



Race Basics

The Cincinnati Triathlon & Multisport Festival
Caesar Creek State Park in Waynesville, OH
Sunday, August 18, 2024

CincinnatiTriathlon.com

Mick Mominee, Race Director

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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, 4 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 to 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. You can learn more about us at <https://www.zoomracingusa.com/>

Race Overview

The Cincinnati Triathlon and Multisport Festival has something for everyone, including all ages and ability levels! Races include beginner, sprint, olympic, and ½ iron distances in triathlons, duathlons, aquabikes, and aquathlons, with various open swim distances. Racers call this race 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! 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, so you can achieve your goals! All are welcome; come out and race with us!

Contact & Questions

Zoom Multisport Racing at zoomracingusa.com

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- Rebekah Brately, USAT Certified Race Director, Cell: +1 (614) 381-2781 & Email: zoomracingusa12@gmail.com

Races Offered

TRIATHLONS (Swim, Bike, Run)

- Beginner = 300m swim / 8ml bike / 1.5ml run
- Sprint = 750m swim / 14ml bike / 5k run
- Olympic = 1500m swim / 26ml bike / 10k run
- 1/3 Iron = 2000m swim / 38ml bike / 9.3ml run

DUATHLONS (Run, Bike, Run)

- Beginner = 1.5ml run / 8ml bike / 1.5ml run
- Sprint = 1.5ml run / 14ml bike / 5k run
- Olympic = 5k run / 26ml bike / 10k run
- 1/3 Iron = 5k run / 38ml bike / 9.3ml run

AQUABIKES (Swim, Bike)

- Sprint = 750m swim / 14ml bike only
- Olympic = 1500m swim / 26ml bike only
- 1/3 Iron = 2000m swim / 38ml bike only

AQUATHLONS (Swim, Run)

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

OPEN WATER SWIMS (Swim only)

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

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 grass next to the transition area to complete their swim.

Race Venue

- The Cincinnati Triathlon and Multisport Festival will take place at Caesar Creek State Park Beach in Waynesville, Ohio, which is a short drive North of Cincinnati and South of Dayton.
- Packet Pick-up, and the Start/Finish Lines will be at the beachfront just North of the Park office, found at 8570 OH-73, Waynesville, OH 45068. Enter the park and drive all the way into the park to the last (Northern most) parking lot at the Beachfront. There is plenty of parking at the beachfront, and all the race festivities will be in the grass down by the Beach. Look for the tents and banners.

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:

- Cincinnati Triathlon & Multisport Festival 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.
- Cincinnati 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 Food & Drink

Race Awards

- We do not offer race awards, because we believe everyone is a winner. So enjoy your swag, finisher medal and meal, and celebrate your accomplishment with family and friends.
- 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 CincinnatiTriathlon.com

Registration is online at CincinnatiTriathlon.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.
- 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

- Winter Pricing: November 1 - February 29
- Spring Pricing: March 1 - May 30
- Summer Pricing: June 1 - August 18

Event Prices

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

- Winter Pricing \$45; Spring Pricing \$55; Summer Pricing \$65

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

- Winter Pricing \$60; Spring Pricing \$70; Summer Pricing \$80

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

- Winter Pricing \$65; Spring Pricing \$75; Summer Pricing \$85

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

- Winter Pricing \$80; Spring Pricing \$90; Summer Pricing \$100

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

- Winter Pricing \$90; Spring Pricing \$100; Summer Pricing \$110

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

- Winter Pricing \$100; Spring Pricing \$110; Summer Pricing \$120

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

- Winter Pricing \$110; Spring Pricing \$120; Summer Pricing \$130

* 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.

Race Schedule

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
- 9:00pm-5:00am: Overnight staff will camp at the beachfront to secure our supplies; we will avoid open flames while staying on the property.

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
- 6:45am: All Duathlons Start Following a Brief Pre-Race Meeting
- 7:00am: 1/3 Iron Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting

- 7:15am: 5k & 3k Open Swim Start Following a Brief Pre-Race Meeting
- 7:30am: OLY Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
- 7:45am Sprint Tri, Aquabike & Aquathlon Start Following a Brief Pre-Race Meeting
- 8:15am Beginner Triathlon Start Following a Brief Pre-Race Meeting
- 1:00pm: Timing Ends, All Athletes must have completed the race.
- 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 $\frac{1}{3}$ 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. Wearing a mask will be optional. 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.
- 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, and aquabike 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 will get your body marking on race morning. Please see the information below for more information on how you will be marked. You will get marked by one of our staffers on race morning.

Post Race

We will have a photobooth, music, food and drink after the race for you. You are welcome to enjoy the post race experience and celebrate your race with family and friends.

Results

Results will be available online at Speedy-Feet.com right after the race or at CincinnatiTriathlon.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

Body Marking

- 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.
- Every racer needs to complete body marking.
- Body Marking On Site:
 - You will get your body marking on race morning at the entrance of the Transition area (at the Transition tent - look for the banner). There will be a staff member there to body mark you.

Body Marking – You will mark them in 3 places; make the marks large so they are visible at a distance.

