



# **Zoom RedHawk Triathlon and Multisport Festival**

**September 12, 2021**

**Hueston Woods State Park**

in Oxford, Ohio (just north of Cincinnati)

**Athlete Guide, FAQ and Race Plan**

**Registration, Info & Results at [ZoomRacingUSA.com](https://ZoomRacingUSA.com)**

## **Event Organizer**

Zoom Multisport Racing has been hosting races in Ohio since 2012 and we are looking forward to another great season. 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. Our events have something for everyone, beginner to ironman, including 4 triathlons, 3 duathlons, 3 aquabikes, 3 aquathlons and 2 open water swims. The races are designed so that everyone, at any ability level, can compete. Each race uses a set of common courses, included below. On race day our courses will be marked with signs, non-permanent children's sidewalk chalk, traffic cones, and volunteers. Additionally we will partner with local businesses to supply food and other race services. We have a trained team to help host the race, including a medical director, lifeguards, and other professional race planners. We will contract with park rangers, local police & EMS to ensure all athletes are safe when competing, and follow all national, state and local regulations, including COVID-19 safety protocols and recommendations. We will obtain USA Triathlon event sanctioning and insurance for these races. Our goal is produce a well organized, fun, competitive and exciting race event that helps attract investment in the local community, showcases the park, and attracts athletes from around the region. Our mission is to promote multisport (swim, bike, run) racing and training for everyone. We look forward to hosting an event in your area this summer.

## **Race Overview**

The Zoom RedHawk Triathlon and Multisport Festival has something for everyone, including all ages and ability levels! Races include beginner, sprint, olympic, and 1/2 iron distances in triathlons, duathlons, aquabikes, and aquathlons, and various open swim distances. Racers call this one of the best events in Ohio because of our positive, friendly community of support! It's a small race with a big race atmosphere. Plus there is free training help, along with awesome performance tees in gender specific cuts, in-race pictures, finisher medals, and a post-race meal to go! Race assured that we will ensure the safety of all athletes, have medical support and law enforcement on site, adhere to all Federal, State and Local ordinances, and implement COVID-19 protocols to limit the spread of the virus, so you can achieve your goals! All are welcome at the Zoom RedHawk Triathlon and Multisport Festival.

## Contact & Questions

Zoom Multisport Racing at [zoomracingusa.com](http://zoomracingusa.com)

Mick Mominee, Race Director

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Rebekah Brately, USAT Certified Race Director

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## Races Offered

### TRIATHLONS (Swim, Bike, Run)

- Beginner = 250m swim / 9ml bike / 1.5ml run
- Sprint = 750m swim / 17.5ml bike / 5k run
- Olympic = 1500m swim / 26ml bike / 10k run
- 1/3 Iron = 2000m swim / 34.5ml bike / 9.3ml run

### AQUATHLONS (Swim, Run)

- Sprint = 750m swim / 5k run only
- Olympic = 1500m swim / 10k run only
- 1/3 Iron = 2000m swim / 9.3ml run only

### DUATHLONS (Run, Bike, Run)

- Beginner = 1.5ml Run / 9ml bike / 1.5ml run
- Sprint = 1.5ml Run / 17.5ml bike / 5k run
- Olympic = 5k run / 26ml bike / 10k run
- 1/3 Iron = 5k run / 34.5ml bike / 9.3ml run

### OPEN WATER SWIMS (Swim only)

- 3k Open Water Swim (1.86 Miles)
- 5k Open Water Swim (3.1 Miles)

### AQUABIKES (Swim, Bike)

- Sprint = 750m swim / 17.5ml bike only
- Olympic = 1500m swim / 26ml bike only
- 1/3 Iron = 2000m swim / 34.5ml bike only

## Races FAQ

### The Triathlon

- This is a swim, bike and run event. You must enter the transition area between events, and you will cross the finish line when you have completed your event. Transition times do count toward your total time. Your final time will include your swim split, transition 1, bike split, transition 2, and run split.

### The Aquabike

- This is a swim and bike only event. You must enter the transition area between events. You must enter the transition area, rack your bike and then proceed to the finish line. Aquabikers will exit the transition area through run out and then proceed to the finish line. Transition times do count toward your total time. Your final time will include your swim split, transition 1, bike split, and transition 2.

### The Aquathlon

- This is a swim and run only event. You must enter the transition area between events, and you will cross the finish line when you have completed your 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 times do count toward your total time. Your final time will include your swim split, transition 1, and run split.

## The Duathlon

- This is a run, followed by a bike and then another run. You must enter the transition area between events, and you will cross the finish line when you have completed your event. Transition times do count toward your total time. Your final time will include your run 1 split, transition 1, bike split, transition 2, and run 2 split. The duathlon will start at Run Out in the transition area.

## Open Water Swim

- This is a swim event only, and will be held on the same course used by the multisport athletes. The start for the open water swim will be the same as all other swimmers. Athletes must leave the water and run up to the finish line in the parking lot next to transition to complete their swim.

## Race Venue

- The Zoom RedHawk Triathlon and Multisport Festival will take place at Hueston Woods State Park Beach in Oxford, Ohio, which is a short drive North of Cincinnati and Southwest of Dayton.
- Packet Pick-up, and the Start/Finish Lines will be at the beachfront, just East of the Park Office and South of the Campground. The address is 6301 Park Office Road, College Corner, OH 45003 but this will not take you directly to the beach. You will need to follow the signs for the Beach, which is on the West side of the Lake off Main Loop Road, which circles the lake. There is plenty of parking at the beachfront, and all the race festivities will be in the far parking lot (South of where you entered the Beach area).
- Directions are here: <https://www.zoomracingusa.com/directions-hw/>

## Parking and Restrooms

There will be parking available at the beachfront; there are restrooms there as well.

## Race Swag, Goodies, and Post-Race Meal

Here are all the swag and goodies to celebrate your accomplishment. Everyone who registers will get:

- Zoom RedHawk Tee
  - Men's cut, women's cut & youth sizing available
  - To be guaranteed a shirt, you must register at least 2 weeks in advance of the race.
- Zoom RedHawk Triathlon & Multisport Festival Finisher Medal
  - To be guaranteed a race medal, you must register at least 2 weeks in advance of the race.
- Custom Race Bib
- Post Race Meal to Go

## Race Awards

- We do not offer race awards, because we believe everyone is a winner. So enjoy your swag, finisher medal and meal to go, and celebrate your accomplishment with family and friends (at home of course, due to COVID).
- Our races are sanctioned by USAT, and we submit age group results in the triathlon, duathlon, aquathlon, and aquabike in 5-year increments to USAT (within 15 days of the race) for the purposes of calculating national rankings and eligibility for USAT Nationals and All American consideration.

## Registration Online **ONLY** at ZoomRacingUSA.com

Registration is online at ZoomRacingUSA.com and will remain open through the start of the last race on race day. There will not be any in-person registration at the race venue. However you may register online at home, and come out to the race venue for the event, even race day morning. Please also note:

- Prices will increase closer to race day, so register early to save some money.
- If you register but then are unable to race with us in-person due to COVID or other circumstances, please email Rebekah at [zoomracingusa12@gmail.com](mailto:zoomracingusa12@gmail.com) and we will mail your race swag. All mailing will occur after the race date and virtual bags will arrive 1-2 weeks after the event.
- Please register in advance to be guaranteed swag. You must register at least 2 weeks in advance to be guaranteed a race shirt and medal. We need to order them in advance and cannot guarantee that anyone registering after the deadline will get one. We do try to order extras but sometimes those run out, so register by the deadline.

## Event Pricing

### Why do triathlons cost so much?

- A triathlon costs 3 times that of a running race because there are 3 different disciplines (swim, bike & run) in the same event. This means, you need 3 times the supplies, staff, volunteers, contractors, emergency medical & law enforcement personnel. Our goal is to make your race experience top notch and the money you invest in this experience goes to making the race exceptional! Please be advised that **Race Registration is not Refundable.**

### Pricing Dates

- Regular Registration is February 1-May 31
- Late Registration is June 1-August 30
- Race Week Registration is September 1-10
- Race Day Registration is Saturday and Sunday, September 11-12

### Event Prices

Kids Ages 18 & Under: Any Race (Skip the Race Tee & SAVE \$5)

- Regular \$45; Late \$50, Race Week \$55 & Race Day \$60

3k & 5k Open Swim (Skip the Race Tee & SAVE \$5)

- Regular \$50; Late \$55, Race Week \$60 & Race Day \$65

Collegiate Ages 19-25: Any Race (Skip the Race Tee & Save \$5)

- Regular \$65; Late \$70, Race Week \$75 & Race Day \$80

Beginner Triathlon & Duathlon (Skip the Race Tee & SAVE \$5)

- Regular \$70; Late \$75, Race Week \$80 & Race Day \$85

Sprint Triathlon, Duathlon, Aquabike & Aquathlon (Skip the Race Tee & SAVE \$5)

- Regular \$80; Late \$85, Race Week \$90 & Race Day \$95

Olympic Triathlon, Duathlon, Aquabike & Aquathlon (Skip the Race Tee & SAVE \$5)

- Regular \$90; Late \$95, Race Week \$100 & Race Day \$105

1/3 Iron Triathlon, Duathlon, Aquabike & Aquathlon (Skip the Race Tee & SAVE \$5)

- Regular \$100; Late \$105, Race Week \$110 & Race Day \$115

\* Our races are USA Triathlon Sanctioned and so all participants must have a valid USA Triathlon license (annual or one-day pass) to participate. The event price reflects the cost for USA Triathlon Annual Members. If you are not a USA Triathlon annual member you must purchase a one-day membership for this event with your registration for a cost of \$15. Youth 17 and under can purchase an annual membership for \$10 with registration. All race fees collected are non-refundable. Race pricing does not include online processing fee.

