



Race Basics

The Columbus Triathlon & Multisport Festival
Deer Creek State Park in Mt. Sterling, OH
Saturday, August 8, 2026

ColumbusTriathlon.com

USA Race Timing & Event Management
Local Family Owned Small Business In Columbus, Ohio
Phone: 937-TIMING-4 / Email: usaracetiming@gmail.com

Event Organizer

Founded and based in Columbus, Ohio - USA Race Timing and Event Management times and hosts races across Ohio and the United States. We are looking forward to another great season and another great race at the Columbus Triathlon & Multisport Festival! 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, swim and enjoy the outdoors. We want to partner with you to host a safe, challenging and fun event close to Columbus. Our events have something for everyone, beginner to ironman, including 4 triathlons, 4 duathlons, 3 aquabikes, 3 aquathlons, 3 running events and 2 open water swim distances. The races are designed so that everyone, at any ability level, can compete. Each race uses a set of common courses, included in the athlete guide. On race day our courses will be marked with signs, sidewalk chalk, traffic cones and volunteers.

Additionally we will partner with local businesses to supply food, safety, swag and other race services. We have a trained team to help host the race and local support from lifeguards to professional race organizers. 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), dual and single discipline racing and training for everyone. We look forward to seeing you at THE PREMIER TRIATHLON in Ohio, the Columbus Triathlon & Multisport Festival!

Race Overview

The Columbus 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, and various open swim distances and run only races which we also welcome casual walkers to attend so that there is something for everyone in the family! Racers call the Columbus Triathlon 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 race swag including super soft event tees, in-race professional photos, finisher medals, custom race bibs 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, and implement COVID-19 protocols to limit the spread of the virus, so you can achieve your goals! All are welcome at the Columbus Triathlon and Multisport Festival. Come check us out at: ColumbusTriathlon.com

Contact & Questions

Columbus Triathlon & Multisport Festival: ColumbusTriathlon.com

USA Race Timing and Event Management: USARaceTiming.com

USA Race Timing & Event Management

Columbus, Ohio

937-TIMING-4 / 937-846-4644

events.usaracetiming@gmail.com

Races Offered

TRIATHLONS (Swim, Bike, Run)

- Beginner = 300m swim / 7ml bike / 1.5ml run
- Sprint = 750m swim / 12ml bike / 5k run
- Olympic = 1500m swim / 24ml bike / 10k run
- 1/3 Iron = 1500m swim / 36ml bike / 15k run

DUATHLONS (Run, Bike, Run)

- Beginner = 1.5ml run / 7ml bike / 1.5ml run
- Sprint = 1.5ml Run / 12ml bike / 5k run
- Olympic = 5k run / 24ml bike / 10k run
- 1/3 Iron = 5k run / 36ml bike / 15k run

AQUABIKES (Swim, Bike)

- Sprint = 750m swim / 12ml bike
- Olympic = 1500m swim / 24ml bike
- 1/3 Iron = 1500m swim / 36ml bike

AQUATHLONS (Swim, Run)

- Sprint = 750m swim / 5k run
- Olympic = 1500m swim / 10k run
- 1/3 Iron = 1500m swim / 15k run

OPEN WATER SWIMS (Swim Only)

- 3k Open Water Swim (1.86 Miles)
- 6k Open Water Swim (3.73 Miles)

RUN/WALK/JOG EVENTS (Run Only)

- 5k Run/Walk (3.1 Miles)
- 10k Run/Walk (6.2 Miles)
- 15k Run/Walk (9.3 Miles)

RELAY TEAMS

- Sprint
- Olympic
- 1/3 Iron

Race Descriptions

Triathlon

- This is a swim, bike and run event. You must enter the transition area between events. 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.

Aquabike

- This is a swim and bike only event. You must enter the transition area between events. You must enter the transition area to get your bike and when you return to transition after your bike ride your race is complete. This is the only event that ends inside of transition. Transition times do count toward your total time. Your final time will include your swim split, transition 1 and bike split.

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.

Duathlon

- This is a run, followed by a bike and then another run. You must enter the transition area between events. 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 near the “run out” of 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 (on the beach). Athletes must leave the water and run up to the finish line at the top of the hill to complete their swim.

Run/Walk/Jog

- This is a run event only and will be held on the same course used by the multisport athletes. The start for the runs will be near the “run out” of the transition area. Participants must cross the finish line to end the race and receive their overall time.

Race Venue

- The Columbus Triathlon and Multisport Festival will take place at Deer Creek State Park Beach in Mt. Sterling, Ohio, which is about 50 miles south of Columbus.
- Packet Pick-up and the Start/Finish Lines will be at/near the beachfront. The address is 14403 Crownover Mill Rd, New Holland, OH 43145. Follow the State Park signs for the beach. There is plenty of parking at the beachfront and all the race festivities will be in the main parking lot right up the hill from the beach.

Parking and Restrooms

There will be parking available at the beachfront. Brick and mortar restrooms will be available onsite in addition to portable toilets by the transition area.

Race Swag, Goodies, and Post-Race Meal

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

- Columbus Triathlon Tee
 - Super soft blended race shirt, unisex trim
- Columbus Triathlon & Multisport Festival Finisher Medal
- Custom Race Bib
- Branded Swim Cap
- Bike Sticker
- Post-Race Party With Catered Lunch and Refreshments
- Safe Race Course Monitored By Police, Park Rangers, Lifeguards and EMS
- Professional In-Race Photos
- Race Emcee
- USAT Rankings
- Event Timing
- 22 Different Races & Distances To Choose From Including Run Only, Swim Only & 4 Multi-Sport Combinations Ranging From Beginner To 1/3 Iron and Relay Teams
- Amazing Race Day Experience & More!

Race Awards

- We do not offer race awards because we believe everyone is a winner. So enjoy your swag, post-race food and drink, 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 Is ONLY Available Online at ColumbusTriathlon.com

Registration is online at www.ColumbusTriathlon.com and will remain open through the start of the last event on race day. There is no in-person race day registration at the race venue due to USAT sanctioning however you can register onsite from your cell phone via the columbustriathlon.com website.

Please also note:

- Prices will increase closer to race day, so register early to save some money (see below for dates and amounts prices will increase).
- Please register before the late or last minute registration dates to be guaranteed swag. We need to order swag months in advance of the event and cannot guarantee that anyone registering late will receive swag.
- The first 300 registered (regardless of date registered) will get an awesome full color diecast Columbus Triathlon & Multisport Festival finisher medal.

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 however is transferrable to another event or can be deferred to the following year.*

Event Pricing: Register Early and Save \$\$\$

- **Early Bird Registration: Until April 30**
- **Regular Registration: May 1 - June 30**
- **Late Registration: July 1 - 31**
- **Last Minute Registration: August 1 - 8**

We leave online registration open through race morning, so register anytime and come on out and race with us!

3k & 6k Open Swim

- Early Bird \$65; Regular \$70; Late \$75; Last Minute \$80

Beginner Triathlon & Duathlon

- Early Bird \$85; Regular \$90; Late \$95; Last Minute \$100

Sprint Triathlon, Duathlon, Aquabike & Aquathlon

- Early Bird \$95; Regular \$100; Late \$105; Last Minute \$110

Olympic Triathlon, Duathlon, Aquabike & Aquathlon

- Early Bird \$105; Regular \$110; Late \$115; Last Minute \$120

1/3 Iron Triathlon, Duathlon, Aquabike & Aquathlon

- Early Bird \$115; Regular \$120; Late \$125; Last Minute \$130

5k, 10k & 15k Walk/Run

- Early Bird \$40; Regular \$45; Late \$50; Last Minute \$55

Virtual Races

- \$45 Until July 1; \$55 After

Relay Races Available In Sprint, Olympic & 1/3 Iron Distances For 2 or 3 Team Members

- Early Bird \$175-195; Regular \$180-200; Late \$185-205; Last Minute \$190-210

Our races are USA Triathlon (USAT) Sanctioned Events, which ensures athlete safety as well as insurance protection in the event that an incident does occur. All participants in the event must have a valid USAT membership. Participants can choose from a single-event Bronze Membership, which provides accidental medical coverage during this event or an annual Silver, Gold or Platinum membership which is valid for unlimited participation in USAT Sanctioned events for 365 days from the date of purchase. You may upgrade the fee paid for your Bronze Membership to an annual membership.