STEP 1 – RIGHT & LEFT BICEPS / ALL RACERS:

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

If you cannot reach your bicep, race numbers can be written on the back of the hand on both sides.

Please also make them horizontal and large.



STEP 2 – LEFT CALF / ALL RACERS EXCEPT OPEN SWIMMERS

Write Abbreviated Race on Racers LEFT CALF

BT = Beginner Triathlon
ST = Sprint Triathlon
OT = Olympic Triathlon
1/3T = 1/3 Iron Triathlon

BD = Beginner Duathlon
SD = Sprint Duathlon
OD = Olympic Duathlon
1/3D = 1/3 Iron Duathlon

SAB = Sprint Aquabike
OAB = Olympic Aquabike
1/3AB = 1/3 Iron Aquabike

SAR = Sprint Aquathlon (Aqua-Run)
OAR = Olympic Aquathlon (Aqua-Run)
1/3AR = 1/3 Iron Aquathlon (Aqua-Run)

STEP 3 – RIGHT CALF / ALL RACERS EXCEPT OPEN SWIMMERS

Write Age (as of Dec 31st) on Racers RIGHT CALF



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/>



Course Information

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Race Course Information

OVERVIEW

1. The course encompasses the roads and trails in and around the State Park. The swim takes place in Caesar Creek Lake, an inland lake. 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 and finish line area will be in the grass at the Beachfront. The bike course goes out on local roads near the lake, and has about 400ft of elevation gain. The course is made up of rolling hills. The bike course roads are open to motorized traffic. The run is slightly uphill on the way out and slightly downhill on the way back, using a mix of gravel and paved paths. There is 82 feet of elevation gain. The course is very scenic and a great race for a personal best.

Race Start Details

We are going to use a time trial start for the tri, swim, and aqua races and a mass start for the duathlon races. Here are the starting details:

- ALL RACES:
 - 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.
- DUATHLON
 - All duathletes will line up at the start line outside of the Run Out side of transition at the Start Flag. The Race Director will have a short meeting to review the course. Athletes will line up, and we will have a mass start.
- TRI, SWIM, AQUA
 - All athletes will gather at the blue arch on the beach. The Race Director will have a short meeting to review the course. Athletes will line up by ability level. The race director will call each athlete up to the starting mat. You will step on the starting mat, and then once the mat reads you chip the race direction will say go, and you can enter the water. Athletes will be released one at a time every few seconds into the water.

Aid Stations

Aid Stations are an essential part of the race course, and can help maintain your energy and effort throughout the race. We will have multiple aid stations on the race course staffed by volunteers. We will have hydration and refueling products. 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.

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

The Transition Area

- The transition area is limited to only athletes; **spectators are not allowed in the transition area.**
- You will be asked to use the racks labeled for your specific race type and distance. Please only rack in those areas.
- 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 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 fencing.
 - **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 side of the transition area (from swim in and run out). 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.

Maps

1. Swim

- 300m: <https://www.mapmyrun.com/routes/view/3739012807>
 - Beginners go down the beach 1 time on this course
- 750m Loop: <https://www.mapmyrun.com/routes/view/3739008985>
 - Sprint athletes swim this course 1 time clockwise
 - Olympic athletes swim this course 2 times clockwise
 - 3k swimmers complete this course 4 times clockwise
 - $\frac{1}{3}$ Iron athletes do the 500m $\frac{1}{3}$ lap and then 2 laps on this course, going clockwise
 - 5k swimmers do the 500m $\frac{1}{3}$ lap and then 6 laps on this course, going clockwise
- 500m $\frac{1}{2}$ Lap: <https://www.mapmyrun.com/routes/view/3739037311>
 - $\frac{1}{3}$ Iron and 5k Swimmer complete this $\frac{1}{2}$ lap first 1 time (clockwise) before they continue on the 750m loop for the rest of their swim laps

2. Bike

- 8.5-Mile Loop: 8ml - <https://www.mapmyrun.com/routes/view/5649560863>
 - Beginners ride out and back to complete 1 loop for 8 total miles
- 14-Mile Loop - <https://www.mapmyrun.com/routes/view/5649539659>
 - Sprinters ride counter clockwise to complete 1 loop for 14 miles
 - Olympic racers ride counter clockwise to for 2 loops for 26 total miles
 - The $\frac{1}{3}$ Iron race is 3 counter clockwise loops for 38 total miles

3. Run

- 1.5ml Run - <https://www.mapmyrun.com/routes/view/3739032781>
 - Beginners complete this out and back once for 1.5 miles total of running
- 5k: <https://www.mapmyrun.com/routes/view/3739021882>
 - Sprint racers complete this out and back 1 time for a 5k (3.1 miles)
 - Olympic racers complete this out and back 2 times for a total of 10k (6.2 miles)
 - $\frac{1}{3}$ Iron athletes complete this out and back 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 the 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 (traditionally called 10-25 speed bikes), 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 the beginner course out and back to complete 1 loop for 8 total miles
 - Sprinters ride counter clockwise to complete 1 loop for 14 total miles
 - Olympic racers ride counter clockwise for 2 loops for 26 total miles
 - The 1/3 Iron race is 3 counter clockwise loops for 38 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.

