

2016 Mighty Moraine Man Athlete Guide



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A Message from the Race Director

We would like to welcome you to the Third Annual Mighty Moraine Man Triathlon Festival, which includes a half ironman, Olympic distance triathlon and a Sprint Triathlon!

This year's race promises to be a great event with some unique features to help this race be memorable to you and hopefully make you want to race again in future years. Moraine State Park has graciously approved this event for the next 2 years, with hopes that it will continue long after that. We have high hopes for its success.

With our grassroots approach, we expect to keep this an event that keeps the athlete and spectators in the forefront. Our goal is to provide an event that showcases Western Pennsylvania, provides a fun and exciting atmosphere, caters to athletes and their families, while making it affordable with the help of local sponsors and by not bringing in a large race director to organize the event.

The local business community of Butler County welcomes the Mighty Moraine Man athletes with open arms. We especially thank Butler County Tourism for their support of this event. Please check out our sponsor page for a list of our local partners and attractions for you and your family to visit in our area.

We can't change the terrain of Western Pennsylvania, we can only get stronger and tougher. Our volunteers, race director and coordinators are all run, bike, and swim athletes and we've designed the courses to be challenging but enjoyable. You will see some spectacular views along the scenic bike course. We thank Scott Schultz for the countless hours he spent designing the bike course. It wasn't an easy task, but in the end, he designed a course that is truly amazing.

We thank you for supporting our race this year. My vision was to start a quality race in Western Pennsylvania. We will do that again this year. We are proud to host our first Regional Championship Event. This year we are hosting the Regional Championship Aqua Velo Event.

With that being said, safety is paramount. There is not a race out there that is worth someone's life. Therefore, we changed the cycling courses this year. We have taken out the big decent on Mt. Union and have set-up an out and back course that will be safer and easier to manage from a volunteer stand point. In addition, we ask that all athletes be aware of traffic on the roads, throwing water bottles completely off the path of other cyclists and taking your time on all the turns and at every intersection. These simple things can save lives, including your own. Please be smart and responsible at all times. We want you and your family to have a memorable event of you crossing the finish line. It is critical that you listen to all volunteers.

We wish you a fun and a successful race that tests your limits, and creates memories that last a lifetime.

Joella Baker
USAT Certified Race Director

Joella Baker
President
Specializing in Triathlon, Running and Family
Fitness
USA Triathlon Certified Coach



Get Fit Families, LLC
202 High Acres Road
Harmony, PA 16037

Phone: 724-321-4265
E-mail: joella@zoominternet.com
www.getfitfamilies.com

Triathlon and Running Training.

We have the following programs available...

- **Triathlon Training**
- **Youth Triathlon Training and Youth Triathlon Team**
- **Marathon Training**
- **Half Marathon Training**
- **Running analysis and training**
- **Swimming instruction and coaching**
- **Cycling instruction and Coaching**
- **Youth Camps**
- **Race Directing**
- **Webinars**
- **Seminars**

Joella Baker is a USAT Certified Coach, a USAT Youth Certified Coach, USA Cycling Coach, Cycle and Spin Instructor, ISSA Personal Trainer. BA from Duquesne University, MA from University of Pittsburgh.

Safety and Rules

Mighty Moraine Man is a USAT Sanctioned Event. All USAT Rules will abide. Please take the time to read and understand the rules below and the 2014 USA Triathlon Competitive Rules.

The Swim

Swimmers will start in waves. Athletes must start in the wave they are assigned to unless approved by the race director. Novice swimmers will have the chance to start in the Novice Wave for each race. This wave will be the last wave in each race.

Swimmers may ask for help along the swim. A swimmer can hold onto a kayak, boat or paddleboard along the way, but in no way can they receive forward motion along the course by anyone but themselves.

- Wetsuits are highly recommended.
- Flotation devices of any kind are not permitted in the regular swim waves. We will allow the new small flotation devices in the Novice swim waves.
- Water socks are permitted in the swim.
- All swimmers must wear the swim cap given to them in their race packet. If you have a latex allergy, please alert race officials.