The event price reflects the cost for athletes who hold a USAT membership. If you do not have a USAT membership you must purchase a Bronze Single Event membership for this event with your registration for a cost of \$14.99 (short) or \$24.99 (intermediate) depending on the distance of the race. USAT classifies the race distances of short to include beginner and sprint races. Intermediate distances include Olympic and 1/3 iron races. Single discipline events such as swim only or run only races regardless of distance will only have a cost of \$9. This is a new change USAT implemented on 1/16/2024 and updated again at the end of 2025.

Additionally youth 17 and under can purchase a Youth & Junior Digital annual membership for \$10 or can purchase a Premier Membership for \$30 which will cover the athlete for an unlimited amount of time until their 18th birthday.

Athletes 18-23 are eligible for a Young Adult annual membership for a reduced rate of \$40.

All race fees collected are non-refundable but are transferrable. USAT membership pricing and event pricing does not include online credit card processing fees.

Race Schedule

Friday, Setup

- 10:00am-9:00pm: Set-up Transition, Registration, Bike, Run & Swim Courses
- 6:00pm-7:30pm: Early registration and packet pick-up at the beachfront parking lot (**Highly recommended & encouraged!**)

Saturday, Race Day

- 6:00am-8:30am: Registration and packet pick-up at the beachfront parking lot
- 6:00am-8:30am: Transition check-in for all races

Please arrive at your designated start area 15 minutes before your race briefing, and consider the briefing to be the beginning of your event. Your race **will begin immediately** after a brief pre-race meeting of 5-15 minutes. To explain the timeframe below, the 1/3 Iron + Olympic Duathlon meeting will begin at 7am and the race is expected to start at ~7:15am. The next race meeting will then start at 7:20am

- 7:00am briefing, start immediately afterwards: **1/3 Iron + Olympic Duathlons**
- 7:20am briefing, start immediately afterwards: **1/3 Iron + Olympic Triathlons, Aquabikes, Aquathlons & 6k + 3k Open Water Swimmers**
- 7:40am briefing, start immediately afterwards: **Sprint Triathlon, Aquabike & Aquathlon**
- 8:00am briefing, start immediately afterwards: **Beginner Triathlon**
- 8:20am briefing, start immediately afterwards: **Sprint & Beginner Duathlons & All Run Only Distances (5k, 10k & 15k)**
- 1:00pm: Timing is closed & event ends, all athletes must have completed the race by this time.

Race Time Limits

We will end timing at 1:00pm, meaning that racers must be completed with their race by this time. This gives 1/3 Iron athletes about 5.5 hours to complete their race, and all other racers 4.5+ hours. This is plenty of time, but if you cannot make the time cut off, please choose a different race distance.

- 10:00am all Swimmers must have completed the Swim Course
- 11:00am all Cyclists must have completed the Bike Course
- 1:00pm all Runners must have completed the Run Course

Athletes On Course and Race Cut Offs:

We have established race cut off times to respect the use of the park by other parties.

- 7:30am-10:00am: Swimmers will be on course; by 10:00am all Swimmers must have completed the Swim Course
 - Lifeguards scheduled from 6:30am-10:30am
 - Lifeguards prepare the course 6:30am-7:30am
 - Guard the course from 7:30am-10:00am
 - Clean-up: 10:00-10:30am
- 7:30am-11:00am: Cyclists will be on course; by 11:00am all Cyclists must have completed the Bike Course
 - Police Law Enforcement Scheduled 7:30am-11:00am (3.5 hours)
 - Course Set-up: Saturday 1pm-9pm and Sunday 5:30am-7:30am
 - Clean-up: 11:00am-12:00pm
- 7:15am-1:00pm: Runners will be on course; by 1:00pm all Runners must have completed the Run Course
 - ODNr Law Enforcement Scheduled 7:00am-1:00pm (6 hours)
 - Course Set-up: Saturday 1pm-9pm and Sunday 5:30am-7:15am

- Clean up 1:00pm-2:00pm

Packet Pick-up Procedures

Athletes can pick up their race packets on Friday evening from 6pm-7:30pm or the morning of the race starting at 6am. Packet pickup will be in the furthest parking lot to the right when you pull into the park heading towards the beach; please look for the red and white registration/check-in flag. Packet pickup will work like this:

- Please register online before you come to packet pick-up. There is no in-person registration at the race venue due to USAT sanctioning however you can register onsite from your cell phone via the columbustriathlon.com website. Registration will remain open online through the start of the last race, so register before you come or again plan to register on your phone.
- Each person must pickup their own packet as we need every participant to sign a physical waiver prior to participating. Early packet pickup the evening before the event is strongly encouraged to reduce the wait time on race day.
- When you approach the registration tables please give the staff your name and they will hand you your race swag, which includes:
 - Swim cap - Everyone who will be swimming as a part of their race.
 - Race bib and pins - Every athlete (with the exception of the open water swimmers) will be required to wear a bib number on the front of their body during the final running/finish portion of the race. You can pin the number to you or use a race belt as long as the bib is visible and on the front of your body.
 - 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 a shirt however shirt order inventory will be entered into the registration system so you can see what sizes are available. With that said there are almost always leftover shirts in every size available once registration closes as not everyone who registers will show up and race.
 - Finisher medal - likely given as you cross the finish line, not at registration.

NOTE: You will get your timing chip race morning. Please come back to the registration area for that race morning but if you are just picking up your timing chip that process will be fast. Be sure to know what race number you were assigned at registration as the chip you receive will match your race number.

NOTE: You will get your body markings on race morning. Please see the information below for more information on how you will be marked.

Post Race

We will have music, a catered lunch and drinks 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 columbustriathlon.com. 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 in order to participate except for the run only athletes.
- Body marking on site: You will get your body marking on race morning at the entrance of the transition area. 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 - EXCEPT RUN ONLY:

Write race number on RIGHT & LEFT BICEP - Race number is written large & vertical on both sides
If you will have on sleeves or tattoos where the race numbers cannot be seen the body markers will write on your forearms or the back of the hands.
Please make them horizontal and large.



STEP 2 - RIGHT CALF - EXCEPT RUN ONLY

Write Abbreviated Race on Racers RIGHT CALF

BT = Beginner Triathlon ST = Sprint Triathlon OT = Olympic Triathlon 3T = 1/3 Iron Triathlon BD = Beginner Duathlon SD = Sprint Duathlon OD = Olympic Duathlon 3D = 1/3 Iron Duathlon	SAB = Sprint Aquabike OAB = Olympic Aquabike 3AB = 1/3 Iron Aquabike SAR = Sprint Aquathlon (Aqua-Run) OAR = Olympic Aquathlon (Aqua-Run) 3AR = 1/3 Iron Aquathlon (Aqua-Run) 3S = 3k Open Swim 6S = 6k Open Swim
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STEP 3 - LEFT CALF - EXCEPT RUN ONLY

Write race number on LEFT CALF



Race Packing List

We want to help you pack for race day! Please check out any of the following websites for recommendations on what to bring with you on race day.