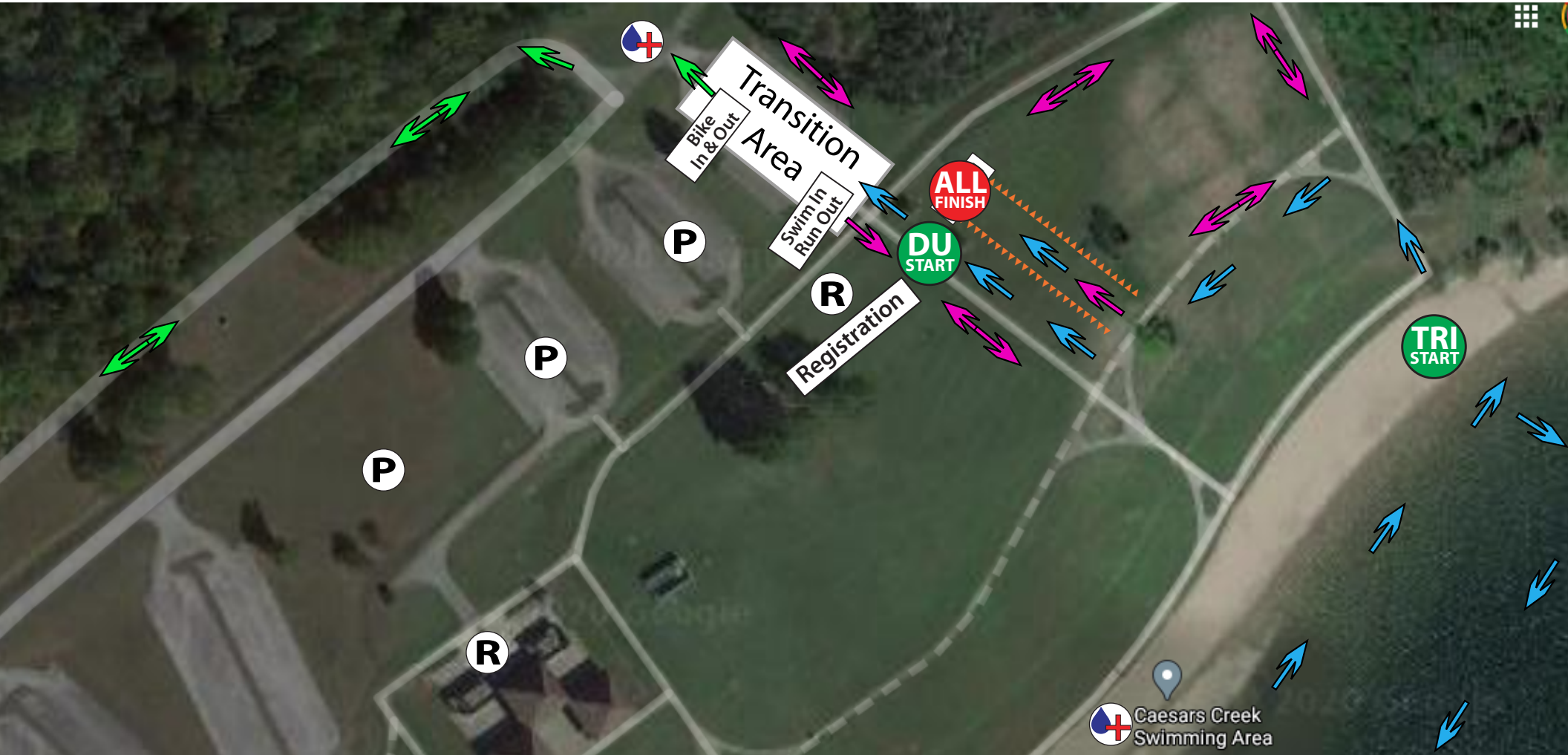
The Finish Line

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.

Results

Results will be available online at Speedy-Feet.com right after the race or at CincinnatiTriathlon.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