The Bike

The bike course is not closed to traffic. Volunteer support will be throughout the bike course. However, it's imperative that you follow all bike laws and watch for moving vehicles.

POSITION violations are summarized below:

- Always ride on the right side of your lane to avoid an **ILLEGAL POSITION** or **BLOCKING**
- Keep four bike lengths (seven meters) between your bikes' front wheel and the rear wheel of the cyclist in front of you to avoid a **DRAFTING** penalty.
- Always pass on the left of the cyclist in front of you; never on the right to avoid an **ILLEGAL PASS**
- Complete your pass within 20 seconds to avoid **DRAFTING**
- If passed, drop back four bike lengths before attempting to re-pass to avoid an **OVERTAKEN** or **DRAFTING**

Triathlon is an individual event, and it is your responsibility to fully understand the rules and

avoid penalties. Other common rules include:

- HELMETS are required on the bike course.
- HELMET CHINSTRAP: Your chinstrap must be securely fastened whenever you are on your bike on race day. Chin straps will be checked as athletes exit T1 and no athlete will be permitted to ride with a faulty or unbuckled chin strap. This is for your safety!
- RACE NUMBER: You must wear your bib number during the run portion. The bike number must be properly attached to your bike and must be visible. Your helmet number must be attached as well and visible.
- LITTERING: Do not throw ANYTHING outside of the official aid stations.
- UNAUTHORIZED EQUIPMENT: No MP3 players or other such audio devices. (Yes, that means NO Oakley Thumps™ or Apple iPods®).
- OUTSIDE ASSISTANCE: Non-racers may NOT ride or run alongside you or assist you in any way. No one may be in the transition area unless they are an athlete or official race volunteer.

Please treat fellow athletes, volunteers, and spectators with courtesy, respect and consideration. Not doing so is considered UNSPORTSMANLIKE CONDUCT and may result in your race disqualification.

We sincerely hope you have a great race and achieve all your goals.

Schedule of Events

Packet Pick-up and Race Expo

Location:

Moraine State Park: North Shore Area Lakeview Beach, Portersville, PA 16051

Date/Time:

Thursday, September 8: 4:30-6:00 PM

Friday: September 9: 12:00-6:00 PM

Race Divisions:

- Elite Athletes
- Age Group
- Paratriathletes
- Clydesdale
- Athena
- Novice
- Autoimmune Athletes
- Adventure Race
- Duathlon
- Aqua Velo

Please make sure at registration that you are registered for your appropriate category.

Mighty Moraine Man Schedule of Events 2016

All activities take place at Lake View Beach at the North Shore

Thursday: Packet Pick-up and late registration 4:30 to 6:00 PM at the Lakeview Beach off of the North Shore Drive at Moraine State Park.

Friday: Packet Pick-up and late registration 12:00 to 6:00 PM at the Lakeview Beach off of the North Shore Drive at Moraine State Park. Practice swim from 5:00 to 6:00 only.

Saturday: Half Iron Man and Olympic

No Race Day Registration on Saturday, September 10.

Packet pick-up opens at 6:30 AM

Transition opens at 6:30 AM

Pick-up timing chips starting at 6:30 AM

Body marking starts at 6:30 AM

Transition closes for both the Olympic and the Half IM at 7:30 AM

Race Meeting at 7:30 AM

Half IM Duathlon starts at 7:50 AM

Half Ironman and Aqua Velo Regional Championship Waves Start at 8:00 AM

Olympic Distance Waves start at Starts at 8:30 AM

First Wave for the Olympic starts at 8:30 AM with the duathlon starting first at 8:30 AM and all subsequent waves starting every 5 minutes after that.

Awards will start between 11:30 and 12:00.

Sprint Packet Pick-up from 1:00 to 5:00 PM

Sunday: Sprint Distance

No race day registration

7:00 AM Packet pick-up

7:00 AM Transition opens

7:00 AM Body Marking

7:00 AM to 8:00 AM pick-up timing chips

8:00 AM Race Meeting

8:15 AM Transition Closes

Sprint Triathlon Starts at 8:30 AM with the Duathlon Start and each subsequent wave going off every 5 minutes.