- <https://completetri.com/the-ultimate-triathlon-race-day-checklist>
- <https://www.trainingpeaks.com/blog/triathlon-race-day-checklist-1>
- <https://www.active.com/triathlon/articles/beginner-s-triathlon-gear-list-no-need-to-break-the-bank>
- <https://www.rei.com/learn/expert-advice/triathlon-checklist.html>



Course Information

The Columbus Triathlon & Multisport Festival
Deer Creek State Park in Mt. Sterling, OH

ColumbusTriathlon.com

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Race Course Information

Overview

The course will take you through the rural and beautiful countryside of Mt. Sterling, Ohio, due south of Columbus, Ohio. The swim takes place at Deer Creek Lake. With a nice long beach, we're able to keep racers close to shore even with longer distance races so you can be confident and calm during the race. Racers will swim out and back along the beachfront. The water is shallower near the shore and you can touch in most if not all places there, but on the backside of the course you will not be able to touch bottom. Beginner triathletes should be able to touch bottom the entire swim course however this is an open lake and we can't control the bottom of the lake but just swim towards shore if you cannot touch bottom and need a break or are feeling uncomfortable. The transition area will be in the parking lots up the hill from the beach. Athletes will be on a paved lot as they transition from segment to segment. The bike course goes around Deer Creek on a loop with all right turns (except for leaving and returning to the park) and 112 feet of elevation. The bike is on a paved road open to motorized traffic and the run is on a flat paved path out and back course inside of the park. Please note that although police and park rangers will be on the bike and run courses athletes must still obey all traffic laws and be aware of their surroundings for everyone's, including their own, safety. Athletes will finish in the parking lots next to the transition area and then can celebrate their accomplishments with post-race food and drinks.

Race Start Details

We are going to use a mass gun start for all races however depending on the race size the race organizer may deem it necessary to split up the start of the races for safety. Here are the starting details:

- There will first be a brief pre-race meeting however please 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 as well as email or call us with questions in advance of the race.
- All races will start at the beachfront, with the exception of the duathlons and run only events, which start at the run out area of transition.
- For the safety of all athletes races with a swim component will start in the water to avoid the splashing and crashing of a dry land swim start. Please arrive to the correct location at your designated time.

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. The aid station inside of the transition area and on the swim course will be self-serve and the aid stations on the run course will be manned, unless the race director says otherwise during the pre-race meetings. We will have hydration and refueling products at each aid station. Racers may also carry all of their own aid and hydration on course or leave their refueling products next to the course. If you place your own aid on course, please be sure your aid is clearly labeled and that you do not interfere with directional signs or other athletes on course as you place or access your aid. Races begin at 7:15am 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. You are also welcome to put your own aid on the table to access during the race.
- Bike Course: There will not be an aid station on course.
- Run Course: There are 3 aid stations on course that can be accessed multiple times throughout your run. The aid stations will be at:
 - Exit of transition area
 - 1.5 mile route turn around
 - Roundabout at the furthest end of the 5k run course

Transition Area

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/next to your bike. Open swimmers and aqua-runners will have a designated zone in the transition area to store their stuff. Run only participants will not be allowed in the transition area. Transition entrance and exits will be marked with signs.

Here are some transition area guidelines:

- The transition area is limited to only athletes (run only not permitted); **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 please visit: <https://beginnertriathlete.com/cms/article-detail.asp?articleid=1488>

SWIM IN & RUN OUT (ALSO RUN IN FOR THE 1ST DUATHLON RUN) 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 (opposite end of transition towards the registration tent). If you are doing the Aquathlon, you can head out to the run segment of your race. After you finish your bike portion of the race 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.

BIKE IN & BIKE OUT are on the opposite site 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 will finish the race in transition and when ready walk over to the finish line for food and a celebration of completion. Everyone else, after your bike is complete, head to the run portion of your race.

Maps

More details and interactive maps available here:

<https://www.columbustriathlon.com/Race/ColumbusTriathlonMultisportFestival/Page/Course-Information>

1. Swim

- a. 300m: <https://www.mapmyrun.com/routes/view/5888091100>
 - i. Beginners go down the beach 1 time on this course
- b. 750m Loop: <https://www.mapmyrun.com/routes/view/5888088232>
 - i. Sprint athletes swim this course 1 time counter clockwise
 - ii. Olympic & 1/3 Iron athletes swim this course 2 times counter clockwise
 - iii. 3k swimmers complete this course 4 times counter clockwise
 - iv. 6k swimmers complete this course 8 times counter clockwise

2. Bike

- a. 7-mile out and back course: <https://www.mapmyrun.com/routes/view/5888075317>
 - i. Beginners ride out and back for a total of 7 miles.
- b. 12-mile course: <https://www.mapmyrun.com/routes/view/6754941945>
 - i. Sprinters ride clockwise to complete 1 loop for 12 total miles
 - ii. Olympic racers ride clockwise to for 2 loops for 24 total miles
 - iii. The 1/3 Iron race is 3 clockwise loops for 36 total miles

3. Run

- a. 1.5 Miles: <https://www.mapmyrun.com/routes/view/5888050465>
 - i. Beginners and sprint duathlon (first run only) complete this course once for 1.5 miles total of running
- b. 5k: <https://www.mapmyrun.com/routes/view/5667029638>
 - i. Sprint racers complete this 1 time for a 5k (3.1 miles)
 - ii. Olympic racers complete this 2 times for a total of 10k (6.2 miles)
 - iii. 1/3 Iron athletes complete this 3 times for 9.3 total miles

Swim FAQ

- **WETSUITS:** If the water temperature is below 78 degrees we will be wetsuit legal. This means you can wear a wetsuit if you want, but you do not have to wear one.
- **SWIM CAPS:** Please be sure you wear a swim cap for safety. We will give you a swim cap on race day.
- **COURSE:** See the course maps linked above. The courses will be marked with colorful buoys.
- **DISTANCES:**
 - The 6000m Swim is 8 laps on a 750m loop.
 - The 3000m Swim is 4 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 arms and 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 DQ'd 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 nearly the whole course. On the 750m swim loop, you cannot touch bottom on the backside of the course. **Know your limits, it's ok to ask for help, at the end of the day this is a fun event and we do not want a fun day to turn into a medical emergency.**

- **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 flags, chalk and signs.
- **SWIM CUT OFF:** Everyone must have completed the swim course by 10:00am. This should give everyone plenty of time to complete this segment of the race.

Bike FAQ

- **WHAT BIKE TO USE:** You can ride most any upright human powered bike in the race including but not limited to road bikes (10 speed), mountain bikes, & hybrid bikes.
- **HELMET:** Remember that you must wear a helmet when you are on your bike. Additionally you must put your helmet on before you leave the transition area (after you have exited the swim and picked up your bike in the transition area).
- **DRAFTING IS NOT ALLOWED:** Please refer to the USA Triathlon rules for more information.
- **COURSE MARKINGS:** The bike course is marked with white yard signs that have blue directional arrows. 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 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 as 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 responsibility to know the course.
 - Beginners ride out and back to complete 7 miles
 - Sprinters ride clockwise around the lake to complete 1 loop for 12 total miles
 - Olympic ride clockwise around the lake to complete 2 loops for 24 total miles
 - The 1/3 Iron race is 3 loops for 36 total miles
 - When athletes are done they head to the transition area to finish or transition to the next segment.

If you are participating in the olympic or 1/3 iron races please do not enter back into the park when you are starting your 2nd/3rd loop, just continue past the parks beach entrance until you have completed the proper number of loops. You must keep track of your own loops but with a bike computer this is easy to do.
- **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.

The Finish Line

All athletes, except aquabikers, will have the same finish line where you walk, jog or run through an inflatable arch. Open water swimmers need to run up the beach and through the finish line to record your finish time, it is recommended to keep a pair of sandals/shoes at the beach to put on for your jog to the finish line. Aquabikers will finish the race in transition and when ready walk over to the finish line for food and a celebration of completion. Everyone else will finish their run race segment by running through the finish line arch. Please remove your timing chip and strap after you cross the finish line and hand it to a finish line attendant.

Run FAQ

- **COURSE MAPS:** Please review the course maps before the race. It is your responsibility 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. All runs will be out and back.

There will be one common 5k, out and back, course used by all athletes; except beginner tri/du and sprint du first run which will do the 1.5 mile course.

- If you are running 1.5 miles you will turn around at the first water station.
 - 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.
- **RUN CUT OFF:** Everyone must have completed the run course by 1:00pm. This should give everyone plenty of time to complete this segment of the race.

