



Athlete Guide & Race Information
Sunday June 3, 2018
OhioGames.org



Alum Creek Race Distances

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

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 Aqua-Bike (2000m swim / 36ml 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 / 12ml bike / 5k run)

Sprint Duathlon (1.5ml run / 12ml bike / 5k run)

Sprint Aquabike (750m swim / 12ml bike)

Sprint Aquathon (750m swim / 5k run)

Beginner Triathlon (300m swim / 8ml bike / 1.5ml run)

5000m (3.1ml swim), 3000m (1.86ml swim), 1500m Open Swim

36ml, 25ml & 12ml Cycling Time Trials



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 Oly TRI, DU, AQ-BIKE, & AQ-RUN, 3k & 1500m Swim

7:30am: Pre-Race Meeting then Time Trial Starts 36ml, then 24ml, followed by 12ml Racers

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



Come experience the joy of triathlon as you race with friends and compete for swag! The Ohio Triathlon Series challenges you to compete for glory. Race 3 of 5 triathlon races across Ohio, earn points in your age group by placing in the top 10, and get bonuses for longer races. Overall winners earn a performance 1/4 zip!

Learn more OhioTriSeries.com

The Races

- ✓ Arnold Indoor Sprint Triathlon at Premier at Sawmill Athletic Club in Columbus, Ohio on March 3rd
- ✓ Ohio Games Triathlon & Multisport Championships at Alum Creek State Park in Delaware, Ohio on June 3rd
- ✓ Red, White & Zoom Triathlon Festival at Cowan Lake Park in Wilmington, Ohio on July 1st
- ✓ Zoom RedHawks Triathlon Festival at Hueston Woods State Park in Oxford, Ohio on August 26th
- ✓ Columbus Triathlon at Alum Creek State Park in Delaware, Ohio on September 16th

Scoring

- Top males and female, in the following age groups, who earn the most points across their best 3 races wins!

- Youth Male & Female: USAT Ages 0-13
- High School Male & Female: USAT Ages 14-18
- Collegiate Male & Female: USAT Ages 19-24
- Open Male & Female: USAT Ages 25-39
- Master Male & Female: USAT Ages 40-54
- Grandmaster Male & Female: USAT Ages 55+

- Must compete in at least 3 races to be eligible & the Columbus Triathlon is double points.

- Ties broken by placing in higher places across series, then 4th place scores, then scoring in longer distances.

- ✓ Men and women who finish top 10 in any race, in your age category, earn the following points:
 - (1st=10pts); (2nd=9pts); (3rd=8pts); (4th=7pts); (5th=6pts); (6th=5pts); (7th=4pts); (8th=3pts); (9th=2pts); (10th=1pt)

- ✓ Bonuses can be earned too!

- Top 10 in 1/3 Iron Triathlon +4pts; Top 10 in Olympic Triathlon +3pts & Top 10 in Sprint Triathlon +1pts
- Finish all 5 races and earn +10pts

Series Awards Series Champions get a performance 1/4 zip in men's or women's cut!

OHIO TRIATHLON CLUB CUP

★ Arnold Indoor Triathlon
Columbus Triathlon
Ohio Games Triathlon

- Zoom RedHawk Triathlon
- Red, White & Zoom Triathlon



Congratulations Runner's Plus Zoom
2017 Series Champion!

Be the Best! Win the Cup!

This triathlon club race series challenges triathlon teams/clubs from across the state and region to compete for bragging rights and to see who is the best team around! Grab your friends, family, and teammates and join us for the Ohio Triathlon Club Cup!

Scoring Team points accumulate for the duration of the 4 race series and the team with the most points at the end of the 5 races series wins the cup. We will take the highest 4 team scores to determine the winner.

