

Welcome to the Independence Triathlon!

We are excited to host you for a great morning of multisport adventure at beautiful Lake Nockamixon 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 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



Schedule of Events

Saturday

5-7pm: Packet Pickup @ Race Site

6pm: Pre-Race meeting @ Race Site

Sunday Race Day

****Arrival Time:** Please arrive at the race site no later than 6am**

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)

7:00am: Race Start – Olympic Distance – Time Trial Start – Roads Close

7:30am: Race Start – Sprint Distance – Time Trial Start

10:00am: Bike Course Closes – Roads Open

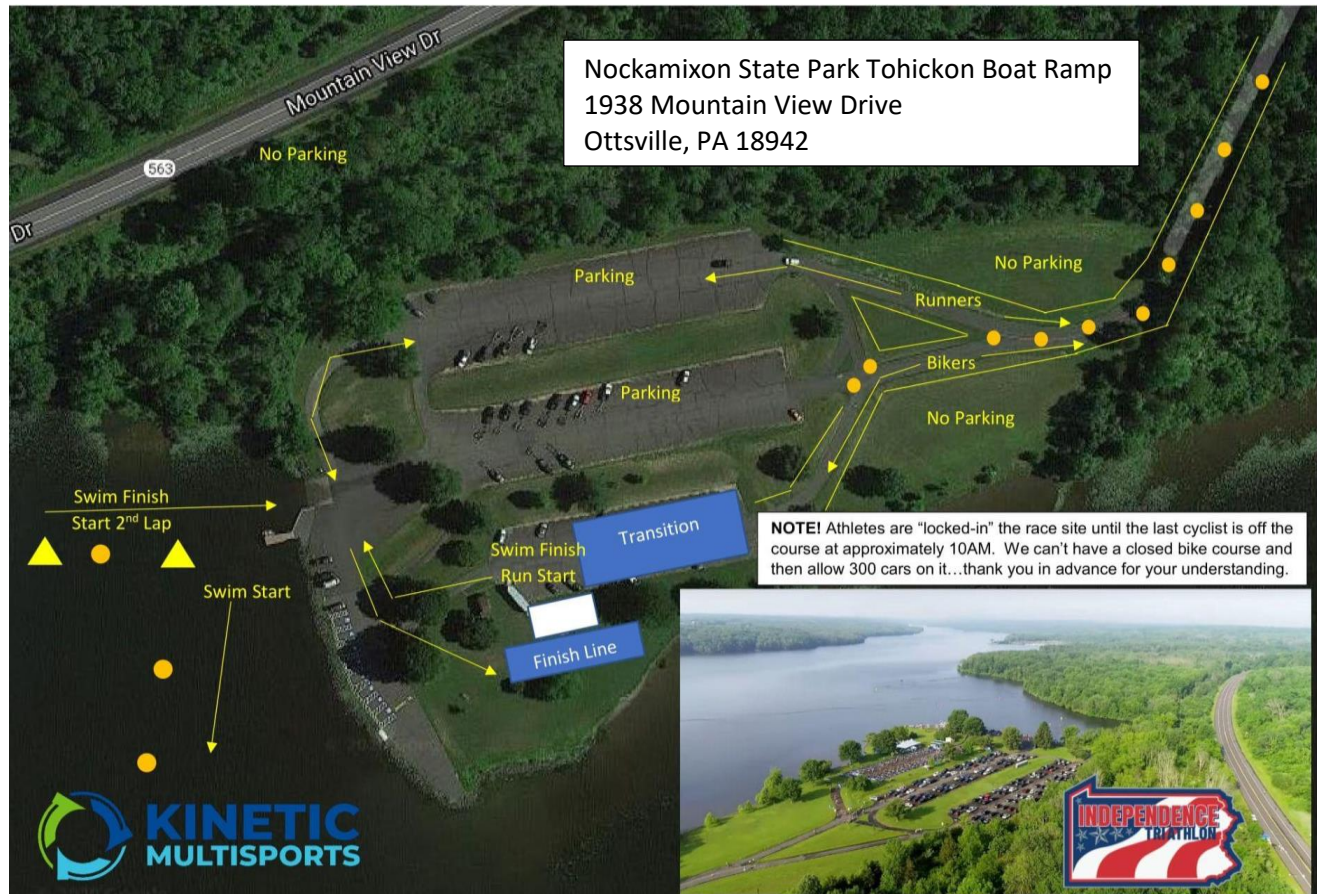
10:15am: Sprint Awards

10:45am: Olympic Awards

11:00am: Run Course Closes



Parking & Race Site Layout



Parking is limited inside the park, please carpool and have spectators ride in the same car.

Athletes will park either in the state park adjacent to the Transition Area or on the NE shoulder of 563. If you park on the shoulder, please make sure your bumper & bike rack are completely off the road. Inside the park, be sure to stay off the grass and park in designated areas only. The main road leading into the race site is our emergency egress, bike and run course, so must remain clear.

Remember, the parking lot and all park roads are CLOSED (see photo below) until the last cyclist is off the course or 10am, whichever is earlier.