Awards to follow at 11:30 AM

General Race Information

Race Details

Venue: Moraine State Park, North Shore Lakeview Beach

Sanctioning: USAT Sanctioned race. This is a non-drafting race. Please direct any rules questions and/or protests to the race director.

Minimum Age: The minimum age to compete is 12 for the Sprint Course, 16 for the Olympic Course, 18 for the Half Ironman Course, as of 12/31/2014, unless approved by the race director..

Water Temperature: Typical ranges 72°F - 76°F.

Check current water and wind conditions at [Lake Arthur Water Temp](#)

Air Temperature: Typical averages - 65°F - 80°F

Wave Start Format: 50 athlete limit dependent upon entries

Wetsuits: USAT Rules state the following... Each age group participant shall be permitted to wear a [wet suit](#) without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature [range](#) shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

Timing: Champion Chip electronic timing chips will capture your splits (swim, T1, bike, T2, run) and overall finish time. All aid station stops, transitions, etc. will be included in your total elapsed time.

- 🕒 Athletes will receive a loaned timing chip at Packet Pickup
- 🕒 Timing chip is to be worn on the ankle at all times during the race
- 🕒 If the timing chip is lost during the race, report to the Runners High Staff for replacement
- 🕒 Timing chips will be removed by volunteers at the finish line
- 🕒 Athletes who DNF (do not finish) must return timing chips to the timing tent at the finish line
- 🕒 Failure to return timing chips will result in a \$30 charge to the assigned athlete

Links to the official timing results will be posted on the Run High website: <http://www.runhigh.com/>

Inclement Weather & Disaster Policy: In the case of inclement weather, management reserves the right to alter/modify the race/race course to address safety concerns. In the case of a Natural Disaster/Local Incident/Terrorist Act, there will be No Refunds of race entry fees. Each athlete must accept any such risk of their entry fee. Monies for charitable organizations we support have already been pledged, and monies collected are used to develop and produce the event, including all race supplies, staffing, and administration. We pledge to make every effort to produce a fair, safe and exciting event. Any decision made to go forth with the race is based on the overall event/race course safety committee, and is made in concert with local risk management, police, fire & rescue, and medical personnel.

Pre-Race Athlete Responsibilities

Athlete Check-In & Packet Pickup

Athlete check-in and packet pickup will take place on Thursday, September 8, 2016 from 3:00 pm - 6:00 pm and on Friday, September 9, 2016 from 12:00 pm - 7:00 pm at North Shore, Lake View Beach, Portersville, PA 16051. There will be packet pickup on both September 10 and 11 on Race Day for one hour from 6:30 to 7:30 a.m. All registered entrants, MUST attend packet pickup on Thursday, Friday, Saturday or Sunday in person. Per USAT rules, each participant MUST pick up his/her own packet. If you do not check in during the designated check-in times in person, you will not be able to participate in the event.

All participants must bring the following to packet pickup:

- A photo ID
- USAT membership card to show proof of annual membership unless you purchased one-day USAT event insurance at the time you registered for the event. Note that USAT one day event insurance is available for purchase at packet pick up for \$15.00 (Adult) or annual memberships are available for \$45.00 per year (Adult). You may also purchase an annual membership prior to the event via USAT website at <http://www.usatriathlon.org/member-services>

Special Notice Regarding USAT membership cards for check-in

Athletes MUST bring proof of annual USAT membership or purchase one-day USAT event insurance. Failure to do so will disallow participation in the race. (Athletes may have purchased one-day event insurance at the time of registration. Staff will have a list of those one-day USAT participants at check-in.) Athletes who forget their USAT membership card will have the following options:

- Go to your home or hotel and retrieve your card.
- Print a temporary membership card from the USAT website, www.usatriathlon.org
- Show a current membership card on a smart phone or PDA.
- Purchase one-day event insurance at the event registration desk at check-in. Payable by cash or check ONLY.

Race staff and/or volunteers cannot search for USAT membership information or allow use of staff computers by athletes to retrieve information. ***Please remember to pack your USAT membership card. Don't leave home without it!***

Mandatory Race Day Bike Racking & Transition Area Protocol

When: Saturday, September 10 and Sunday, September 11, 2016. Bikes should not be left over night. There will not be event security over night.

