



A Message from the Race Director

Dear Athletes,

It is with great pleasure that I welcome you to a new event for Kinetic Multisports. The Poconos Triathlon Festival is located in Hawley, PA. We are excited that this new event is convenient to most of the North East. It is only 2 hours from New York City and three hours from Philadelphia. Boston and Washington, DC are only 5 hours away. Well worth the drive for a new and exciting weekend of multisport racing in the world-famous Poconos Mountains. We are looking forward to hosting you at this wonderful new race site. This race would not be possible without the support of the local towns and counties. Please take a moment out of your day to thank all the volunteers and a Police Officer.

Training for a triathlon, whether it being your first or twentieth, is a challenging endeavor and we know you have worked hard in the weeks and months leading up to this event. Getting to the starting line is a success and we hope to make your race day experience positive and fun while helping you to achieve your athletic goals. The rest of the team and I thank you for being here and will be doing everything possible to help you reach the finish line. If you have any questions, concerns, or feedback, please do not hesitate to let us know.

Greg Hawkins, *Race Director*



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PACTIMO

Race Site Address

2552 US-6

Hawley, PA 18428 | [Directions](#)

Schedule of Events

Poconos Prologue Swim Run; Poconos Long Course & Olympic Packet Pick Up ONLY (2 Options for Long Course(Half) & Olympic)

Friday June 12th, 2020 Prologue Race Day

- (1) 3-7pm:** Packet Pickup Prologue and Long Course (Half) & Olympic Distance @ Race Site
- 4:45pm:** Prologue Pre-Race meeting
- 5pm:** Prologue Swim Run Starts
- 6pm:** Pre-Race meeting Long Course (Half) & Olympic @ Race Site after Prologue.

Saturday June 13th, 2020 Long Course (Half) & Olympic Race Day

- **Arrival Time:** Please arrive at the race site no later than 6:30am**
- 6am:** Transition area opens
- (2) 5:30-6:30am:** Packet pickup, Body Marking/Chip Pick-up
- 6:45am:** Transition area closes (no exceptions)/Pre-race meeting (swim start)
- 6:50am:** Wave 1 (Long Course) assembles in the swim starting area to prepare for the start!
- 7am:** **Long Course(Half)** race starts
- 8:30am:** **Olympic Distance** race starts

Poconos Sprint Packet Pick Up (2 Options)

Saturday June 13th, 2020

- (1) 5-7pm:** Packet Pickup @ Race Site
- 6pm:** Pre-Race meeting @ Race Site

Sunday June 14th, 2020 Sprint Distance Race Day

- **Arrival Time:** Please arrive at the race site no later than 6:30am**
- 6am:** Transition area opens
- (2) 6:30-7:30am:** Packet pickup, Body Marking/Chip Pick-up
- 7:45am:** Transition area closes (no exceptions)/Pre-race meeting (swim start)
- 7:50am:** Wave 1 assembles in the swim starting area to prepare for the start!
- 8am:** **Sprint Distance** race starts

Race Site Layout



Parking

Parking is available at Wallenpaupack Area High School which is within walking distance of the race site!

Packet Pickup

Things to bring with you to Packet Pickup:

- **Photo ID:** this is REQUIRED! No ID = No Race!!!
- **Know your bib number.** It will be emailed out and posted on the race participant list. (see the race website).
- **Questions!**

Special notes about Packet Pickup:

- **Adults:** Each adult must pick up their **OWN** race packet. This also goes for **EACH relay member**.
- **Minors:** Those under the age of 18 years old may have their parent/guardian pickup their packet.
- **Race Categories:** You **MAY** change categories during packet pickup.
- **Swim start times:** Start times will be posted by last name and by bib number. Times are final.
- **Timing Chips:** You will receive your timing chip on race morning **NOT** at packet pickup. Please see the Timing Chip section.

Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete it within the cut off times. Participants who do not meet these cut-offs will be asked to turn in their timing chip. Finishing the race at this point is at the discretion of each athlete, but race support will no longer be provided and Kinetic Multisports holds no responsibility for athlete safety after this point.

Prologue:

Athletes have 1.5 hours to complete the entire event.

Sprint:

Athletes have **2.5** hours to complete the entire event. Cumulative cut-offs will be:
Swim: 1 hour | **Bike: 2** hours | **Run/Finish: 2.5** hours

Olympic:

Athletes have **4** hours to complete the entire event. Cumulative cut-offs will be:
Swim: 1 hour | **Bike: 3** hours | **Run/Finish: 4** hours

Long Course/Half:

Athletes have **9** hours to complete the entire event. Cumulative cut-offs will be:
Swim: 1:15 hours | **Bike: 5** hours to top of Killer Miller; **6** hours to finish | **Run/Finish: 7.5** hours for loop 1 and **9** hours to finish

Transition Area

Triathletes may enter the transition area when packet pick up opens. All bikes must be racked 15-minutes before the start of the first swimmer in wave number 1. Bike racks are numbered, and triathletes must put their bicycles and gear on their designated rack.