Cincinnati Triathlon at Caesar Creek Transition Area

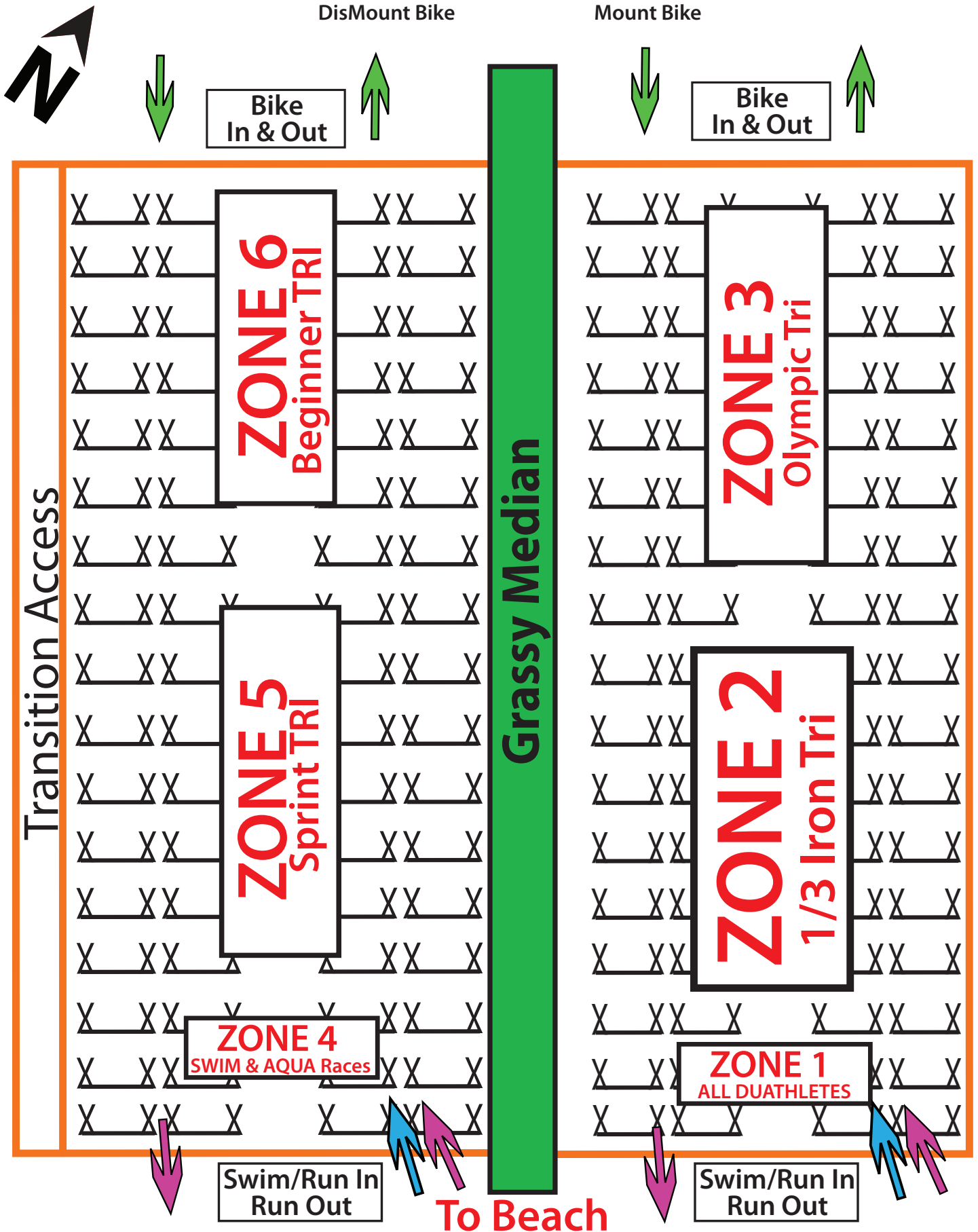


LEGEND

Transition	T	P	Parking
Registration	R		Aide
Finish			Start
Swim Course		R	Rest Rooms
Bike Course			
Run Course			

Transition Map & Flow

In the Grass at the Beachfront, Caesar Creek State Park





Race Course Turn-by-Turn

The Cincinnati Triathlon & Multisport Festival
Caesar Creek State Park in Waynesville, OH
Sunday, August 13, 2023