- ✓ Teams need to compete in at least 4 events to win, but any team, in which 5 or more team members, competes in the triathlon races at all 5 events will earn a 50 point bonus towards their final series score.
- ✓ All teams earn 100 points per event date (there are 5 event dates) in which at least 5 team members compete in any of the triathlon races.
- ✓ Teams also earn 1 additional point for each team member who competes in any triathlon distance (Beginner, Sprint (Arnold Only), Olympic or 1/3 Iron) on a given date up to a maximum of 20 points.
- ✓ Team members earn additional points for athletes who compete in the Beginner, Sprint (Arnold Only), Olympic & 1/3 Iron triathlon races and place in the following age categories:
 - Youth Male & Female: USAT Ages 0-13
 - High School Male & Female: USAT Ages 14-18
 - Collegiate Male & Female: USAT Ages 19-24
 - Open Male & Female: USAT Ages 25-39
 - Master Male & Female: USAT Ages 40-54
 - Grandmaster Male & Female: USAT Ages 55+
- ✓ In each age category male and female athletes can earn the following points for their team:
 - (1st=10pts); (2nd=9pts); (3rd=8pts); (4th=7pts); (5th=6pts); (6th=5pts); (7th=4pts); (8th=3pts); (9th=2pts); (10th=1pt)

Teams A team is any group of people (men and/or women) competing under the same name. Team membership may change from race to race, but the team name must remain the same throughout the series. We recommend teams consist of at least 5 members, but there NOT a minimum or maximum team size. You are not required to compete on a team. This is an optional competition where team members along with everyone else in the regularly scheduled races, like in a cross country meet.

Series Awards A cup trophy is awarded to the team who scores the most points for the event series.

Event Awards A trophy is awarded to the team who scores the most points in each individual event.



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 Please be sure you wear your assigned swim cap for safety. **ORANGE: Open Swim**
RED: 1/3 Iron **YELLOW: Olympic** **PINK: Sprint** **GREEN: Beginner**

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 300m 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. Go LEFT for the finish line or left/straight to the transition area. Follow the signs.

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 Out On the East side of transition, athletes enter following their swim or run.

Bike In & Out On the West side of transition, On the West side of transition, athletes exit the transition area walking/jogging their bikes (helmet on) towards the road. They will mount their bikes (after the Mount Line) and ride 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, into the last parking lot, and onto the run course.

