Steelman Racing Triathlon

ATHLETE GUIDE

A letter from the director

Dear Steelman Racing Athletes,

I am so happy you are racing in the 22nd annual Steelman Racing Triathlon! Please read the entire athlete guide. If you have any questions regarding the content of this document, please contact me directly at info@steelmanracing.com. I will have limited access to my email from Friday (July 31st) until the end of the race. Steelman Racing staff will be on location at the Nockamixon State Park Marina during race weekend from Friday morning until the completion of the race. **Race Packets can be picked up either Saturday, August 1st from noon to 5:00 PM at the Race Expo or Sunday, August 2nd from 5:00 to 7:00 AM on race day morning. (you must have pre-ordered this pickup time on your race registration).**

The entire Steelman Racing staff is looking forward to an awesome day and thank you for racing with us!

You are STEELMANREADY,

Dave Michener
Steelman Racing Race Director

Athlete Guide Contents

- **Location / Event Schedule/ Parking**
- **Packet Pickup**
- **Race Day Procedures**
- **Courses**
- **Results / Awards**

Advanced Spine & Sports Medicine
Integrated Health · Chiropractic · Physical Therapy

Event Information

Location:

Lake Nockamixon State Park - Marina, 1542 Mountain View Drive Quakertown, PA 18951

- Please enter the park via **Harrisburg School Road.** **DO NOT ENTER** the park at the main park gates.

Event Schedule:

Wednesday - 7/22	**Thursday -** 7/30	**Saturday** – 8/1	**Sunday** – 8/2
Distribution of Athlete Guide	**Facebook Live Athlete Briefing at 7:00 PM**	Packet Pickup and Race Expo from noon to 5:00 PM @ Nockamixon State Park Marina	Packet Pickup: 5:00 – 7:00 AM Olympic Start: 7:15 AM Sprint Start: approximately 8:00 AM Olympic Awards: 10:45 AM Sprint Awards: 11:00 AM

Parking

PLEASE CARPOOL TO THE RACE!!! All athletes should enter the park from Rt. 563 at Harrisburg School Road. **The main park entrance will not be open.** Athletes will drive down Harrisburg School Road until the road dead ends at the Nockamixon State Park access road. Athletes will be directed to either turn left toward the marina parking lot and lot #13 or directed to turn right toward lots 3 to 12. There is no athlete parking in lots #1 and #2 inside the park because they are reserved for non-triathlon related park patrons. All other lots in Nockamixon State Park are available for athletes to park. **Athletes are prohibited from parking on the grass anywhere inside the park.** Park rangers will be ticketing vehicles that are parked on the grass. Parking attendants will be directing athletes where to park throughout the lots. Please park efficiently to optimize the parking spaces within the lots! The marina lot

will be directed to fill up first, followed by the remaining lots within the park. From lots #3 and #4, athletes can access the transition area in the marina via the run course by the lake. Please see the **Parking Map** below.

Parking Map

Port A Bowl Restroom Co.