Where: North Shore, Lakeview Beach, T1



Please note you **MUST** rack your bike on Saturday or Sunday **ONLY** prior to the transition area close at 8:15 a.m. **To enter the transition area, athletes must show their race number AND have their bicycle race number securely fastened to your bike.** The transition area is **RESTRICTED TO ATHLETES ONLY.** Any accompanying friend, spouse, parent or child **WILL NOT BE ALLOWED** into the transition area at any time. Please make appropriate arrangements to have children supervised while racking your bike. Once racked, your bike **cannot** be removed unless you have a race number on your body that matches the race number on your bike.

How to Properly Rack Your Bike

- Find the rack number range to match your bib number. On that rack, you will have your own specific race number. That is your rack space.
- Hook the front of the bike seat over the rack so that the rear wheel is elevated and the front of the seat is facing you.
- The rear wheel and seat post should be on the opposite side of where you are standing, and the front wheel should be resting on the ground.
- Place personal items on the ground next to the front wheel.

There are **NO** balloons or inflatables permitted in the transition area. Please remember your number and rack location and refer to the numbers posted on the end of each rack.



If you want to protect your bike seat from moisture, consider using an old swim cap or plastic bag to cover the seat.

Please note that per USAT rules all equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All handle bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. All personal trash is to be removed and disposed of by each athlete. Please do not litter.

Bike and helmet inspection is not mandatory, but we strongly recommend that, prior to the race, you have your bike tuned up and verify that all race safety guidelines are met. Per USAT rules, **helmets MUST have a CPSC sticker or they cannot be used, and you must have your race number affixed to your bike in order to rack.**

Race Day Information

Getting To Moraine State Park

The Moraine State Park North Shore entrance is open to vehicular traffic the entire race day, and parking is extremely limited and restricted in the surrounding area. Athletes, spectators and volunteers are strongly encouraged to be early as there MAY BE early morning traffic delays. If coming from the south, take I-79 North and take the Portersville Exit and make a left. Follow to Route 19 and make a right. Make the first right onto West Park Road. Follow until you see signs for Moraine State Park North Shore and stay on North Shore Drive to Lakeview Beach. Coming from the North, take I-79 South and the Portersville Exit. Make a right off the exit and follow the above directions.

Race Morning Instructions

What to Bring

You must be wearing your race number and have a matching number on your bike, both received at packet pick up, to enter transition. Please be sure to bring along items received at packet pickup including your timing chip and strap, your swim cap, your race numbers (bike, helmet and bib), as well as your bike helmet and other personal gear.

Timing Chips

You must wear your timing chip at all times while racing. Fasten it to either ankle. It will be removed by a volunteer at the finish line. Athletes who fail to return their loaned timing chip will be charged **\$30.00**. If you lose your chip during the event, please see a member of the Run High staff for replacement.

Body Marking

Body marking will take place in the transition area from 7:00-8:00 a.m. It is the athlete's responsibility to make sure that volunteers mark their bodies. Age as of December 31, 2014

which corresponds to the age division in which he/she will compete, will be placed on the back of one calf. Race numbers will be written on the upper arms. Relay will be marked "R". Aqua bike athletes will be marked "A". **Please do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked.**

Half Ironman athletes are to proceed to the swim start at 7:45 AM a.m. Olympic Distance athletes should be at the swim start by 8:15 a.m and Sprint athletes should be at the swim start at 8:15 AM.

All athletes, except relay team members who will bike, **MUST** be out of the transition area by 7:45 AM on Saturday and 8:00 AM on Sunday.

Bicycle & Gear Retrieval

The transition area will close after the race at 5:30 pm. All bikes and gear must be removed by 5:30 pm. Please remember that, for security, only those with athletes with a race number will be allowed into transition to retrieve their belongings.