Results

Results will be available on this website the day of the race: ColumbusTriathlon.com. 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.



Race Course Turn by Turn

The Columbus Triathlon & Multisport Festival
Deer Creek State Park in Mt. Sterling, OH

ColumbusTriathlon.com

USA Race Timing & Event Management
Local Family Owned Small Business In Columbus, Ohio
Phone: 937-TIMING-4 / Email: usaracetiming@gmail.com

Swim Course

- The swim course is in an in-land lake called Deer Creek Lake.
- The swim course will be marked with large colorful buoys.
- The swim is an in-water start and will start on the east end of the beach (right side)
- The swim is counter clockwise. Keep all buoys on your left.
- **Swim Directions**
 - The 750m loop will be completed by all swimmers except the beginner triathletes. Please see the course maps for the amount of loops your race distance will require.
 - 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 left to right. 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 tall flags, 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. It is recommended to keep a pair of sandals/shoes at the beach to put on for your jog to the finish line. Your time stops when you cross the finish line. Follow the tall flags, chalk and signs. Please remove your timing chip and strap after you cross the finish line and hand it to a finish line attendant.

Bike Course

- The bike course goes out on local roads near the lake and has 305 feet of elevation gain. The course has some rolling hills and a few climbs. 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 law enforcement will monitor intersections. Racers 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 placed alongside the road (before and at each turn).

- **12-Mile Bike Course**

- The start line is in the second to last parking lot at the beach (where transition is located).
- Leave the parking lots by heading southeast toward Crownover Mill Rd
- Turn left onto Crownover Mill Road
- Turn right onto Crownover Road
- Turn right onto Locust Grove Road
- Turn right onto Badger Road
- Continue straight onto Mouser Road
- Turn right onto Dick Road
- Turn right onto Egypt Pike/CR 25
- Continue straight onto Crownover Mill Rd
- **FOR NEXT LAP:** Please continue past the Park Entrance and go straight on Crownover Mill Road
- **NOTE: Athletes completing 2 or 3 laps DO NOT need to come back into the park.**
- **TRANSITION AND FINISH:** Turn left back onto the Park Access Road at the Park Entrance. Continue straight on the Park Access Road to the beachfront parking lots and the transition area.

- **7-Mile Bike Course**

- The start line is in the second to last parking lot at the beach (where transition is located).
- Leave the parking lots by heading southeast toward Crownover Mill Rd
- Turn right onto Crownover Mill Rd
- Head south on Crownover Mill Rd toward State Rte 207 N
- Continue onto Egypt Pike
- Turn around at State Rte. 124 (Dick Rd.)
- Proceed back on Egypt Pike the way you came
- Turn left to return to the beachfront
- **TRANSITION AND FINISH:** Turn right back onto the Park Access Road at the Park Entrance. Continue straight on the Park Access Road to the beachfront parking lots and the transition area.

- **Bike Course Reminders**

- Please wear a helmet while on your bike (this is mandatory).
- Be sure you yield to all traffic, so you are safe. While the officers are there to allow you to ride through stop signs and lights, the cars may not obey the police, so ride safely and obey traffic laws.
- Ride as close to the right side of the lane as possible so other riders and vehicles can pass you safely.
- Do not cross the yellow line at any time.

- **Transition Reminders**

- Be sure you mount your bike after the mount line
- Be sure you dismount your bike before the dismount line
- You must walk or run your bike in transition; you cannot ride your bike in the transition area.

- **Aquabike Finish**

- Aquabikers will finish the race in transition and when ready walk over to the finish line for food and a celebration of completion. Everyone else will finish their run race segment by running through the finish line arch. Please remove your timing chip and hand it to an attendant at the finish line.

Run Course

- The run course is primarily on a paved path.
- **5k and 1.5ml Run Course**
 - The start line is in the second to last parking lot at the beach (where transition is located).
 - Exit the Transition Area, turn Right and run East, toward the last parking lot.

- Turn Right into the last parking lot and run South.
- Run past the Finish Line.
- At the end of the Parking Lot, Turn Around and run North, back the way you came.
- Go past the Finish Line again and at the end of the Parking Lot, Turn Left and run West.
- Run past the Transition Area.
- At the first parking lot, Turn LEFT, running Southeast.
- Continue North onto the Park Access Road. Be sure to Run on the Grass.
- At Park Access Road #5, or the first Road on your Right, Turn Right and run South.
- For those in the 1.5ml race, Turn Around at the 1.5ml (.75ml into the course) - there will be signs and cones to indicate the Turn Around point.
- 5k and longer, please continue past this point, and continue on Park Access Road #5 Road running South.
- At the end of Park Access Road #5, Turn Around in the roundabout and run North. Continue back the way you came to the Transition Area, the Finish Line or toward your Next Lap.
- **NEXT LAP:** Run past the transition area and continue onto the next lap. Be sure you run past the finish line, and DO NOT cross it until you are done with all your laps.
- **TRANSITION AREA:** Turn into the transition area if you are on your first run.
- **FINISH:** Run past the transition area and make an immediate right into the finish shoot when you have completed all of your lap/s.

Finish Line

- Everyone, except aquabikers, must cross the inflatable finish line arch to get their final time. Please remove your timing chip and strap after you cross the finish line and hand it to a finish line attendant.



Emergency Action Plan

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**In the Case of Emergency
Call Race Director 937-846-4644 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 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 and complete the races. We will delay or shorten race courses 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 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 937-846-4644 or usaracetiming@gmail.com. We request you touch base with our staff so we know you are okay and safe.
4. Someone will contact you about collecting your belongings. If you have to leave in the case of an emergency, we will find a way to get you all of your belongings. We will secure them until you or someone you know is able to retrieve them. We will work with local law enforcement and authorities to secure your things.

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

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

Pocket card found at: https://www.dhs.gov/sites/default/files/publications/active_shooter_pocket_card_508.pdf

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 937-846-4644 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. Call to WADES medics and/or 911
2. Establish safety of scene
3. Immediate care of the athlete
4. Assess the ABC's (Airway, Breathing, Circulation)
5. Activate the Emergency Management System (EMS), when necessary
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

If Conscious... If Head/Neck Injury - Check Airway/Breathing/Circulation - Stabilize C-spine - Call WADES medics - Determine need for spine board No Head/Neck Injury - Quick assessment of condition - Determine need of WADES medics - If minor injury, give basic first aid and notify WADES and race director In case of severe orthopedic trauma: - Call WADES and/or 911	If Unconscious.... - Check ABC's - Assume Head/Neck Injury - Call WADES - EMS spine board 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 Fayette County Memorial Hospital at 1430 Columbus Ave, Washington Court House, OH 43160. PHONE: 740.335.1210. Exit Deer Creek State Park Beach and turn Right onto Crownover Mill Rd toward State Rte 207 N. Then Turn Right on State Rte 207 N. Turn left onto Washington Waterloo Rd NE. Turn right onto OH-753 N. Turn left onto US-62 W. The Hospital will be on your Right. The Hospital is 13.9 miles from the Deer Creek State Park Beach.

COVID-19 Safety Protocols

Developed in Partnership with the Ohio Department of Health

The Columbus Triathlon & Multisport Festival
Deer Creek State Park in Mt. Sterling, OH



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Please complete Home Safety Self Check Before Arriving at Race Venue

Before coming to the race, please do a safety self-check at home. If you answer yes to any of the following questions, please stay home and do not come to the race.

