

Dear Athlete,

It is with great pleasure that I welcome you to the inaugural Poconos Triathlon Festival. Nestled in the Pocono Mountains on Lake Wallenpaupack, this is a beautiful part of the country to race in. The local community has been tremendously supportive of this event, please be sure to thank them for hosting us this weekend.

The sport of triathlon is a challenging endeavor, and we know you have worked hard to stay healthy and physically fit in the months leading up to this event. Oftentimes, just getting to the starting line is a success in and of itself! We value your dedication to training and the time and effort you put into being able to swimbike-run with us. Our mission is to put on safe, fun races in beautiful venues. We appreciate you racing with us and hope you achieve your athletic goals.

Racing in 2021 is different, especially our early season races. As always, we are committed to providing safe, fun multisport events with athlete and community safety as our #1 priority. As an outdoor sport, triathlon is lower risk for COVID transmission, but it is not zero risk. So, we must make sure people keep their distance, wear masks, and wash their hands. As vaccines are further rolled out and we can reduce/eliminate measures on a state by state basis, we will. It is a new process, but it is still swimming, biking, and running in beautiful, boutique venues. Please review the following pages of our athlete guide and read the emails we send you; these are all key to a safe, fun, and successful race!

We look forward to seeing you on the starting line!

The Kinetic Multisports Team

#GoKinetic











COVID PRECAUTIONS - READ THIS FIRST!

COVID Screening: If you are showing symptoms of COVID (fever, aches, loss of taste/smell, etc) or have been in close, recent contact with a COVID positive person, stay home.

Masks: Masks are still mandatory if you are not vaccinated or cannot keep socially distanced per the Governors Executive Order. We realize this is an inconvenience and we appreciate your opinion, but we need masks on people to keep our permits. Disposable masks will be available at athlete check in and the finish line.

Distancing: Keeping your distance on course generally isn't an issue, it's the before and after we have to mitigate. The race site has been engineered to keep athletes from crowding and many of the typical gathering points have been eliminated. We'll need you to spread out when lining up for the swim and while eating your post-race, grab and go meal. Stay a bike length apart!

Hygiene: There will be hand sanitizer and hand wash stations throughout the race site, please use them. Don't blow snot rockets, high five, hug, etc.

We highly recommend reviewing our full COVID Mitigation plan and other resources in our <u>FAQ's</u>. Many of your questions are answered there and if they aren't, they should be.





Schedule of Events

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

Friday June 11th, 2021 Prologue Race Day

(1) 3:30-7pm: Packet Pickup Prologue and Long Course (Half) & Olympic Distance @ Race Site
4:45pm: Prologue Pre-Race meeting
5pm: Prologue Swim Run Starts
6:30pm: Pre-Race meeting Long Course (Half) & Olympic @ Race Site after Prologue.

Saturday June 12th, 2021 Long Course (Half) & Olympic Race Day

Arrival Time: Please arrive at the race site no later than 6:00am
5:30am: Transition area opens
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: Athletes line up for time trial swim start!
7:00am: Long Course(Half) race starts
7:30am: Olympic Distance race starts
11:30am: Olympic Awards (approx)
1:45pm: Long Course Awards (approx)

Poconos Sprint Packet Pick Up (2 Options)

Saturday June 12th, 2021

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

Sunday June 13th, 2021 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: Athletes line up for time trial swim start!
8am: Sprint Distance race starts
10:45am: Sprint Awards (approx.)





CONTINUE YOUR FAMILY TRADITIONS IN THE POCONO MOUNTAINS!







Here in the Poconos, our resorts, attractions and small businesses are ready to welcome you! Whether you want to experience the thrills or take in the beautiful surroundings, there's something for the whole family in the Pocono Mountains.





Top 10 Things to Know About Race Day

- 1. Stay a bike length apart, wear a mask when you can't, wash your hands!
- 2. PPU closes 30 minutes prior to the race start!
- 3. Race #'s will be assigned on a rolling basis, first come, first serve.
- 4. Timing Chips will be issued when you get your Race #. DO NOT LOSE YOUR TIMING CHIP!
- 5. Body marking will be done adjacent to transition.
- 6. Bike racking is first come, first serve with 6 to a rack, 3 bikes/side.
- 7. Rolling Swim Start: There are no assigned swim start times during your race launch window. Generally, faster folks up front, slower folks towards the back.
- 8. This is an absolutely fantastic place to race, watch out for bears!
- 9. When riding your bike, stay to the right of the lane as best you can.
- 10. Have a great time!

Race Site Address

Wallenpaupack Area High School 2552 US-6 Hawley, PA 18428 | <u>Directions</u>

Parking





Packet Pick Up / Athlete Check In / Parking

Packet Pick Up (PPU) / Athlete Check In is located next to the Football concession area as noted in the map on the previous page.

