



**Athlete Guide & Race Information**

*Sunday August 6, 2017*

*ZoomTriFest.com*



# Buck Creek Race Distances

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

1/3 Iron Triathlon (2000m swim / 31ml bike / 9.3ml run)

1/3 Iron Duathlon (3ml run / 31ml bike / 9.3ml run)

1/3 Iron Aqua-Bike (2000m swim / 31ml bike)

1/3 Iron Aquathon (2000m swim / 9.3ml run)

Olympic Triathlon (1500m swim / 22ml bike / 10k run)

Olympic Duathlon (1.5ml run / 22ml bike / 10k run)

Olympic Aquabike (1500m swim / 22ml bike)

Olympic Aquathlon (1500m swim / 10k run)

Sprint Triathlon (750m swim / 13ml bike / 5k run)

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

Sprint Aquabike (750m swim / 13ml bike)

Sprint Aquathon (750m swim / 5k run)

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

5000m Open Swim (3.1ml swim)

3000m Open Swim (1.86ml swim)



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## Schedule

### Sunday

**5:30am-8:15am:** Race Day Registration, Packet & Timing Chip Pick-up, & Body Marking at the Beachfront. Arrive at least 30min before your race. Bring Photo ID & USAT Membership Card (annual members only).

**5:30am-8:15am:** Transition Check-in (All Races) & Zones close 15 min before each race start

**All Races Start following a Pre-Race Meeting, so be at start line, meet, then race!**

**6:45am:** START for 1/3 Iron TRI, DU, AQ-BIKE, & AQ-RUN & 5k Swim

**7:15am:** START for Olympic TRI, DU, AQ-BIKE, & AQ-RUN & 3k Swim

**7:45am:** START for Sprint TRI, DU, AQ-BIKE, & AQ-RUN

**8:15am:** START Beginner TRI

**10:00am:** All swimmers must have exited the water

**11:00am:** All Cyclists, from all races, must have completed the bike course

**1:00pm:** Timing Ends; all racers must have completed the courses



Congratulations Runner's Plus Elite Stiletto Girlz  
2016 Series Champion!

# Be the Best!

## Win the Cup!

This triathlon club race series challenges triathlon teams/clubs from across the state and region to compete for bragging rights and to see who is the best team around!

Grab your friends, family, and teammates and join us for the Ohio Triathlon Club Cup!

**Scoring** Team points accumulate for the duration of the 4 race series and the team with the most points at the end of the 4 races series wins the cup. We will take the highest 3 team scores to determine the winner.

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

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

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

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



## COMMONLY VIOLATED RULES & PENALTIES

PLEASE DISTRIBUTE TO ALL ATHLETES

### 1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

**Penalty:** Disqualification

### 2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

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

### 3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

**Penalty:** Time penalty

### 4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

**Penalty:** Time penalty or disqualification

### 5. Drafting:

**Drafting**--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

**Position**--keep to the right hand side of the lane of travel unless passing.

**Illegal Pass**--cyclists must pass on the left, not on the right.

**Blocking**--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Time penalty

#### 6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty:** Referee's discretion, time penalty or disqualification

#### 7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

#### 8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty:** Time penalty

#### 9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

#### 10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

#### 11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

**Penalty:** Time penalty

#### Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

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

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

# The Swim - FAQ

**Wetsuits** If water temperature is below 78 degrees you can wear a wetsuit, but it is not required.  
If the water is between 78-83 degrees you can wear a wetsuit, but you are not eligible for awards.  
If the water is 84 degrees or more you may not wear a wetsuit; it would be unsafe.

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

**Start** It is an in-water start; racers will line up according to ability. You can touch in some places at the start.  
Men & women will start together. Should we need to start in waves, men start first, then the women.

