



Welcome to the Poconos Triathlon Festival!

We are excited to host you for a great morning of multisport adventure in the beautiful Poconos Mountains on Lake Wallenpaupack. With beautiful courses and outstanding racing, this is going to be a great weekend!

To 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!

As you race this weekend be sure to thank the Police, EMS and volunteers that came out to support this event. It's a team effort and 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***



## Schedule of Events

### 1. Friday June 10th, 2022: Prologue Race Day

**3-7pm:** Packet Pick-up @ Race Site: Prologue, Long Course & Olympic Distance  
**4:45pm:** Prologue Pre-Race meeting at swim start  
**5pm: Prologue Swim Run Starts**  
**6:30pm:** Pre-Race meeting Long Course & Olympic @ Race Site after Prologue.

### 2. Saturday June 11th, 2022: Long Course & 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 Pick-up, Body Marking, Chip Pick-up  
**6:45am:** Transition area closes (no exceptions)/Pre-race meeting (swim start)  
**7am: Long Course Race Starts**  
**7:30am: Olympic Distance Race Starts**  
**5-7pm:** Packet Pickup @ Race Site (Sprint)  
**6pm:** Pre-Race meeting @ Race Site

### 3. Sunday June 12, 2022: Sprint Race Day

**\*\*Arrival Time:** Please arrive at the race site no later than 7:00am\*\*  
**6:30am:** Transition area opens  
**6:30-7:30am:** Packet pickup, Body Marking/Chip Pick-up  
**7:45am:** Transition area closes (no exceptions)/Pre-race meeting (swim start)  
**8am: Sprint Distance race starts**

## Race Site Address

Wallenpaupack Area High School  
2552 US-6  
Hawley, PA 18428 || [Directions](#)



# PTN

POCONO TELEVISION NETWORK

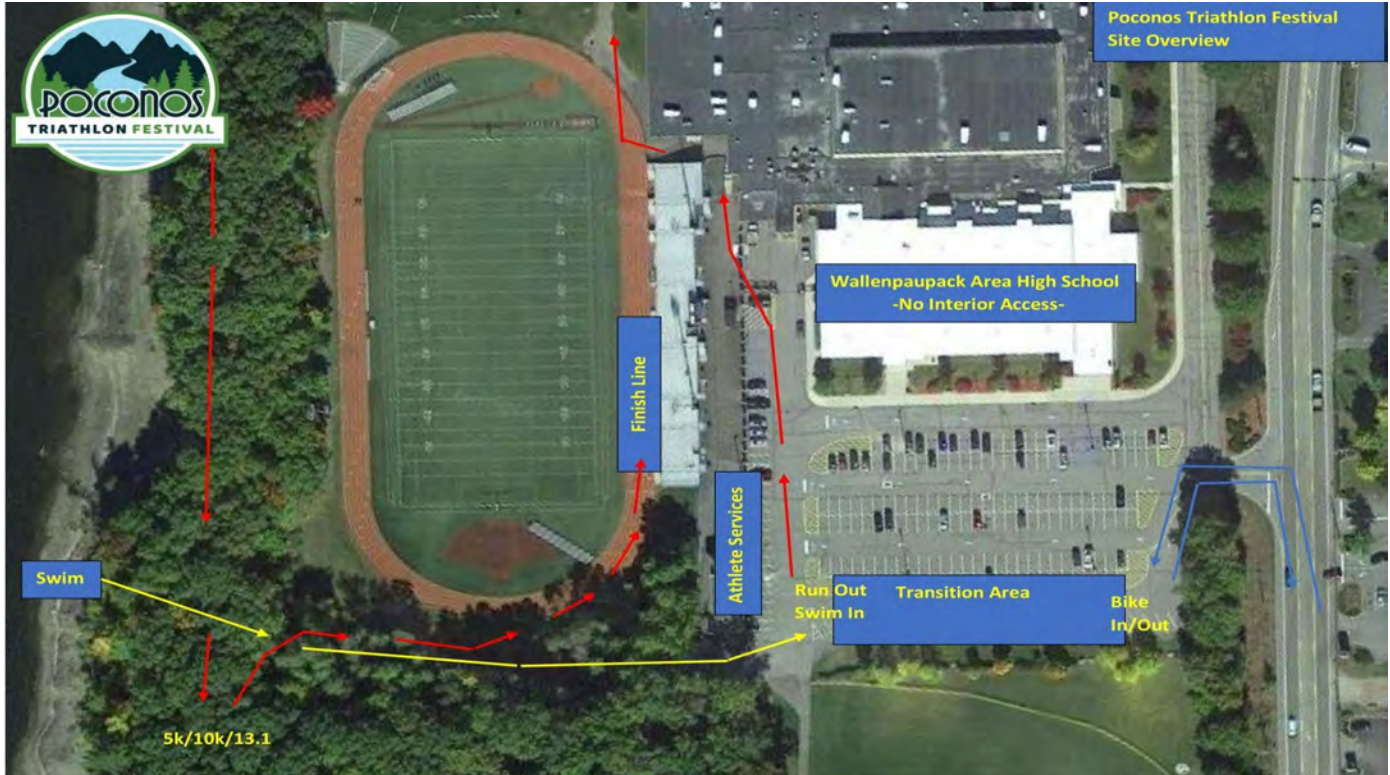
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## Parking & Race Site Layout