Race Venue

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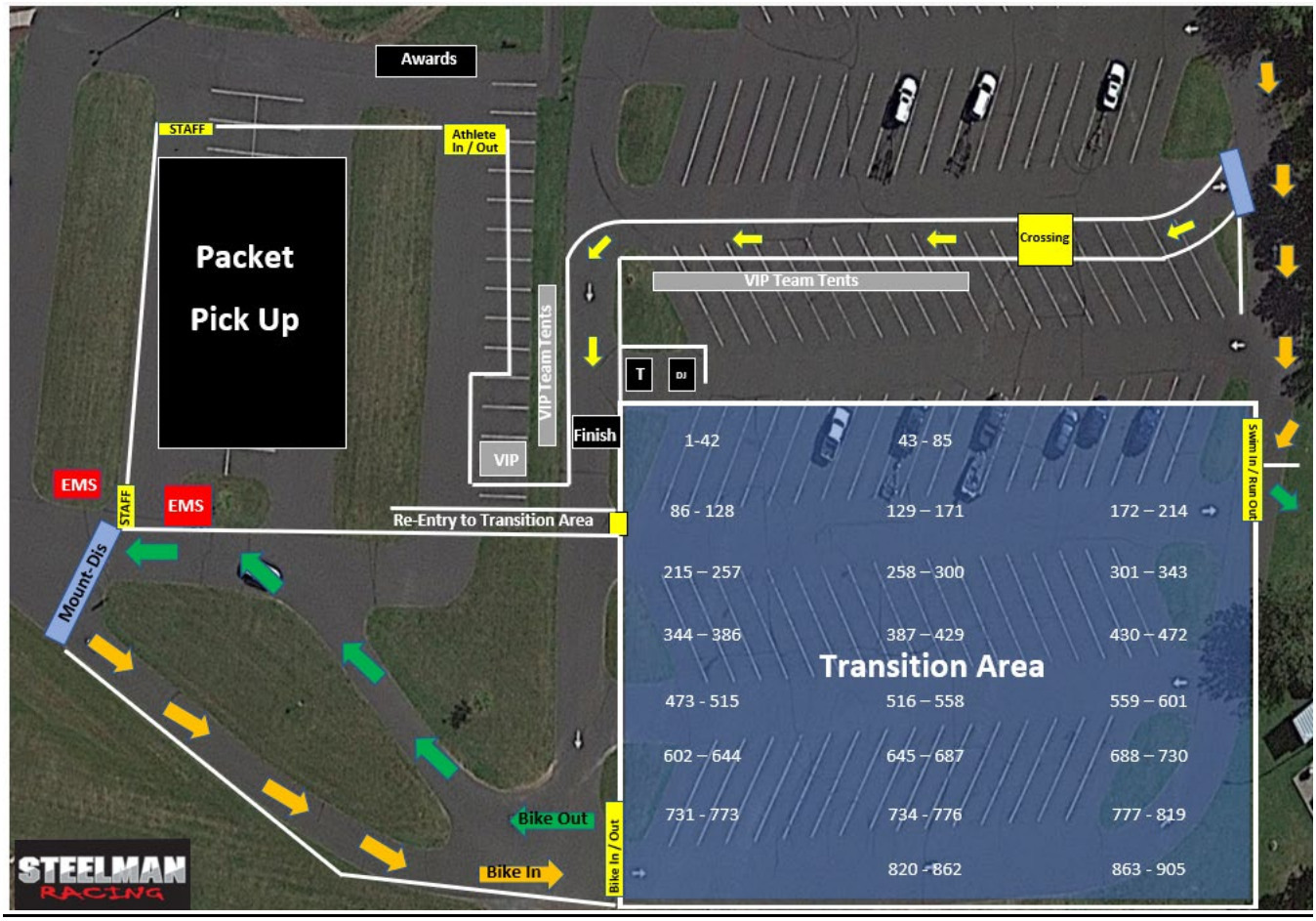

Race Packet Pickup

Race packets can be picked up on **Saturday afternoon, August 1st, from noon to 5:00 PM** and on race day morning**, August 2nd from 5:00 AM to 7:00 AM** at the Lake Nockamixon Marina (you must have pre-ordered this pickup time on your race registration). **The Olympic race will start at 7:15 AM and the Sprint race will start at approximately 8:00 AM.**

All Race Packets will be distributed from the Packet Pickup tent located inside the expo area. Athlete packets will contain: a running bib, bike and helmet stickers, swim cap, wrist band, and timing chip. Pins will be available in the transition area if you need them to attach your race bib to your shirt for the run portion of the triathlon. Race belts will be available for sale at the Steelman Racing Merchandise tent.

All athletes **must bring a valid photo ID** to be able to get their race packets**. If an athlete does not have his/her ID, he/she will NOT be permitted to get the packet.** Also, an athlete cannot pick up another athlete's packet.

- Valid photo IDs include: **driver's license or school ID (can be a photo of it on your phone)**
- **Minors need to be accompanied by a parent**

Transition Area:

All athletes must get their packet first before entering the transition area. All athletes will have a prescribed location on the bike racks based on their race numbers. To enter the transition area, athletes must have:

- bike stickers and helmet stickers attached to their bike and helmet (see pictures below)
- their green or pink (VIP) wristband with athlete number on their wrist
- all bike handlebar ends must be capped and sealed (bikes will not be permitted into transition if they have an exposed bar end)

There will be **portable toilets located outside the transition area**. **ATHLETES WILL BE ABLE TO ACCESS THE TRANSITION AREA AT 10:00 AM AND REMOVE THEIR BIKE FROM THE TRANSITION AREA STARTING AT 10:30 AM.** To leave the transition area at the end of the event, athletes must show their wristband number matches their bike sticker number. **DO NOT REMOVE YOUR BIKE STICKERS UNTIL YOU LEAVE THE RACE VENUE!**

Athlete Race Numbers

- Swim caps will be provided in all Athlete Race Packets and will have the athlete's race number on one side of the cap. (If you need a silicone swim cap due to a latex allergy, please let our registration team member know when you check in).
- Bike number stickers need to be attached to your bike so that they are clearly visible. A good location is either the top tube or seat post.
- Helmet stickers need to be placed in the center on the front of the bike helmet.
- Race bib numbers only need to be worn during the **run portion** of the race. It can be worn on your shirt (attached with safety pins available in transition) or attached to a race belt. **If you need a race belt, they can be purchased at the race expo when you pick up your packet.**
- Your timing strap is required for scoring and must be worn, during the entire event, on your ankle.
- **Body marking is not required for this event.**