## Training Resources, Plan and Tips and Tricks

Find helpful training resources including tips and tricks, training plans, and much more at

<https://www.zoomracingusa.com/training/>

## Race Packing List

We can help you pack for race day by checking out our packing list at

<https://www.zoomracingusa.com/race-checklist/>

## Race Schedule

### Schedule

#### Friday, Set-up

- 3:00pm-9:00pm: Course Measurements (we may potentially drop-off our supply trailer to be stored in a parking lot overnight - it will be locked and secure)

#### Saturday, Set-up

- 8:00am-8:00pm: Set-up Transition, Run Course, Registration & Swim Course
- 4:00pm-6:00pm: Registration and Packet Pick-up at the Beachfront

#### Sunday, Race Day

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

## Race Time Limits

- We will end timing at 1:00 p.m., meaning that racers will have to be completed with their race by this time. This gives athletes 1/3 Iron athletes about 6 hours to complete their race, and all other racers 3-4 hours. This should be plenty of time, but if you cannot make the time cut off, please choose a different race distance.

**Athletes On Course and Race Cut Offs:** We have established race cut off times to respect the use of the park by other parties.

- 7:00am-10:00am: Swimmers will be on Course; by 10:00am all Swimmers must have completed the Swim Course
  - Lifeguards scheduled from 6:00am-11:00am
    - Lifeguard Prepare the Course 6:00-7:00am
    - Guard the Course from 7:00am-10:00am
  - Clean-up: 10:00-11:00am
- 7:00am-11:00am: Cyclists will be on course; by 11:00am all Cyclists must have completed the Bike Course
  - Law Enforcement Scheduled 7:00am-11:00am (4 hours)
  - Course Set-up: 5:30am-7:15am
  - Clean-up: 11:00am-12:00pm
- 6:45am-1:00pm: Runners will be on course; by 1:00pm all Runners must have completed the Run Course
  - Law Enforcement Scheduled 6:30am-1:00pm (6.5 hours)
  - Course Set-up: Saturday 1pm-6pm and Sunday 5am-6:30am
  - Clean up 1:00pm-2:00pm

## Packet Pick-up Procedures

Athletes can pick up their race packets on Saturday from 4-6pm or on race morning starting at 5:45am. Packet pickup will be at the Beachfront; please look for the white tents and the registration signs. Packet Pickup will work like this:

- Please register online before you come to packet pick-up. There is no in-person race day registration at the race venue. Registration will remain open online through the start of the last race, so register before you come.
- You are welcome to wear a mask and socially distance at least 6-10 feet from everyone at the race venue. Disposable masks will be available for those who forget, lose or damage their mask on race day.
- You are welcome to pick-up packets for friends or family members. We hope this will limit groups of people and cut down on the number of people picking up packets.
- Athletes will line up outside the registration tent, spacing 6 feet apart. A staff member will call you up to registration and first discuss with you the results of your COVID-19 Home Safety Self Check (see above). If you can answer no to all the questions, you will be able to pick up your packet.
  - Give the staff your name and they will give you your race packet, which includes:
    - Swim cap (everyone who will be swimming as a part of their race)
    - Race Bib and Pins
      - Every athlete in the triathlon, duathlon and aquathlon will be required to wear a bib number on the front of their person during the running portion of the race ONLY. You can pin the number to you or use a race belt.
    - Bike Sticker
      - Every athlete in the triathlon, duathlon, aquabike and cycling time trial will be required to have a race number sticker on their bike. Bike numbers can be placed on the top tube or seat post.
    - Event Tee (please register at least 2 weeks in advance to be guaranteed)

- Finisher Medal (please register at least 2 weeks in advance to be guaranteed)
- NOTE: You will get your timing chip race morning, so please come back to the registration area for that race morning.
- NOTE: You are asked to body mark yourself at home before you come to the race venue. We will email you your race number in advance. Please see below for more information on how to mark yourself.

## Body Marking At Home Guide

- Please use the following guide to body mark yourself at home before you come on race day.
  - If you forget or are unable to do this, we will have markers available for personal use on race day.
- Body marking is an essential part of triathlons and other multisport races. These numbers help identify you on race day and can be used to help timers, volunteers, staff, and emergency workers identify you on race day.
- Every racer except those doing the run, cycling time trial or open swim, need to complete body marking.
- Preparing to Body Mark:
  - Use a permanent or body marker. Be sure the marker is a dark color, preferably black. You can use any type of permanent marker but the thick chisel markers work best.
  - Get your race number and race type and distance
  - Know your age on Dec. 31st
  - Be sure the marks are large enough to see from 20 feet away, so please write in large block numbers
- Mark your body or have a friend/family member help you:

### STEP 1 – RIGHT & LEFT BICEPS (or HANDS)

Write Race number on RIGHT & LEFT BICEP - Race Number is written vertically on both sides



**NOTE: If an athlete cannot reach their bicep, race number can be written on the back of the hand on both sides. Please also make them horizontal and large.**

## The Transition Area

- The transition area is limited to only athletes
- Please space out at least 6-10 feet whenever possible
- You will be asked to use the racks labeled for your specific race type and distance. Please only rack in those areas.
- Racks will be labeled to designate where you can rack your bike. This allows for athletes to be spaced out in the transition area.
- To learn more about how to transition with style and speed, please visit <https://www.zoomracingusa.com/transition/>



## The Transitions 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 and racers will rack their bikes in the designated zones. You can put your bike anywhere on the designated racks (on the spots marked with neon tape) and store your stuff below your bike.
- Open swimmers and aqua-runners will have a designated zone in the transition area to store their stuff.
- Transition Entrance and Exits will be marked with flags, signs, cones and fence.
  - **SWIM IN & RUN IN** are on the same side of the transition area, closest to the water. You can walk or run to your rack to get your bike. Grab your bike, put on a helmet and head to Bike Out. If you are doing the Aquathlon, you can head out to the run segment of your race.
  - **BIKE IN & BIKE OUT:** are on the opposite site of the transition area (from swim in and run in). Remember that you must wear a helmet when you are on your bike. Additionally you must put your helmet on before you leave the transition area (after you have exited the swim and picked up your bike in the transition area). You can walk or run your bike to the Mount Line, but may not ride your bike inside the transition area. Mount your bike after you cross the Mount Line and Dismount your bike before you cross the Dismount Line. Again you walk or run your bike back to your rack after you have finished your transition leg. Aquabikers go straight to the finish line after you have completed your bike; you must cross the finish line. Everyone else, after your bike is complete, head to the run portion of your race.
  - **RUN OUT:** is in the same place as run in and swim in. You may run or walk to run out and then complete the run segment of your race. Be sure to cross the finish line at the end of your race.

## Race Start Details

We are going to use a wave start for the races, but there is plenty of space to spread out if you want to maintain social distance. Here are the starting details:

- There will first be a brief pre-race meeting or you can review all the information in the athlete guide and race website for more information. You may also ask questions of our staff as needed on race day, or email or call us with questions in advance of the race.
- All races will start at the beachfront, with the exception of the duathlons, which start at the Run Out area of Transition, which starts at Bike Out in the transition area.
- Races will start in waves in the water. Please arrive at your designated time.

## Start Times

Please arrive at your designated start area at least 15 minutes before your race begins.

- 7:00am: All Duathlons Start Following a Brief Pre-Race Meeting
- 7:15am: 1/3 Iron Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
- 7:30am: 5k and 3k Open Swim Start Following a Brief Pre-Race Meeting
- 7:45am: OLY Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
- 8:00am Sprint Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
- 8:45am Beginner Triathlon Start Following a Brief Pre-Race Meeting



# All Aid Stations are Self-Serve; You May Bring Your Own Aid

As recommended by USA Triathlon and the Local Health Board, all aid stations will be self-serve. Hydration and refueling products will be left on tables on course. Each product will be in a pre-packaged single serving container. Racers may also carry all of their own aid and hydration on course or leave their refueling products next to the course (socially distanced from others). If you place your own aid on course, please be sure your aid is clearly labeled, and that you do not interfere with other athletes on course as you place or access your aid. Races begin at 6:45am, so be sure your aid is in place before that time. If you place aid on the course, please space it out from the race course and other athletes, so there is at least 6-10 feet distance from the course and other athletes. Thank you for your understanding.

## Aid Station Locations

- Swim Course: There will be a table in the water along the beach for our long distance swimmers to use as needed. The aid will be self-serve and include both hydration and fuel. You are also welcome to put your own aid on the table to access during the race.
- Bike Course: There will be a self-service aid station on the bike course near the turn around with bottled water. You will need to dismount your bike to access this aid. You are also welcome to put your own aid on the table to access during the race.
- Run Course: There are 3 aid stations on course that can be accessed multiple times throughout your run. Each will have water, Sport Drink and Nutrition. The aid stations will be at:
  - Exit of transition area
  - 0.75-mile mark turn around
  - 1.55-mile mark turn around

# Race Course Information

## OVERVIEW

1. The course is entirely inside the State Park, and so you will get to experience all the beauty of Hueston Woods State Park. The swim takes place in Acton Lake, and inland Lake, which has very little boat traffic and offers a very calm swimming experience. Racers will swim out and back along the beachfront. The water is shallower near the shore and you can touch there, but on the backside of the course, you will not be able to touch bottom. Beginner triathletes will be able to touch bottom the entire swim course. The transition area will be in the parking lots across just West of the Beach. Athletes will be on a paved lot as they transition from segment to segment. The bike course goes around Acton Lake on a loop made up of rolling hills, with a total of 500ft of elevation gain. The is also on rolling hills and has a 270ft of elevation gained over the 3.1 miles. The bike is on a paved road open to motorized traffic, and the run is mostly pavement with a small mix of grass and gravel closed to vehicle traffic. Athletes will finish in the parking lots next to the transition area and then can celebrate their accomplishment with our to-go goodie bag.