COVID-19 Home Safety Self Check

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

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

RACE VENUE COVID-19 SAFETY GUIDELINES

1. If you have symptoms of COVID-19 you may not participate.
 - a. We ask that you conduct a COVID-19 Home Safety Self-Check and we will also conduct one with you before you pick up your packet. You can see the COVID-19 Home Safety Self-Check above. If you are experiencing symptoms, please stay home. You can review a list of symptoms at the Center for Disease Control website here:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

2. There is no in-person race day registration at the race venue, but you can register online and then come see us. You can register online at home at ColumbusTriathlon.com all the way through race morning. So register online and then come and see us.
3. Masks will be optional. We will have disposable masks at packet pick-up if you need one.
4. Athletes will receive all their race supplies in a bag at Packet Pickup. This will limit staff and athlete contact. Race bags will be pre-packed and handled by staff that have passed a COVID-19 Home Safety Self Check. Athletes will need to pick-up their timing chips separately on race morning.
5. There will be a separate Start and Finish line so we can socially distance and allow one-way flow of athletes on race day. These will be clearly marked on race day.
6. We will have staggered starts in waves on race day. See the information above for start time and procedures.
7. Hand sanitizer stations will be provided and staff will also regularly clean high traffic areas throughout the race.
8. There is to be no spitting, or projections of any bodily fluid before, during or after race. We will have portable restrooms at packet pickup and on course for you to use.
9. Before and during the race, we recommend that participants socially distance and try to give other racers plenty of space whenever possible.
10. There will be Emergency personnel on site to assist in the case of emergency, including lifeguards, law enforcement and medical staff. They will all be equipped with protective and safety equipment.



Police / Ranger Plan

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Law Enforcement Notes:

- **Swim Course:** We would like to request a ranger boat to help monitor the swimmers on course in addition to our staff and lifeguards.
- **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 sign arrows. Turn-by-turn directions are listed in this document.
- **Run/Bike Course:** We will need 1 officer down by the Beach/Park Access road to help with car traffic, runners and bikers.

Law Enforcement Detail

- **Swim Course from 7:00am - 10:00am (3 hours)**
 - 1 Ranger and Boat: Please help us monitor the swim area; we will also have lifeguards on site on the beach and on the water.
- **Bike Course from 7:30am - 11:00am (3.5 hours)** Please work with your supervisor and arrive at your station on course. NOTE: The 1 Officer on the Beginner Course is only needed from 8am-11am. All spots listed below are from the Pickaway County Sheriff's Office except one.
 - 1 Officer: Park Entrance at the Beachfront on Crownover Mill Rd
 - 1 Officer: Crownover Rd and Locust Grove Rd
 - 1 Officer: Locust Grove Rd and Badger
 - 1 Officer: State Rte 207 and Egypt Pike/Crownover Mill Rd
 - 1 Officer: State Rte 207 and Mouser Rd
 - 1 Officer: Egypt Pike and State Rte 124/Dick Rd - Fayette CSD
 - 1 Captain: OIC roaming
- **Run/Bike Course from 7:00am - 1:00pm (6 hours)** Please work with your supervisor and arrive at your station on course.
 - 1 Ranger down by the Beach/Park Access road to help with cars, runner and bike traffic.



COMMONLY VIOLATED RULES & PENALTIES - PLEASE DISTRIBUTE TO ALL ATHLETES

1. Helmets:

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

Penalty: Disqualification

2. Chin Straps:

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

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

3. Unauthorized Assistance:

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

Penalty: Time penalty

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

Penalty: Disqualification of both participants

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral.

Penalty: Time penalty

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

Penalty: Time penalty or disqualification

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

Penalty: Disqualification

5. Bike Position Rules:

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

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

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

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

Overtaken--once passed, you must immediately make rearward progress out of the draft zone of the passing cyclist and move completely out of the draft zone within 15 seconds.

Penalty: Time penalty

6. Course:

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

Penalty: Officials discretion (judgement call), time penalty or disqualification

7. Unsportsmanlike Conduct:

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

Penalty: Disqualification

8. Headphones and Phones:

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

Penalty: Time penalty

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

9. Race numbers:

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

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

10. Wetsuits:

Each age group participant shall be permitted to wear a wet suit in any event sanctioned by USA Triathlon, governed by the following table:

Age Group Athletes (all swim lengths):

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

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

Penalty: Disqualification

11. Abandonment:

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

Penalty: Time penalty

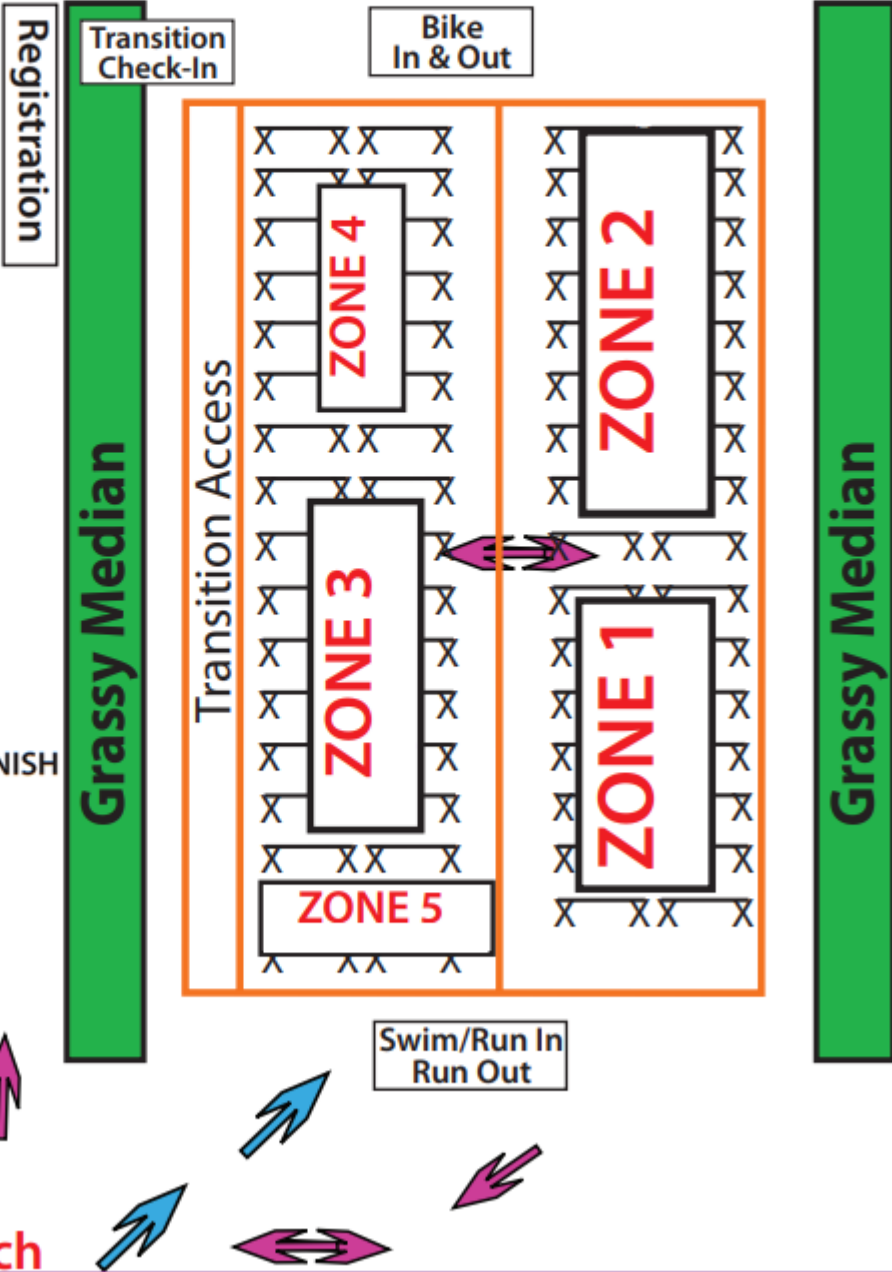
For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at:

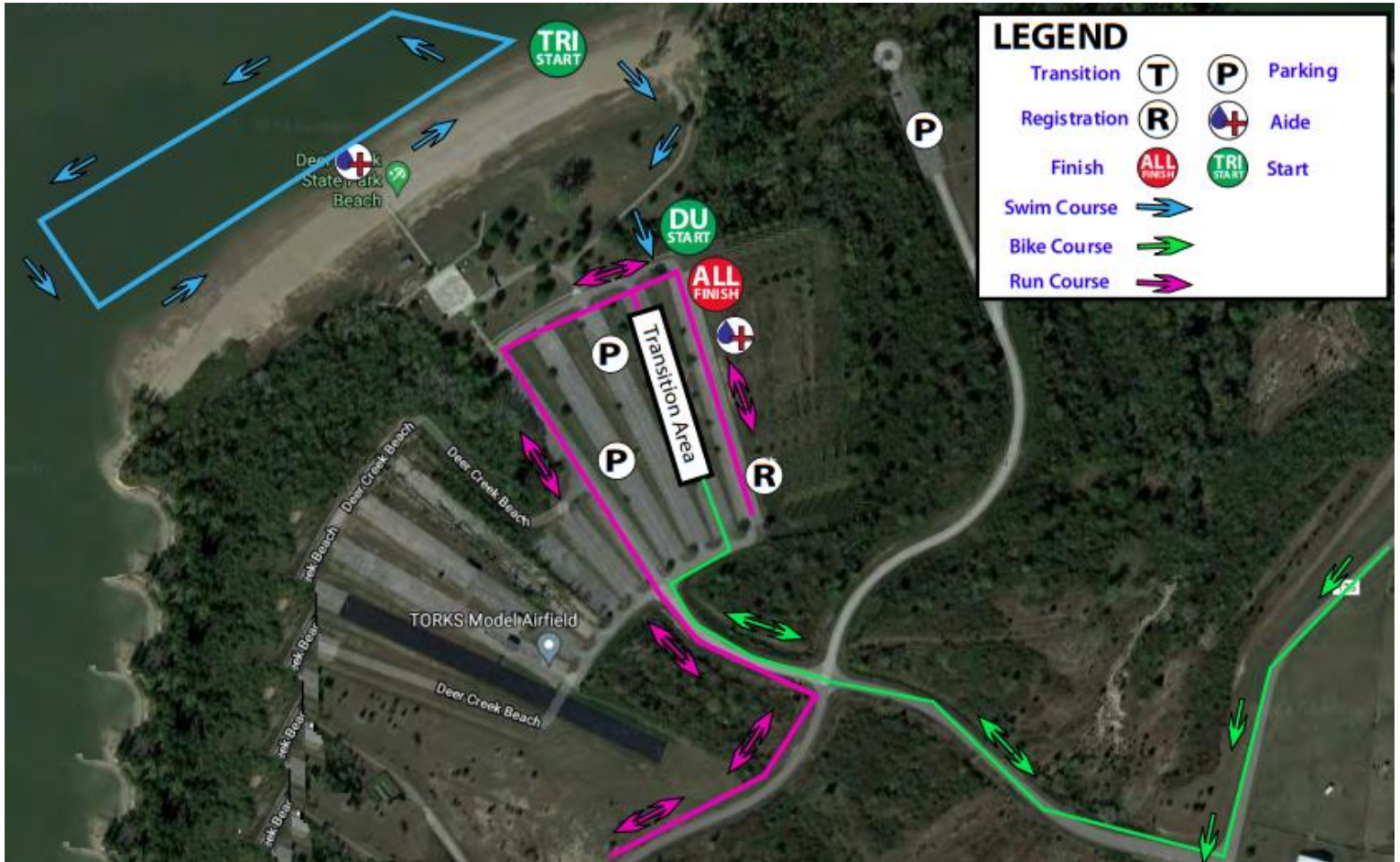
<http://www.usatriathlon.org/about-multisport/rulebook.aspx>

Revised 6/1/20



Transition Zones & Traffic Flow Deer Creek State Park



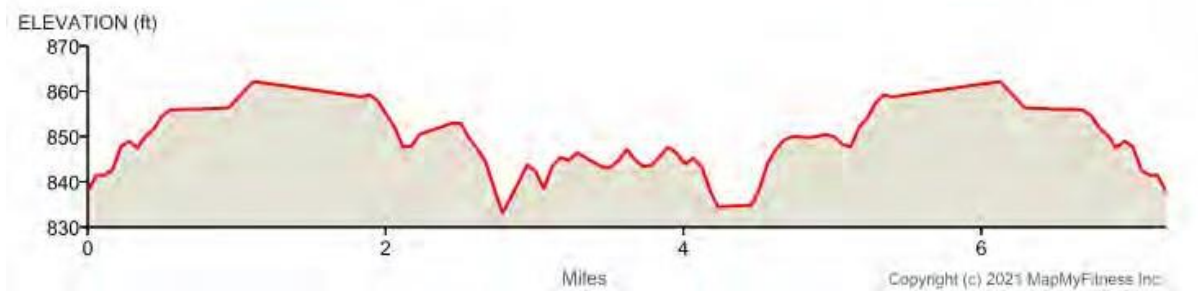
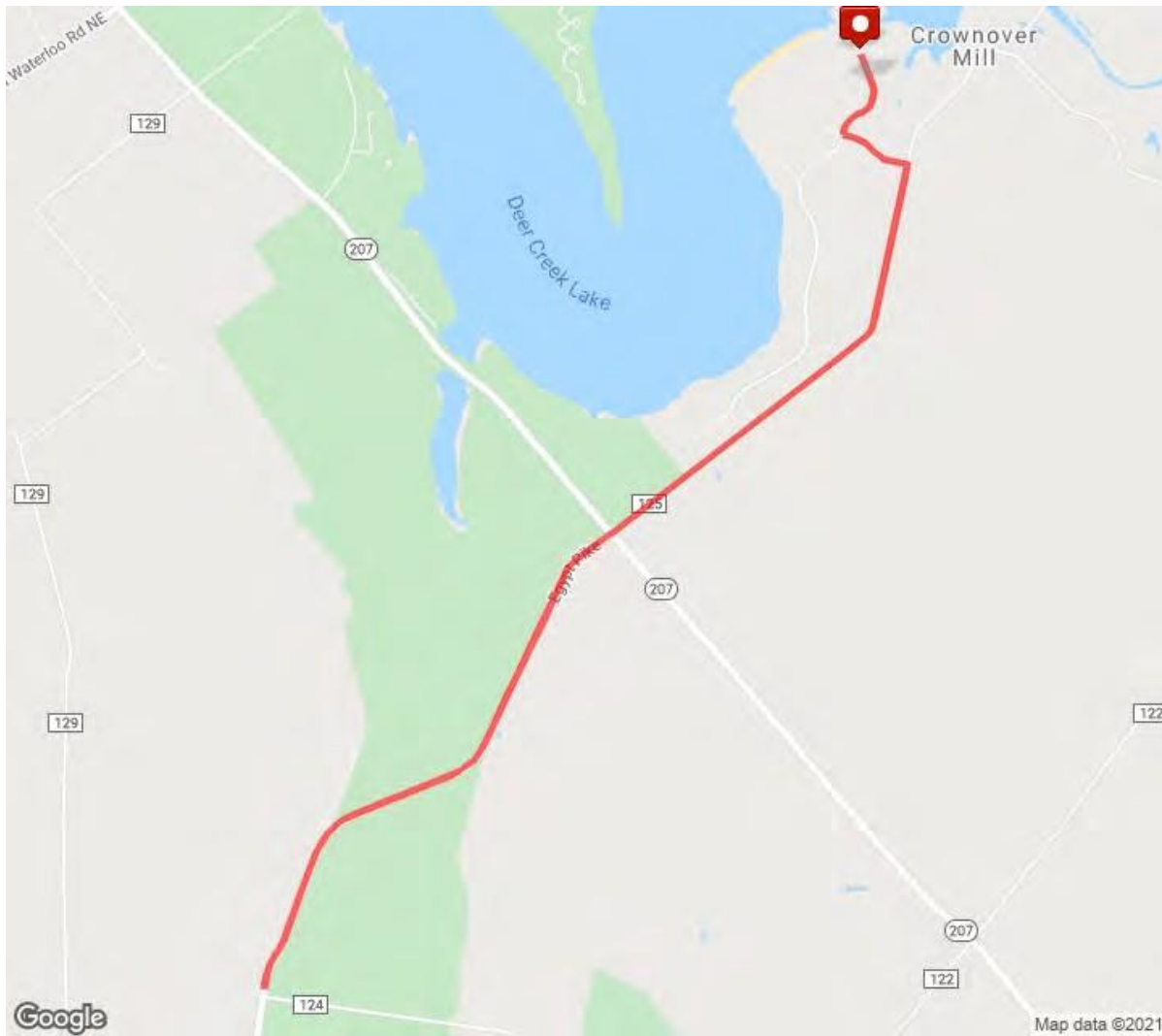