TRANSITION STEP BY STEP

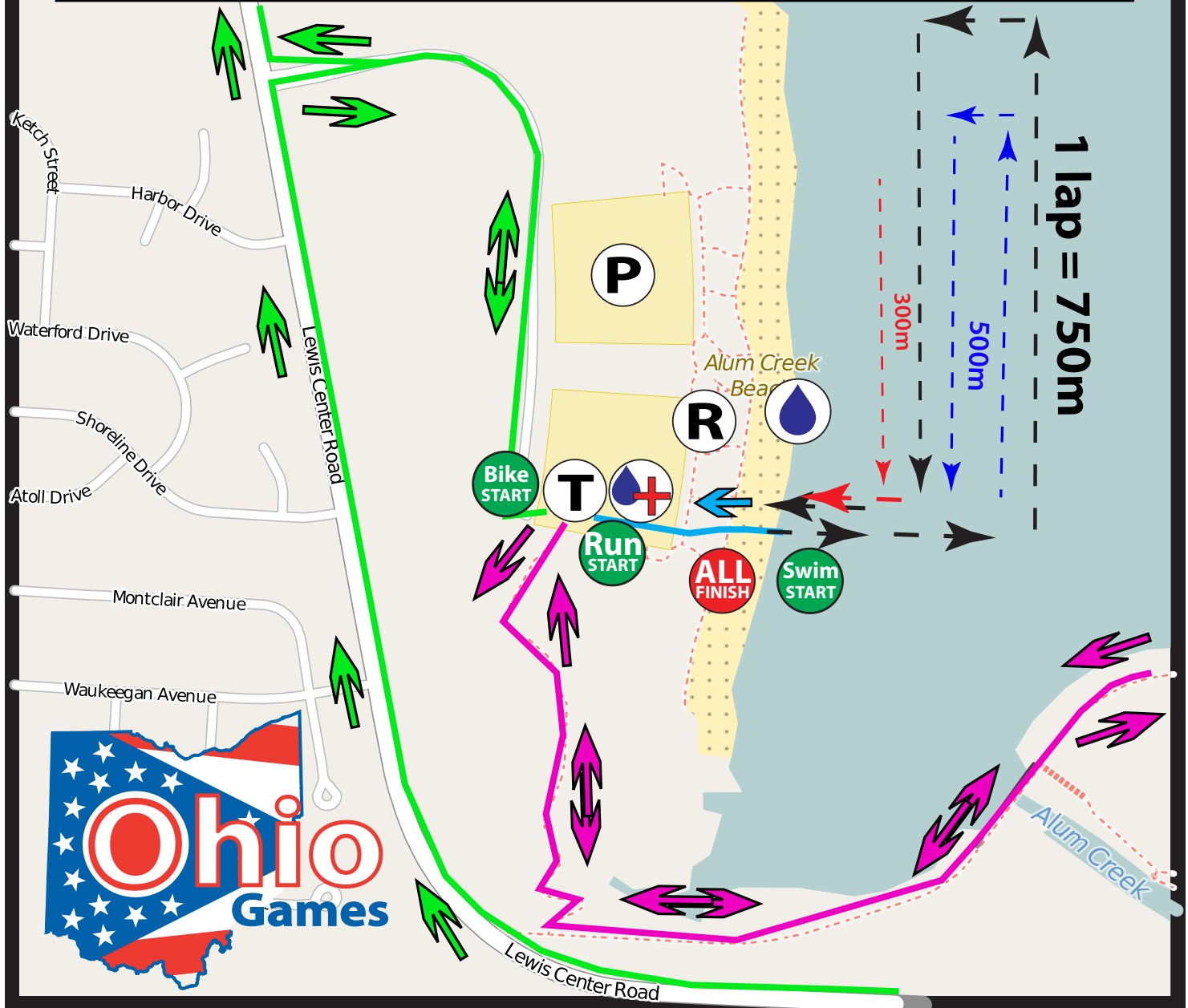
Registration & Transition will be in the second to last parking lot closed to the shelter, dam and running trail. Athletes will exit the swim and run West up the sidewalk into to the transition area. They the get their bikes and exit on the West side of that lot onto the internal park access road and ride to to Lewis Center Road. Once racers have completed the bike turn into the park and ride back to the transition area. Deposit the bike and exit the transition, running East, then South on the park trail towards the dam. The run is an out and back on this trail. The finish line will be on the sidewalk near the lake; post race festivities will be there as well.