**Courses** The course is marked with large buoys and all swims are Clockwise.  
The 5000m Swim is a 500m leg + 6-laps on the 750m Course. The 3000m swim is 4 laps on the 750m Course.  
The 2000m is a 500m leg + 2-laps on the 750m Course. The 1500m swim is 2 laps on the 750m Course  
and the 750m swim is 1-lap on the 750m Course. The 300m swim is one way down the beach.

**Emergencies** If you need rescue throw up your hands and call out. If you are rescued you cannot continue the race. You can rest on lifeguard kayaks, and any place you can touch bottom. If you walk, the water must be above your belly button.

**Aid Station** The 5k swim aid station will have water & gels; You can leave your own aid at the station.

**To Transition & Open Swim Finish** Once you have completed your swim, exit the water and run up the beach into the grass and up the hill. Transition will be in the parking lot at the top of the hill. Open Swimmers will also exit the water, proceed up the hill, and the finish line will be next to transition in the grass.

**Swim Cut Off** Everyone must complete the swim course by 10:00am.

**Aquabike** This is a swim and bike only event. After the bike segment, enter the transition area, rack your bike and then proceed to the finish. Exit transition towards the run course and then turn off to the finish line.

**Aquathon** This is a swim and run only event. You must enter the transition area after your swim get your running gear and then proceed to the run course. At the end of your run you must cross the finish line.

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## Transition FAQ

You must store all your gear in the transition area and enter the transition area between each leg of the race. The transition area will be split into zones. Racers can rack their bike on any rack in the designated zone. Place the stickers provided at registration on your bike and your transition bag. You cannot exit the transition area with your bike or gear bag without a sticker on your bike & bag that matches your body marking race number. This is for your safety.

**Swim In / Run In & Run Out** West side of transition (closest to the water)

**Bike In & Out** On the East side of transition, athletes exit the transition area walking/jogging their bikes (helmet on) and proceed East to the Park Road, where they will mount their bikes (after the Mount Line) and ride the bike course. Once they have finished the bike course they will again enter the same parking lot, dismount their bikes (before the Dismount Line) and walk/jog their bike back into the transition area.