Columbus Triathlon 7mi Beginner Bike

Distance: 7.24 mi

Elevation Gain: 71 ft

Elevation Max: 862 ft



0.00 mi	Head south
0.27 mi	Turn left
0.48 mi	Turn left onto Crownover Mill Rd
0.48 mi	Head south on Crownover Mill Rd toward State Rte 207 N
1.91 mi	Continue onto Egypt PikeDestination will be on the right
3.61 mi	Head north on Egypt Pike toward T-25A
5.32 mi	Continue onto Crownover Mill Rd
6.74 mi	Head south on Crownover Mill Rd
6.75 mi	Turn right
6.95 mi	Turn right
7.22 mi	Destination

Columbus Triathlon 12ml Bike

Distance: 12.45 mi

Elevation Gain: 112 ft

Elevation Max: 860 ft



12-Mile Bike Course

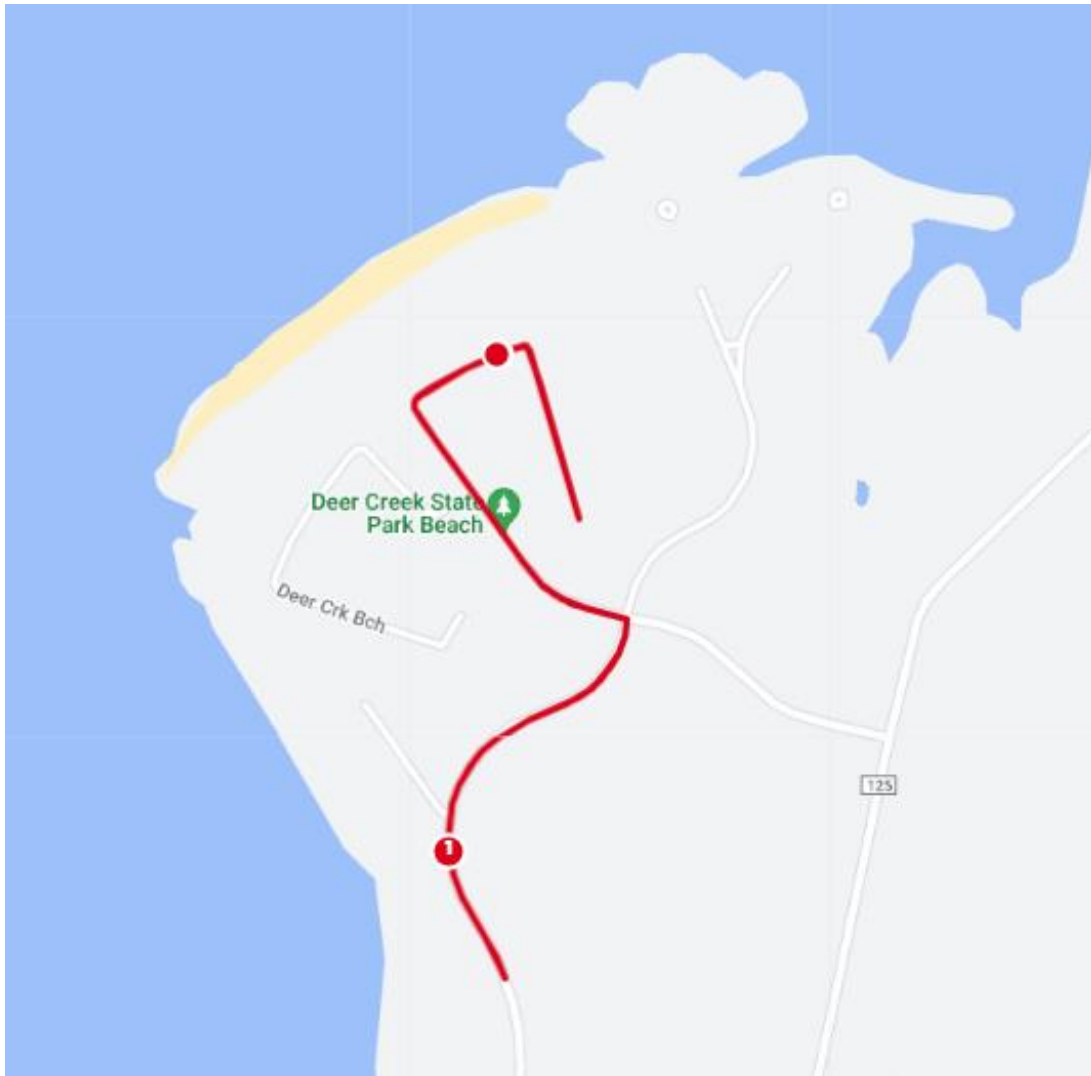
- The start line is in the second to last parking lot at the beach (where transition is located).
 - Leave the parking lots by heading southeast toward Crownover Mill Rd
 - Turn left onto Crownover Mill Road
 - Turn right onto Crownover Road
 - Turn right onto Locust Grove Road
 - Turn right onto Badger Road
 - Continue straight onto Mouser Road
 - Turn right onto Dick Road
 - Turn right onto Egypt Pike/CR 25
 - Continue straight onto Crownover Mill Rd
 - **FOR NEXT LAP:** Please continue past the Park Entrance and go straight on Crownover Mill Road
 - **NOTE: Athletes completing 2 or 3 laps DO NOT need to come back into the park.**
-
- **TRANSITION AND FINISH:** Turn left back onto the Park Access Road at the Park Entrance. Continue straight on the Park Access Road to the beachfront parking lots and the transition area.