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MEDICINE

Event Cut-Off Times

Swim	Bike	Run
All athletes must complete the swim 35 minutes after the last swimmer enters the water.	**All athletes must be inside the entrance of Nockamixon State Park by 10:15 AM.**	**All athletes must complete their run by 11:15.**

Motorcycle Escort / Bike Support:

The first athlete on the bike course will be led by a motorcycle escort. This is done to ensure the lead athlete follows the correct course. There will also be bike technicians on the bike course during the race. They will be able to help with minor mechanical concerns during the bike portion of the race. **THERE WILL BE NO BIKE TECHNICIAN IN THE TRANSITION AREA BEFORE THE START OF THE RACE!**

Ultimate VIP Race Experience

All athletes who upgraded to the Ultimate VIP Race Experience will:

- receive a VIP parking placard via email before the race. Please print this out and place on the dashboard for parking close to the event venue.
- pickup their packet in the VIP packet pickup line
- receive a pink VIP wristband giving them access to the VIP transition area
- enjoy access to private porta-potties and shaded tent areas in the transition area

Steelman Racing Merchandise: You want it, we have it! Steelman Racing shirts, long sleeved T-shirts, sweatshirts, hats, race belts, towels, stickers, backpacks and pint glasses will be on sale at the race. Cash, credit cards, and Venmo will be accepted.

Spectators and Team Tents

Family, friends, and spectators are welcome to attend the race! All spectators need to be inside Nockamixon State Park by **7:30 AM** before Route 563 (Mountain View Road) closes. Clubs and teams are welcome to set up tents at the event. Teams with 15 or more members will have a designated location in the VIP Tent area and a portable toilet for their team. Please see the **Venue Map** for approved tent locations.

Medical and Safety Services Command Center

Adjacent to the Finish Line, there will be a Command Center with Haycock Fire, EMS and Steelman Racing staff members. Any safety or medical concerns, athletes or spectators, should be brought to this area. This location will also serve as the Steelman Lost and Found area. For all other concerns, please find a Steelman Racing Staff member or a volunteer wearing a yellow shirt.

PAPATUI™

The Cactus Blue food truck will be at the Nockamixon Marina for the entire Steelman Racing Triathlon on race day!