## MAPS

2. Swim
  - a. 250m: <https://www.mapmyrun.com/routes/view/1318710439>
    - i. Beginners go down the beach 1 time on this course
  - b. 750m Loop: <https://www.mapmyrun.com/routes/view/1291942465>
    - i. Sprint athletes swim this course 1 time counter clockwise
    - ii. Olympic athletes swim this course 2 times counter clockwise
    - iii. 3k swimmers complete this course 4 times counter clockwise
    - iv. 1½ Iron athletes do the 500m ⅓ lap and then 2 laps on this course, going counter clockwise
    - v. 5k swimmers do the 500m ⅓ lap and then 6 laps on this course, going counter clockwise

c. 500m ½ Lap: <https://www.mapmyrun.com/routes/view/1291946824>

- i. ⅓ Iron and 5k Swimmer complete this ½ lap first 1 time (counter clockwise) before they continue on the 750m loop for the rest of their swim laps

### 3. Bike

a. 9 Mile Loop: <https://www.mapmyrun.com/routes/view/2658595291>

- i. Beginners ride clockwise to complete 1 loop for 9 total miles
- ii. Sprinters ride clockwise to complete 2 loops for 17.5 total miles
- iii. Olympic racers ride clockwise to for 3 loops for 26 total miles
- iv. The ⅓ Iron race is 4 clockwise loops for 34.5 total miles

### 4. Run

a. 1.5 Miles: <https://www.mapmyrun.com/routes/view/2658606385>

- i. Beginners complete this for 1.5 miles total of running

b. 5k: <https://www.mapmyrun.com/routes/view/2658793540>

- i. Sprint racers complete this 1 time for a 5k (3.1 miles)
- ii. Olympic racers complete this 2 times for a total of 10k (6.2 miles)
- iii. ⅓ Iron athletes complete this 3 times for 9.3 total miles

## Swim FAQ

- **WETSUITS:** If the water temperature is below 78 degrees we will be wetsuit legal. This means you can wear a wetsuit if you want, but you do not have to wear one.
- **SWIM CAPS:** Please be sure you wear a swim cap for safety. We will give you a swim cap on race day.
- **COURSE:** See the course maps. The courses will be marked with large buoys.
- **DISTANCES:**
  - The 5000m Swim begins with a 500m ½ lap and then 6 laps on a 750m loop.
  - The 3000m Swim is 4 laps on a 750m loop.
  - The 2000m Swim begins with a 500m ½ lap and then 2 laps on a 750m loop.
  - The 1500m Swim is 2 laps on a 750m loop.
  - The 750m Swim is 1 lap on a 750m loop.
  - The 300m beginner swim is a point to point swim one way down the beach in shallow water.
- **EMERGENCIES:** If you need to be rescued by a lifeguard throw your hands in the air (call out if you can). If you need a rescue you will not be allowed to continue the race, unless you are cleared by our medical staff. If you are allowed to continue, you will be DQed from the race results. Along the shore the water will be shallow enough that you can stop, stand, rest or walk. If you want to walk, the water must be above your belly button. Beginner swimmers will be able to touch the bottom for the whole course. On the 750m swim loop, you cannot touch bottom on the backside of the course.
- **TO TRANSITION & OPEN SWIM FINISH:** Once you have completed your swim, exit the water and run up the beach to the transition area or the finish line. Follow the cones, chalk and signs.
- **SWIM CUT OFF:** Everyone must have completed the swim course by 10:00am. This should give everyone plenty of time to complete this segment of the race.

## Bike FAQ

- **WHAT BIKE TO USE:** You can ride most any upright human powered bike in the race including but not limited to road bikes (10 speed), mountain bikes, & hybrid bikes.
- **HELMET:** Remember that you must wear a helmet when you are on your bike. Additionally you must put your helmet on before you leave the transition area (after you have exited the swim and picked up your bike in the transition area).
- **DRAFTING IS NOT ALLOWED:** Please refer to the USA Triathlon rules for more information.
- **COURSE MARKINGS:** The bike course is marked with signs and cones. There will be a sign at each turn, so if you do not see a sign, please proceed straight. All turns are marked with signs. We DO NOT make any

marks on the roadway surface, so please ignore all paint on the road surface. These are from other races and may take you off course.

- **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!
- **COURSE MAPS:** Please review the course maps before the race. It is your duty to know the course. Each race venue will have its own unique bike course.
  - Beginners ride clockwise to complete 1 loop for 9 total miles
  - Sprinters ride clockwise to complete 2 loops for 17.5 total miles
  - Olympic racers ride clockwise to for 3 loops for 26 total miles
  - The  $\frac{1}{3}$  Iron race is 4 clockwise loops for 34.5 total miles
  - When athletes are done they head to the transition area to finish or transition to the next segment.
- **BIKE CUT OFF:** Everyone must have completed the bike course by 11:00am. This should give everyone plenty of time to complete this segment of the race.

## Run FAQ

- **COURSE MAPS:** Please review the course maps before the race. It is your duty to know the course. The run course is marked with signs, cones and chalk. If you do not see a sign, cone or chalk/spray arrow keep going straight. There will also be volunteers on course as well. Each race venue will have its own unique run course, so please review the course maps. All runs will be out and back.
- There will be one common 5k, out and back, course used by all athletes. Athletes will run 1.55-miles out and 1.55 miles back on course.
  - If you are running 1.5 miles you will turn around at the .75-mile mark.
  - If you are running 3.1-miles you will complete 1 lap of the course.
  - If you are running 6.2-miles you will complete 2 laps of the course.
  - If you are running 9.3-miles you will complete 3 laps of the course.

## The Finish Line

All athletes will have a common finish line where you walk, jog or run through the common finish line. Open Water Swimmers need to run up the beach and through the finish line. Aquabikers need to rack their bikes and then walk, jog or run through the finish line. Everyone else will finish their run race segment and run through the finish line arch.

## POST RACE

While we cannot party after the race, we can give you all the tools to celebrate with family or friends at home. After the race we will give you a goodie bag with a to-go meal. So take that, and all your swag (finisher medal is in the packet at the beginning of the race) and go home to show off your accomplishment. For the safety of all athletes, please adhere to the following:

- There will not be a post-race party. Instead we are giving athletes their post race meal to go when they finish the race. You can pick up your post-race meal goodie bag after you cross the finish line.
- There is to be no spitting, or projections of any bodily fluid before, during or after race. We will have portable restrooms at packet pickup and on course for you to use.
- All participants must avoid any physical contact with other participants, which includes high fives, fist bumps, or close contact before, during or after the event.

- Before and during the race, participants must abide by the six-foot social distancing requirement when lining up or passing other participants. Additionally on course, please try to give other racers plenty of space and whenever possible keep 6-10 feet of distance between you and any other racers.
- Spectators are not permitted on the course.
- Participants are encouraged to gather their belongings and leave immediately after the event. We discourage congregating before or after the race.

## RESULTS

Results will be available online at [Speedy-Feet.com](http://Speedy-Feet.com) right after the race or at [ZoomRacingUSA.com](http://ZoomRacingUSA.com) later in the day. Results will be submitted to USA Triathlon within 15 days of the race. Results are submitted in 5-year age group increments for the triathlon, duathlon, aquabike and aquathlon for the purposes of USAT rankings



## Turn by Turn Race Course Directions

Zoom RedHawk Triathlon and Multisport Festival  
at Hueston Woods State Park  
on September 12, 2021 in Oxford, OH  
[www.zoomracingusa.com](http://www.zoomracingusa.com)

- **Turn by Turn Directions: 9 Mile Bike Course:**

<https://www.mapmyrun.com/routes/view/2658595291>

- Exit the transition area and go right, riding North. At the stop sign, turn left up the hill proceeding West towards Main Loop Road.
- At the top of the hill go right onto Main Loop Rd. heading North.
- Ride all the way around Acton Lake. Remain on Main Loop Road until you reach the Beach Access Road.
- For the next lap, continue Straight on Main Loop Road.
- For transition, turn LEFT at the Beach entrance and proceed East down the hill.
- Before you reach the bottom of the hill turn RIGHT onto the Parking Lot Park Access Road and ride South. The Transition Area is in the last parking lot.

- **Turn by Turn Directions: 5k Run Course:**

<https://www.mapmyrun.com/routes/view/2658793540>

- 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 return 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!



# Emergency Action Plan

Zoom RedHawk Triathlon and Multisport Festival  
at Hueston Woods State Park  
on September 12, 2021 in Oxford, OH

[www.zoomracingusa.com](http://www.zoomracingusa.com)

Mick Mominee, Owner & Race Director

931 Patterson Road, Dayton, Ohio 45419

Cell: 937-572-5018 & Email: [mick@zoomracingusa.com](mailto:mick@zoomracingusa.com)

**In the Case of Emergency**  
**Call Race Director 937-572-5018 (Mick) and/or 911**

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## Emergency Contingency Policy & Plans

Races and events will be held unless race management, in consultation with local safety officials, determines that race conditions are too dangerous. Every effort will be made to conduct the race and to ensure the safety of all participants. Events may be held in the rain or snow or if there is snow on the course, so please prepare in advance. If the race is cancelled there will be no refunds. This position is consistent with USAT & USATF recommendations and with the protocol of sharing the risks associated with the sports of running, biking, swimming, triathlon, duathlon, aquabike and aquathlon. Each athlete must accept any such risk for their entry fee paid including other amenities paid for such as t-shirts, insurance, and online administrative fees. All fees collected are used to develop and produce the event, including all race supplies. In the event of Inclement Weather, Global Pandemic, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race. The following procedure will be followed:

- The race director in consultation with local safety officials will make the final decision to delay, adjust or cancel the race.
- The decision will be posted on the website, in social media and communicated at the race venue via the PA announcing system.
- In the case of an emergency please dial 911. Volunteers will be instructed to contact 911 in the case of an emergency.

