

Ohio Games Run

Saturday, June 1, 2019

Three Creeks Metro Park in Groveport, Ohio

Kick off the Ohio Games weekend with this run/walk event. Qualify to the [State Games of America](#), run a personal best, or just enjoy this scenic trail run. Walker and athletes of all abilities welcome. Celebrate after with breakfast from the Buckeye Donuts food truck, Drinks, Music, Finisher Medals, and more! Registration, Start/Finish Line & Post Race Party at Three Creeks Metro Park at 3860 Bixby Rd, Groveport, OH 43125.

[Learn more at OhioGames.org](http://OhioGames.org)

Highlights & Swag

1. Fun Themed Races for Everyone in the Family including the Beast 3 Race Challenge!
2. Post Race food and donuts from Buckeye Donuts.
3. Plus Photo Booth & Professional In-Race Photos!
4. Commemorative finisher medal for the first 150 registered
5. Beast Finisher Medal to first 75 Registered for Beast 3-Race Challenge!
6. Stylish Race Shirt in Men's, Women's & Children's Cut & Sizes with Option for tank tops!

Timed Races Include: 1-Mile, 5k (3.1 miles), 10k (6.2 miles) & The Beast (all 3 races for 10.3 miles)

Race Course Maps:

1-Mile Course: <https://www.mapmyrun.com/routes/view/2323940173>

5K Course: <https://www.mapmyrun.com/routes/view/2323941751>

10K Course: <https://www.mapmyrun.com/routes/view/2323938679>

Race Day Schedule

- 6:30am-8:45am: Packet Pick-up & Race Day Registration
- 8:00am: 1ml Race Start
- 8:20am: 5k Run Start
- 9:00am: 10k Race Start
- 10:30am: Timing Ends; all racers from all races must have completed all courses

Results

Results will be posted on ohiogamesrun.itsyourrace.com, which is also where you registered for the event.

Race Shirts

1. Men's Cut, Women's Cut & Kids Sizing
2. Shirts will be short-sleeve lifestyle tees with an option to choose a tank top.
3. To be guaranteed a race tee, you must register at least 2 weeks in advance of the race.

Awards for Ohio Residents

- First, Second and Third Male and Female in the following categories are Ohio Games State Champions and are eligible to represent Ohio in the State Games of America!
- NOTE: If you are running the Beast, you will be given awards for your combined finish in all 3 races. Beast runners will be taken out of open 1-mile, 5k and 10k results for the purposes of awards. Runners from other states may compete but are not eligible for the above awards.?
- 1-Mile Awards to Ages 0-6; 7-10; 11-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69 & 70+
- 5k Awards to Ages 0-10; 11-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69 & 70+
- 10k Awards to Ages 0-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69 & 70+
- Beast runners will earn awards awards in individual races.

Awesome Finisher Medals and Swag, because Everyone One Wins!

There are Commemorative Finisher Medals for First 150 in Any Race! Plus Beast Finisher Medals for First 75 in that race.

The Beast 3-Race Challenge

The Beast 3-Race Challenge is only for the strongest, bravest, and most daring athletes among us! To complete the beast you must finish all 3 races (1-mile, 5K & 10K) in one day, inside the designated times.

Complete the Beast and Get a Beast Finisher Medal (First 75 Registered for this Challenge)!

1. Time Cut Offs for the Beast: You must finish each race inside these max times: 1-mile = 20 minutes; 5k = 40 minutes; 10k = 90 minutes

Post Race Party: After the race, all finishers will be provided a post-race meal of donuts and breakfast sandwiches from Buckeye Donuts food truck.

Parking and Restrooms

Parking is available at Three Creeks Metro Park. Restrooms are available at the start/finish line.

Professional Photography & FREE Photo Booth

We will have a professional photographer out on course to take your pictures while you race. Then after your race you can pose with your friends, family and team at our FREE photo booth. We will post all pictures on Facebook after the race for you to like, tag and share!

Directions to Event

Three Creeks Metro Park is located at 3860 Bixby Rd, Groveport, OH 43125.

From Cincinnati

Take 1-71 N

Take exit 101 to merge onto I-270 E toward Dayton/Wheeling

Take exit 49 for Alum Creek Drive toward Obetz

Use the 2nd from the right lane to turn right onto Alum Creek Dr

Slight left

Continue onto Groveport Rd

At the traffic circle, take the 2nd exit and stay on Groveport Rd

Turn left onto Bixby Rd

From Cleveland

Take I-71 S

Use the left 2 lanes to take exit 107 to merge onto I-70 E toward Wheeling

Take exit 105A to merge onto US-33 E/Southeast Expy toward Lancaster

Take exit 132 for OH-317/Hamilton Rd

Turn right onto OH-317 S/S Hamilton Rd

Turn right onto Bixby Rd

From Columbus

Take I-70 E

Take exit 105A to merge onto US-33 E/Southeast Expy toward Lancaster

Take exit 132 for OH-317/Hamilton Rd

Turn right onto OH-317 S/S Hamilton Rd

Turn right onto Bixby Rd

From Dayton

US-35 E

Use the right 2 lanes to take the US-35 E/OH-435 exit toward I-71/Washington CH/Columbus/Cincinnati

Continue onto Old U.S. 35

Turn left to merge onto I-71 N toward Columbus

Take exit 101 to merge onto I-270 E toward Dayton/Wheeling

Take exit 49 for Alum Creek Drive toward Obetz

Use the 2nd from the right lane to turn right onto Alum Creek Dr

Slight left

Continue onto Groveport Rd

At the traffic circle, take the 2nd exit and stay on Groveport Rd

Turn left onto Bixby Rd

QUESTIONS: Please contact Zoom Multisport Racing for additional accommodations or questions at zoomracingusa12@gmail.com or 614-381-2781.