Things to bring with you to Packet Pickup:

- PHOTO ID REQUIRED! No ID = No Race!!!
- USA Triathlon Membership Card (If not a one-day member)
- Questions!

Special notes about Packet Pickup:

- Bib #'s will be assigned and timing chips distributed at packet pick up, don't lose either one!
- Adults: Each adult must pick up their OWN race packet. This also goes for EACH relay team 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.







HOTELS | RESTAURANTS | CATERING | EXPERIENCES

FRIDAY EVENTS

CARB-LOAD DINNER THE SETTLERS INN | 6PM-9PM \$35/PERSON | PLUS TAX & GRATUITY ENJOY BOTTOMLESS PASTA

SATURDAY EVENTS

GRAB N' GO AFTER RACE MEAL WALLENPAUPACK AREA HIGH SCHOOL I 10AM-4PM

High Noon After Party Hawley Silk Mill | 3pm-6pm

ENJOY LOCAL CRAFT BEER I ADMISSION INCLUDES ONE HIGH NOON BEVERAGE PER RACE PARTICIPANT & MUST BE 21 TO REDEEM BEVERAGE FOOD AVAILABLE AT COCOON COFFEEHOUSE & BAKERY

CARB-LOAD DINNER

The Settlers Inn | 6pm-9pm \$35/Person | Plus Tax & Gratuity Enjoy Bottomless Pasta

SUNDAY EVENTS

GRAB N' GO AFTER RACE MEAL WALLENPAUPACK AREA HIGH SCHOOL | 9AM-11:30AM

LAKESIDE LIVE AFTER PARTY SILVER BIRCHES RESORT | 1PM-6PM ENJOY LIVE MUSIC FOOD AVAILABLE AT CAPTAIN WALLY'S COCKTAIL COVE



VISIT SETTLERSHOSPITALITY.COM FOR MORE INFORMATION



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Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race 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 hour to complete the entire event or as many laps as they can.

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 8 hours to complete the entire event. Cumulative cut-offs will be: **Swim:** 1:15 hours | **Bike:** 4 hours to mile 39, 5 hours to finish | **Run/Finish:** 7 hours for 1 loop and 8 hours to finish

Transition Area

Triathletes may enter the transition area at 5:30am Saturday and 6:30am Sunday. All bikes must be racked 15-minutes before the start of the first swimmer. Bike racking is first come, first serve in the era of COVID.

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.

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. Please be considerate of others still racing.







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" tent near the "**BIKE IN**" tent at the transition area.

Race Numbers

Race Numbers: Each athlete will receive three (3) race numbers...

- 1. The smallest number (sticky) must be worn on the front of the cycling helmet.
- 2. The number with 2 numbers together is to be folded over the top tube or seat post of your bicycle. It is self-adhesive.
- 3. The number with 4 holes is to be worn on the front of the body during the run and when crossing the finish line, we have safety pins or you can purchase a Kinetic race belt for \$12.

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









Timing Chips

Timing Chips: Each athlete will receive their timing chip at athlete check in, we highly recommend putting it on immediately.

- 1. Do not lose your timing chip and be sure to return it at the finish line. There is a \$30 replacement fee if you lose or otherwise fail to return your chip.
- 2. We recommend the left ankle, non-chainring side.
- 3. Timing Matts: If you want splits, you need to cross the timing matts when you race!
- 4. If you drop out of the race, bring your timing chip to the finish line and inform our volunteers of your decision.





Body Marking

After racking your bike, proceed to the body marking area located near the Packet Pick Up & Transition Area. (marked by a teardrop 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!

Aid Stations

Long Course (Half)

- **Bike:** Aid stations will be at miles 6/16/30/40 and will have sport top water bottles and Gatorade bottles.
- **Run:** Aid stations will be approximately every 1.0-1.5 miles on the run course and will have Gatorade, water, ice and salty snacks.

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 a post-race goodie bag to include a variety of snacks and a drink. Please remember that the post-race food & drinks are for the athletes only.

Race Results & Awards

Tentative results will be online at the following link: <u>https://runsignup.com/Race/Results/83188#resultSetId-217636;perpage:100</u>



You can also take a picture of the QR code above to be taken directly to the results page. A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement.

Due to COVID restrictions, there will NOT be an awards ceremony, awards will be mailed directly to each athlete.

USAT Penalties

USAT penalties will also be posted inside the results tent by USAT officials as soon as they are available on race day. They will be posted on the results page of the website under the category results as well. Race officials focus on safety, education and enforcing the competitive rules.

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.

USA Triathlon

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 <u>HERE</u>.

USA Triathlon Most Commonly Violated Rules - HERE

USA Triathlon Competitive Rules (Complete List)

USAT Aging Up Policy

Participants will compete in whichever age group they would be in as of December 31st. of the year of the race. 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.







