



Sunday June 28, 2020

*Cowan Lake State Park
Wilmington, Ohio*

Athlete Guide & Race Information

ZoomTriFest.com

Cowan Lake Race Distances

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

1/3 Iron Triathlon (2000m swim / 36.6ml bike / 9.3ml run)

1/3 Iron Duathlon (3ml run / 36.6ml bike / 9.3ml run)

1/3 Iron Aqua-Bike (2000m swim / 36.6ml 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 / 13ml bike / 5k run)

Sprint Duathlon (1.5ml run / 13ml bike / 5k run)

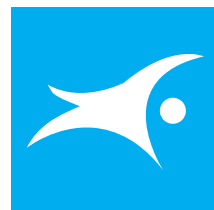
Sprint Aquabike (750m swim / 13ml bike)

Sprint Aquathon (750m swim / 5k run)

Beginner Triathlon (200m swim / 8ml bike / 1.5ml run)

5000m Open Swim (3.1ml swim)

3000m Open Swim (1.86ml swim)



Schedule

Saturday

4:00pm-6:00pm: Race Day Registration & Packet Pickup at the Beachfront.

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: Pre-Race Meeting then START for 1/3 Iron TRI, DU, AQ-BIKE, & AQ-RUN & 5k Swim

7:15am: Pre-Race Meeting then START for Olympic TRI, DU, AQ-BIKE, & AQ-RUN & 3k Swim

7:45am: Pre-Race Meeting then START for Sprint TRI, DU, AQ-BIKE, & AQ-RUN

8:15am: Pre-Race Meeting then START Beginner TRI

8:30am: Post Race Party Kicks Off with Beer, Pizza, Soda, Photobooth, Music and More!

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

Distance Category	1st Offense	2nd Offense	3rd Offense
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 You will be given a colored swim cap on race day. Please be sure you wear your assigned on swim cap for safety. Swim cap colors will be announced on race weekend and may vary from race to race.

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 200m 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. Transition will be in the parking lot, Southeast of the beach. Open Swimmers will also exit the water, run into the grass, and to the the finish line, which is next to transition in the parking lot.

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.

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 North side of transition (end of parking lot closest to the water)

Bike In & Out On the South side of transition (end of parking lot closest to the road), athletes exit the transition area, walking/jogging their bikes with their helmets on and proceed South. Riders will mount their bikes (after the Mount Line) and ride out of the park onto 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 North side of transition (end of parking lot closest to the water) athletes run out of transition and onto the run course.



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LEGEND Swim & Transition

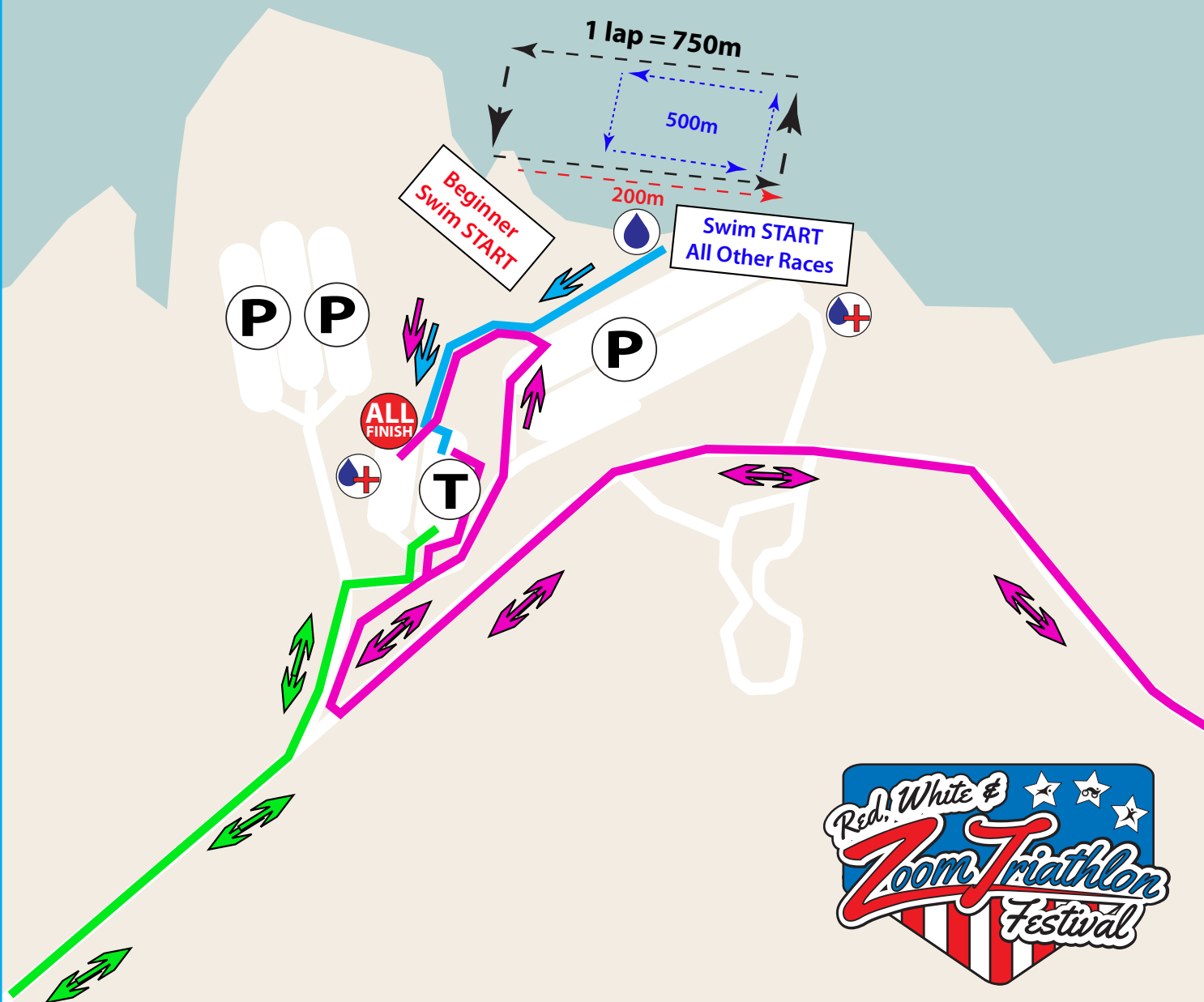
- | | | | |
|--------------|-------------------|------------------|---------|
| Transition | T | P | Parking |
| Registration | R | | Aide |
| Finish | ALL FINISH | TRI START | Start |
| Swim Course | | | |
| Bike Course | | | |
| Run Course | | | |