Top 10 Things to Know About Race Day

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



POCONOS TRIATHLON FESTIVAL JUNE 10-11, 2023 / LAKE WALLENPAUPACK HIGH SCHOOL OLYMPIC — SPRINT DISTANCE RACES



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. 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.

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 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.

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

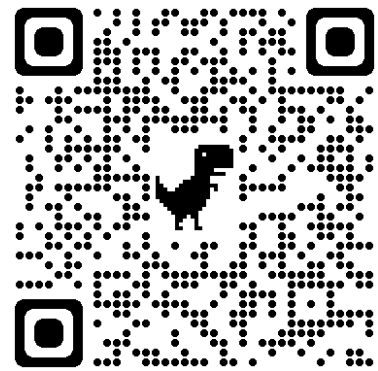
- **Bike:** No aid stations on the Sprint Bike Course.
- **Run:** Aid stations approximately every 1– 1.5 miles on the run course with Water & Gatorade.

Race Results & Awards

Tentative results will be online at the following link:

<https://runsignup.com/Race/Results/53241#resultSetId-217453;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.



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.

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 [HERE](#).

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 this year.



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. We expect a wetsuit legal event, just how wetsuit legal is TBD.

WETSUITRENTAL

ORDER BY TUESDAY FOR THIS WEEKEND
 AFTER TUESDAY EXPRESS SHIPPING
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THE ORIGINAL & WETSUIT
 MOST TRUSTED
 WETSUIT RENTAL STORE

LONGEST RENTAL
 NO HIDDEN CHARGES



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- RENT A SURF WETSUIT
- RENT A TRIATHLON WETSUIT
- BUY A TRIATHLON WETSUIT
- BUY A DIVE/SURF WETSUIT
- BUY TRIATHLON GEAR

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 HUMBLER TO BE A PART OF IT.



COMPANY INFO
 1000 NORTH HAMILTON ST STE C5
 CHANDLER, AZ 85225
 CALL US: 360-297-1818
[HTTPS://WWW.WETSUITRENTAL.COM/](https://www.wetsuitrental.com/)





ABRAMS LANDAU, Ltd.
 INJURY LAW FIRM

PRACTICE AREAS

THE ATTORNEYS OF ABRAMS LANDAU LTD., CONCENTRATE ON SEVERAL SPECIFIC AREAS OF PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS COMPENSATION, AND OTHER ON-THE-JOB INJURIES. ADDITIONALLY, WE ADVOCATE FOR THOSE INJURED IN CAR ACCIDENTS, AT AIRPORTS AND OTHER PUBLIC PREMISES, AND WHILE PARTICIPATING IN AMATEUR SPORTS AND FITNESS ACTIVITIES



PERSONAL INJURY



SOCIAL SECURITY DISABILITY



WORKERS COMPENSATION



AIRPORT INJURY



PREMISES LIABILITY



SPORTS CASES

ABOUT US

LOCATED IN HERNDON, VA., ABRAMS LANDAU LTD., CONCENTRATES ON SEVERAL SPECIFIC AREAS OF PERSONAL INJURY LAW, INCLUDING SOCIAL SECURITY DISABILITY, WORKERS COMPENSATION, AND OTHER ON-THE-JOB INJURIES. ABRAMS LANDAU LTD., HAS BEEN REPRESENTING CLIENTS UP AND DOWN THE EAST COAST SINCE 2000.

PHONE: (703) 796-9555

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ADDRESS: 797 CENTER STREET, HERNDON, VA 20170

FOLLOW US:



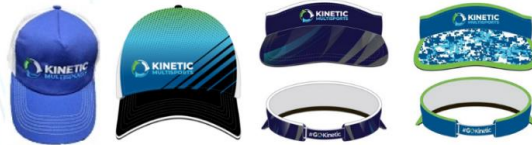


KINETIC MULTISPORTS SHOP

Race Belt



Hats and Visor



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 2nd 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!
- This is a paved boat ramp start/finish with a 100-meter run to transition.
- 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 and FB 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.
- The Olympic features a 2-loop bike course.
- Olympic Athletes – Start 2nd Lap – Straight at the race site entrance (Mile 11).
- Olympic Athletes – Finish 2nd Lap – Right at race site entrance (Mile 22).
- The Sprint features a 1-loop bike course.
- The course will be marked with yellow duct tape arrows and yellow directional signs at all turns with mileage signs in 5-mile increments.
- The bike course will be blocked at both ends to through traffic, but still, 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.
- 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 map is also posted on Kinetic Multisports website.
- The Olympic Race features a 2-loop run.
- Olympic Athletes – Start 2nd Lap – Turnaround at the race site entrance (Mile 3.1)
- Olympic Athletes – Finish 2nd Lap – Right at race site entrance (Mile 5.8)
- The Sprint features a 1-loop, 5k out and back course.
- The run course is an out and back paved road course on the coned off shoulder of 563.
- Do not run outside the coned shoulder.
- 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 at the finish line

CONGRATULATIONS YOU DID IT!