CincinnatiTriathlon.com

Mick Mominee, Race Director

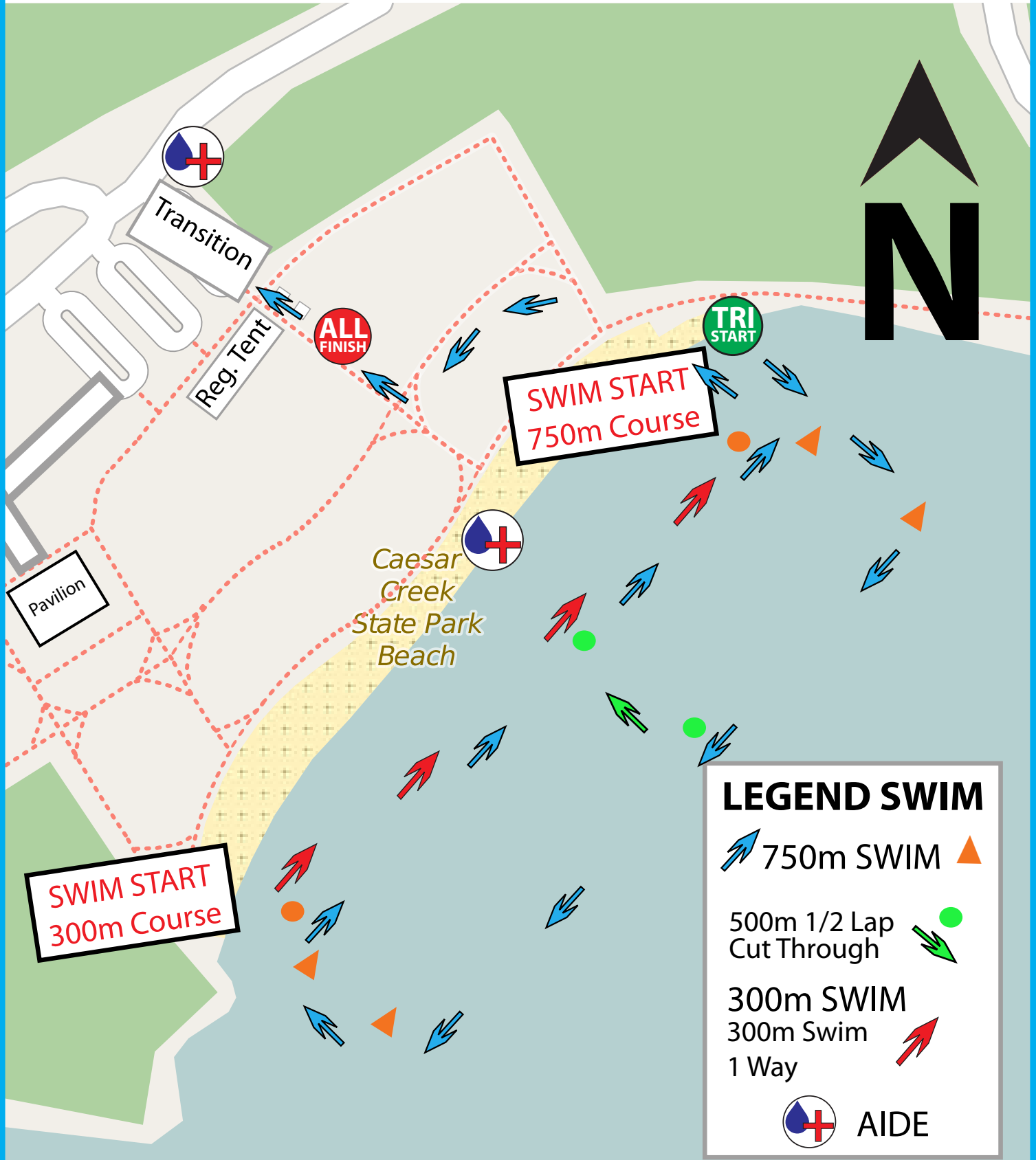
931 Patterson Road, Dayton, Ohio 45419

Cell: 937-572-5018 & Email: mick@zoomracingusa.com

Swim Course

- The swim course is in an in-land lake, called Caesar Creek Lake.
- The swim course will be marked with large orange and green buoys.
- The swim will start on the beach at the blue arch near the North East end of the Beach, closest to the North Pole Boat Launch (other end, away from the Marina).
 - It is a time trial start where athletes will line up according to how fast you can swim. Faster swimmers will start in the front, average swimmers in the middle and slower swimmers in the back.
 - Each athlete will be called up one by one to stand on the timing mat. Once the timing mat reads the chip, the starter will instruct you to enter the water and start your swim.
 - This will continue one by one until all athletes have entered the water.
- The swim is clockwise. Keep all buoys on your right.
- **Turn by Turn Swim Directions**
 - The 5000m Swim begins with a 500m ½ lap and then 6 laps on a 750m loop.
 - Swim by 2 orange triangles, then cut across the course by the 2 green circle buoys for the half lap. Then swim by the 4 orange triangles for the full lap.
 - The 3000m Swim is 4 laps on a 750m loop.
 - Swim the 4 orange triangles for the full lap.
 - The 2000m Swim begins with a 500m ½ lap and then 2 laps on a 750m loop.
 - Swim by 2 orange triangles, then cut across the course by the 2 green circle buoys for the half lap. Then swim by the 4 orange triangles for the full lap.
 - The 1500m Swim is 2 laps on a 750m loop.
 - Swim the 4 orange triangles for the full lap.
 - The 750m Swim is 1 lap on a 750m loop.
 - Swim the 4 orange triangles for the full lap.
 - The 300m beginner swim is a point-to-point swim one way down the beach in shallow water.
 - You will swim straight down the beach from right to left. You will meet at the common start and we will walk down the beach to your start line.
- **To Transition:** Once you have completed your swim, exit the water and run up the beach to the transition area. Follow the cones, chalk and signs.
- **Aquathlon (Aqua-Run):** Once you have finished your swim, enter the transition area, grab your run equipment and head out on the run course.
- **Open Water Swim Finish:** You must complete the swim and run/walk up the beach hill and go through the finish line. Your time stops when you cross the common finish line. Follow the cones, chalk and signs.