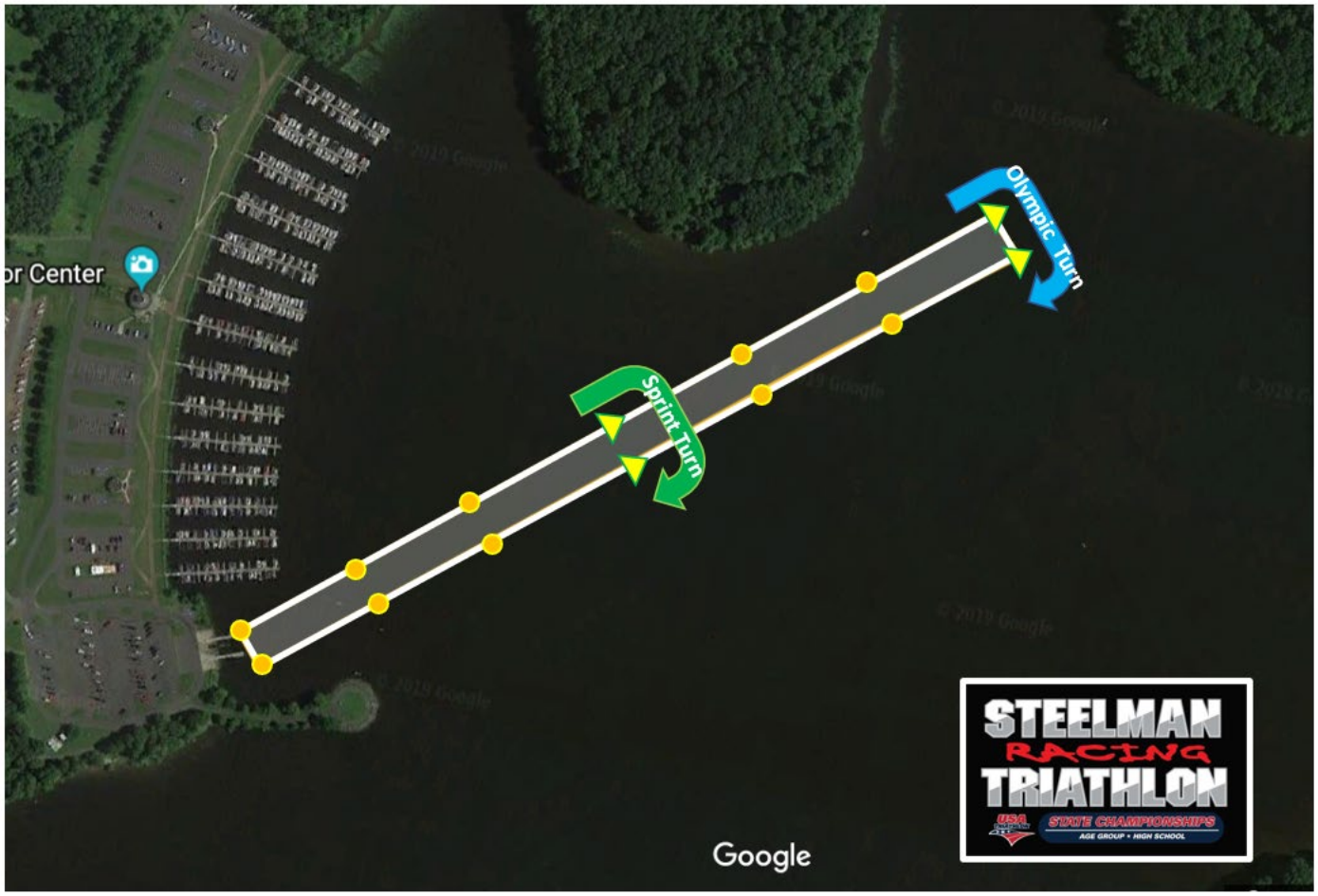
CLEARR

MOBILE IV HYDRATION

Race Information

Swim Course

Swim Description: All athletes will enter the water by jumping off the boat dock in a self-seeding rolling start format. Olympic distance athletes will enter the water first and swim out to the second yellow buoy. At the **second** yellow buoy, these athletes will make a right turn, swim parallel to the next yellow buoy, turn right, and then swim back to the boat ramp to finish their 0.9 mile swim. Sprint distance athletes will enter the water second. These athletes will swim out to the **first** yellow buoy and turn right. They will swim parallel to the shoreline to the next yellow buoy, turn right, and continue to the boat ramp to finish their 0.5 mile swim.



Self-Seeding Rolling Start

To provide the safest start to the Steelman Racing Triathlon swim, athletes will enter the water in a self-seeding rolling start based on their race and gender. Each race group (Olympic Males, Olympic Females, Sprint Males, Sprint Females) will be called to form a self-seeding line at the entrance to the boat dock. Athletes will seed themselves into the lines based on their projected finishing swim time and level of comfort in the water (faster swimmers in the front of the line and slower swimmers in the rear of the line). One athlete will cross over the start timing mats every ten seconds to enter the water and start his/her swim. Athletes need to use caution when entering off the dock and exiting the water on the boat ramp. Rubber mats will be on the boat ramp for added safety, but athletes should walk slowly out of the water. Below are the time increments athletes will use to self-seed before the rolling start begins.

OLYMPIC	SPRINT
Under 25 mins.	Under 15 mins.
25 - 30 mins.	15 - 20 mins.
30 - 35 mins.	20 - 25 mins.
35 - 40 mins.	25 - 30 mins.
+ 40 mins.	+ 30 mins.

Wetsuits

The water temperature is typically in the high 70's. A measurement will be taken per USAT rules at 6:00 AM on race morning and an announcement will be made concerning wetsuit usage. If the water temperature is 78 degrees or below, the race will be wetsuit legal. If the water temperature is above 78 degrees, the race will not be wetsuit legal. If the race is not

wetsuit legal, but if an athlete feels more comfortable wearing a wetsuit, he or she can still choose to wear one. His/her number will be recorded upon entering the water and provided to the timer. These athletes will be excluded from the awards, but not the results. **If the water temperature is above 84 degrees, no wetsuits will be permitted during the swim portion of the race.** Please click here for more information.

Swim Safety Buoys

Athletes are more than welcome to wear swim safety buoys for the swim portion of the triathlon. Steelman Racing is treating the use of swim safety buoys as an additional safety measure some athletes may choose to use. Our goal is to make our athletes as safe as possible in an open water setting, and the use of swim buoys can only help promote this high level of safety. If an athlete chooses to use a swim safety buoys, he / she will need to enter the water at the end of the race distance group to reduce sighting concerns for the other athletes.