Each rack holds 6 bikes, with positions on racks being based on a first come, first serve basis. To the right is an example of how your transition area should be organized. Please be courteous of the space and belongings of other racers before, during, and after the race.



Transition Security: Please note that once your race is over, many others are still racing. We will be allowing athletes into the transition area to get their bikes and other gear when possible. Be considerate of others still racing.

Body Marking

After racking your bike, proceed to the body marking area located near the Packet Pick Up & Transition Area. (marked by a tear drop flag). Triathletes must be marked at least 30 minutes before the race and must bring their bib number for verification. **You MUST have your BIB to get body marked!**

Race Numbers

Each athlete will receive three race numbers:

1. The smallest number (sticky) must be worn on the front of the cycling helmet.
2. The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line.
3. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.

Please refer to the Kinetic Multisports website under Novice Athletes for more information on number placement.



Timing Chips

Please be aware of the following procedures to insure successful timing of your event:

- All participants will receive their ChampionChip on Race Morning at the Chip Pick-Up Area. You are **REQUIRED** to show your paper bib number in order to receive your timing chip. Body marking is **NOT** an acceptable Bib number! For Savageman the chips will be at the end of the Transition Area.
- **Your chip number should match your bib number, always remember to check when you pick up your chip to make sure they match!**
- **Our volunteers who hand out the chips are human just like us, so it is always a good idea to double check the chip number when you pick it up to make sure it matches your bib number.**
- Along with the timing chip participants will receive a neoprene chip strap. It is **REQUIRED** that all participants wear the timing chip on their **LEFT** ankle as shown.
- **You MUST RETURN YOUR CHIP at the finish line. Athletes who lose their Chip or fail to return the chip after the race will be assessed a \$30 charge!**
- **IF YOU ARE NOT ABLE TO FINISH ANY LEG OF THE RACE YOU MUST TURN IN YOUR TIMING CHIP BEFORE CROSSING OVER ANY ADDITIONAL TIMING MATS. IN THIS EVENT TAKE YOUR TIMING CHIP TO THE TIMING CHIP COLLECTION AREA NEAR THE FINISH LINE AND INFORM THEM OF YOUR DECISION.**



Aquabike

If you are racing in the Aquabike Category we will have a separate finish line for you near the Transition Area. Look for the Aquabike Finish Line near the bike in section of the transition area. Your finish line is the Bike In timing mat make sure you cross that mat and check in with the volunteer at the Aquabike finish line!



Aid Stations

Long Course (Half)

Bike: Aid stations will be at mile 19.5; 25.63; 38.41 miles and will have sport top water bottles and Gatorade bottles.

Run: Aid stations will be approximately every mile on the run course and will have Gatorade & water.

Olympic

Bike: **NO** aid stations on the bike course

Run: Aid stations will be approximately every mile on the run course and will have Gatorade & water.

Sprint

Bike: **NO** aid stations on the bike course

Run: Aid stations will be approximately every mile on the run course and will have water.

Prologue

Run: There will be at least 1 Aid station on each lap and will have water.

Post-Race Food

All racers will receive post-race meal, including snacks, and various drinks. Please remember that the post-race food & drinks are for the athletes only. Food will be for sale to spectators.

Race Results & Awards

Tentative results will be posted as they come available on race day located in the Results Tent! You may also consider signing up for results notification on the website on the participants list. When you look up your name on the participants list then scroll to the right side and click on the results notification button and follow the instructions.

USAT penalties will also be posted inside the results tent by USAT officials as soon as they are available race day. They will be posted on the results page of the website under the category results as well.

Questions or concerns about USAT penalties can be directed towards the USAT Official who will remain at the race site until after the awards ceremony.

Questions about results can be directed towards the race timer or race director usually located near the finish line.

If you cannot make the awards ceremony, please have a friend pick up your award. You can also pay for the shipping of your award via our Online Store [HERE](#) Final Overall & Age Group results with splits will be posted on kineticmultisports.com as soon as possible, usually within 24 hours.



USAT Rules

USA Triathlon is the national governing body for the sport of triathlon. Being an annual member or a one-day member provides event organizers and participants with the necessary liability insurance coverage. For information, please contact USA Triathlon [HERE](#).

USAT's Most Commonly Violated Rules:

Helmets

Helmets **MUST** be worn with the chin strapped anytime you are riding your bike, before, during and after the event. **Penalty:** Disqualification

Outside Assistance

Only race and medical officials may provide assistance to athletes during the race. Staff & Volunteers are considered officials. **Penalty:** Variable time penalty

Drafting

Keep at least three (3) bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. **Penalty:** Variable time penalty

Position & Blocking

You must stay on the far-right side of the road at all times unless passing another rider. Riding on the left without passing is considered blocking. **Penalty:** Variable time penalty

Overtaken

Once passed, you must exit the drafting zone to the rear before attempting to re-pass. **Penalty:** Variable time penalty

Race Numbers

All athletes must wear their run bib number at all times during the run, and have it facing the front (on their chest, stomach or shorts) as they cross the finish line. **DO NOT** transfer your number to any other athlete or take a number from an athlete that is not competing.