### Stormy Weather Plan!

In the case of rain and thunderstorms on race day we will enact the following safety measures, which will help keep athletes safe and have been developed by our safety professionals in consultation with USAT triathlon. Our goal is to do everything in our power to host a complete race. We will delay or shorten race courses if only if necessary. Cancellation is our very last resort and will only be considered after all of the following measures have been taken on race day.



1. In the case of only rain or clear weather we will plan for an on-time starts and complete all races as planned.
2. In the case of lightning we will delay the race starts to at least 30 minutes after the last lightning strike within the area. We will not race on course if lightning is present, but will continue to race when the lightning ceases and has moved from the area.
3. If lightning is present during a race we will stop the race and pull athletes off the course. Athletes wishing to continue may get back on course 30 minutes after the last lightning strike. Any racer wanting to continue on to the bike or run will do so at their own risk. Racers will not be allowed to swim with lightning present. Once we are clear of lightning we will restart or continue the race.
4. In the case of prolonged lightning and storms in the area, we will start races later in the day and potentially adjust race distances by shortening them.
5. If inclement weather is predicted we may adjust race courses, race distances or eliminate segments of the race so to keep athletes safe and close to our base camp and shelter in the case of quickly approaching storms.

### **IN THE CASE OF A HUMAN CAUSES THREAT: CALL 911, Then Run, Hide, or Fight**

**Purpose:** In the case of an incident at one of our events, we have prepared a simple response plan, based on recommendations created by the Department of Homeland Security and local Law Enforcement. These events often happen without warning, and can be unpredictable. We have created this plan in the event of such an incident.

**You can learn more at:** <https://www.dhs.gov/what-to-do-bomb-threat#> & <https://www.dhs.gov/private-citizen>

### **The Basics**

1. First, if you experience any type of an emergency at one of our events please first call 911. You can also alert a race official, staff member or volunteer. They will have a direct line of communication with emergency officials. We will alert the appropriate authorities and enact the appropriate response plan (detailed below).
2. Second assess the situation, and, if able, get to safety. If you feel a threat, please first get to safety. This may include, running, hiding, ducking, laying down, going off course to shelter, or getting away from the threat. If you are in the midst of a race event, please stop racing and get to safety. Your time is not more important than your safety.
3. Third, report into family, friends and race officials. Once you have found a safe place, and if able, please alert family, friends, and race officials. You can email, call, text us at 937-572-5018 or [mick@zoomracingusa.com](mailto:mick@zoomracingusa.com). We request you touch base with our staff so we know you are okay and safe.
4. Someone will contact you about collecting your belongings. If you have to leave in the case of an emergency, we will find a way to get you all of your belongings. We will secure them until you or someone you know is able to retrieve them. We will work with local law enforcement and authorities to secure your things.

**Run, Hide, Fight:** The Department of Homeland Security has developed the run, hide, fight protocol. In the case of an emergency, there might not be time to enact an emergency plan. Chaos may ensue, and things move very quickly. With that in mind, Department of Homeland Security recommends you take any of the following actions. Run. Hide. Fight. There is no right way to respond, and each situation is different. So, they recommend doing any or all of the following:

- Run: Get away from the threat as soon as you can.
- Hide: Get out of the line of sight or the vicinity of the threat. This may mean ducking, finding shelter, barricading yourself in, or using natural obstacles to hide from the threat.
- Fight: Should the threat be imminent or should you feel called to engage the threat, you can fight. This can take many forms, but it has the goal of stopping the threat and saving additional lives.

Pocket card found at: [https://www.dhs.gov/sites/default/files/publications/active\\_shooter\\_pocket\\_card\\_508.pdf](https://www.dhs.gov/sites/default/files/publications/active_shooter_pocket_card_508.pdf)



**Our Emergency Protocol:** In the case of an emergency, threat and/or an uncertain situation that could potentially endanger lives, we will call 911 and alert the appropriate authorities. In conjunction with local authorities, we will assess the threat and take appropriate action.

1. In the face of a threat, we may need to stop the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is stopped. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. If the race is stopped or cancelled we will give you further directions on how to return to the start finish line or parking area to retrieve your things. We will additionally stop all timing, and results will reflect this. We will make a note in the results to reflect this situation. We will only post times for people who completed the entire race before the race was stopped. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
2. In the face of a threat, we may need to delay the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is delayed. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. Should the race be delayed, we may allow you to continue racing once the threat has been eliminated. This is optional. If the race is delayed, we will not be able to adjust your finishing time. Should you want your finishing time, we will make a note in the results to reflect the delay. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
3. We may need to cancel the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is cancelled. This is for your safety. Should the race be cancelled due to a serious threat we will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause. Race cancellation is a last resort, and will only be used for your safety.

## **In the Case of Emergency**

### **Call Race Director 937-572-5018 (Mick) and/or 911**

**Introduction:** The purpose of the emergency action plan is to guide athletic personnel, emergency medical services, and event volunteers in the event of an emergency situation.

**Medical Personnel:** Medical personnel may include, but not be limited to, ambulance, licensed physicians (MD/DO/DC), EMT's, certified athletic trainers, physician assistants, and lifeguards. Volunteers and athletic training students may also be present assuming the role of a first responder with basic first aid training.

**Emergency Equipment:** First Aid Kits at the Registration Tent & Aid Stations

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## **Role of First Responders**

1. Establish safety of scene
2. Immediate care of the athlete
3. Assess the ABC's (Airway, Breathing, Circulation)
4. Activate the Emergency Management System (EMS), when necessary
5. Call to medical director and/or 911
6. Control scene: limit scene to first aid providers and EMS. Direct other athletes around scene and move any bystanders away from the area.

## On-field Management

<p>If Conscious...</p> <p>If Head/Neck Injury</p> <ul style="list-style-type: none"><li>- Check Airway/Breathing/Circulation</li><li>- Stabilize C-spine</li><li>- Call Medical Director and EMS</li><li>- Determine need for spineboard</li></ul> <p>No Head/Neck Injury</p> <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 Medical Director</li></ul> <p>In case of severe orthopedic trauma:</p> <ul style="list-style-type: none"><li>- Call Medical Director and EMS</li></ul>	<p>If Unconscious....</p> <ul style="list-style-type: none"><li>- Check ABC's</li><li>- Assume Head/Neck Injury</li><li>- Call Medical Director and EMS</li><li>- Medical Director and EMS spineboard athlete</li><li>- Monitor ABC's and transport to hospital</li></ul>
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## Extreme Heat

Heat Cramps – symptoms include painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating. Rehydrating and stretching is the proper course of treatment.

Heat Syncope – symptoms include weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat; predisposes to heat stroke. Lay down athlete in cool place and 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 Medical Director and EMS immediately.

Heat Stroke – 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 Medical Director and EMS immediately and athlete is to be removed to the hospital as soon as possible.

# NOAA's National Weather Service

## Heat Index

Temperature (°F)

Relative Humidity (%)	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

If conditions fall into the “B” category, extra precautions should be taken to ensure athlete hydration and cooling off. Ice baths and towels should be placed at the base tent and ice towels at hydration stations.

If conditions fall into the “C” or “D” category, actions should be taken to post-pone or reschedule the race.

## Lightning

Proximity of lightning will be determined by a lightning detector or by the Flash-to-bang method. Using the flash-to-bang method, distance of lightning is determined by counting the seconds between the flash of lightning and when the thunder is heard. That number is then divided by five (5) to calculate the distance in miles the lightning is occurring. (Ex: 30 seconds is counted between the flash of lightning and bang of thunder, 30 divided by 5 = 6 miles way)

- Flash-to-bang count that is at 30 or less (6 miles) there is inherent danger and race should be suspended and situation should be monitored
- Flash-to-bang count at 15 or less (3 miles) there is immediate danger, seek shelter immediately
- All athletes should be moved to their cars, find shelter.
- If unable to reach shelter, assume a crouched position with head down and arms hugging around your knees (avoid trees and other tall structures)
- 30 minutes will be allowed from the last lightning flash seen or the last flash-to-bang count greater than 30 before the race will be permitted to continue
- If inclement weather approaches during the course of the race, all emergency contacts will be notified to help assist athletes to safety

## Heavy Winds

In the event of heavy winds, the Race Director should make certain no race apparatus or equipment being used will topple and cause injury to anyone in the area. This includes tents, speakers, finish/start lines, bike racks, banners, etc.

## Tornado

In the event of a tornado, the Race Director should communicate with all athletes, volunteers, and other personnel that a tornado warning has been issued. All parties at the race site should be instructed to move to a safe location and take shelter. If it is during the course of the race and shelter is unavailable, all should be instructed to 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 road ways, standing water and poor visibility are all dangers that may result from heavy rainfall. The Race Director will communicate with local law enforcement to determine the condition of the roadways and running trails.

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## Directions to Nearest Hospital/Medical Facility:

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.