Columbus Triathlon 1.5ml Run

Distance: 1.50 mi

Elevation Gain: 14 ft

Elevation Max: 860 ft



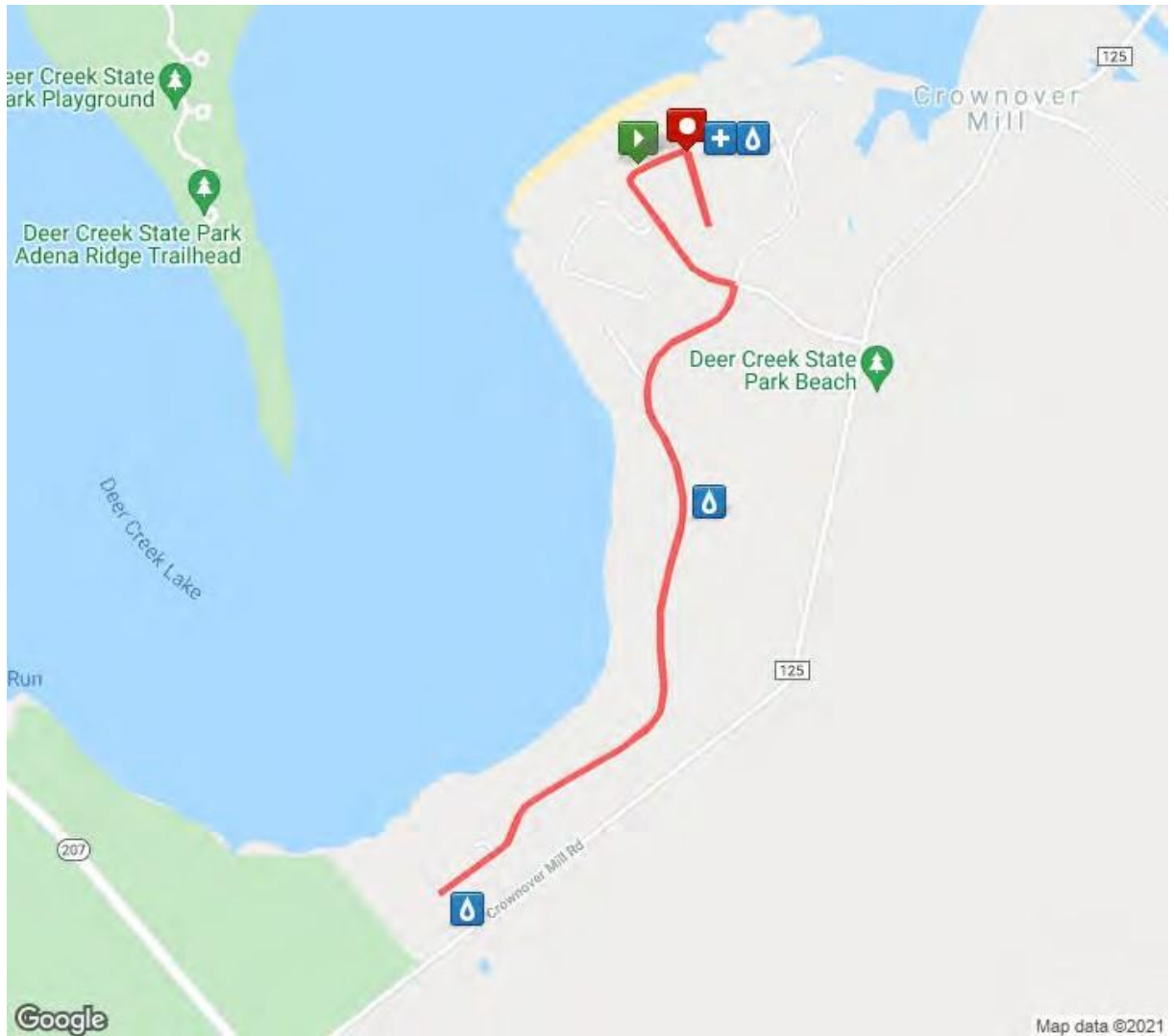
0.00 mi	Head northeast
0.07 mi	Head south
0.19 mi	Head north
0.30 mi	Head north
0.35 mi	Head southwest
0.40 mi	Head south
0.49 mi	Head northwest
0.50 mi	Head southeast
0.54 mi	Head southeast
0.60 mi	Head east
0.64 mi	Turn right
0.66 mi	Head southwest toward Deer Creek Utility Access/State Park Rd 5
0.91 mi	Head northwest toward Deer Creek Utility Access/State Park Rd 5
1.17 mi	Turn left
1.23 mi	Head northwest
1.28 mi	Head northwest
1.34 mi	Head northwest
1.50 mi	Destination

Columbus Triathlon 5k Run

Distance: 3.10 mi

Elevation Gain: 35 ft

Elevation Max: 869 ft



0.00 mi	Head northeast
0.07 mi	Head south
0.18 mi	Head north
0.28 mi	Head north
0.34 mi	Head southwest
0.38 mi	Head south
0.47 mi	Head southeast
0.48 mi	Head southeast
0.51 mi	Head southeast
0.57 mi	Head east
0.61 mi	Turn right
0.62 mi	Head southwest toward Deer Creek Utility Access/State Park Rd 5
1.69 mi	Head northeast toward Deer Creek Utility Access/State Park Rd 5
2.78 mi	Turn left
2.84 mi	Head northwest
2.89 mi	Head northwest
2.95 mi	Head northwest
3.10 mi	Destination

Columbus Triathlon 750m Swim

Distance: 750m

Elevation Gain: 0 ft

Elevation Max: 809 ft



Start and finish in the same location.

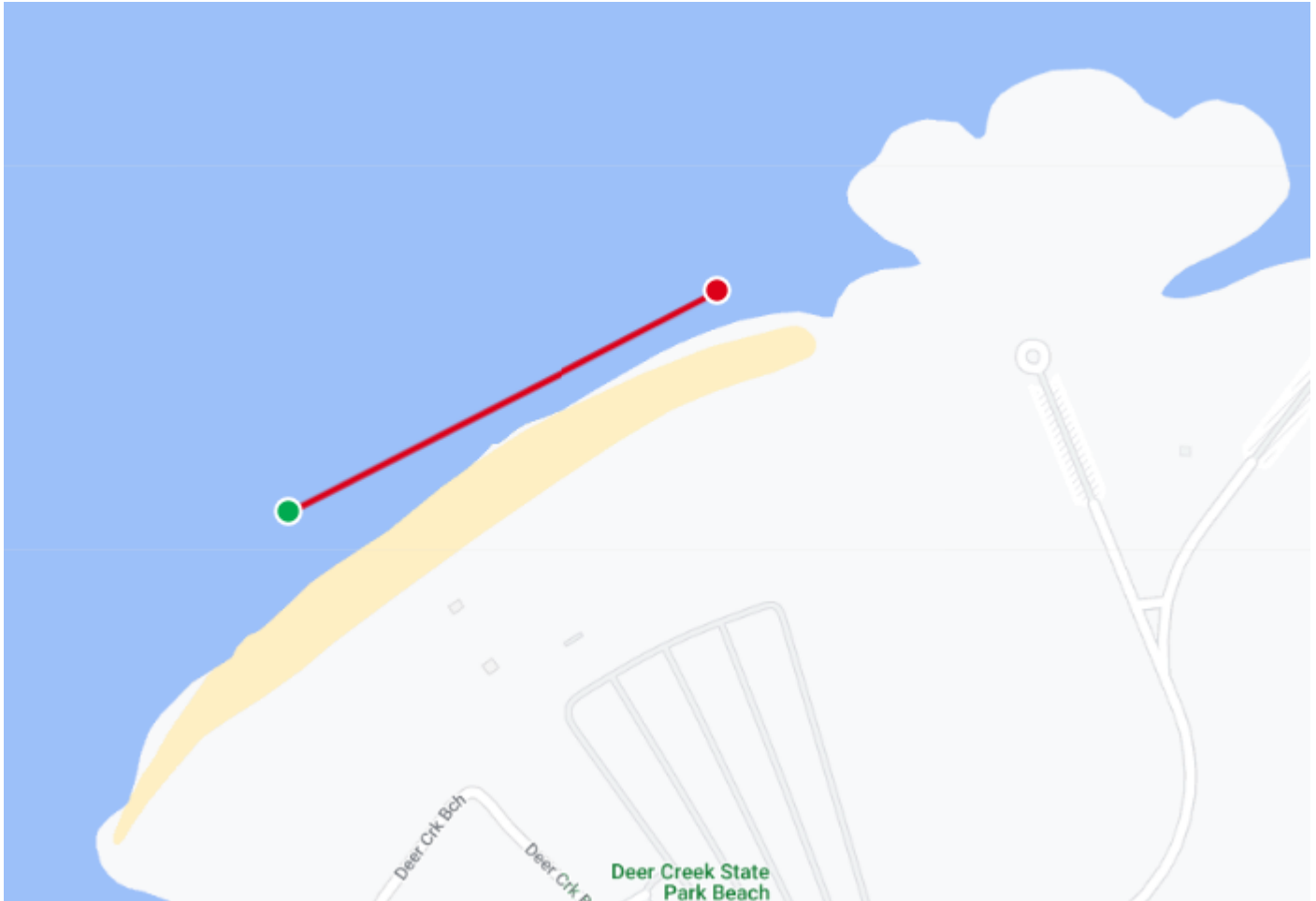
Swim counter clockwise

Columbus Triathlon 300m Beginner Swim

Distance: 300m

Elevation Gain: 0 ft

Elevation Max: 809 ft



This is a point to point swim

Start and finish are in different locations

Swim from the green dot to the red dot (left to right when looking at the water)