Swimmer Safety

There will be six lifeguards, and an additional 20 support volunteers in the water during the swim portion of the race. Lifeguards will be in kayaks and on the shore, as well as in active patrol boats from Haycock Township. **Any athlete that develops a safety concern during the race needs to raise a hand to signal a water support volunteer if one has not already attended to his/her needs. ***If athletes need to be evacuated from the water (i.e. lightning threat), three long horn blasts will be sounded to signal swimmers to exit the water as soon as possible.*****

Bike Course

Olympic distance athletes will complete 22.0 miles and Sprint distance athletes will complete 12.5 miles of biking. All athletes will exit transition through the Bike-Out opening. All athletes

will then start the 1.2-mile climb from the marina to Route 563. Athletes will exit the park and make a right-hand turn on Route 563. Athletes will travel 3.25 miles to the first turnaround (Top Rock Trail). Athletes will then head back toward the park entrance, pass it, and proceed 4.75 miles to the second turnaround before the (West Bridge). **This turnaround has been moved up, so athletes do not have to cross the bridge.** Last, after completing the turnaround, athletes will continue 2.1 miles back to the park entrance where the Sprint distance athletes will go back into the park to return to transition, or Olympic distance athletes will stay out on the bike course to complete a second loop. After Olympic athletes complete their second loop, they need to continue back to transition through the park. All athletes will enter transition through the Bike-In opening. **THE BIKE COURSE CUT OFF IS 10:15 AM.** If an athlete is not inside the park by this time, a support vehicle **will pick them up** and bring them back to the transition area.

Bike Course Elevation Map: https://strava.app.link/0CMD8OULSrb

Steelman Racing Olympic Triathlon Bike Course

- Riders will exit transition and proceed to the park access road. Riders will follow the park access road to the park entrance / exit.

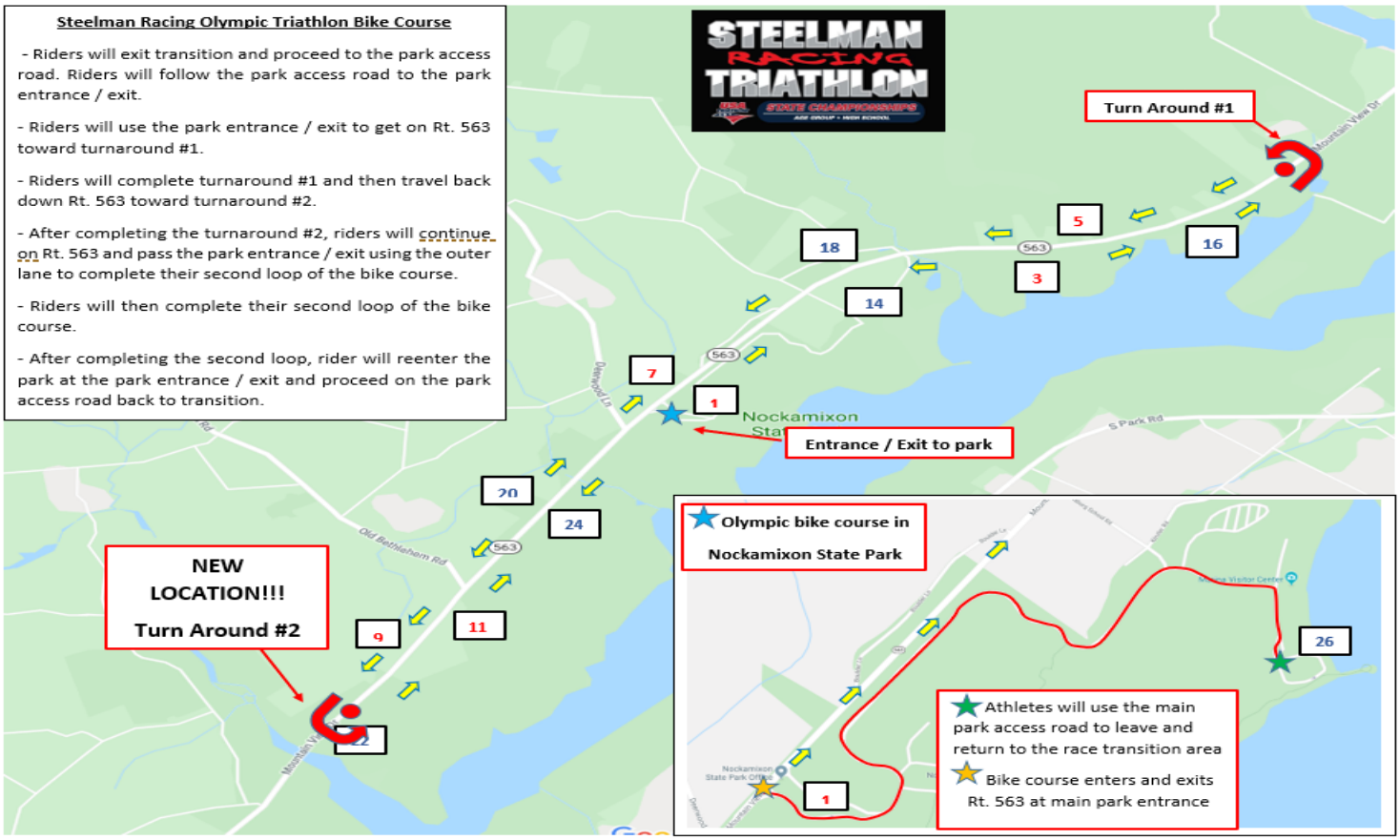
- Riders will use the park entrance / exit to get on Rt. 563 toward turnaround #1.