# COVID-19 Safety Protocols

Developed in Partnership with the Ohio Department of Health

Zoom RedHawk Triathlon and Multisport Festival  
at Hueston Woods State Park  
on September 12, 2021 in Oxford, OH

[www.zoomracingusa.com](http://www.zoomracingusa.com)

Mick Mominee, Owner & Race Director

931 Patterson Road, Dayton, Ohio 45419

Cell: 937-572-5018 & Email: [mick@zoomracingusa.com](mailto:mick@zoomracingusa.com)

## Please complete Home Safety Self Check Before Arriving at Race Venue

Before coming to the race, please do a safety self-check at home. If you answer yes to any of the following questions, please stay home and do not come to the race. Email Rebekah at [zoomracingusa12@gmail.com](mailto:zoomracingusa12@gmail.com) and complete the race virtually when you are able. We will mail you your swag and send you a link to log your virtual time, when you are able to complete the event.

### COVID-19 Home Safety Self Check

1. Have you had close contact with or cared for someone diagnosed with COVID-19 within the last 14 days?
2. Do you have a temperature greater than 100 degrees Fahrenheit?
3. Have you experienced any cold or flu-like symptoms in the last 14 days or any 2 of the following symptoms:
  - a. Cough
  - b. Shortness of breath or difficulty breathing
  - c. Fever
  - d. Chills
  - e. Repeated shaking with chills
  - f. Muscle pain
  - g. Headache
  - h. Sore throat
  - i. New loss of taste or smell

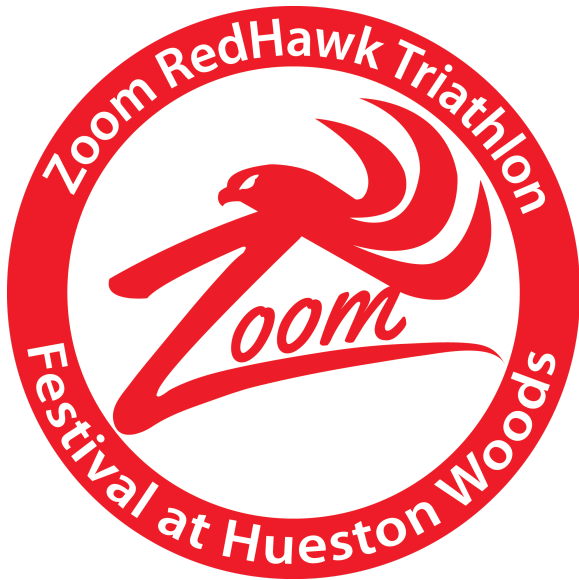
If you can answer no to all of the above questions, please come and race with us!

## If you Cannot Race due to COVID

If you are experiencing COVID symptoms or may have been exposed to the virus, please stay home and do not come to the race. Email Rebekah at [zoomracingusa12@gmail.com](mailto:zoomracingusa12@gmail.com) and complete the race virtually when you are able. We will mail you your swag and send you a link to log your virtual time, when you are able to complete the event.

# RACE VENUE COVID-19 SAFETY GUIDELINES

1. If you have symptoms of COVID-19 you may not participate.
  - a. We ask that you conduct a COVID-19 Home Safety Self-Check and we will also conduct one with you before you pick up your packet. You can see the COVID-19 Home Safety Self-Check above. If you are experiencing symptoms, please stay home. You can review a list of symptoms at the Center for Disease Control website here:  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
  - b. If you cannot participate on race day, please contact Rebekah at [zoomracingusa12@gmail.com](mailto:zoomracingusa12@gmail.com) and complete the race virtually when you are able. We will mail you your swag by and link to log your virtual time, when you are able to complete the event.
2. There is no in-person race day registration at the race venue, but you can register online and then come see us. You can register online at home at ZoomRacingUSA.com all the way through race morning. So register online and then come and see us.
3. Masks will be optional for all athletes and staff. We will have disposable masks at packet pick-up if you need one.
4. Athletes will receive all their race supplies in a bag at Packet Pickup. This will limit staff and athlete contact. Race bags will be pre-packed and handled by staff that have passed a COVID-19 Home Safety Self Check. Athletes will need to pick-up their timing chips separately on race morning.
5. There will be a separate Start and Finish line so we can socially distance and allow one-way flow of athletes on race day. These will be clearly marked on race day.
6. We will have staggered starts in waves on race day. See the information above for start time and procedures.
7. Hand sanitizer stations will be provided at the start and finish line areas, as well as at packet pickup. Staff will also regularly clean high traffic areas throughout the race.
8. As recommended by the local Board of Health all aid stations will be self-serve. Hydration and refueling products will be left on tables on course. Each product will be in a pre-packaged single serving container. Racers may also carry all of their own aid and hydration on course or leave their refueling products next to the course (socially distanced from others).
9. There will not be a post-race party. Instead we are giving athletes their post race meal to go when they finish the race. You can pick up your post-race meal goodie bag after you cross the finish line.
10. There is to be no spitting, or projections of any bodily fluid before, during or after race. We will have portable restrooms at packet pickup and on course for you to use.
11. All participants must avoid any physical contact with other participants, which includes high fives, fist bumps, or close contact before, during or after the event.
12. Before and during the race, participants must abide by the six-foot social distancing requirement when lining up or passing other participants. Additionally on course, please try to give other racers plenty of space and whenever possible keep 6-10 feet of distance between you and any other racers.
13. Spectators are welcome but not permitted in the transition area or on the race course.
14. Participants are encouraged to gather their belongings and leave immediately after the event. We discourage congregating before or after the race.
15. There will be Emergency personnel on site to assist in the case of emergency, including Lifeguards, Law Enforcement and Medical staff. They will all be equipped with protective and safety equipment.



## Police / Ranger Plan

Zoom RedHawk Triathlon and Multisport Festival  
at Hueston Woods State Park  
on September 12, 2021 in Oxford, OH

[www.zoomracingusa.com](http://www.zoomracingusa.com)

Mick Mominee, Owner & Race Director

931 Patterson Road, Dayton, Ohio 45419

Cell: 937-572-5018 & Email: [mick@zoomracingusa.com](mailto:mick@zoomracingusa.com)

- **Bike Course:** We do not close any roads on course. We request that local law enforcement monitor intersections so athletes can proceed without stopping for road signs and signals. We will advise racers that they must obey the directions of local law enforcement and also be aware of traffic on course. While riding, with the exception of intersections with local law enforcement, riders will be expected to obey the rules of the road.
- **Turn by Turn Directions: 9 Mile Bike Course:** <https://www.mapmyrun.com/routes/view/2658595291>
  - Exit the transition area and go right, riding North. At the stop sign, turn left up the hill proceeding West towards Main Loop Road.
  - At the top of the hill go right onto Main Loop Rd. heading North.
  - Ride all the way around Acton Lake. Remain on Main Loop Road until you reach the Beach Access Road.
  - For the next lap, continue Straight on Main Loop Road.
  - For transition, turn LEFT at the Beach entrance and proceed East down the hill.
  - Before you reach the bottom of the hill turn RIGHT onto the Parking Lot Park Access Road and ride South. The Transition Area is in the last parking lot.
- **Turn by Turn Directions: 5k Run Course:** <https://www.mapmyrun.com/routes/view/2658793540>
  - 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 return 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!



- **Law Enforcement Detail:**

- 13 total Rangers
- NOTES:
  - We will close the inner lane of Main Loop to car traffic. All bikes proceed clockwise around the lake (inner loop lanes) and all car traffic proceeds counter clockwise (outer loop lanes).
  - We will close the Sugar Camp parking lot and access to that area.
  - We will close the Road between the beach and the Marina, along the Dog Park.
  - We will close 1 set of parking spots right next to the Lake between the Beach and the Dog Park.
- Swim Course: 7:00am-10:00am - at the beach access
  - Law Enforcement Placements
    - Ranger Boat = 1
- Bike Course: 7:00am-11:00am - Please meet bike course coordinator at your station on course
  - Law Enforcement Placements:
    - 8 Entrances of Main Loop Road = 8 Rangers
    - Top of the Beach Access Hill = 1 Ranger
    - Plus the exit of Campground & Lodge= 2 Rangers
- Run Course: 6:45am-1:00pm - Please meet run course coordinator at your station on course
  - Law Enforcement Placements
    - Marina = 1 Ranger

# Mideast Regional High School Triathlon Championship

September 12, 2021 at Hueston Woods State Park in Oxford, Ohio

## What

This is a regional championship for individuals and teams in the mideast. High School athletes can compete against one another for the title of Mideast Regional Champion. High School athletes will compete alongside other athletes as they compete for individual and team glory.

## When & Where

Zoom RedHawk Triathlon Festival on Sept 12, 2021 at Hueston Woods State Park in Oxford, Ohio

## Who

Any individuals between the USAT ages of 13 and 19 who will be entering, are currently in or just graduated from high school

## Sprint Distance

750 Meter Swim, 17 Mile Bike & 5 Kilometer Run

## Awards

- Award plaques for the 3 fastest Males and Females Overall in the High School Division
- Team trophy for the Top Male Team, Female Team and Mixed Male/Female Team in the High School Division
  - All male teams will score the 5 fastest male finishers
  - All female teams will score the 5 fastest female finishers
  - Mixed gender teams will score the first 2 fastest female finishers first, then will score the remaining 3 fastest finishers of any gender.
  - **Teams:** Individuals entering the race can choose to race on a team of their choice. They will enter their team name at registration. Individuals cannot compete for more than 1 team. Teams will consist of at least 5 members and can be all male, all female or a mix of male and females. Mixed teams must include at least 2 females on the team.
  - **Scoring Points:** All team scoring will be determined by comparing racers against only their same gender competitors; females will be scored by how they race against other females and males against males. When the team scores are determined, the first male and first female to cross the finish line receive 1 point for their team score, the second male racer and female racer to cross the finish line receives 2 points for their team score and so on. The lowest team score wins. In the case of a tie, the fastest combined team time based on the total time of all the racers will determine the winner.