Cowan Lake State Park

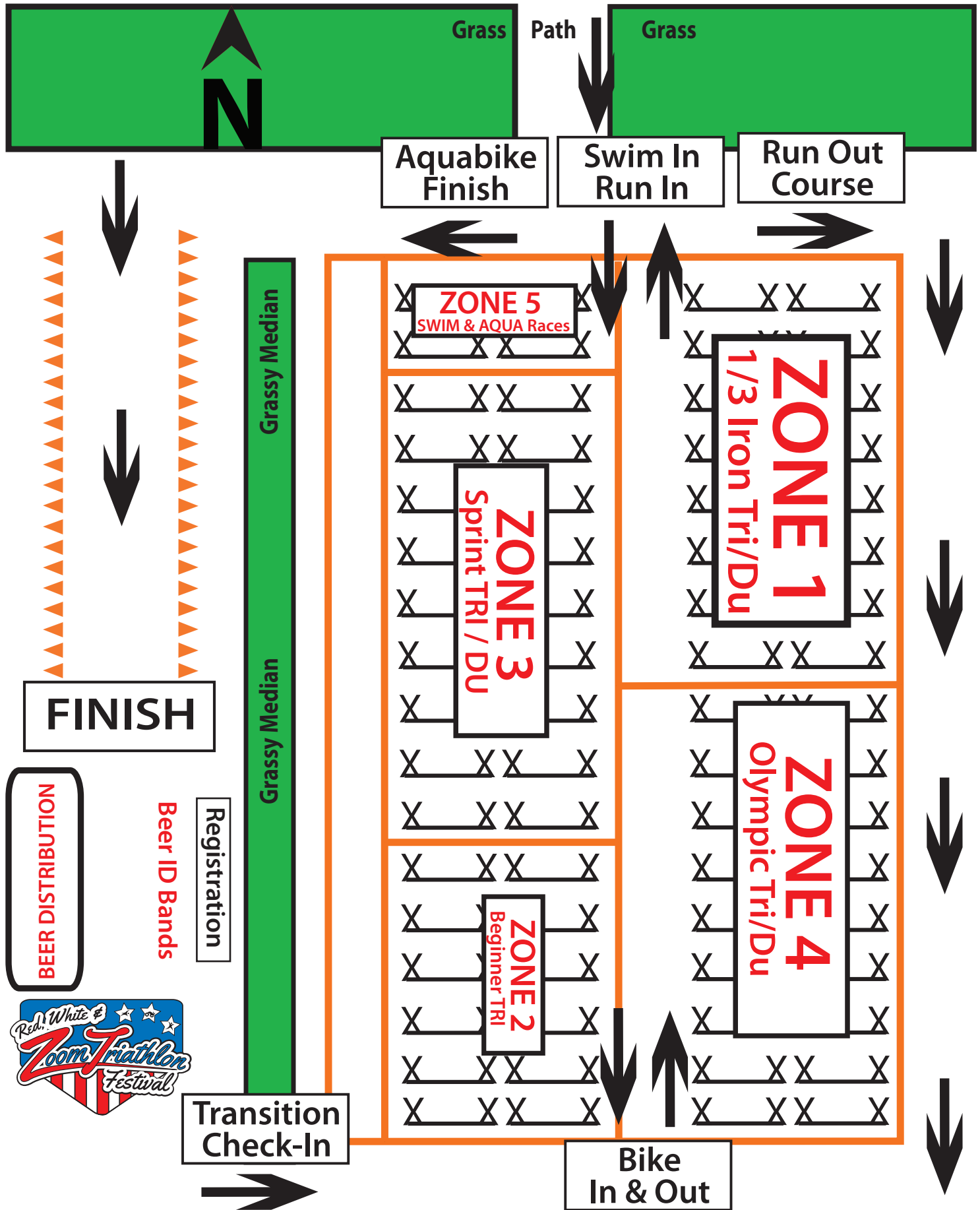
Swim Course

- Beginner = 200m
One Way Down Beach
- Sprint = 1 lap on 750m Loop
- Olympic = 2 laps on 750m Loop
- 1/3 Iron = 500m + 2 laps on 750m Loop
- 3k Swim = 4 laps on 750m Loop
- 5k Swim = 500m + 6 laps on 750m Loop



Transition Zones & Traffic Flow

Middle Upper Parking Lot; Cowan Lake State Park



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.

The Course All turns on the bike course are marked with signs and cones; If you do not see a sign or cone proceed straight. We do not mark on the road surface. The 13.72ml bike is 1 lap on this course. The 23ml bike is 2 laps on that course. The 33ml bike is 3 laps on that course. The 6.5-mile course is out and back.

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.

13ml Bike Course Cowan Lake State Park

The 13-mile Course is 1 lap. 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.

1. Exit the parking lot by the South and continue South on the park access road.
2. Turn RIGHT, then LEFT on the park access road and continue South.
3. Continue RIGHT / STRAIGHT on Yankee Rd / Rt. 253 and ride Southwest
4. Turn RIGHT on St. Rt. 350 and ride West
5. Turn RIGHT on St. Rt. 730 and ride North
6. Turn RIGHT onto Osborn Rd / Rt. 37 and ride Southeast
7. Continue (wind around to the LEFT) onto W. Dalton / Rt. 54 and ride Northeast
8. Continue on (past McGuinn Rd) W. Dalton / Rt. 54 and ride East
9. Turn RIGHT onto W Champlin / Rt 103 and ride Southeast
10. Turn RIGHT onto St. Rt 68 and ride South
11. Exit St. Rt 68 to the RIGHT, proceed down the exit ramp and turn RIGHT onto St. Rt 350.