- Riders will complete turnaround #1 and then travel back down Rt. 563 toward turnaround #2.

- After completing the turnaround #2, riders will continue on Rt. 563 and pass the park entrance / exit using the outer lane to complete their second loop of the bike course.

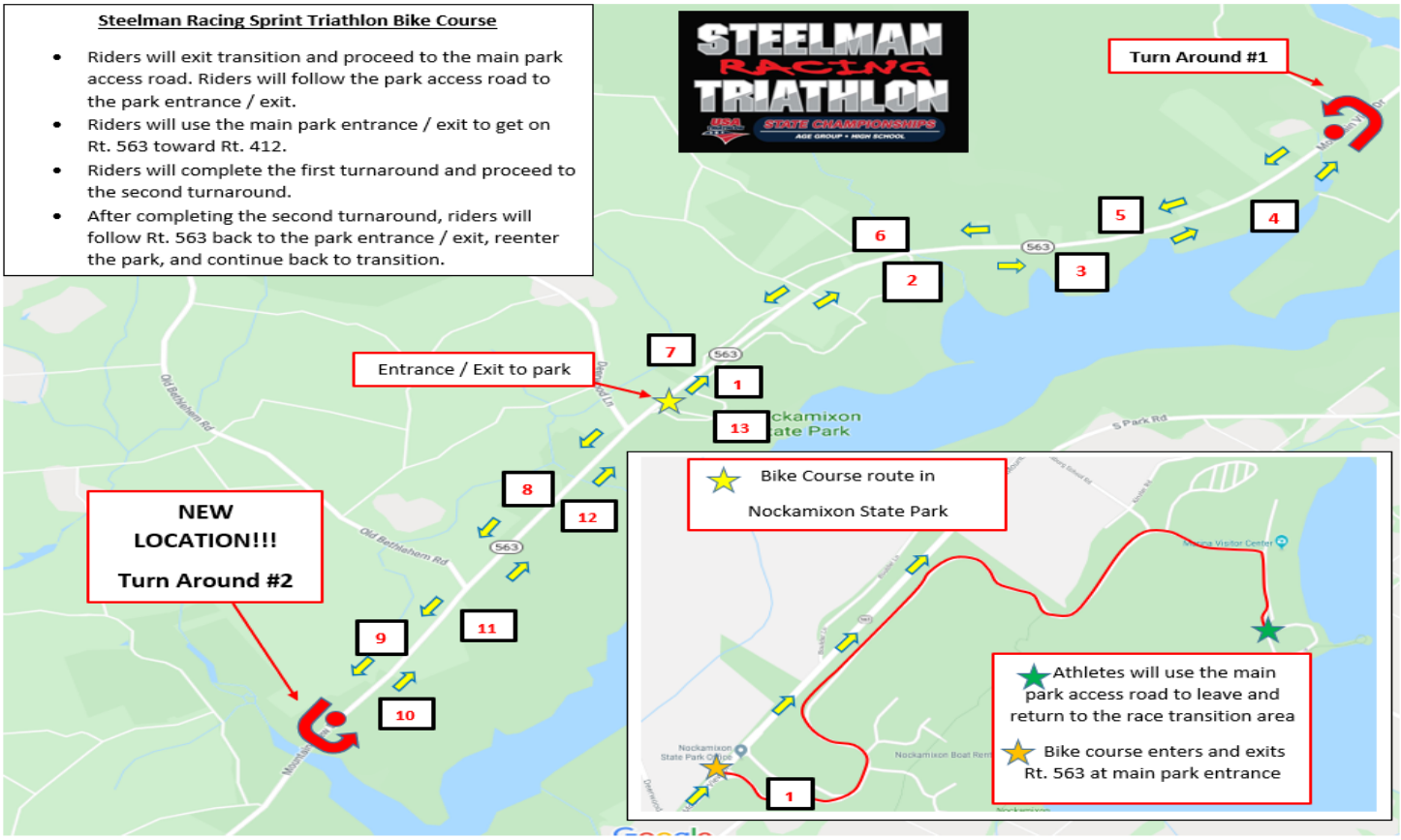
- Riders will then complete their second loop of the bike course.