Basic Information, Tips & FAQ for our Running Races

1. **Arrival Time:** We recommend we arrive at least 45-60 minutes before your race so you have plenty of time to park, register or pick up your race packet, and get to the start line. There is a short walk to the start line from the registration area, so please prepare

1. **Course Markings:** The course is marked with signs and cones. There will be volunteers on the course, but they are there in case of emergency, so please know the course. You can refer to the maps in our race guide.
2. **Race Photos:** These will be posted on [facebook.com/zoomracingusa](https://www.facebook.com/zoomracingusa) about two weeks after the race. Our photographer can take over 1,000 pictures, and these need to be edited, so please be patient. We will also have a photobooth, so you can stop by and get pictures taken there as well. All pictures are free of charge and will be posted online for you to tag, share and download.
3. **Race Bibs:** Please wear your race timing bib on the front of your person so the timers can get an accurate time. Your timing chip is on your bib, so please keep your bib in good condition and do not bend it. If you have a Road ID bib and are doing the fun run, you will need to keep your own time. If you are doing the Beast you will need to switch bibs between races. You can store your bibs on the Beast rack between races.
4. **Race Timing:** Everyone, except our fun runners (wearing Road ID bibs), will get a finish time. You must cross the start line at the start and the finish line at the finish to get an accurate time. Please wear your timing bib on the front of your person.

5. **Results:** These will be available immediately at the registration page and on KeySports.net; later in the day they will be posted at zoomracingusa.com and facebook.com/zoomracingusa
6. **The Beast:** The Beast 3-Race Challenge requires athletes to complete 3 race in 1 day. First you tackle the 1-mile, then you race the 5K, and finally you come back and do the 10K. This is a total of 10.3 miles of running. Each athlete will get a separate bib for each race and run them completely separately. We ask that you finish all 3 races (1-mile, 5K & 10K) inside the designated times (1-mile = 20 minutes; 5K = 40 minutes & 10K = 90 minutes). To get a Beast hoodie you must complete 3 Beast races in 1 calendar year.
7. **Finisher Medals:** We put these in the race bags so we make sure those who registered for it gets one. If you did not get one, please stop by registration and ask about them. Everyone who registered for a timed race will get one. We do purchase a limited number of race medals so be sure to sign up early to get them before they sell out. We do not mail medals after the race, unless you signed up for the virtual race.
8. **T-Shirts:** We order shirts a few weeks in advance of the race, so please register early. We do not offer you shirts once we have sold out of a size, so if you registered for a tee, you will have it on race day. Because we order exact quantities of each size, we can only do size exchanges after registration closes. So come back after your race and we will see if we can help. If you do not register for a tee, but want one on race day, we will sell any extras after registration closes, so come back after your race to see what we have left over. We do not mail tees after the race, unless you signed up for the virtual race.
9. **Food and Drink Post-Race Party:** The post-race party is for all our athletes no matter which race you completed. Please help yourself to the food, and if you need help, see one of our registration staff.
10. **Service Animals Welcome:** While we love our furry friends, our event insurance only allows us to welcome service animals. We are not allowed to have other animals on course. Thank you for your understanding.
11. **Strollers Welcome!** If you want to push or pull someone in the race, you are welcome to do that. You do not have to pay for your companion, and they are welcome to enjoy the post-race party as well.
12. **All Ages and Abilities Welcome!** We welcome all ages and abilities. We defer to parents and guardians to determine at what age you can compete in the event. So feel free to bring your children, young and old; this is a family event. You are welcome to walk, run or jog the event. We do have time cut offs so please be sure you can make the time limit, or we recommend you sign up for a shorter distance.
13. **Race Time Limits:** We do have time limits on our races. Out of respect for our staff, volunteers, local community and first responders we need to have a time limit. The time limit is set in advance and does keep walkers in mind. Even walkers should have plenty of time to complete the course, and you are welcome to walk the course. Please be sure you can make the time limit, or we recommend you sign up for a shorter distance.
14. **Other Questions:** All questions should covered in the athlete guide (zoomracingusa.com), on the event website or on our Event Registration A-Frame Sign (at the event). If we missed something, please email us at zoomracingusa12@gmail.com.

Information in the Case of an Emergency

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, 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.

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

Purpose: In the case of an incident at one 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.
1. 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.
2. 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 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.

Emergency Action Plan for Ohio Games 5k, 10k & 1-mile Walk/Run Start / Finish at Alum Creek Park North is located at 221 W. Main St., Westerville, OH 43081.

In the Case of Emergency

Call Race Director 614-381-2781 (Rebekah) 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
7. scene and move any bystanders away from the area.

On-field Management

If Conscious...

If Head/Neck Injury

- Check Airway/Breathing/Circulation
- Stabilize C-spine
- Call Medical Director and EMS
- Determine need for spineboard

No Head/Neck Injury

- Quick assessment of condition
- Determine need of EMS
- If minor injury, give basic first aid and notify Medical Director

In case of severe orthopedic trauma:

- Call Medical Director and EMS

If Unconscious....

- 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

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 in the closest building or shelter facility.
- 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, in the closest building or shelter facility. 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

OhioHealth Grant Hospital

Address: 111 S Grant Ave, Columbus, OH 43215

Phone: (614) 566-9000

Distance: 10.5 Miles from Start / Finish Line

1. Get on US-33 W
2. Use the right lane to merge onto I-70 W via the ramp to Downtown
3. Take exit 101B toward Hospital/Downtown
4. Continue on E Mound St.
5. Turn right onto S Grant Ave
6. Turn left onto E Town St
7. Turn right onto S 6th St