

Welcome to the General Smallwood Triathlon!

We are excited to host you for a great morning of multisport adventure at beautiful Smallwood State Park. With beautiful courses and outstanding racing, this race never disappoints!

As you get ready for race day, please take a moment to 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 know you have worked hard to stay healthy and fit leading into this event and we want to make sure you have a great race. We appreciate you racing with us and hope you achieve your athletic goals!

This race is a team effort, please be sure to thank the Police, EMS and volunteers that gave up their weekend to support this event. Our races can't happen without them.

Thank you for racing and we look forward to seeing you on the starting line!

***Kinetic Multisports,***  
***#GoKinetic***



CHESAPEAKE BAY  
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*Saving a National Treasure*

**WETSUITRENTAL**

## Schedule of Events

*Friday May 20, 2022*

**5-7pm:** Packet Pickup @ Race Site

**6pm:** Pre-Race meeting @ Race Site

*Saturday May 21, 2022: Race Day*

**\*\*Arrival Time:** Please arrive at the race site no later than 7am\*\*

**6:30am:** Transition area opens

**6:30-7:30am:** Packet Pick Up / Body Marking / Chip Pick Up

**7:45am:** Transition area closes (no exceptions) / Pre-race meeting (swim start)

**8:00am:** Race Start – Olympic Distance – Time Trial Start

**8:30am:** Race Start – Sprint Distance – Time Trial Start

**11:00am:** Bike Course Closes

**11:15am:** Sprint Awards

**11:45am:** Olympic Awards

**Noon:** Run Course Closes

## BLAZE ADVENTURE TOURS



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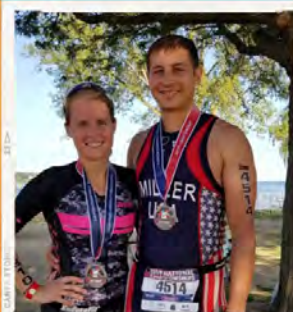


**Fully Supported**



\*Meredith and Dave got their starts (and met!) at kinetic races. They love bicycle touring and know you will too. Because they love triathlon and Kinetic Multiports so much, they are offering 10% off your next trip! Use code Kinetic10 at checkout.

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## Parking & Race Site Layout



Parking is available inside the State Park near the Transition Area. **DO NOT** park on the main road leading into the marina as this portion of the roadway is used for the bike and run course, as well as a means of getting emergency vehicles in and out of the race venue. Please follow the directions of our parking volunteers and Park Rangers.



## Packet Pick Up / Athlete Check In

### Things to bring with you to Packet Pickup:

- **PHOTO ID REQUIRED! No ID = No Race!!!**
- 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 applies to **EACH relay team member as well!**
- **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.



## Top 10 Things to Know About Race Day

1. Be prepared for hot, humid conditions on race day. Race responsibly.
2. Smallwood State Park is a great venue, but it is out there. Give yourself extra travel time!
3. The Olympic is a 2-loop swim, 1-loop bike and 2-loop run; know your course and lap count.
4. The Sprint is a 1-loop swim, 1-loop bike and 1-loop run; know your course and lap count.
5. Race #'s and timing chips will be assigned on a rolling basis, first come, first serve.
6. Timing Chips are expensive and time consuming to replace, don't lose it.
7. Body marking will be located adjacent to transition, please have your bib # with you.
8. Bike-racking is first come, first serve with 6 bikes per 10' rack, 3 bikes per side.
9. Post-race food and drink are provided free of charge to athletes only
10. Stay safe, have fun, #GoKinetic!



**POCONOS TRIATHLON FESTIVAL**  
**JUNE 10-12, 2022 / LAKE WALLENPAUPACK HIGH SCHOOL**  
**PROLOGUE — LONG COURSE — OLYMPIC — SPRINT**

**\$2500 PURSE**  
**LOWEST TIME WINS**  
**5 DEEP M/F**

## Course Cut-Off Times

We expect each athlete competing in this event to be properly trained to complete the race within the published cut off times. Participants who do not meet these cut offs will be asked to turn in their timing chip and will not be allowed to continue.

### Olympic Triathlon/Aquabike:

Athletes have 4 hours to complete the entire event. Cumulative cut-offs will be:

**Swim:** 1 hour | **Bike:** 3 hours | **Run/Finish:** 4 hours

### Sprint Triathlon/Aquabike:

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



## Transition Area

Triathletes may enter the transition area during posted packet pick up times. All bikes must be racked and transition preparations completed 15-minutes before the start of the first swimmer. There is no overnight racking and please, athletes only in transition.