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

Cell Phones

New in 2019 athletes will be allowed to have their cell phones with them on the bike and the run but they will not be allowed to have any music playing and are not allowed to have headphones as well.

Penalty: If officials see an athlete using a phone, calling or texting, while on the racecourse, it will be considered "endangerment" which is a DQ instead of a time penalty.

USAT Aging Up Policy

Participants will compete in whichever age group they would be in as of December 31st. In other words everyone's age group for the season will be determined by their age on the last day of the year of the race.



Shop Online **HERE**



Race Belts



Headwear



Clothing



Water Safety

Water Temperature

The typical water temperature for the swim is usually in the upper 60's low 70's this time of year.

The water temperature for each open water event is taken and posted on the Kinetic Multisports Facebook page, 36-48 hours before the posted packet pick-up time. This temperature reading is a preliminary reading. The official water temperature to determine wetsuit eligibility will be taken on race morning about 60—90 minutes prior to race start by the USAT official on site.

Wetsuit Rules

Kinetic Multisports abides by USAT cutoffs concerning water temperature and wetsuit eligibility:

78°F or below: Wetsuits ARE Allowed

78.1°F to 83.9°F: Participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in this temperature range will mean that the athletes are ineligible for awards. Wetsuit wearers results will be located in the category results in a Wetsuit section and not in the Overall results.

84°F and above: wetsuits are NOT permitted—this is for your own safety.

Water Safety

Lifeguards will be available throughout the swim course to ensure your safety. If you need assistance, roll on your back and put your hand straight in the air to signal a lifeguard to your assistance. You may hold on to a lifeguard's surfboard or kayak but using a lifeguard for forward progress will result in a DQ.

In the case of strong water currents, please keep aware of your surroundings and sight for buoys frequently.

If for whatever reason you do not finish the swim it is mandatory that you immediately check in at the finish line tent and report that you DNF'ed (Did Not Finish) the swim.

A yellow wiggly man will mark the exit of the swim. Be sure to sight for the wiggly man in the final straightaway of the swim.

Course Maps: [Long Course](#) [Olympic](#) [Sprint](#) [Prologue](#)

Prologue

This unique event will be governed by the swim run style rules.

Typically, teams swim with the running shoes on their feet, and run while still wearing the wetsuits. With so many transitions in SwimRun events, it makes no sense to get undressed and dressed over and over again. Pull buoys, and paddles are legal in these events, but when used must be carried from start to finish.

Swim caps will be provided Packet Pick Up. Please wear the swim cap provided.

- There is no transition area, so whatever you want to use must be carried with you throughout the course.
- If you discard any items during the race you will be disqualified!

Swim

Official swim start times will be posted on the website 48hrs before the event, at packet-pickup and on race-day.

- Swim caps will be provided at Open Water Swim Events at Packet Pick Up. Please wear the designed color of your swim wave.
- Participants will start in age/category specific waves, be sure to Start IN YOUR WAVE TIME!
- Be prepared to line up for the swim start a minimum of 10 minutes before your wave starting time.
- Official swim wave times will be posted on the Event website 48hrs in advance and will also be posted at packet-pickup and race morning.
- Orange oval buoys are guide buoys—go straight, while the Yellow triangular buoys are turn buoys. Please review the swim course before the race. Knowing the course is ultimately YOUR responsibility.

Bike

- The course will be marked with orange spray chalk arrows and Yellow signs with arrows at all the turns. The bike will also be marked with signs every 5 miles.
- Though there will be police presence on the course for your safety, the course is still open to traffic please BE ALERT and BE CAREFUL!
- Volunteers will be at all corners wearing bright yellow shirts and orange vests, holding orange flags.
- It is highly recommended you pre-ride or pre-drive the course. Knowing the course is ultimately YOUR responsibility.

Rules & Etiquette

- You **MUST** wait to mount your bike until **AFTER** you cross the mounting line outside of transition. Likewise, you **MUST** dismount your bike **BEFORE** crossing the line at the end of the bike.
- No drafting, no headphones/iPods/radios. USAT officials will be on the course and penalties will be assessed (see previous section on USAT rules).
- Hard shell helmets must be worn and must be fastened before mounting your bike outside the transition area. Failure to fasten your helmet results in an automatic DQ.
- Stay to the right to allow faster cyclists to pass on the left and obey the yellow line rule.
- Crossing the yellow line is an automatic DQ.

Run

- The run course is on the road and trail.
- Aid stations will be located approximately every mile on the run.

Rules & Etiquette

- No headphones, earphones or any radio-type devices will be allowed.
- You **MUST** have your run bib number on your **FRONT** as you approach the finish line.
- Please be sure to return your timing chip to designated volunteers after crossing the finish line...**CONGRATULATIONS YOU DID IT!**

#G Kinetic