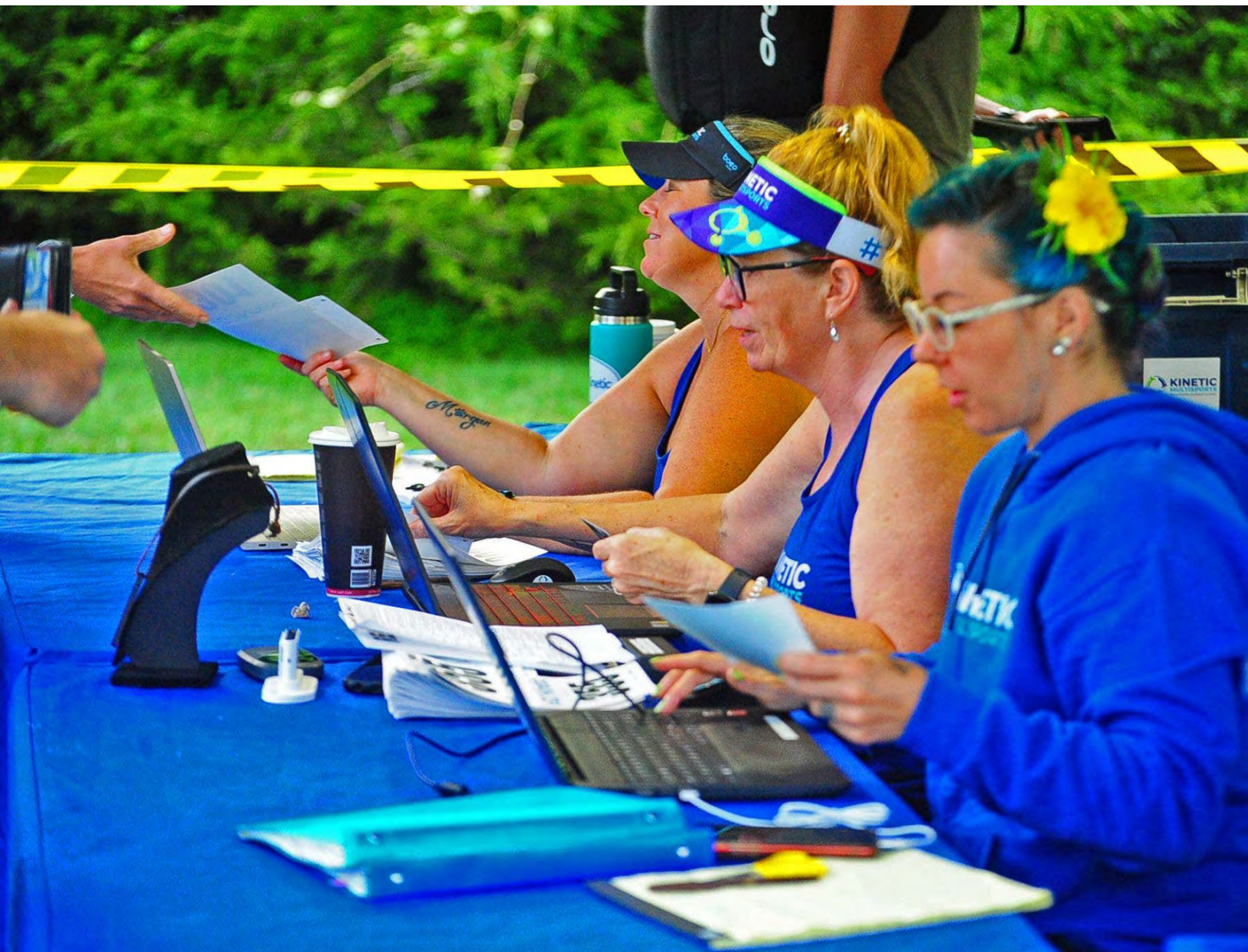
## Packet Pick Up / Athlete Check In

### 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 also goes for **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. Nestled in the Pocono Mountains on Lake Wallenpaupack, this is a beautiful part of the country to race in, but it is out there. Give yourself extra travel time!
2. The Long Course is a 2-loop swim, 2-loop bike and 2 loop run, know your course and lap count.
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 drinks are provided free of charge to athletes only
10. Thank you for visiting the Poconos Mountains!



## 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.

**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:** 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 to complete first loop, 8 hours to finish

**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



## Transition Area

Triathletes may enter the transition area during posted packet pick up times. All bikes must be racked and transition preparation 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.**



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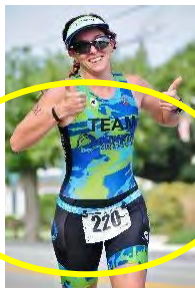
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## Race Numbers

**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 a 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

### Prologue

- **Run:** 1 water station per lap.

### Long Course (Half)

- **Bike:** Aid stations will be at miles 6/16/30/40 and will have both water and Gatorade Endurance sport top 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 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.
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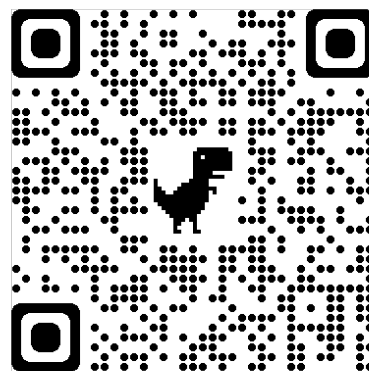
## Results

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/83188#resultSetId-319069;perpage:100>

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](#). USAT 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.

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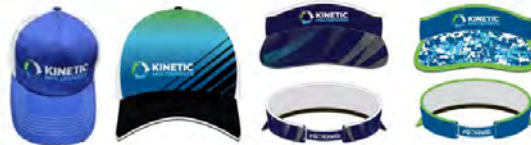




**Race Belt**



**Hats and Visor**



**Clothing**



**SHOP NOW**

## Prologue

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