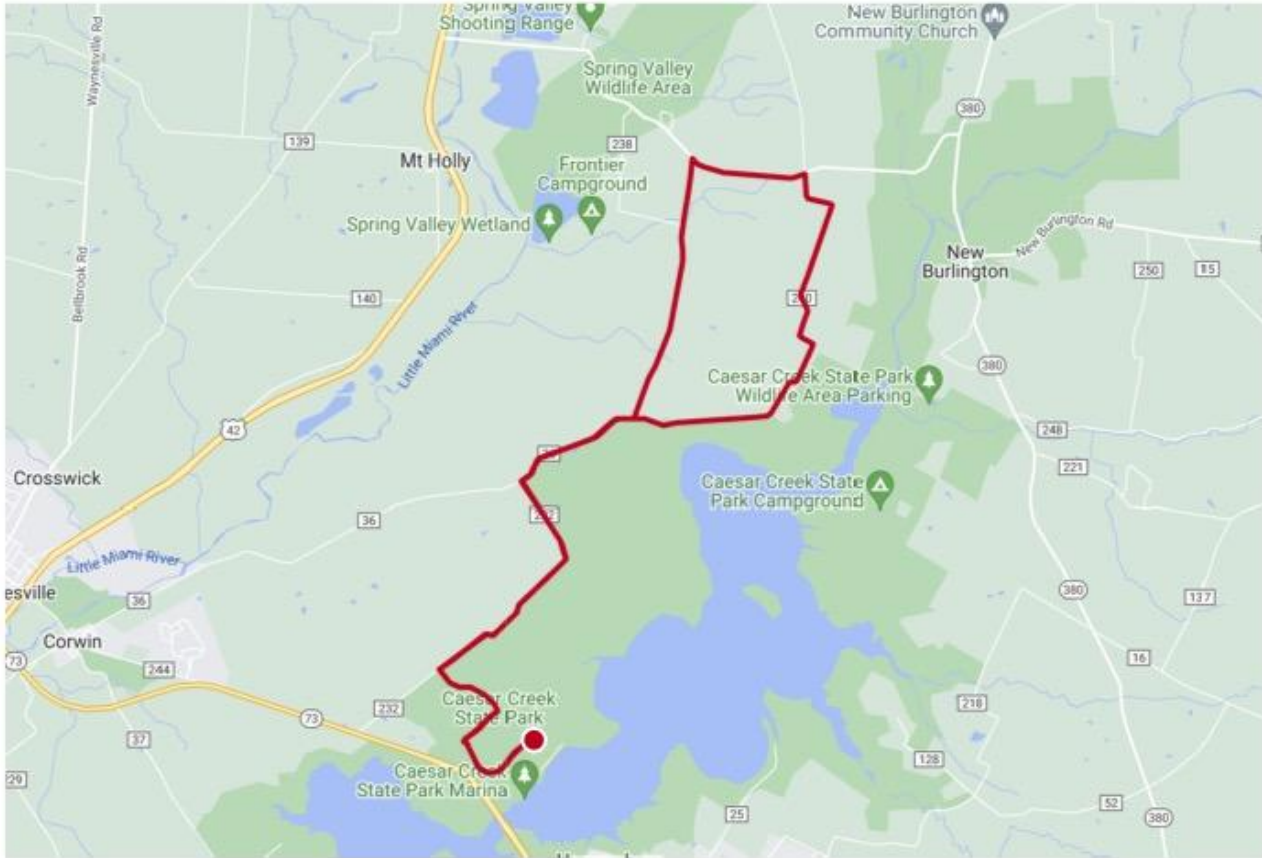
Cincinnati Triathlon



Swim Course at Caesar Creek State Park

Bike Course

- The bike course goes out on local roads near the Lake, and has 431 of elevation gain. The course has some rolling hills. The bike course will be on paved roads the entire time. We will not close any roads, so the bike course will be open to traffic. Local enforcement will monitor intersections so athletes can proceed without stopping for road signs and signals. Racers must obey the directions of local law enforcement and also be aware of traffic on the course. While riding, with the exception of intersections with local law enforcement, riders will be expected to obey the rules of the road. The course will be marked with yard signs placed alongside the road (before and at each turn) and 28-inch traffic cones.
- The 13-mile course will be marked with white signs that have black arrows, and orange traffic cones.
- The 8-mile course will be marked with white signs that have red arrows, and orange traffic cones.
- **13 Mile Bike Course:** <https://www.mapmyrun.com/routes/view/5649539659>
 - The Start Line is in the last (North Eastern Most) parking lot at the Beachfront.
 - Exit the Transition area through the bike out.
 - Mount your Bike after the Mount Line & Flag.
 - Turn left out of the parking lot, then go immediately right to ride Southwest along the main park road.
 - Continue Southwest, and then wind around to ride Northwest.
 - At North Pole Road turn Right (first cross street by the Park Office).
 - At the Maintenance road turn Left and ride through the Maintenance area.
 - Turn Right on Furnas-Oglesby Road and ride North.
 - Turn Right on New Burlington and ride Northeast.
 - Continue past Wilson Road, riding North on New Burlington.
 - New Burlington turns into Compton Road, Continue North.
 - Turn Left to continue on Compton Road (at Young Road intersection) and continue North.
 - Turn Left onto Roxanna New Burlington Road and ride West.
 - Turn Left onto Wilson Road and ride South.
 - Turn Right onto New Burlington Road, and ride South, back to the park.
 - Turn Left onto Furnas-Oglesby Road and ride South.
 - Turn onto the Maintenance Road and ride South East.
 - If you have more laps, turn around before the Maintenance area and repeat the course above.
 - If you are done with your laps, ride through the Maintenance area and proceed back to North Pole Road.
 - To head back to the transition area, turn Right onto North Pole Road and ride Southwest.
 - Turn Left onto the Main Park road and ride Northeast back to the beachfront.
 - Once you arrive at the beach and transition area, you will ride into the parking lot (go Right), and dismount before the DisMount Flag and Line.
 - **NOTE: Athletes completing 2 or 3 laps DO NOT come back to the beach. The next lap turnaround will be just before the Maintenance Area.**