**Run Out** On the West side of transition, athletes run out of transition and onto the run course.





# LEGEND Swim & Transition

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

## Buck Creek State Park

### Swim Course

Beginner = 300m

One Way Down Beach

Sprint = 1 lap on 750m Loop

Olympic = 2 laps on 750m Loop

1/3 Iron = 500m + 2 laps on 750m Loop

3k Swim = 4 laps on 750m Loop

5k Swim = 500m + 6 laps on 750m Loop

1/3 Iron & 5k  
Swim START

Beginner  
Swim START

2k Open Swim  
Sprint & Olympic  
Swim START

REG

Transition

Swim in  
Run in  
Bike in  
Bike Out  
Run Out

Finish

Robert Eastman Road

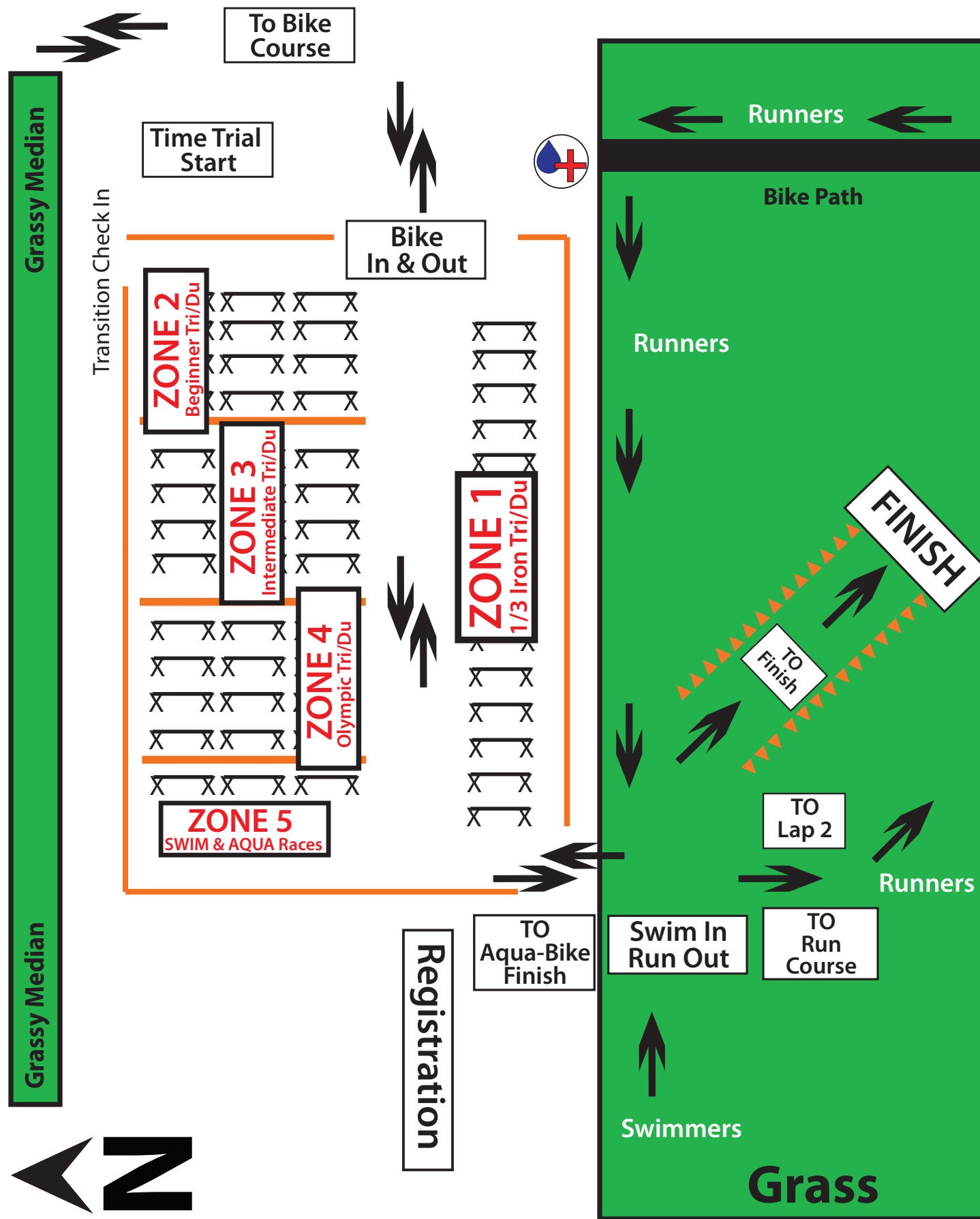
Buck Creek Lane

Park Road



# Transition Zones & Traffic Flow

Last Beachfront Parking Lot, Buck Creek State Park





# The Bike - FAQ

**What Bike?** Any human powered upright bike: road, hybrid, tri or mountain.

**Helmet** Wear a helmet on your bike at all times & before you leave transition.

**The Course** All turns on the bike course are marked with signs and cones; If you do not see a sign or cone proceed straight. We do not mark on the road surface. The 12ml bike is 1 lap on this course. The 22ml bike is 2 laps on that course. The 31ml bike is 3 laps on that course. The 8-mile course is out and back.

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

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

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## 13ml Bike Course

The 13-mile Course is 1 lap. All turns are marked with black arrow signs. If you do not see a sign, proceed straight. We DO NOT mark on the roadway surface; ignore all these markings. Be sure you follow the course for your race; the course begins at the beachfront in last parking lot near the beach.