12. For lap 2 and 3 continue STRAIGHT on St. Rt 350 past the park entrance riding West.
13. For the transition area, Turn RIGHT on Yankee Rd / Rt. 253 and ride Northeast
14. Turn LEFT on the park access road and the RIGHT towards the parking lots and transition area.

8ml Bike Course Cowan Lake State Park

The 8-mile Course is 1 lap out and back. 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.

1. Exit the parking lot by the South and continue South on the park access road.
2. Turn RIGHT, then LEFT on the park access road and continue South.
3. Continue RIGHT / STRAIGHT on Yankee Rd / Rt. 253 and ride Southwest
4. Turn RIGHT on St. Rt. 350 and ride West
5. Turn RIGHT on St. Rt. 730 and ride North
6. Turn Around at Osborn Rd / Rt. 37 and proceed South on St. Rt. 730 back the way you came.
7. Turn LEFT on St. Rt. 350 and ride East
8. Turn LEFT on Yankee Rd / Rt. 253 and ride Northeast
9. Turn LEFT on the park access road and the RIGHT towards the parking lots and transition area.





LEGEND



Start/Finish



Local Law Enforcement



Aid Station



Transition Area



8ml Bike Course



13ml Bike Course

8ml
Turn
Around

TO
LAP 2

13ml Bike & 8ml Bike Course: Cowan Lake

Athlete Guide ~ Cowan Lake State Park

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, HEED, gels and first aid.

The Course All courses are out and back!

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 1 lap out to the 0.75-mile mark and back.

3.1-Mile Course This is 1 lap (out to the 1.5-mile mark and back) 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.



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 first 350 people to register
for a given event.