Alum Creek State Park Triathlon Swim & Transition Area

LEGEND Swim & Transition

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

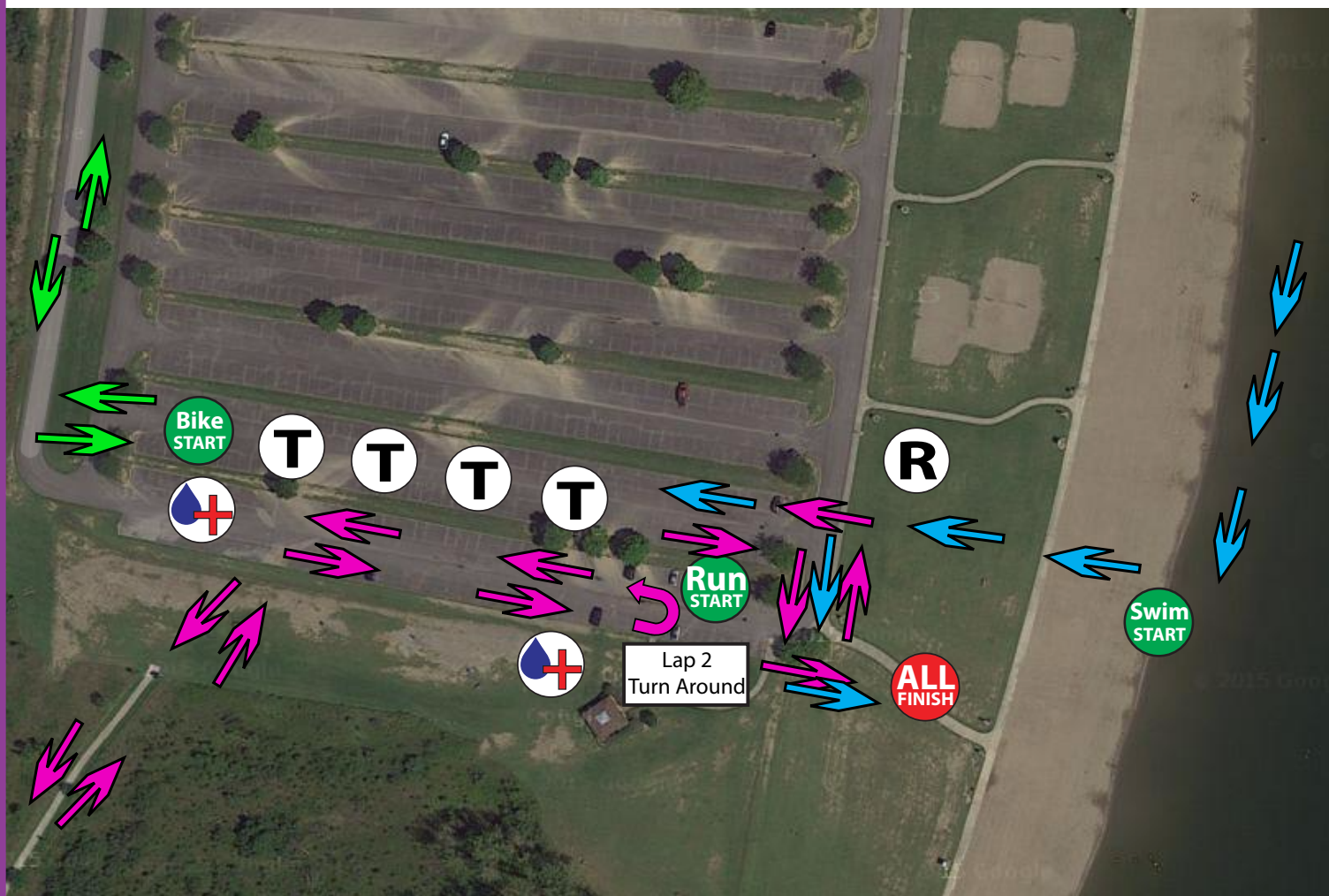
- ### Swim Course
- Beginner = 300m One Way Down Beach
 - Sprint = 1 lap on 750m Loop
 - Olympic = 2 laps on 750m Loop
 - 1/3 Iron = 500m + 2 laps on 750m Loop
 - 3k Swim = 4 laps on 750m Loop
 - 5k Swim = 500m + 6 laps on 750m Loop



Transition will be in the second to last parking lot closest to the shelter, dam and running trail. Athletes will exit the swim up and run through the grass into to the transition area. Once they have their bikes, ride on the access road to Lewis Center Rd and onto the bike course. Once they have completed the bike they will drop their bike in transition, exit the transition, running East, then South on the park trail towards the dam. The run is an out and back. The finish line will be near the beach at Exit #6.