- After completing the second loop, rider will reenter the park at the park entrance / exit and proceed on the park access road back to transition.



Steelman Racing Sprint Triathlon Bike Course

- Riders will exit transition and proceed to the main park access road. Riders will follow the park access road to the park entrance / exit.
- Riders will use the main park entrance / exit to get on Rt. 563 toward Rt. 412.
- Riders will complete the first turnaround and proceed to the second turnaround.
- After completing the second turnaround, riders will follow Rt. 563 back to the park entrance / exit, reenter the park, and continue back to transition.

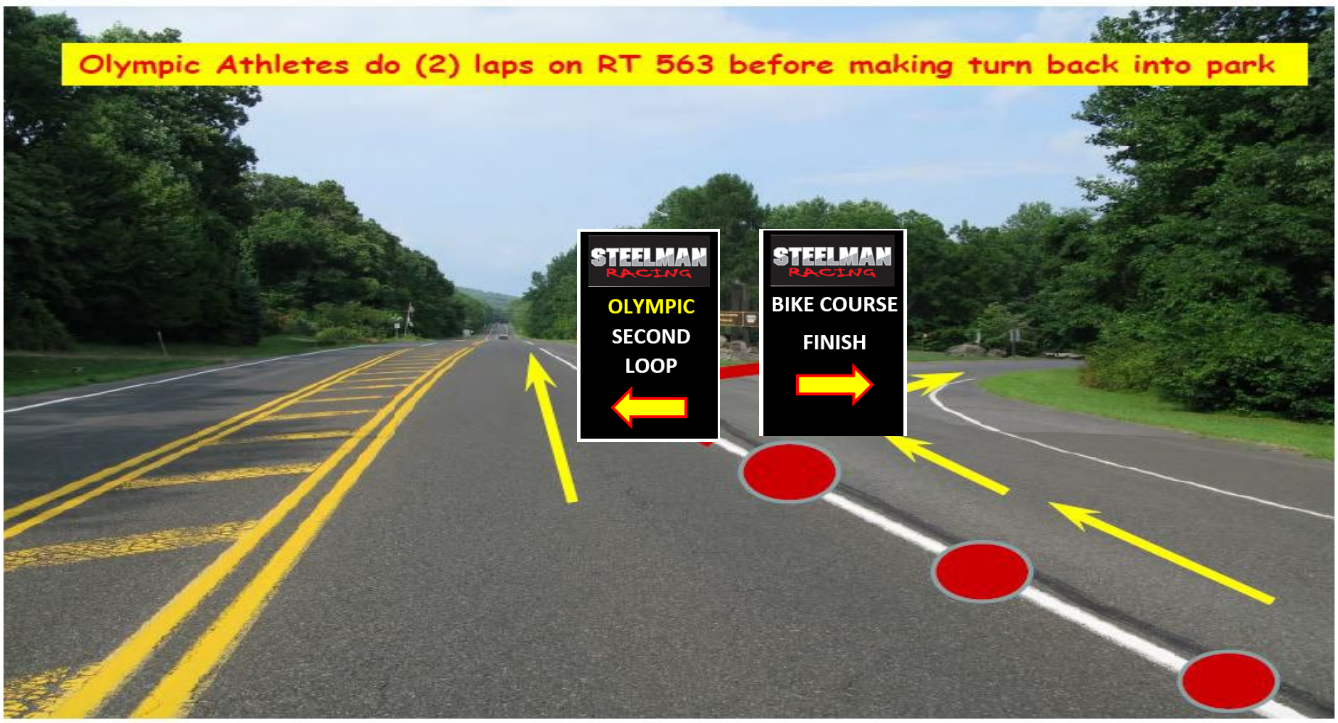


View of Park Road at the top of the Marina climb – Stay to the LEFT and travel through park - DO NOT TURN RIGHT

Park Road leading out to RT 563 (on right) and Park road returning from RT 563 on way to back to Marina and T2 (on left of screen)

Turn onto Rt 563 leaving from Park, heading EAST

RT 563 RIGHT turn, (EAST) out of park to start bike leg. Also shown on bottom of screen is the turn back into park to finish bike leg and return to marina T2 – NOTE Olympic Athletes must do two laps on RT 563 before turning back into park



RT 563 turn back into park – Barricades will direct athletes down into the marina or for OLYMPIC Athletes their 2nd lap on RT 563

RT 563 turn back into park to finish bike leg and return to marina – Stay to the RIGHT of the barricades to return to the Marina and OLYMPIC Athletes stay to the left to complete your 2nd lap

Important - Failure to read could result in injury!