## Details

- There will be a separate wave for all high school athletes male and female, but will be competing alongside adults, as there are other races on course that day.
- You must be a USAT member to compete in this race.
- Athletes will swim in open water, bike on roads not closed to traffic, and run on roads that are either closed or have limited traffic. There will be EMS on site, along with safety personnel from local law enforcement.



## 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 and securely fastened at all times while in possession of your bike. This means before, during, and after the event.

**Penalty:** Disqualification

### 2. Chin Straps:

Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

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

### 3. Unauthorized Assistance:

No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Time penalty

Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. A participant shall not physically assist the forward progress of another participant on any part of the course

**Penalty:** Disqualification of both participants

### 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.

**Penalty:** Time penalty

No person shall interfere with another participant's equipment or impede the progress of another participant.

**Penalty:** Time penalty or disqualification

All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Disqualification

### 5. Bike Position Rules:

**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 complete your 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 make rearward progress out of the draft zone of the passing cyclist and move completely out of the draft zone within 15 seconds.

**Penalty:** Time penalty

## 6. Course:

All competitors are required to follow the prescribed course, complete the course in its entirety, 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:** Officials discretion (judgement call), time penalty or disqualification

## 7. Unsportsmanlike Conduct:

Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators.

**Penalty:** Disqualification

## 8. Headphones and Phones:

Headphones, headset, radio, or a personal audio device may not be carried or worn during competition.

**Penalty:** Time penalty

Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

## 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 wet suit in any event sanctioned by USA Triathlon, governed by the following table:

**Age Group Athletes (all swim lengths):**

<b>Below 60.8°F</b>	<b>60.9°F – 78°F</b>	<b>78.1°F – 83.9°F</b>	<b>84°F or Above</b>
Mandatory*	Permitted	Permitted Participatory only, ineligible for awards/rankings	Forbidden

\*when wet suits are mandatory, the wet suit must cover at least the torso and back

**Penalty:** Disqualification

## 11. Abandonment:

No participant shall dispose of trash or discard any equipment or personal gear on or around the race course, except at clearly identified disposal points, such as aid stations.

**Penalty:** Time penalty

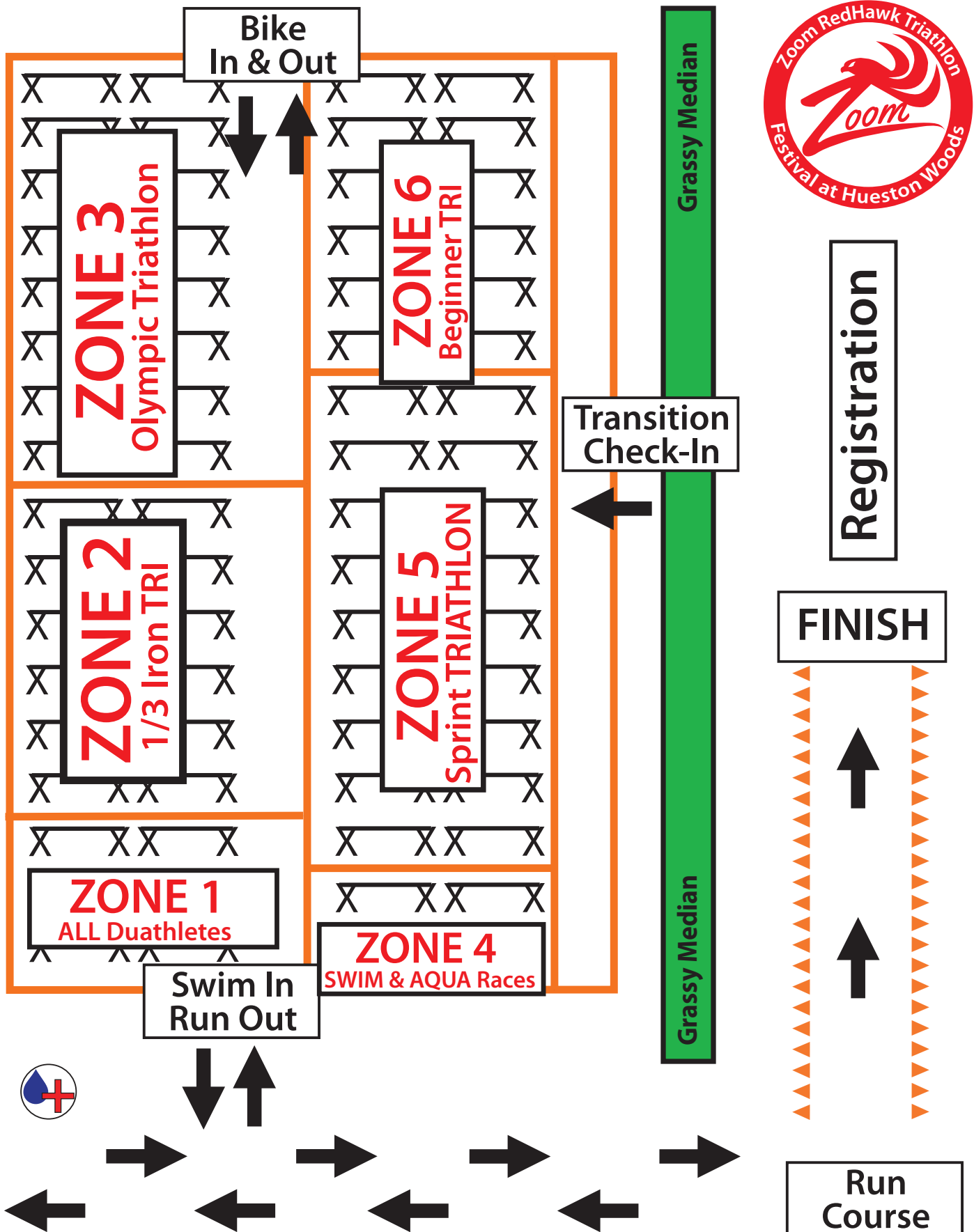
For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

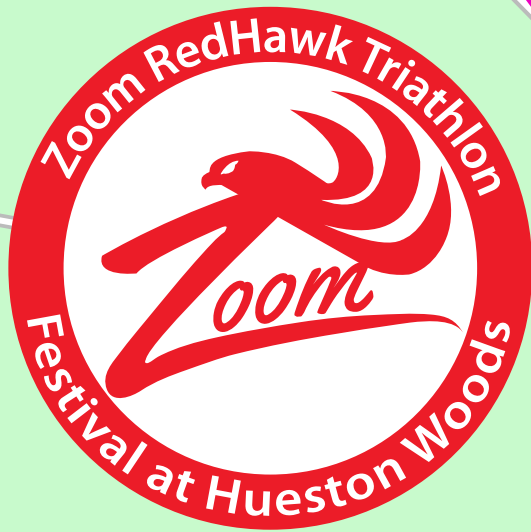
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