1. The bike starts in the Southern parking lot at the beachfront
2. Riders exit the transition area riding east to exit the parking lot and then North on the park access road
3. Riders exit the beachfront parking lots by turning RIGHT and RIGHT again onto Buck Creek Lane (across from the park office) and ride South on Buck Creek Lane
4. Turn LEFT on Old Columbus and proceed East
5. Turn LEFT on Mahar Road and ride North
6. Turn LEFT on Moorefield Rd and ride West
7. Turn LEFT to continue on Hodge Rd and continue West
8. Continue on Hodge Rd and Ride South
9. Turn RIGHT on Yeazell Rd and ride West
10. Turn LEFT on Grant Rd and ride South
11. Turn LEFT on Old Columbus Rd to lap 2 & 3 or Turn RIGHT on Old Columbus Rd to head back to transition
12. Turn RIGHT on Buck Creek Lane & Ride back towards the park.
13. Turn LEFT into the parking lots across from the park office
14. Turn LEFT again and ride South to the last parking lot; go RIGHT into the lot and ride West to the transition area

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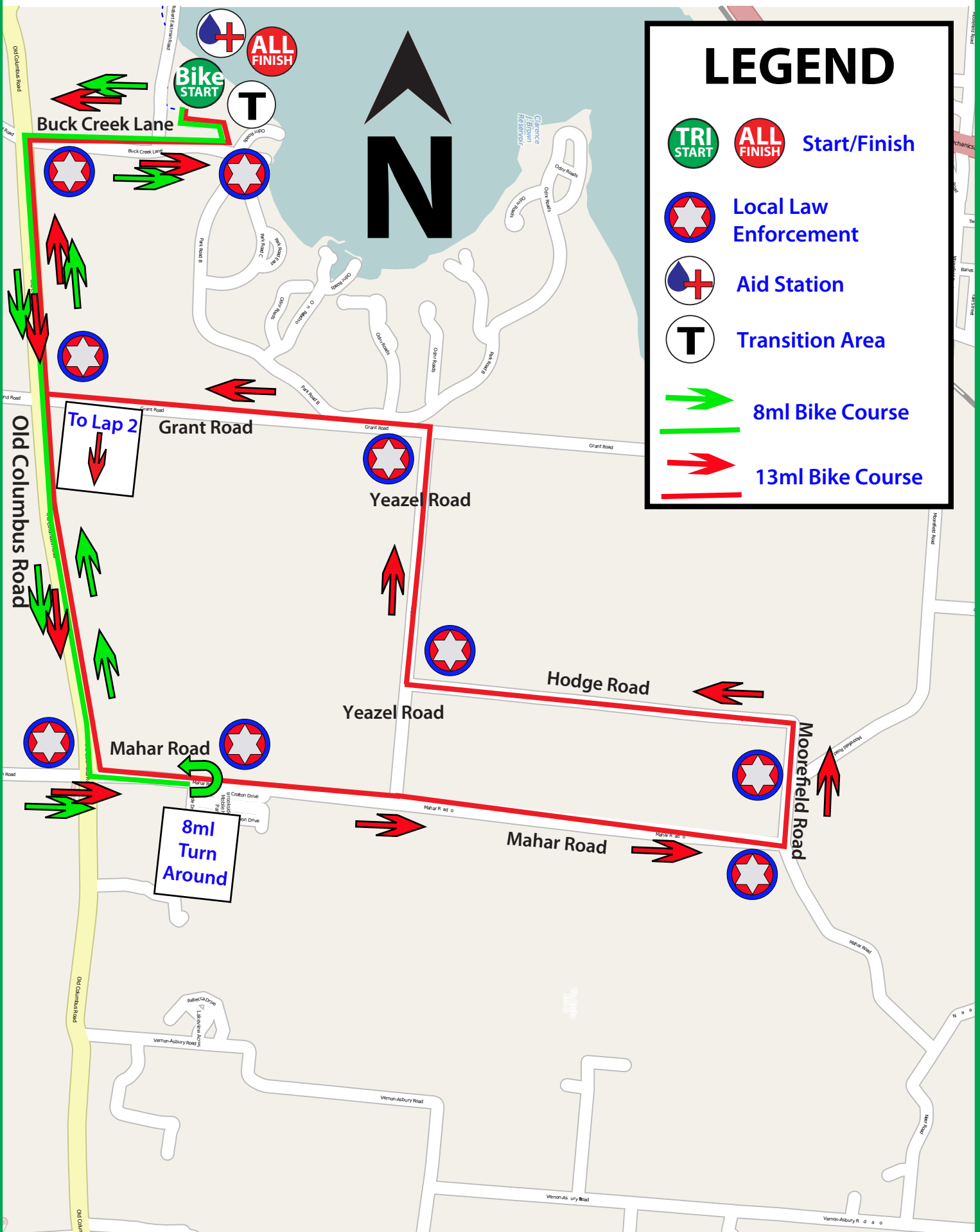
## 8ml Bike Course