LEGEND Swim & Transition

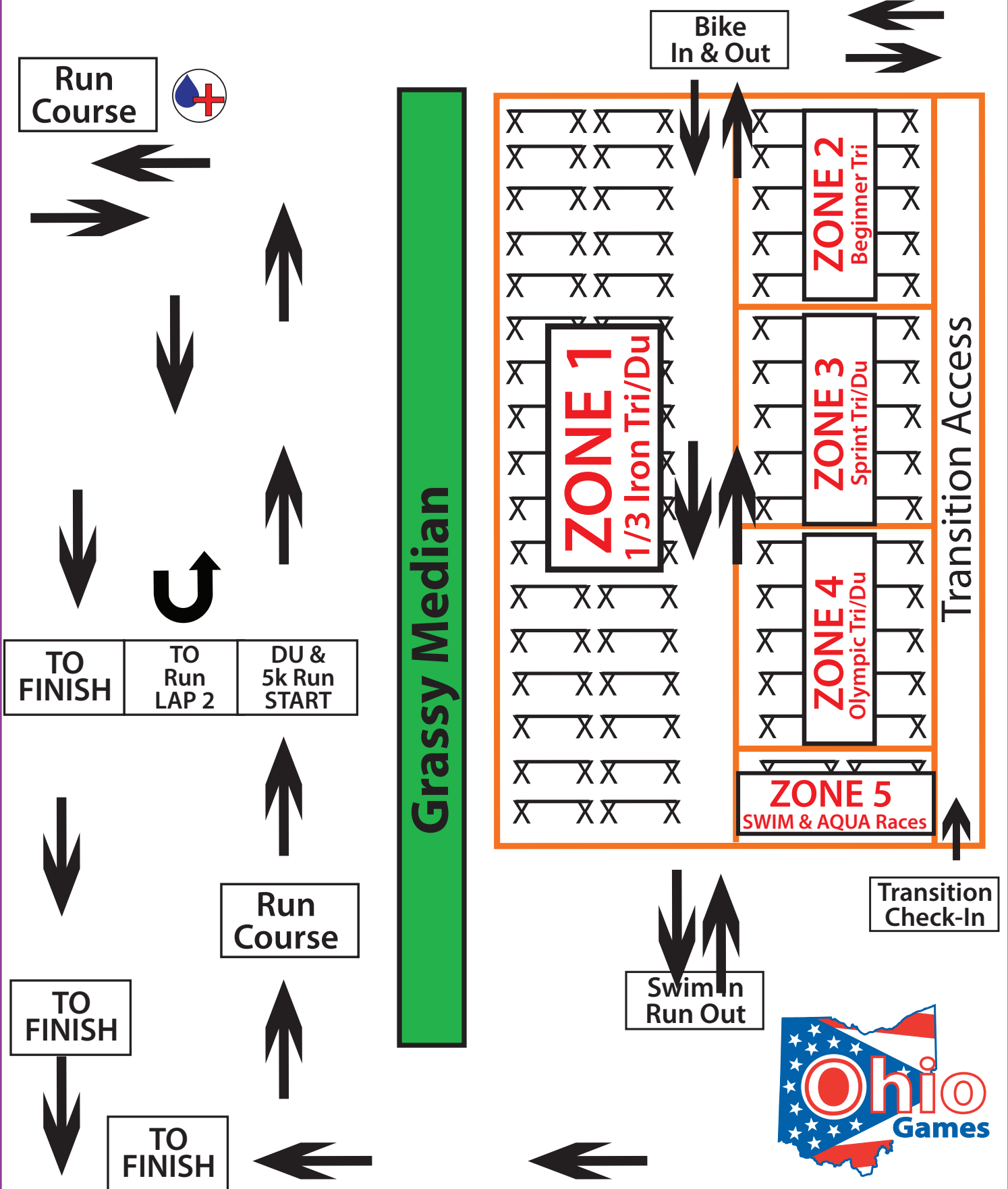
- Transition **T**
- Registration **R**
- Finish **ALL FINISH**
- Swim Course
- Bike Course
- Run Course
- Aide
- Start **TRI START**



Alum Creek State Park Triathlon Transition Area

Transition Zones & Traffic Flow

Alum Creek 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 12ml bike is 1 lap on this course. The 25ml bike is 2 laps on that course. The 35ml bike is 3 laps on that course. The 8-mile course is out and back.

Safety The roads are open to traffic; local law enforcement will be at all turns so you can proceed without stopping. You have the right of way but cars may not know this, so be alert. Ride on the right side of the right lane so cars & riders can pass. Should you have an emergency alert another rider so they can get help.

Cycling Time Trial The Time Trials start & finish in the parking lots by the beach. The 36ml racers will start first, followed by the 25ml & 12ml racers. Racers will complete in age group divisions.

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

12ml Bike Course Loop

The 12mile 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.