# Transition Map & Flow



Last Beachfront Parking Lot, Hueston Woods State Park





## LEGEND Swim & Transition

Transition **T** Parking **P**

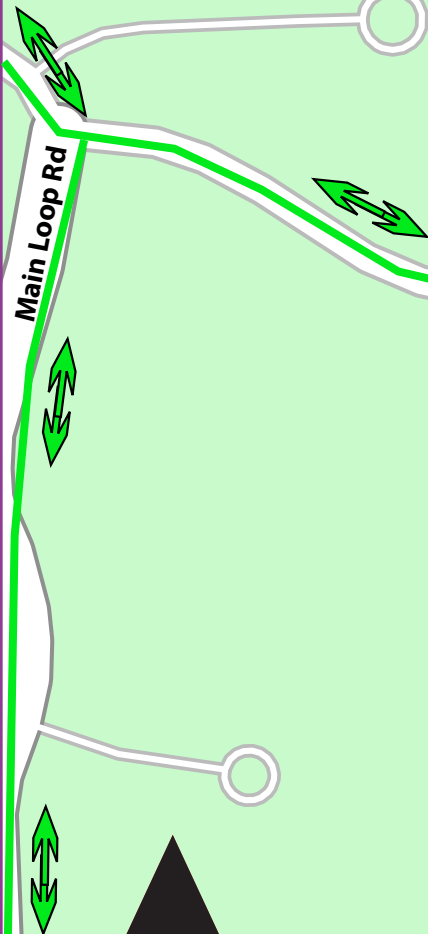
Registration **R** Aide **+**

Finish **ALL FINISH** **TRI START** Start

Swim Course

Bike Course

Run Course



# LEGEND SWIM

**T** Transition

**P** Parking

 Aid Station

 750m Swim

 500m Swim

 250m Swim

 Common  
Finish

Beginner  
Swim START

Swim START  
All Other Races





# 9-Mile Bike Loop Hueston Woods State Park

## LEGEND Bike Course



Start/Finish



Local Law Enforcement



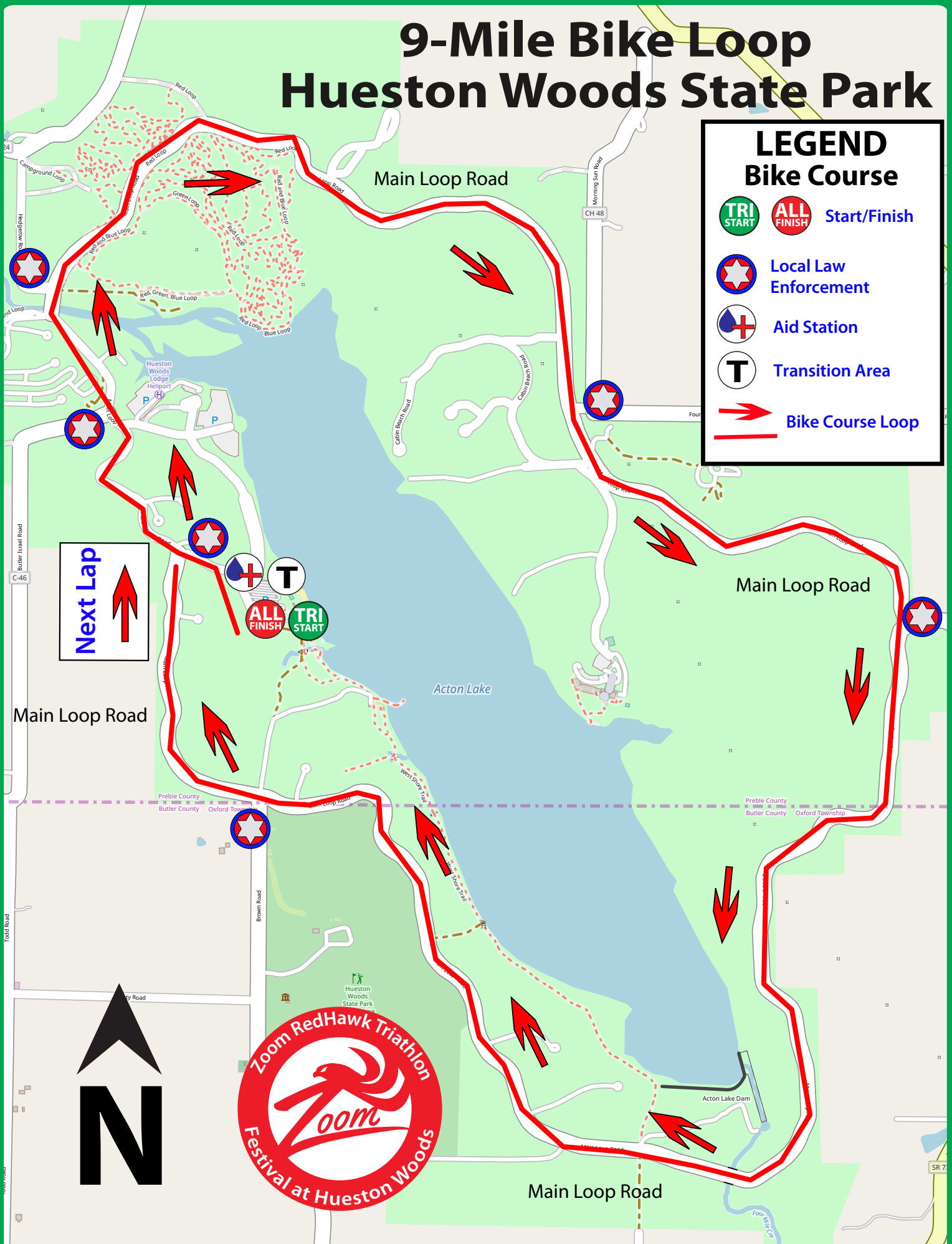
Aid Station



Transition Area



Bike Course Loop



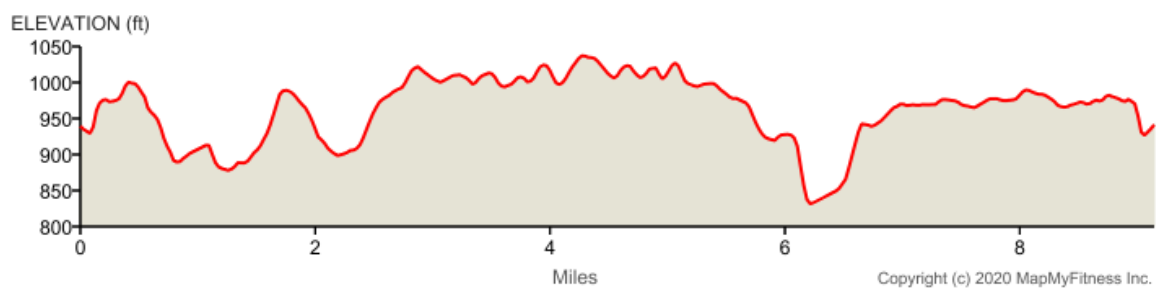
## Zoom RedHawk Triathlon Bike Course at Hueston Woods Loop

Distance: 9.14 mi

Elevation Gain: 507 ft

Elevation Max: 1,037 ft

### Notes



# 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

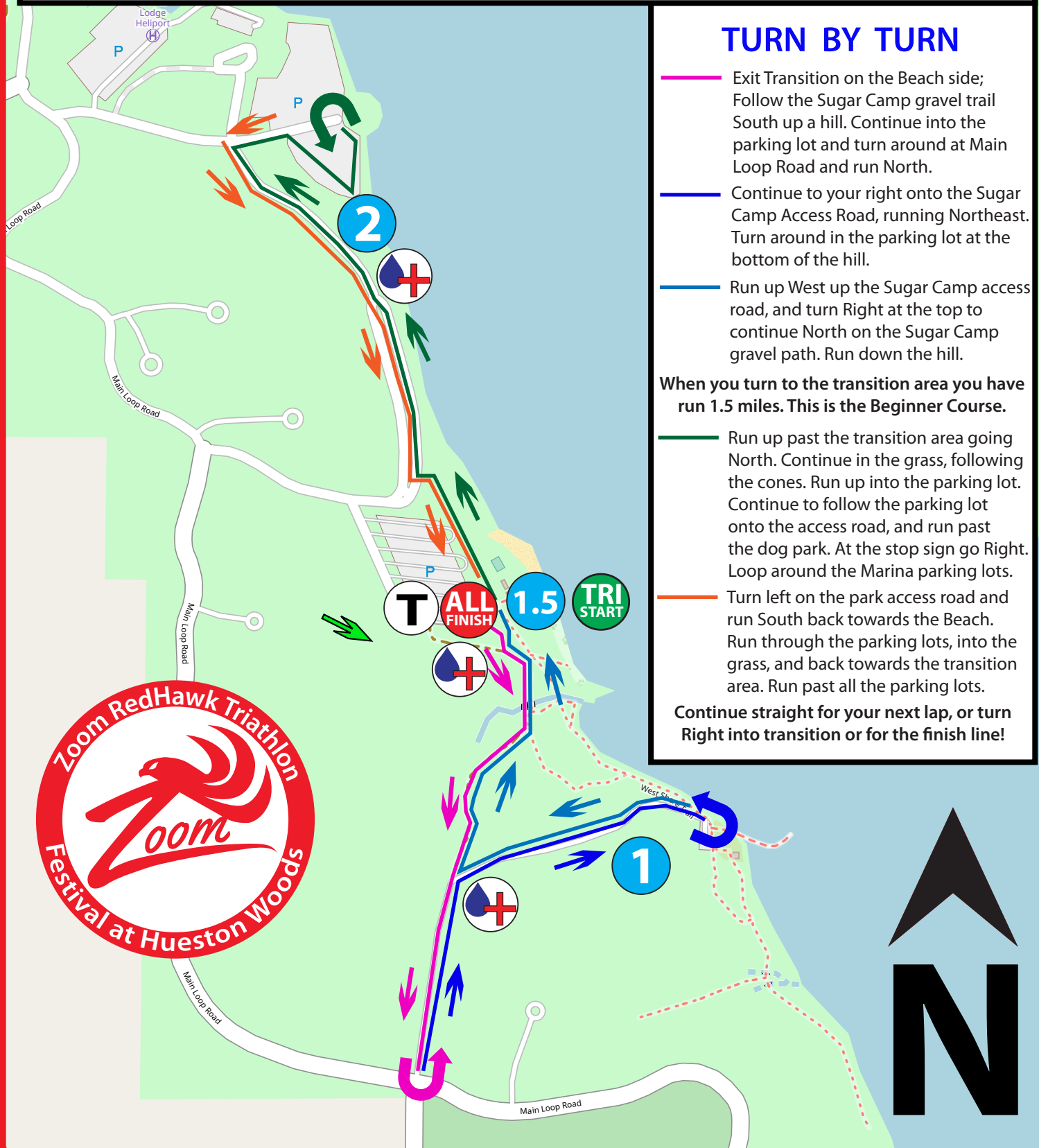
## TURN BY TURN

- 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!