The 8-mile Course is 1 lap out and back. All turns are marked with black arrow signs. If you do not see a sign, proceed straight. We DO NOT mark on the roadway surface; ignore all these markings. Be sure you follow the course for your race; the course begins at the beachfront in last parking lot near the beach.

1. The bike starts in the Southern parking lot at the beachfront
2. Riders exit the transition area riding east to exit the parking lot and then North on the park access road
3. Riders exit the beachfront parking lots by turning RIGHT and RIGHT again onto Buck Creek Lane (across from the park office) and ride South on Buck Creek Lane
4. Turn LEFT on Old Columbus and proceed East
5. Turn LEFT on Mahar Road and ride North
6. Turn Around on Mahar Rd at Bayside Dr. Proceed South on Mahar Rd.
7. Turn RIGHT on Old Columbus.
8. Turn RIGHT on Buck Creek Lane & Ride back towards the park.
9. Turn LEFT into the parking lots across from the park office
10. Turn LEFT again and ride South to the last parking lot; go RIGHT into the lot and ride West to the transition area



# 13ml Bike & 8ml Bike Course: Buck Creek



# Run FAQ

**Duathlon** This is a run, followed by a bike and then another run. You must enter the transition area between events. It starts North of the transition area.

**Aid Stations** There are 3 aid stations each w/ water, HEED, gels and first aid.

**The Course** All courses are out and back!

The course is a mix of sidewalk, gravel paths, and paved roads. It is marked with signs, cones and chalk; if you do not see one of these proceed straight. There will be volunteers on the course for your safety; it is your duty to know the course. Should an emergency arise, alert a volunteer.

**1.5-Mile Course** This is 1 lap out to the 0.75-mile mark and back.

**3.1-Mile Course** This is 1 lap (out to the 1.5-mile mark and back) on the 5k Course.

**6.2-Mile Course** This is 2 laps on the 5k Course

**9.3-Mile Course** This is 3 laps on the 5k Course

**The Finish** Everyone must complete the run course by 1:00pm.

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## Awesome Post Race Party!!!

### Photo Booth

Bring friends, bikes & smiles for FREE shots on the red carpet!

### Food & Drink

Stick around for pizza, beer, soda & more!

### “Happy Finish” Towel

Enjoy a complementary cold, aromatherapy towel at the finish line. You will be Happy!

### Finisher Medals

Finisher medals will be given to the first 300 people to register for a given event.