Aid Stations

Bike Course Aid Stations

The Half IM bike portion will feature 4 Aid Stations located approximately every 8-10 miles, offering 24 oz. bottles of Spring Water and Gatorade Endurance as well as bananas. You are urged to begin the bike leg with 2 bottles of hydration as you will need them. Always ride on the right side of the road where feasible and please SLOW down and use caution if you want to receive a bottle of fluid from volunteers. **PLEASE discard all empty bike bottles and sports nutrition wrappers in the immediate vicinity but off the course at these aid stations. There is a penalty for littering on the course which will be strictly enforced.** We cannot guarantee that any gear will be returned to the transition area.

Run Course Aid Stations

The run course will have aid stations available at every mile and will feature, Spring Water, Gatorade, and Gels. In addition there will be coke, ice, cookies, saltines, Vaseline, Advil and more at the aid stations. There are public restrooms and we will have porta-pots along the course. In addition there is an aid station at the swim out and run start.

Directions

Local Directions: From Pittsburgh and South: Take 79N to Portersville exit. Turn LEFT at stop sign. .5 mile to a RIGHT on Rt. 19N. Go .5 mile to a RIGHT onto West Park Rd. Go approx. 3 miles, then RIGHT into the park. Follow signs for North Shore and Lakeview Beach about 2 miles through park.

From East: Take US 422 West. Take North Shore exit. Turn right at T intersection w/stop sign (big rock straight ahead). Travel about 3 miles

through park and follow signs for Lakeview Beach.

From West: Take US 422 East. Exit RIGHT at US Rt. 19. Follow Rt. 19 South 3/4 mi, then LEFT onto Burnside Rd. for 1.4 miles. Turn LEFT onto West Park Road. 1 mile to North Shore of Moraine State Park. Follow signs to Lakeview Beach, about 2 miles into park.

From North: I-79 S to Slippery Rock/Rt. 108 exit. Follow signs to West Park Road and North Shore of Moraine State Park about 5 miles. Turn left into park and follow about 2 miles to Lakeview Beach.

*** Note: If you are using the Google Maps, the iPhone maps app or any device/service that uses TeleAtlas maps, the map will incorrectly indicate (and route you to) an exit off of I-79 for Moraine State Park Road, which leads to North Shore Drive. There are no on-ramps or off-ramps here.

Triathlon Swim Waves

Wave #	Time	Group	Cap Color
1	7:50 AM	Saturday, Half IM Wave Starts	
2	8:30 AM	Saturday, Olympic Wave Starts.	
3	8:30 AM	Sunday, Sprint Wave Starts	

Wave starts will be posted to the website by September 5.

Since we are accepting registrations through race week, we will be assigning waves race week. This will ensure everyone's safety out on the course and provide the best possible start times for all who are racing.

Swim Course Description & Rules

Course Summary

The swim is a 1.2 mile triangle loop for the Half IM and a .9 mile rectangle loop for the Olympic. Both are clockwise in Lake Arthur. It is well-marked by bright orange and yellow buoys. The swim course ending, leading up to the Transition area is marked by buoys and cones. You must keep all buoy's on your right. Water temperature in September has ranged from 72-76°F. The swim will be an "in water" start. There will be kayak support and life guards to assist during the swim. If, during the swim, you are unable to continue, you may swim to shore or remove your swim cap, and wave it in the air to be picked up by a kayak. Remember, wet suits due aid in floating. Stay calm and float on your back until a kayak arrives. We also plan to have a Pontoon boat at the half turnaround and paddle boarders. Be sure to notify a race official at the Swim Finish Area and surrender your timing chip, if you drop out of the swim, you cannot continue with the bike or run segments due to medical concerns and USAT rules.