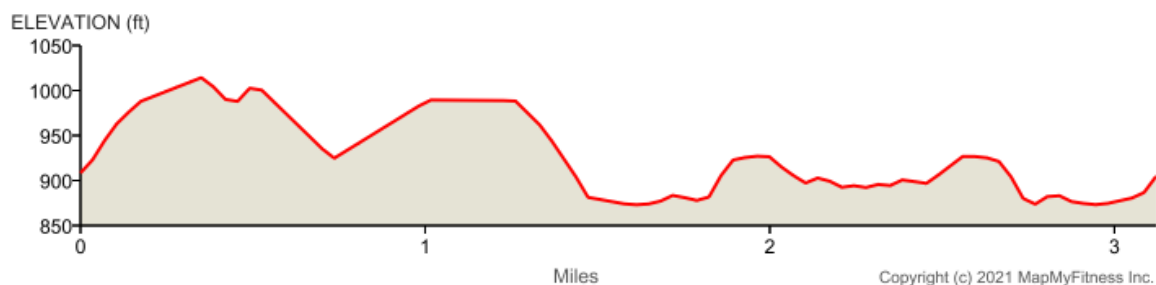
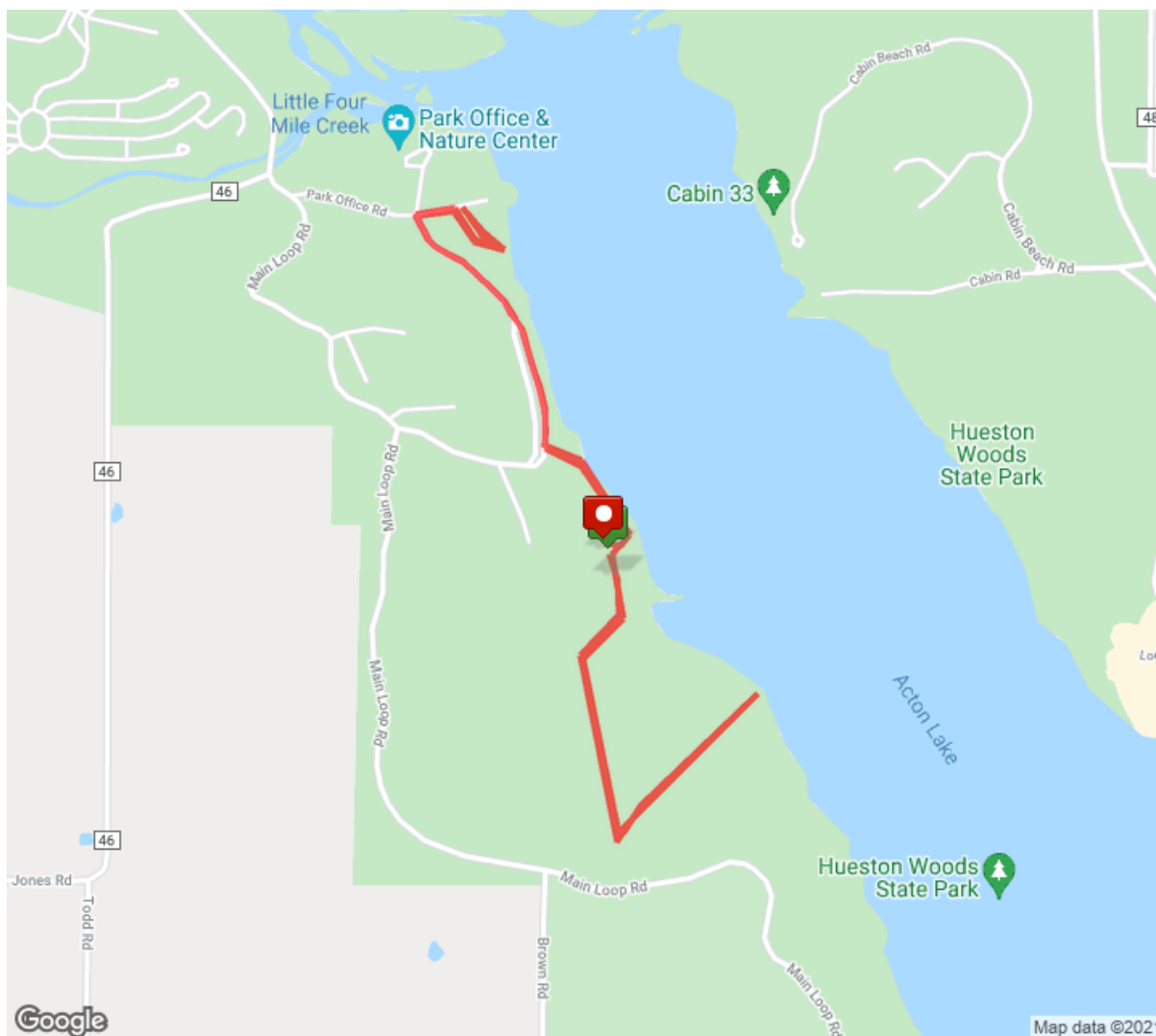
### Zoom RedHawk Triathlon Run Course at Hueston Woods (5k)

Distance: 3.10 mi

Elevation Gain: 247 ft

Elevation Max: 1,015 ft

#### Notes



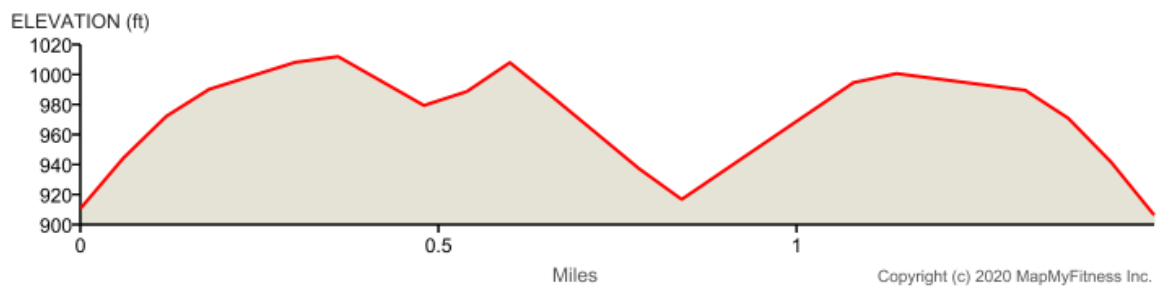
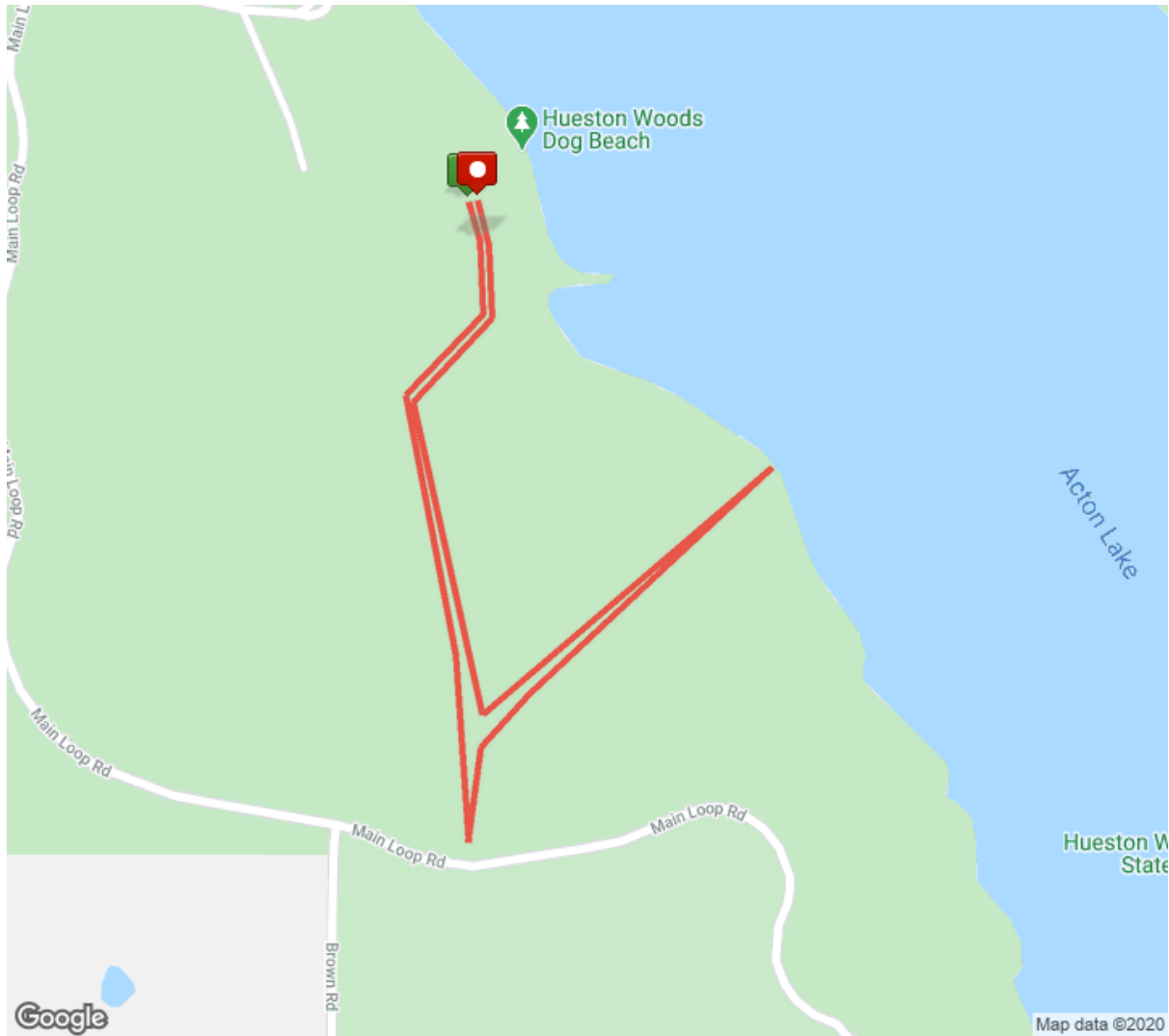
## Zoom RedHawk Triathlon Run Course at Hueston Woods (1.5mi)

Distance: 1.50 mi

Elevation Gain: 167 ft

Elevation Max: 1,015 ft

### Notes



0.00 mi Direct/offroad route segment

0.00 mi Direct/offroad route segment

[illegible]