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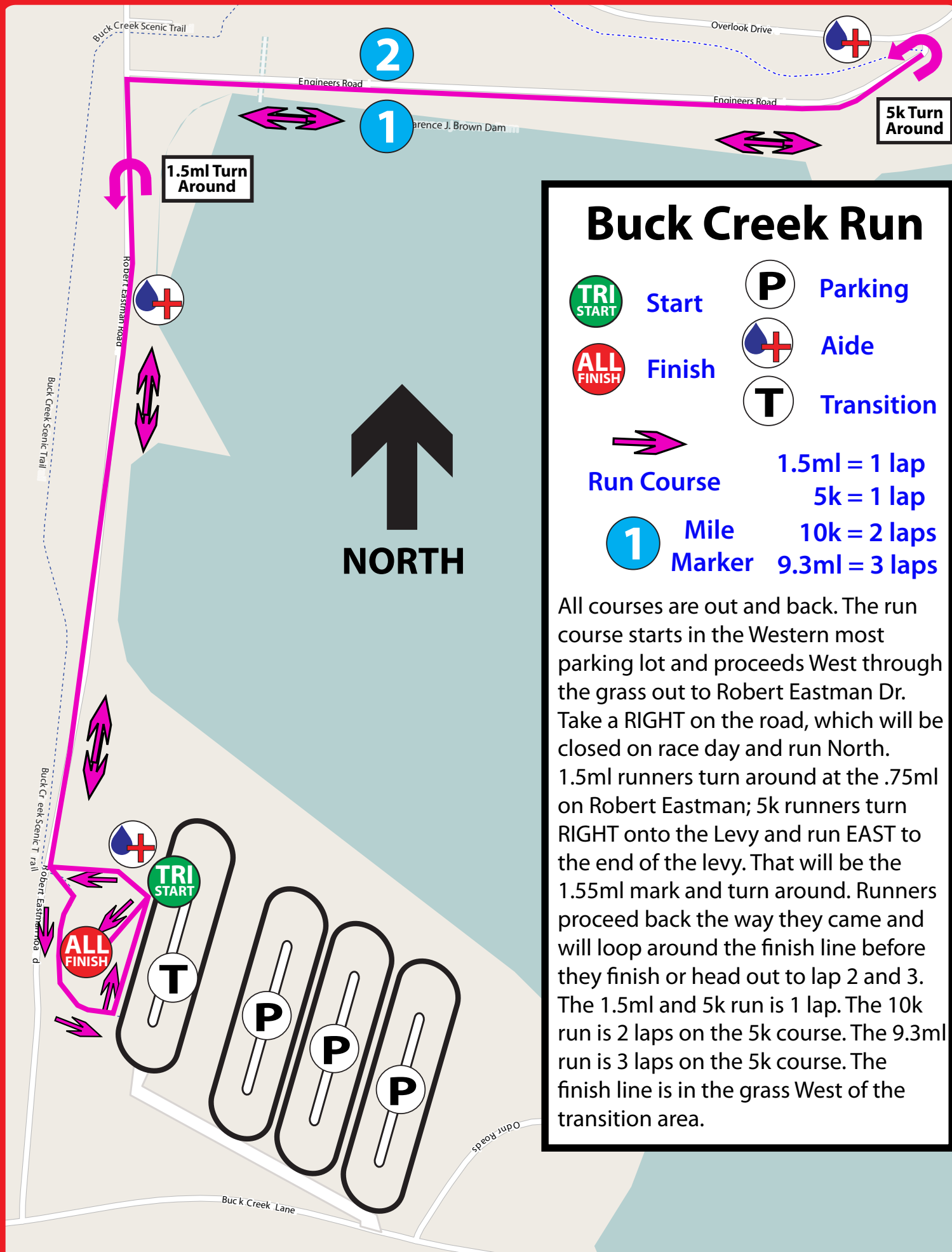
## Individual Race Awards

Male and female overall champions in each event category below. Individual race awards can be picked up at the registration booth once results have been posted.

- **Beginner, Sprint, Olympic & 1/3 Iron Triathlon:**  
(a) Youth Age: 0-13; (b) High School Age 14-18; (c) Collegiate Age 19-24;  
(d) Open (Age 25-39); (e) Masters Age 40-54 & (f) Grandmaster Age 55+
- **Sprint, Olympic & 1/3 Iron Duathlon:** Overall Winner ONLY (Age 0-99)
- **Sprint, Olympic & 1/3 Iron Aquabike:** Overall Winner ONLY (Age 0-99)
- **Sprint, Olympic & 1/3 Iron Aquathlon:** Overall Winner ONLY (Age 0-99)
- **Open 3k & 5k Swims:** Overall Winner ONLY (Age 0-99)