BIKE STEP BY STEP

1. The start and finish line will be at the beachfront at Alum Creek State Park, on Lewis Center Rd.
2. Riders will exit the parking lots at the Beachfront and proceed to Lewis Center Road.
3. Turn RIGHT on Lewis Center Road and ride Northeast.
4. Turn RIGHT on South Old State Street and ride Northwest.
5. Turn RIGHT on Cheshire Road and ride West.
6. Turn RIGHT on Africa Road and ride Southeast.
7. Turn RIGHT on Lewis Center Road and ride West.
8. At the park entrance riders will either continue to their next lap or turn RIGHT into the park to enter the transition area.



8ml Bike Course Loop

The 8mile Course is out and back. All turns are marked with black & Red 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.

BIKE STEP BY STEP




1. The start and finish line will be at the beachfront at Alum Creek State Park, on Lewis Center Rd.
2. Riders will exit the parking lots at the Beachfront and proceed to Lewis Center Road.
3. Turn RIGHT on Lewis Center Road and ride Northeast.
4. Turn RIGHT on South Old State Street and ride Northwest.
5. Turn LEFT on Hollenback/Rt. 274 and ride West.
6. Turn Around at the corner of Hollenback/Rt. 274 and Piatt Road and proceed back the way you came, riding East on Hollenback/Rt. 274.
7. Turn RIGHT on South Old State Street and ride Southeast.
8. Turn LEFT on Lewis Center Road and ride East.
9. At the park entrance riders will either continue to their next lap or LEFT turn into the park to enter the transition area.


BIKE LEGEND


 TRI START	Start	 ALL FINISH	Finish
 Aide		 T	Transition
	1 lap = 12 miles		
	Sprint = 1 lap; Olympic = 12 laps		
	1/3 iron = 3 laps		
	Out and Back = 8 miles		
	Beginner = 1 lap		