Bike racking is first come, first serve with each 10' section of bike rack holding 6 bikes (3 per side). 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 \$10.

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 \$50 replacement fee if you lose or otherwise fail to return your chip.
2. We recommend the left ankle, non-chainring side.
3. Split points are noted by yellow cones and located throughout the event, be sure to cross them so can get splits!
4. If you need to stop racing, please stop by the finish line to return your chip and let our team know.



## Body Marking

Be sure to get body marked race morning. We recommend racking your bike first, then circling back with your bib # to the body marking area just outside of transition. You'll get #'s on both shoulders, both quads and left hand along with your USAT Age or Category on your calf. **(Bring your BIB # to get body marked!)**

## Aid Stations

### Olympic Triathlon/Aquabike

- **Bike:** No aid stations on the Olympic Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade.

### Sprint Triathlon/Aquabike

- **Bike:** No aid stations on the Sprint Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade.

## Results

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/13364#resultSetId-159482;perpage:10>

A separate email will be sent with athlete tracking information so you can sign up for real-time splits, finish times and category placement. Remember, results are preliminary and can shift as we approach the awards ceremony. **Questions about results** can be directed to the timing team located near the finish line.



## USAT Penalties

USAT Officials will post the penalty list at the awards area 15 minutes prior to the awards ceremony. After race day penalties can be found under category results on our website, [HERE](#). Race officials are valued members of our team and ambassadors for our sport. Their focus is 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.



## 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 - [HERE](#).

Read USA Triathlon Most Commonly Violated Rules - [HERE](#).

Read the USA Triathlon Competitive Rules (Complete List) – [HERE](#).



### 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. Results for athletes that wear wetsuits in this temperature range will be listed separately from standard Overall Results
- 84° F and above: wetsuits are NOT permitted—this is for your own safety.

### Water Temperature

The preliminary water temperature will be posted on the Kinetic Multisports Facebook/Instagram page 48 hours before race start. The “Official” water temperature reading to determine wetsuit eligibility will be taken by the USAT official race morning and announced 60—90 minutes prior to race start. **The water temperature was 73.9F on 5/15/22.**

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Race Belt



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Clothing



**SHOP NOW**

## Swim

- The swim course map is posted on the Kinetic Multisports website.
- The Olympic has a 2-loop swim course, athletes stay in the water to start their 2<sup>nd</sup> lap.
- The Sprint features a 1-loop swim course.
- The swim features a time trial start, 2 athletes every 2-3 seconds, pick a buddy and go!
- Swim Start is located at the end of a T-dock 50 meters off-shore. It's deep, but not that deep, no diving please.
- Swim Finish is a paved boat ramp with a 343-meter paved run back to transition. Athletes may stage shoes/flip-flops at swim finish to wear for the run back to TA
- There will NOT be wetsuit strippers.
- The official water temp will be taken race morning and communicated one hour prior to race start. A preliminary reading will be go out via email/social Friday morning. It was 73.9F on 5/15/22.
- Lifeguards and rescue craft 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 briefly rest by holding onto safety kayaks; kayakers cannot provide forward assist.
- **Water safety does not make up for a lack of training in open water swimming.**
- If you do not finish the swim, please notify our staff at the swim exit.



## Bike

- The bike course map is posted on the Kinetic Multisports website.
- Knowing the course is ultimately YOUR responsibility, there is no substitute for pre-driving or pre-riding the course.
- The Olympic and Sprint Bike Courses **SPLIT** at Mile 5.5 (Sprint - Straight / Olympic - Right)
- The Olympic and Sprint Bike Courses **MERGE** at Mile 7 (Sprint) / Mile 16 (Olympic)
- 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!

### 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.
- 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.
- Ride in the right 1/3 of the lane adjacent to the shoulder. This allows faster cyclists and traffic to pass on the left.
- Crossing the yellow line is an automatic DQ.



## Run

- The run course map is posted on Kinetic Multisports website.
- The Olympic Race is 2 loops of the 5k run course
- Olympic Athletes – Start 2<sup>nd</sup> Lap – Stay Right to run past race site (Mile 3.1)
- Olympic Athletes – Finish 2<sup>nd</sup> Lap – Turn Left to Finish (Mile 6.1)
- The Sprint features a 1-loop, 5k course
- The run course is heavily shaded and mostly paved. There is a short section of gravel road into the back entrance to the park.
- Please do not run outside the coned shoulder on the main road.
- Aid stations will be located approximately every mile on the run with ice water and Gatorade Endurance.

### *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 at the finish line

**CONGRATULATIONS YOU DID IT!**





#GOKINETIC