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ABOUT US

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PRACTICE AREAS

THE ATTORNEYS OF ABRAMS LANDAU LTD., CONCENTRATE ON SEVERAL SPECIFIC AREAS OF PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS THOSE INJURED IN CAR ACCIDENTS, AT AIRPORTS AND OTHER PUBLIC PREMISES, AND WHILE





SOCIAL SECURITY DISABILITY



WORKERS COMPENSATION

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PREMISES LIABILITY







SPORTS CASES



ADDRESS: 797 CENTER STREET, HERNDON, VA 20170 PHONE: (703) 796-9555 EMAIL: FRONTDESK@LANDAULAWSHOP.COM







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. Please wear the swim cap provided at packet pick up.

- 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

- The swim course map is posted on the Kinetic Multisports website.
- This will be a time trial start, 1-2 at a time off the end of a dock. You will get back on land via a swim ladder on a dock.
- There is a 200 meter uphill run on a gravel road to transition. We will carpet this, but it may make sense for you to stash a set of shoes close to swim finish.
- The official water temp will be taken race morning and communicated by 8:00am. A preliminary reading taken and communicated via email and our Facebook page Friday morning. We expect a wetsuit legal event, just how wetsuit legal is TBD...
- Be ready to get in a socially distanced line 15 minutes before your race.
- Lifeguards will be available throughout the swim for emergency assistance. If you need assistance, roll on your back (float) and wave your hand in the air to signal for assistance. You may hang onto a kayak to catch your breath; kayakers may not pull you through the course. *There are no lane lines and you cannot see nor touch the bottom*.
- Water safety does not make up for a lack of training in open water swimming.
- Athletes that have not made it to the half-way point of the swim with ³/₄ of the time remaining will be removed from the course and may continue on with the bike-run portions. If you do not make the posted swim cut-off, you will not be allowed to bike-run.
- If for whatever reason you do not finish the swim, please notify our staff at the swim exit and return your timing chip to the finish line.





ZONET

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OUR PHILOSOPHY

WE ARE DEDICATED TO THE TRIATHLON WORLD, YES, IT'S A SPORT, BUT THAT SPORT HAS SPAWNED A COMMUNITY OF PEOPLE WHO WORK CLOSELY TOGETHER TO FURTHER SOMETHING AS SIMPLE AS THE HEALTH AND WELL BEING OF ITS MEMBERS NEW AND OLD. IT'S A WORLD WHERE COMPETITORS ARE THE BEST OF FRIENDS - ON THE COURSE AND IN BUSINESS, AND WE'RE PROUD AND HUMBLED TO BE A PART OF IT.







Bike

- The bike course map is posted on the Kinetic Multisports website.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- 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

- Ride to the right throughout the course as much as cam
- 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.







OUR MISSION IS TO PROVIDE THE HIGHEST QUALITY AMINO ACID-BASED NUTRITIONAL PRODUCTS TO ALL ATHLETES ASPIRING TO IMPROVE THEIR CONDITIONING AND PERFORMANCE.

HOW ACTION AND Focus zone work



FEEDS MUSCLES INSTANTLY AMINO ACIDS NEED MINIMAL DIGESTION, SO YOU FEEL THE BENEFITS FASTER.



TRAINING.

HYDRATES WITH ELECTROLYTES RESTORE YOUR BODY'S WATER BALANCE TO KEEP YOU PUSHING THROUGH YOUR



RAPID ENERGY RESTORATION SUSTAIN THE INTENSITY OF YOUR WORKOUT WITH NATURAL ENDURANCE.

SHOP NOW





SUSTAINED POWER AND FOCUS

ACTION PROVIDE STEADY ENERGY TO HELP YOU PUSH YOURSELF TO YOUR LIMIT WHILE SUPPORTING HEALTHY MUSCLES AND A SHARP MIND. FREE-FORM AMINO ACIDS REQUIRE MINIMAL DIGESTION BEFORE YOUR BODY PUTS THEM TO USE, ALLOWING THEM TO TAKE EFFECT RIGHT AWAY.

JUST ADD WATER

AMINOVITAL PRODUCTS ARE EASY TO USE. JUST ADD THE AMINO ACID POWDER TO A 16-20 OZ BOTTLE OF WATER AND SHAKE. THE ADDITION OF ELECTROLYTES TO THE MIX MEANS THAT ACTION HYDRATE BETTER THAN WATER ALONE, HELPING YOU WORK HARDER AND LONGER IN ANY ENVIRONMENT.





Run

- The run course map is also posted on the Poconos Triathlon Page of the Kinetic Multisports website.
- The Long Course and Olympic are both 2 loop courses, the turnaround point for the Olympic Olympic is separate from the Long Course turnaround.
- Aid stations will be located approximately every mile on the run and will have water, Gatorade, ice and salty snacks (Long Course/Olympic).
- The running surface is a mix of hardpack gravel trail and pavement. This is a nice lakeside walking trail, lightweight trail running shoes are recommended.

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