Swim Rules

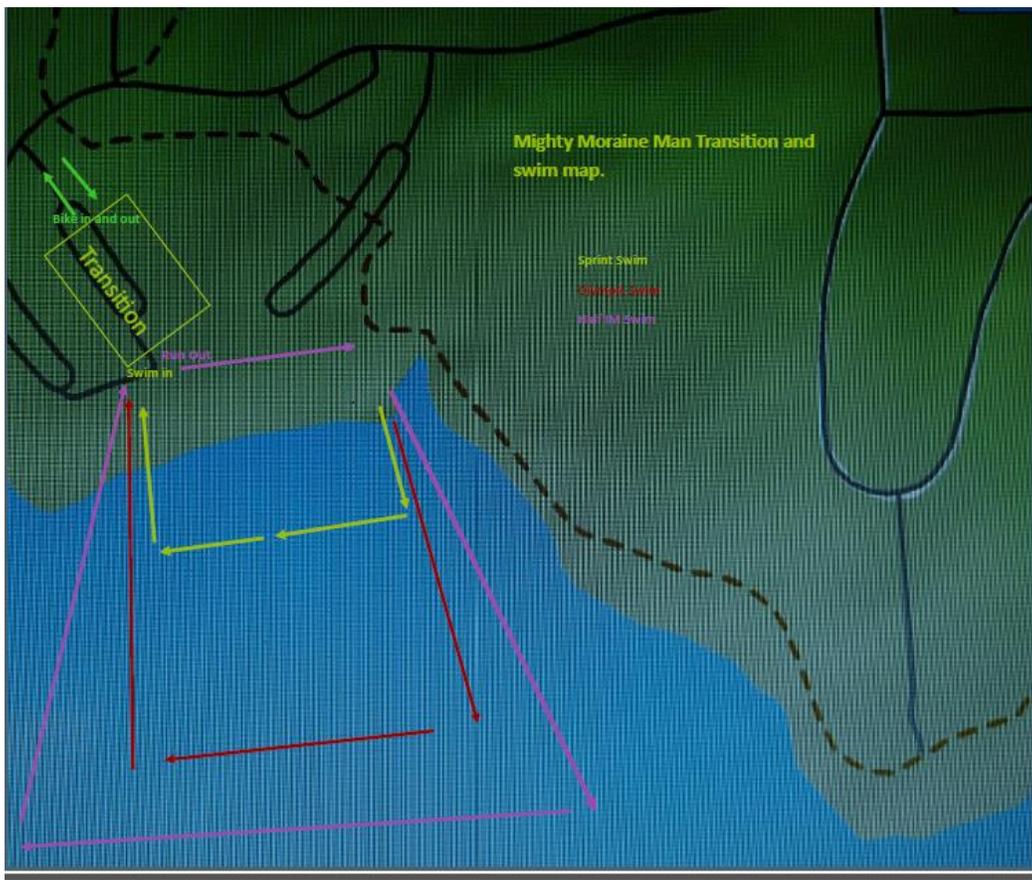
1. Contestants must wear swim cap provided by race management
2. No fins, gloves, paddles, or flotation devices of any kind are allowed.
3. Aqua socks are permitted (neoprene booties)
4. Swim goggles, face masks and snorkels may be worn.
5. No individual paddlers or escort allowed. The course will be adequately patrolled by boats, kayaks and paddleboards.
6. Wetsuits are allowed for all contestants if the water temperature is 78 degrees Fahrenheit or colder. Contestants choosing to wear a wetsuit in water that is between 78 and 84 degrees Fahrenheit will not be eligible for awards. NOTE: Any contestant that chooses to wear a wetsuit when the water temperature is between 78 and 84 degrees will be required to swim in the last wave, which will be designated for athletes that wear wetsuits. BE ADVISED THAT IT IS AT THE SOLE DISCRETION OF THE RACE DIRECTOR TO ALLOW WETSUITS WHEN THE WATER TEMPERATURE IS OVER 78 DEGREES FAHRENHEIT.
7. Wetsuits must be 5mm thick or less.
8. Material used for swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear (including speed suits and tri suits) may not cover

the neck, extend past the shoulder, nor extend past the knees. Swimwear may contain a zipper.

- Athletes are permitted to use kayaks and boats as aid, so long as no significant forward progress is made. Safety is our number one priority. Special provisions are made for wheelchair athletes. Course officials and medical personnel reserve the right to remove contestants from the course if determined medically necessary.

Note: Regarding the use of wetsuits by amateurs in water 78.1°F - 83.8°F; Please be advised that wetsuit use in water temperatures above 78.1°F for a lengthy swim such as 1.2 miles, may pose a significant danger of dehydration. Please think carefully before deciding to use a wetsuit in warmer water. If the weather conditions are such that the use of a wetsuit would constitute a medical danger, the Race Director, after consultation with the medical team, may still prohibit their use. Wetsuit usage is allowed and required for amateurs where the water temperature is 78 °F or lower.