Google

Map data ©2023 Google Report a map error

- **8-Mile Bike Course:** <https://www.mapmyrun.com/routes/view/5649560863>
 - **Beginners Cyclists ONLY - Follow the RED SIGNS**
 - The Start Line is in the last (North Eastern Most) parking lot at the Beachfront.
 - Exit the Transition area through the bike out.
 - Mount your Bike after the Mount Line & Flag.
 - Turn left out of the parking lot, then go immediately right to ride Southwest along the main park road.
 - Continue Southwest, and then wind around to riding Northwest.
 - At North Pole Road turn Right (first cross street by the Park Office).
 - At the Maintenance road turn Left and ride through the Maintenance area.
 - Turn Right on Furnas-Oglesby Road and ride North.
 - Turn Left onto New Burlington Road, and ride West.
 - Turn Around about 1-mile down the road and ride back the way you came.
 - Turn Right onto Furnas-Oglesby Road and ride South.
 - Turn onto the Maintenance Road and ride South East.
 - Ride through the Maintenance area and proceed back to North Pole Road.

Run Course

- The run is slightly uphill on the way out and slightly downhill on the way back, using a mix of gravel and paved paths. There is 82 feet of elevation gain. The course is very scenic and a great race for a personal best. Athletes will run to the end of the levy and back. The run course is closed to all motorized traffic.
- **5k and 1.5-mile Run Course (1.5ml Course: <https://www.mapmyrun.com/routes/view/3739032781> & 5k Course: <https://www.mapmyrun.com/routes/view/3739021882>)**
 - The Start Line is in the last (North Eastern Most) parking lot at the Beachfront
 - Exit the Transition area on the beach side (South side) and run down the path towards the water.
 - Complete a loop on the sidewalks along the beach and back up towards the transition area.
 - Run past the transition area. At the woods, turn LEFT and run North
 - At the next turn, go LEFT toward the parking lots.
 - At the first parking lot turn RIGHT, and cross the footbridge, running into the first parking lot.
 - At the end of the parking lot go RIGHT onto the stone path; run Northeast.
 - Turn LEFT onto the paved path, run North.
 - At North Pole Road continue straight into a stone parking lot, then turn RIGHT onto the paved path and run Northeast.
 - **Beginners ONLY will turn around at the Aid Station at the 0.75ml mark and run back the way they came.**
 - Everyone else will follow the paved path, then slight LEFT onto the stone path into the Levy.
 - TURN AROUND at the end of Levy and run Southwest back along levy, onto the paved path and onto the stone parking lot.
 - At the stone parking lot, continue STRAIGHT across North Pole Rd. onto the paved path running Southeast.
 - Turn RIGHT onto the stone path and run Southwest.
 - Exit the woods and run past the transition area.
 - Complete a loop along the sidewalks around the beach area.
 - Turn around and complete your next lap or run back towards the transition area.
 - Either continue to the transition area or enter the finish shoot.

Cincinnati Triathlon at Caesar Creek State Park

Run Course



LEGEND
Run Course

- AIDE
- ALL RUNNERS



Police / Ranger Plan

The Cincinnati Triathlon & Multisport Festival
Caesar Creek State Park in Waynesville, OH
Sunday, August 13, 2023

www.CincinnatiTriathlon.com

Mick Mominee, Owner & Race Director
931 Patterson Road, Dayton, Ohio 45419

Cell: 937-572-5018 & Email: mick@zoomracingusa.com

Law Enforcement Notes:

- **Swim Course:** We would like to request a ranger boat to help monitor the swimmers on course.
- **Bike Course:** We do not propose the closure of any roads. 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. The course will be marked with yard signs and 28 inch traffic cones. The Turn-by-Turn Directions are listed below.
- **Run Course:** We will need 1 officer at the North Pole Road Crossing to stop traffic as runners cross North Pole in both directions. They will be running to the levy from the path and back.
- **Beer Area:** We are considering having alcohol (canned, single serving beer) on site for the post-race party. We want to be sure that we can safely gather after the event (COVID cases are low) before we make a final decision on this part of the event, but we are adding it to the permit process. We plan to apply for the permission from the park, add liability extra insurance, and have a ranger staff this closed area. We had this feature in our races in 2018 and 2019, so we are familiar with the process. Adults who are consuming will have wristbands. Our staff will do an ID check at registration. And a trained server will distribute the beer to only athletes with wristbands. We will keep all drinkers in an enclosed area that will be monitored by law enforcement. See the details below.