Results Online

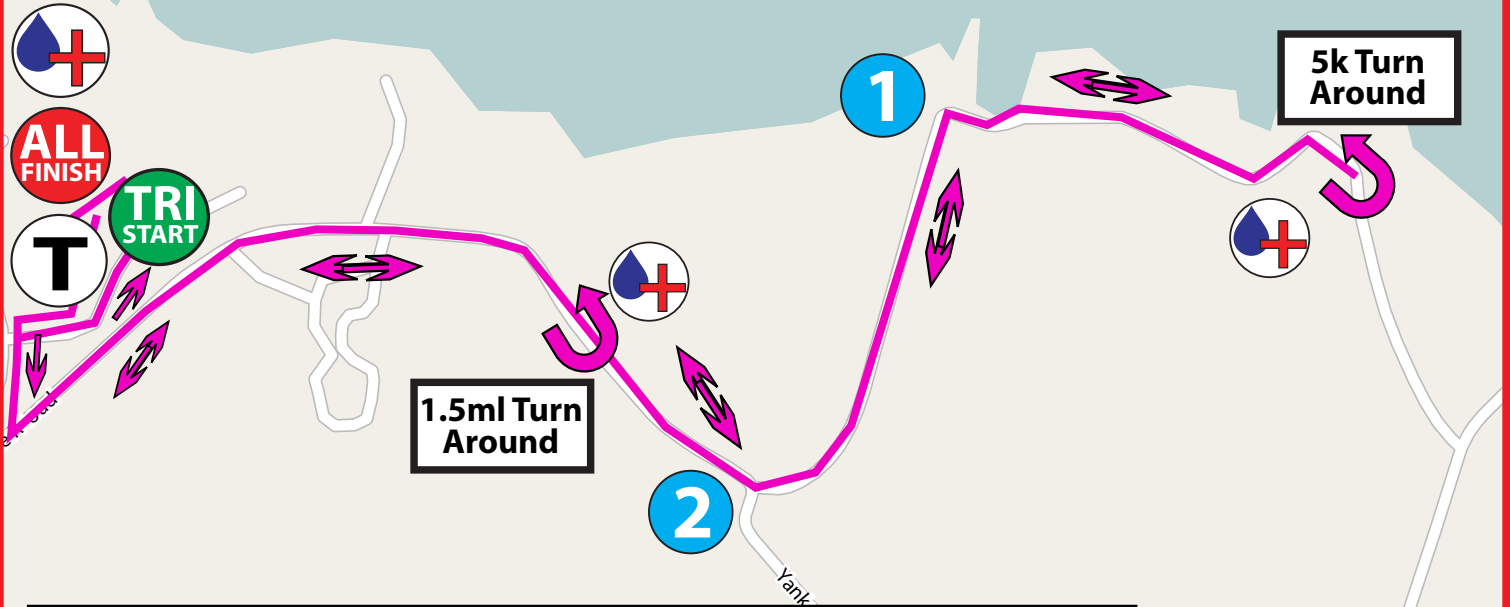
Results will be available immediately
after the event on our facebook page,
Speedy-Feet.com and ZoomTriFest.com

High School Championship Awards

Team & Individual Champions: Trophies and Plaques are give
at the regsitration tent given once all results
have been posted, reviewed and finalized.

Team Champion Trophies: Top Male Team, Top Female Team, Top Mixed Gender Team

Individual Championship Plaques: Top 3 Male and Top 3 Female Finishers



LEGEND Run Course

- Start** **Aide**
- Finish** **Transition**
- Run Course**
- 1.5ml = 1 lap
5k = 1 lap
10k = 2 laps
9.3ml = 3 laps
- Mile Marker**

Step by Step

Exit the transition area North and run South next to the transition area. Cross the park access, run through the grass, and take a LEFT on Yankee Rd / Rt. 253 running Southeast. Turn LEFT on the Park Access Road and run Northeast. Run by the lake and keep RIGHT to stay on the Park Access Road running Southeast. TURN AROUND on Park Access Rd and proceed back the way you came running West, then South. Turn RIGHT on Yankee Rd / Rt. 253 and run Northwest. Turn RIGHT into the grass, cross onto the park access road and run North down the hill. Stay to the left and turn RIGHT onto the park path near the beach. Follow the path back South, running up the hill. Enter transition, head to the next lap or cross the finish line.

In Case of Emergency

Dial 911 or Race Director at 937-572-5018

Directions to Clinton Memorial Hospital at 610 W Main St, Wilmington, OH 45177. Phone: (937) 382-6611. Exit Cowan Lake State Park lots onto Yankee Rd. Turn RIGHT on Yankee Rd. Turn RIGHT on St. Rt 350. Turn RIGHT on St. Rt 730. Turn LEFT on Nelson Ave. Turn RIGHT on W. Main St. Turn RIGHT to stay on W. Main. Turn LEFT to stay on W. Main. The Hospital will be on your RIGHT. The Hospital is 9.4 miles from Cowan Lake 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

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

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Dial 911 or Race Director at 937-572-5018

National Weather Service Heat Index

Temperature (°F)

Relative Humidity (%)	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.