Pictured above is one of the three sets of speed bumps athletes will encounter on the Park Road exiting and entering the marina.
While these speed bumps are athlete friendly, you will still need to take caution and maintain control of your bike while riding over them.
They will be marked by traffic cones and signs to warn athletes they are ahead.

Pictured above is the speed bump coming directly back into the park from RT 563. You will approach this speed bump from a blind turn so be aware. This speed bump will also be marked with traffic cones and signs to make athletes aware of its location.

Run Course

Sprint distance athletes will complete 3.1 miles, and Olympic distance athletes will complete 6.2 miles. All athletes will exit transition through the Run-Out opening. Athletes will then make a right turn onto the walking trail that follows the contour of the lake. Sprint and Olympic distance athletes will run past Deerwood Lane and follow the course as it wraps around an island on the path and then heads back toward transition. **Running around the island is the turn around for both the Sprint and Olympic athletes.** As all runners make their way back to transition, Sprint athletes will follow the signs for the finish, while the Olympic distance athletes will follow the signs to complete their second lap of the course. As all athletes make their way toward the finish, they will take a short run down the path around the peninsula, follow the barricade to the finish chute, and then make their way to the finish. The finish line is by the parking lot to allow family and friends the opportunity to see athletes come across the finish line. Athletes will be announced as they come around the final turn before the finish, so spectators know who is #STEELMANREADY!

Run Course Elevation Map: https://strava.app.link/3DtdUHXLSrb

Aqua Bike Finish:

Aqua Bike athletes will finish their race when they cross the "Bike In" timing mat in the transition area after the bike portion of their event. After entering the transition area, Aqua Bike athletes can get their finisher medals inside the athlete only post-race area. From the transition area, please enter the post-race area via the transition area / post-race gate.

Post-Race Refreshments

All athletes will have access to the food tent inside the post-race athlete-only area. All food will be prepackaged, and there will be an assortment of cookies, pretzels, chips, and frozen treats! **THE FOOD IS FOR ATHLETES ONLY!!!**

Race Results

All athletes will receive an email message when they complete their race with their finishing time and age group placement. These results are not final because other athletes from each age group may still be completing their race. Age group award winners will receive their awards following the completion of the race in an award ceremony. The Olympic Age Group Awards ceremony will be at approximately 10:45 AM and the Sprint Age Group Awards ceremony will be at approximately 11:00 AM (time subject to change). In the week following the race, athletes will be emailed a link to view race results, and they will be also available on the Steelman Racing website.

STEELMAN RACING
RACE RESULTS

RACE RESULTS

Advanced Spine & Sports Medicine
Integrated Health · Chiropractic · Physical Therapy

STEELMAN RACING

Sprint		Olympic	
Male	**Female**	**Male**	**Female**
Top 3 Overall (3)	Top 3 Overall (3)	Top 3 Overall (3)	Top 3 Overall (3)
15 – under (3)	15 – under (3)	15 – under (3)	15 – under (3)
16 – 19 (3)	16 – 19 (3)	16 – 19 (3)	16 – 19 (3)
20 – 24 (3)	20 – 24 (3)	20 – 24 (3)	20 – 24 (3)
25 – 29 (3)	25 – 29 (3)	25 – 29 (3)	25 – 29 (3)
30 – 34 (3)	30 – 34 (3)	30 – 34 (3)	30 – 34 (3)
35 – 39 (3)	35 – 39 (3)	35 – 39 (3)	35 – 39 (3)
40 – 44 (3)	40 – 44 (3)	40 – 44 (3)	40 – 44 (3)
45 – 49 (3)	45 – 49 (3)	45 – 49 (3)	45 – 49 (3)
50 – 54 (3)	50 – 54 (3)	50 – 54 (3)	50 – 54 (3)
55 – 59 (3)	55 – 59 (3)	55 – 59 (3)	55 – 59 (3)
60 – 64 (3)	60 – 64 (3)	60 – 64 (3)	60 – 64 (3)
65 – 69 (3)	65 – 69 (3)	65 – 69 (3)	65 – 69 (3)
70 + (3)	70 + (3)	70 + (3)	70 + (3)
Clydesdale (3)	Athena (3)	Clydesdale (3)	Athena (3)
Physically Challenged (3)	Physically Challenged (3)	Physically Challenged (3)	Physically Challenged
Aqua Bike 39 – under (3)	Aqua Bike 39 – under (3)	Aqua Bike 39 – under (3)	Aqua Bike 39 – under (3)
Aqua Bike 40 – over (3)	Aqua Bike 40 – over (3)	Aqua Bike 40 – over (3)	Aqua Bike 40 – over (3)
Relay – 1st all male (3)		Relay – 1st all male (3)	
Relay – 1st all female (3)		Relay – 1st all female (3)	
Relay – 1st all coed (3)		Relay – 1st all coed (3)	