid trees and other tall structures). Race can continue, 30 minutes from the last lightning flash or flash-to-bang count greater than 30.

**Heavy Winds/Tornado** Move to safe location & take shelter. If you are out on course and shelter is unavailable, lie flat in a ditch or depression and cover their head with their hands. It is advised to all athletes to wear their helmets at all times.

**Heavy Rains** While rain itself is not a danger to athletes and volunteers, rain slicked roadways, standing water and poor visibility are all dangers that may result from heavy rain fall, so swim, ride and run cautiously.