Wetsuits, pull buoys, and paddles are all “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 use must be carried with you throughout the course.
- If you discard any items during the race you will be disqualified!
- Athletes start with a time trial start of the 250 meter swim course.
- Athletes follow the swim with a 1 mile run loop.
- Athletes repeat the swim-run loop 3x. After finishing the 3<sup>rd</sup> lap of the swim-run, athletes race past the swim start to finish on the track at the conclusion of their 3<sup>rd</sup> run lap.



## Swim

- The swim course map is posted on the Kinetic Multisports website.
- Both the Long Course and Olympic feature a 2-loop swim course, athletes stay in the water to start their 2<sup>nd</sup> lap.
- The far yellow triangle turn buoys for the Long Course are approx. 100 meters further out than the yellow barrel turn buoys for the Olympic.
- Athletes may swim on either side of the orange sighting buoys; yellow turn buoys must be on your left.
- 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!
- There is a 200-meter uphill run on a gravel trail to get back to transition. We will carpet this, but it may make sense for you to stash a set of shoes close to swim finish.
- 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 go out via email/ social Friday morning.
- 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
- Mile 27 for the Olympic Course is REALLY IMPORTANT!
  - Olympic Mile 27 – Straight back to race site, do NOT turn right on Kimble
- Mile 27/52 for the Long Course is REALLY IMPORTANT!
  - Long Course Mile 27 – Right on Kimble – Start 2<sup>nd</sup> Lap
  - Long Course Mile 52 – Straight back to race site – Finish 2<sup>nd</sup> Lap
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- There is a 100 meter section of bad pavement on Kimble road just before the Lackawaxen River for the Olympic and Long Course races, ride carefully!
- The Sprint Course is an out and back course.
- 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 Long Course and Olympic are both 2 loop courses, the turnaround point for the Olympic Olympic is closer in and 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 at the finish line

**CONGRATULATIONS YOU DID IT!**

