



Thank you to all those who signed up to participate in Grit Races, Huntington Sprint Triathlon. We want to ensure you have an optimal experience at this year's event. Cleveland is known to have crazy weather, and there is always the possibility of thunderstorms. The following outlines the event's weather contingency and communication plan.

Rain

The event will proceed "rain or shine" unless the rain contributes to other issues on the course (i.e. flooding). In the case of rain the following steps will be taken:

- Participants will be encouraged to wear appropriate clothing and slow down for safety.
- Participants will be monitored at aid stations with particular attention.
- Course volunteers will be instructed to wear appropriate clothing throughout the day.
- The course will be monitored for areas of flooding (*example: excess storm run-off*).

Severe Storms (see *Severe Weather Participation Communication procedure*)

1. Thunder and lightning, delay of the race:

Before the Event:

- When a lightning strike occurs within 6 miles of the event, the Race Start will be delayed by 20 minutes until after the last strike is 6 miles away. All participants will be notified via PA Announcement and social media channels to seek shelter in the nearest Metroparks structure, or in their vehicles.
- All delays will take place in 20-minute time increments past the last 6-mile strike. Example: If race is delayed for 20 minutes and wait has been 18 minutes with no strikes, and one occurs within a 6-mile area, the 20-minute rule starts over.
- The race will be delayed up to one hour with no change in event design. If the race is delayed one hour or more and the race is able to begin, the event distance could be reduced. If the delay last is 90 minutes to 2 hours, it is possible the race could be shortened or converted to a duathlon for all participants.
- If the weather forecast indicates a high probability of severe weather during the event, the event distance may be altered prior to the Start to allow all participants to safely finish the event prior to the arrival of the severe weather.

During Event:

- When a lightning strike occurs within 6 miles of the event, the Event Director will activate the Emergency Action Plan. All aid stations and course support will be notified, and communication is made throughout the course. Please obey all instructions from course officials, volunteers, and law enforcement.
- When lightning is within a 6-mile radius of the event, the race is suspended, and all participants are to seek shelter and shelter in place. The event course is an open park, so seek immediate shelter at a maintenance location, park office, park shelter along the course or their personal vehicle. All Coordinators and Aid stations will communicate with



participants verbally. Please obey all instructions from course Officials, Race Staff, Volunteers, and Law Enforcement.

- The race will not resume until 20 minutes past the last 6-mile strike. Example: If race is delayed for 20 minutes and the wait has been 18 minutes with no strikes, and one occurs within a 6-mile area, the 20-minute rule starts over.
- If the race resumes, all aid stations, safety officials, and course marshals will notify participants along the course that the event is resuming. Additionally, we will issue communication via SMS messaging.
- If the delay takes place and the race is able to resume at the 1:00 hour mark, all distances will remain the same. After the 1:00 hour mark and before the 1:30 hour mark if the race is able to resume, the course distance will be modified, and participants will complete their current lap.
 - If you are on the back side of your bike course, complete your bike lap; however, your run distance is altered to one lap (or 5K or 6.55 miles for the half iron).
 - After the 1:30 hour mark, the event will not resume, and all participants are to return to the transition area (weather permitting).
- If you hear thunder or see lightning, notify the nearest volunteer, safety official or event team member.

2. Tornado

- When a warning is issued by sirens or other means, seek immediate shelter.
- If inside shelter is not available, crouch for protection next to a strong structure or lie flat in a ditch or other low-lying area. Cover your head and neck with your arms or a jacket, if you have one. If on the bike course, please keep your helmet on and seek shelter as prescribed.
- If you are on the course, if there is a sturdy structure available, go inside.
- If no building is available, get into a ditch. Being below the prevailing ground level may shield you from some of the tornado wind and flying debris, but there is still danger from those.
- Do NOT unless there is no ditch, climb up under the embankment of a bridge or overpass. This often increases risk.

Extreme Weather Prevention & Actions

Change Event

If conditions dictate, a triathlon race could be converted to a duathlon with a time trial start.



Shorten Event

Shortening the route will have the following advantages in the case of severe weather:

- Concentrates volunteers and medical assets on a shorter course
- Reduces participant exposure to hazardous conditions
- Will allow participants to complete an event experience before experiencing foul weather, bad course conditions, etc.

Cancel Event

Cancellation will be used only in the most extreme of circumstances.

- Participants will be notified through all channels possible.
- Volunteers, safety officials and staff will assist in notification.

SEVERE WEATHER PARTICIPATION NOTIFICATION PROCEDURE

Weather Conditions

Weather is unpredictable, and rain is a very real possibility. Barring severe weather emergencies, the event continues despite poor weather conditions. Participants should be prepared for weather conditions and possible changing conditions. Given that the weather can change during the event, weather-related announcements may need to be issued after the start of the race.

Social Media Communication Channels & Schedule

If the weather is questionable for the Start of the race, current event updates will take place every 30 minutes beginning at 4:30 a.m. on event day. The following social media channels will be utilized:

- Facebook: **@GritRaces**, Instagram: **@GritRaces**
- Email Channel: **Email address you registered for the event**

A Race Director reserves the right to postpone the race start, reduce the race length, or cancel the race to ensure the safety of its participants. We will do everything within our capabilities to communicate cancellation, postponement, or alteration of the event to participants as quickly as possible. In all cases, participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

If you have any questions about our plan, please email natalie@gritraces.com. We look forward to a fun and safe event this weekend.

Natalie, Melanie, and Jay