Swim and Transition Course Map



Transition Rules:

Public nudity is prohibited and will result in disqualification. Bikes must be placed back in the same place in transition. Please limit items in your transition area and keep your area neat and do not invade the space of those beside you. Please do not use balloons or other items that could hinder the transition area of a competitor.

Water Quality

The Mighty Moraine Man staff takes water quality seriously. Water testing is conducted weekly at Moraine State Park and if the water tests show any risk to athletes, the swim will be canceled according to USAT rules. This is strictly to provide safety for the athletes.

Bike Course Description & Rules

Course Description

The bike is 56 miles, mostly through the scenic, beautiful country rolling hill terrain. The route is marked with signs throughout the course. Mile markers will be posted every 5 miles and sharp turns are marked ahead with "SLOW". Please familiarize yourself with the route as it is the athlete's ultimate responsibility to know the course. The course is **not** closed to traffic.

All competitors are required to follow the prescribed course and to stay to the far right of the road at all times unless making a legal pass. Please exercise the same safety as you would riding on the roads on any given day. Even though this is a recreational race, your safety should always be the top priority. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. Please note that the bike course is open to traffic during the course of the race.

BIKE RULES

1. Position Rules:
 - a. Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
 - b. Contestants must keep 7 meters (~4 bike lengths) distance between bikes except when passing. Failure to do so is **drafting**.
 - c. A pass occurs when the overtaking contestant's front wheel passes the leading edge of the contestant's front wheel being overtaken.
 - d. Overtaking contestants may pass on the left for up to 20 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 20 seconds is DRAFTING.
 - e. Overtaken contestants should immediately fall back 7 meters (~4 bike lengths)

before attempting to re-pass.

- f. Contestants must ride single file on the far right side of the road except when passing another athlete.
2. The sole responsibility of knowing and following the prescribed cycling course rests with each contestant. No adjustments in times or results shall be made for contestants who fail to follow the proper course for any reason whatsoever.
3. Contestants must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority.
4. No contestant shall endanger himself or another participant.
5. Contestants must wear the Mighty Moraine Man issued race numbers at all times while on the course. The bike numbers must be placed on the helmet and bike.
6. Contestants must have a bike frame number fixed to their bike and the entire number must be clearly visible from the left side.
7. CPSC-approved helmet is required during the entire bike portion including in and out of transition area. Contestants riding without an approved helmet or chinstrap not fastened will be stopped until the helmet is properly worn.
8. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside contestant. This is for the safety of the other athletes racing.
15. Do not litter. Any item that needs to be discarded, including but not limited to: water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones, located at each aid station.
16. Contestants must be individually responsible for repair and maintenance of their own bike. Contestants should be prepared to handle any possible mechanical malfunction. Assistance from official race volunteers is permitted. Dapper Bicycle will be available to Aid in bike support.
17. Contestants may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
18. Bike inspection is not mandatory. However, dapper Bicycle will provide bike support at bike check-in. Contestants are ultimately responsible for their own bikes. However, the race director may at their discretion make final judgment as to the soundness of bikes. In the event of foul weather, large plastic bags, which cover the entire bike, will be permitted as long as the bags are securely fastened to the bike.
19. HEADSETS OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT. Contestants caught using a headset or headphones will be stopped.
20. MEDICAL SUPPORT. If you need minor medical assistance, Sag Wagons will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the Sag Wagons will take you to the finish area. Additionally, there will be radios to contact ambulances and medical assistance. If you have a problem, please go to the nearest aid station for further assistance or accept help from the first arriver.

DO NOT LITTER! Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy supplement wrappers, bike parts or clothing, may ONLY be discarded in garbage containers.

Bike Course Map (courses may be subject to changes)

<http://www.mapmyride.com/routes/view/824237379> 70.3 Half IM

<http://www.mapmyride.com/routes/view/825631341> Olympic

<http://www.mapmyride.com/routes/view/825846111> Sprint

Run Course

The Run will all take place on the bicycle and running trail at Moraine. This trail is shaded and has small rolling hills and a lot of nice flat sections.