## Team Race Awards

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



## Buck Creek Run



Start



Parking



Finish



Aide



Transition



Run Course

1.5ml = 1 lap

5k = 1 lap



Mile

Marker

10k = 2 laps

9.3ml = 3 laps

All courses are out and back. The run course starts in the Western most parking lot and proceeds West through the grass out to Robert Eastman Dr. Take a RIGHT on the road, which will be closed on race day and run North. 1.5ml runners turn around at the .75ml on Robert Eastman; 5k runners turn RIGHT onto the Levy and run EAST to the end of the levy. That will be the 1.55ml mark and turn around. Runners proceed back the way they came and will loop around the finish line before they finish or head out to lap 2 and 3. The 1.5ml and 5k run is 1 lap. The 10k run is 2 laps on the 5k course. The 9.3ml run is 3 laps on the 5k course. The finish line is in the grass West of the transition area.

# In Case of Emergency

**Dial 911 or Race Director at 937-572-5018**

Directions to Springfield Regional Medical Center at 100 Medical Center Dr, Springfield, OH 45504.  
Phone: (937) 523-1000 - Exit Buck Creek State Park and turn RIGHT onto Buck Creek Ln. Turn RIGHT onto Old Columbus Rd. Turn LEFT onto N Greenmount Ave. Turn RIGHT onto Warder St. Continue on E North St. Turn RIGHT onto N Plum St. Turn RIGHT at Cedar St and the Hospital will be on your LEFT.  
The Hospital is 6.5 miles from the Buck Creek State Park Beach.

## Emergency Action Plan

The emergency action plan is to guide athletic personnel, emergency medical services & volunteers in case of emergency.


## Emergency Equipment

1. Athletic Training/Fit Aid kit at main tent
2. Basic first aid kits at each of the hydration stations
3. AED and spineboard: w/ Massie Township Fire Department

## Role of First Responders

1. Establish safety of scene
2. Immediate care of athlete: Assess the ABC's (Airway, Breathing, Circulation)
3. Activate the Emergency Management System (EMS), when necessary
5. Call race/medical director and/or EMS (911)
6. Control scene by moving bystanders to make room for first aid and EMS

## On Course (Bike & Run) Injury Management

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

# In Case of Emergency

**Dial 911 or Race Director at 937-572-5018**

## National Weather Service Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

### Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger

## Heat Related Issues

**Heat Cramps** symptoms - painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in heat and depletion of salt and water due to profuse sweating. Treat with hydration and stretching.

**Heat Syncope** symptoms - weakness, fatigue, fainting due to loss of salt & water in sweat & exercise; predisposes to heat stroke. Lay down in cool place & rehydrate.

**Heat Exhaustion** symptoms include reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache, and sometimes unconsciousness, may also accompany nausea and vomiting. Move athlete to cool place and take action to lower body temperature and rehydrate. Notify EMS immediately.

**Heat Exhaustion** abrupt onset, headache, fatigue, flushed skin, reduced sweating, increased heart rate, increased respiratory rate, rapid rise in body temperature. Take immediate emergency action to reduce temperature (ice bath, ice towel). Notify EMS immediately & athlete is to be moved to the hospital as soon as possible.

## Acts of God

**Lightening** Move to cars or shelter next to the base camp. If unable to reach shelter assume crouched position w/ head down & arms hugged around knees (avoid trees and other tall structures). Race can continue, 30 minutes from the last lightning flash or flash-to-bang count greater than 30.

**Heavy Winds/Tornado** Move to safe location & take shelter. If you are out on course and shelter is unavailable, lie flat in a ditch or depression and cover their head with their hands. It is advised to all athletes to wear their helmets at all times.

**Heavy Rains** While rain itself is not a danger to athletes and volunteers, rain slicked roadways, standing water and poor visibility are all dangers that may result from heavy rain fall, so swim, ride and run cautiously.