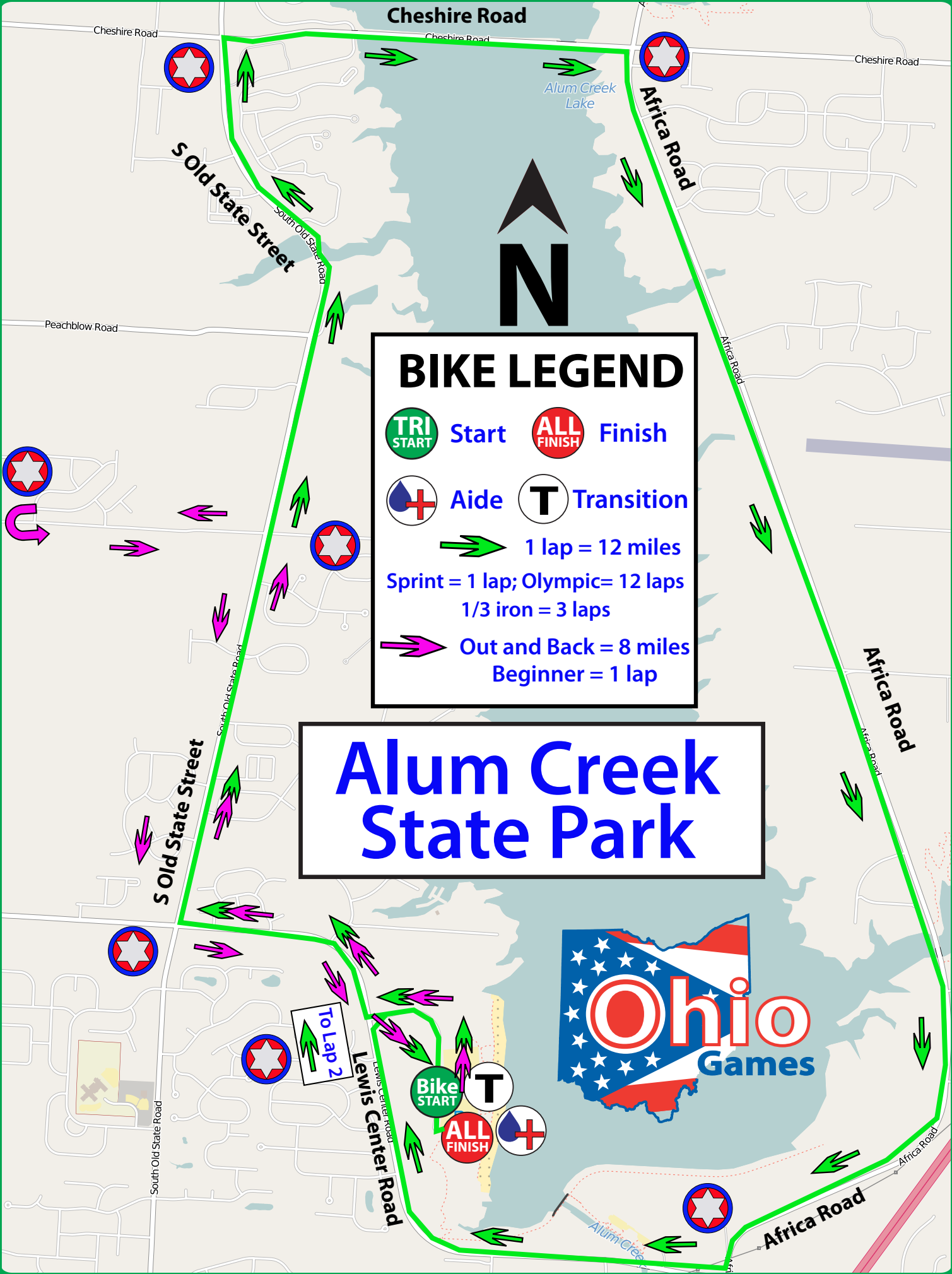
Alum Creek State Park



 **Bike START**  **T**  **Aide**

 **ALL FINISH**

 **To Lap 2**



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!

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.

Ohio Games Champions

1st, 2nd, 3rd Ohio Male and Female in the Open Swims, Triathlons & Cycling Time Trials

- Youth Male & Female Divisions: USAT Ages 0-13
- High School Male & Female Divisions: USAT Ages 14-18
- Collegiate Male & Female Divisions: USAT Ages 19-24
- Open Male & Female Divisions: USAT Ages 25-39
- Masters Male & Female Divisions: USAT Ages 40-54
- Grandmaster Male & Female Division: USAT Ages 55-99

1st, 2nd, 3rd Ohio Male and Female in the Duathlons, Aquabikes and Aquathlons

- Overall (Ages 0-99)