Law Enforcement Detail

We request that an officer from each department attend a safety meeting at 6:30am at the Beachfront - last parking lot, with the course direction and medical director, so we can all touch base before the race.

- **Swim Course from 7:00am - 11:00am (4 hours)**
 - **1 Ranger**
 - 1 Ranger on a boat near the beach
 - Lifeguards
 - 6-8 Lifeguards to monitor the swim area

- **Bike Course from 7:00am - 11:00am (4 hours)** Please work with your supervisor and arrive at your station on course (<https://www.mapmyrun.com/routes/view/5649560863> & <https://www.mapmyrun.com/routes/view/5649539659>)
 - **12 Rangers / Police**
 - 1 Ranger at the Beachfront Parking lot - releasing cars onto the bike course
 - 1 Ranger at North Pole and Main Park Road
 - 1 Ranger at the Maintenance Road and North Pole Road
 - 1 Officer at the Maintenance Road and Furnas-Oglesby (Warren County)
 - 1 Officer at Furnas-Oglesby & New Burlington (in Warren County)
 - 1 Officer at New Burlington TURN AROUND - Beginner Course (1-mile West of Furnas Oglesby - at the sign and cones) (in Warren County)
 - 1 Officer at New Burlington & Wilson (in Warren County)
 - 1 Officer at Compton & Roxanna New Burlington (in Greene County)
 - 1 Officer at Wilson & Roxanna New Burlington (in Greene County)

- **Run Course from 7:00am - 1:00pm (6 hours)** Please work with your supervisor and arrive at your station on course
 - **1 Ranger**
 - 1 Ranger at North Pole Road Crossing on the Run Course Path

- **Beer Area from 8:00am - 1:00pm (5 hours):** To monitor the (closed in) post race party area with the beer, which will be next to the finish line in the food/drink area.
 - **1 Ranger**
 - 1 Ranger from 8:00am-1:00pm

Beer Distribution Details

We have included beer at our triathlon event. Z Plus Health And Fitness, a local non-profit organization will be securing an F permit from the State of Ohio. Below are the details for offering beer at the event.

Non-Profit Organization: Z Plus Health And Fitness

- Z Plus Health & Fitness, 931 Patterson Road, Dayton, Ohio 45419
- Rebekah Brately (Board of Directors), 614-381-2781
- Non Profit ID # is 46-3864965

Obtaining an F Permit

- We will be obtaining an F Permit from the State of Ohio.

Schedule of Beer Distribution

- Event begins at 5:30am and ends at 1:30pm. Beer will be distributed from 8:00am-1:00pm (5 hours).

Beer Distribution, Security, Guidelines & FAQ

- We will hire 1 ranger or police officer to help monitor the beer sales designated area from 8:00am-1:00pm.
- We will fence off the area where beer (food and other drinks) will be distributed and consumed. We will use temporary fencing around this area and post signs that beer must be consumed in this area. The area will have 1 entrance and 1 exit. Only those with wristbands (over 21 years of age) may consume beer in this area. See attached map for more details.
- We will have trained staff members (over the age 21) facilitate the beer distribution. Racers will be required to show ID at the registration tent (must be over 21 years of age on race day) to obtain a wristband. Wristbands will be distributed at the registration tent. Wristband wearers will present their wristband at the beer

distribution table, and they will be given 1 beer at a time. Racers may consume a maximum of 2 beers after the event. Beer will be distributed in cans or plastic cups.



Emergency Action Plan

The Cincinnati Triathlon & Multisport Festival
Caesar Creek State Park in Waynesville, OH
Sunday, August 18, 2024

www.CincinnatiTriathlon.com

Mick Mominee, Owner & Race Director
931 Patterson Road, Dayton, Ohio 45419
Cell: 937-572-5018 & Email: mick@zoomracingusa.com

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

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. 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, the 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

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

Role of First Responders

1. Establish safety of scene
2. Immediate care of the athlete
3. Assess the ABCs (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">- Check Airway/Breathing/Circulation- Stabilize C-spine- Call Medical Director and EMS- Determine need for spineboard <p>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 Medical Director <p>In case of severe orthopedic trauma:</p> <ul style="list-style-type: none">- Call Medical Director and EMS	<p>If Unconscious....</p> <ul style="list-style-type: none">- Check ABC's- Assume Head/Neck Injury- Call Medical Director and EMS- Medical Director and EMS spineboard athlete- Monitor ABC's and transport to hospital
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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.

Directions to Nearest Hospital/Medical Facility:

Directions to Clinton Memorial Hospital 610 W. Main Street, Wilmington, OH 45177

Exit Caesar Creek State Park and head East on OH -73. Turn Right onto Mitchell Rd/Township Hwy 202.

Take the first Left onto Wayne Rd. Turn slight Left onto US-22E/W Main Street/OH-3 N.

Hospital will be on the Right