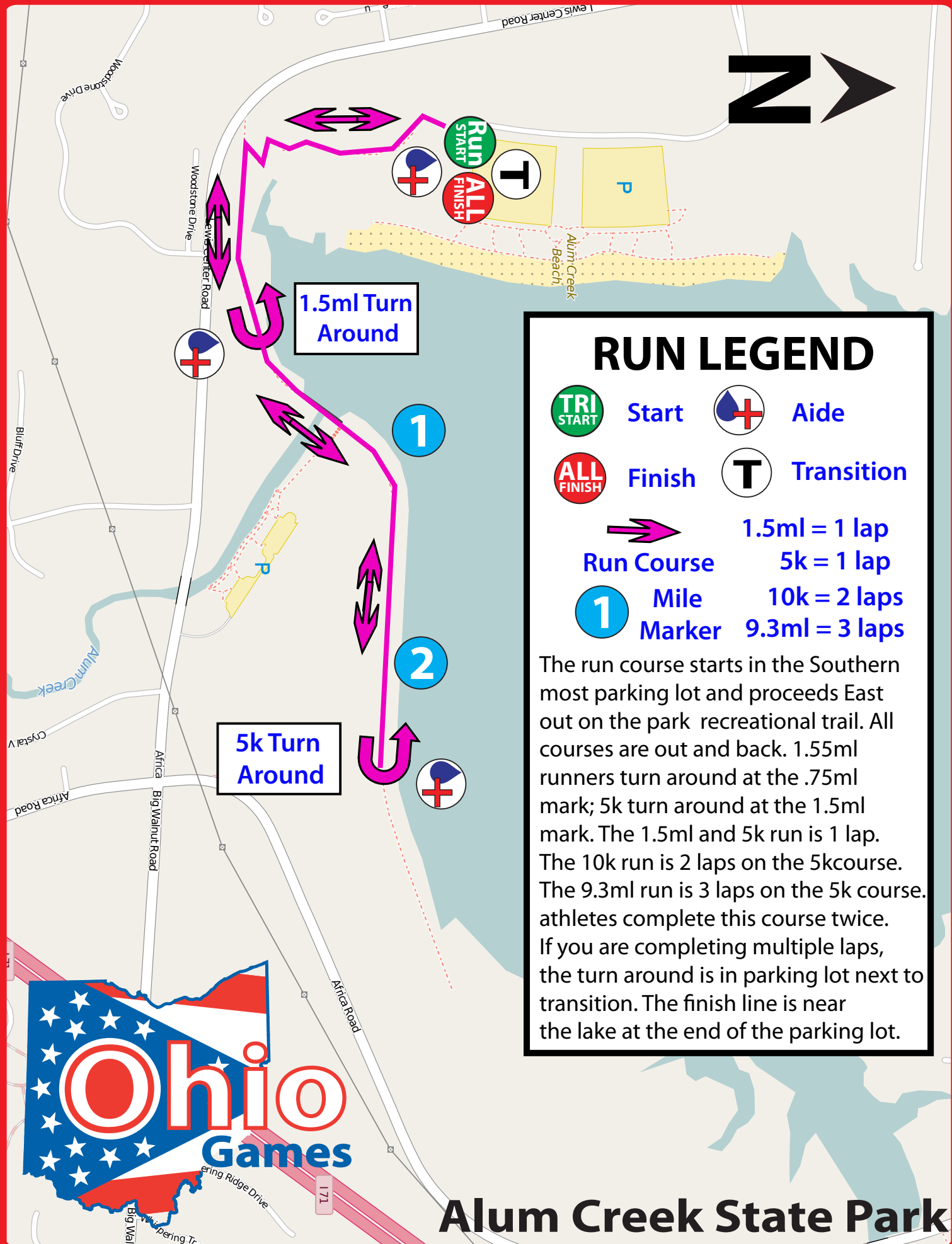
Results Online

Results will be available immediately after the event on our facebook page, ColumbusTriathlon.com & zoomracingusa.com

Awards will be given at the Registration Tent once Results are Posted

Team Race Awards

Overall Event Team/Club Champion with the Most Points: Trophy given once all results have been posted, reviewed and finalized. Team scores will be posted 1 week after the event, and the trophy will be mailed or delivered to the winning team.



RUN LEGEND

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

The run course starts in the Southern most parking lot and proceeds East out on the park recreational trail. All courses are out and back. 1.55ml runners turn around at the .75ml mark; 5k turn around at the 1.5ml mark. The 1.5ml and 5k run is 1 lap. The 10k run is 2 laps on the 5k course. The 9.3ml run is 3 laps on the 5k course. athletes complete this course twice. If you are completing multiple laps, the turn around is in parking lot next to transition. The finish line is near the lake at the end of the parking lot.



Alum Creek State Park

In Case of Emergency

Dial 911 or Race Director at 937-572-5018

Directions to Mount Carmel St. Anns Hospital at 500 South Cleveland Avenue, Westerville, Ohio 43081. Phone: 614-898-4000 - Exit Alum Creek State Park via the park access road. Head south (LEFT) on Lewis Center Rd toward Shoreline Dr. Turn RIGHT onto Africa Rd. Turn RIGHT onto Polaris Pkwy. Use the LEFT 2 lanes to turn LEFT onto N Cleveland Ave. You will arrive at your destination. The Hospital is 6.8 miles from Alum Creek 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
<p>If Head/Neck Injury</p> <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
<p>If NO Head/Neck Injury</p> <ul style="list-style-type: none">- Quick assessment of condition- Determine need of EMS- If minor injury, give basic first aid and notify EMS <p>In case of severe orthopedic trauma Call EMS</p>	

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.