Run Course Map

<http://www.mapmyride.com/routes/view/840176841> 70.3 Half IM

<http://www.mapmyride.com/routes/view/840199883> Olympic

This is a 2 loop run course for the Half Ironman. One loop course for the Olympic and One short loop for the Sprint. All courses are out and back.

Running rules

- Athletes must wear shoes
- Athletes must wear their running bib number at all times on the run
- Athletes must not litter on the run
- Headphones are not permitted on the run

USAT Athlete Excess Medical Policy

The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics.

When athletes purchase a USAT annual membership or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- ☹ Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetha, traveler's insurance, etc.)
- 👤 Athlete completes a medical claim form.
- 👤 For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email sanction@usatriathlon.org for a copy of the form.
- 👤 Athletes will pay a deductible. All athletes using USA Triathlon insurance will pay anywhere from \$250 (two-hundred and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Coverage limitations - Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual membership or one-day permit and were injured through participation in a USA Triathlon sanctioned event.

Please email questions to sanction@usatriathlon.org or call the group benefits department at 770-449-5559

Medical Information & Coverage

Important Medical Information

Please be advised that all medical expenses incurred are the sole responsibility of the athlete, not Get Fit Families. USAT provides secondary coverage via USAT annual membership or the purchase of one day event insurance.

Please be aware that participation in endurance events poses particular dangers and risks. Athletes should realize that running, bicycling, swimming and other portions of such events are inherently dangerous and represent an extreme test of a person's physical and mental limits. These dangers include, without limitation, dehydration, hyponatremia, sunburn exhaustion, the potential for serious bodily injury, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; and other situations beyond the immediate control of the Event Organizers.

The following symptoms or conditions may pose a significant risk to those who participate in this event: high blood pressure, obesity, heart problems, diabetes, a family history of heart disease, chest pains, extremely high cholesterol levels, major surgery, acute illness, or a history of smoking. Get Fit Families advises participants to consult with their physician to determine if they have any undiagnosed illness that would preclude them from exercising, if they have a lifestyle or family history that is known to predispose them to sudden cardiac episodes or other exercise related medical problems, and to advise them if they are healthy enough to participate in this event.

Please ask for medical assistance if you have any inkling that you might need help. Medical personnel will evaluate you, and will do all they can to keep you in the race. They will withdraw you only if you require transportation, IV fluids or if medical personnel feel that your continued participation will result in serious harm or death. Please be advised that medical personnel shall have the ultimate and final authority to remove a participant from the race if the participant is judged to be incapable of continuing the race without risk of serious injury or death.

Personal Safety: Safety Tips

Please follow the following safety tips to help reduce the odds of illness or injury.

- Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes.
- Do not deviate significantly from your familiar and proven routine for training, nutrition and equipment prior to the race, and remember to obtain adequate salt and hydration intake during training as well as during the event itself. We recommend that you begin hydrating heavily several days prior to and during the event, and that you drink enough water so that your urine is clear, colorless and copious by race day.
- Please notify staff at check in if there is any change to your medical status or medications taken from the time when you originally registered for the event. Always train with at least one other person (especially in open water).
- Always wear a brightly colored swim cap while training (especially in open water). Notify your friends and family of your whereabouts.
- When training, please bike and run on the shoulder or in a designated bike lane, and always ride single file.
- Obey all traffic laws (stop at stop signs, signal when turning, etc.).
- You should always carry identification with you while training. You might want to consider a [Road ID bracelet](#).

Post-Race Information

Post-Race Celebration and Food Tent

Celebrate at the Post Race Party at the finish line from 11:00 am - 4:00 pm.

Race Results

Links to the official timing results will be posted on the www.smileymiles.com website under Race Results.

Removal of Gear from Transition

All bikes and gear must be removed from transition by 5:30 pm. Only athletes with their race numbers may remove belongings. Others will not be allowed to enter.

Awards

The Awards Ceremony is scheduled for 12:00 PM on Saturday and 2:30 PM on Sunday at the Picnic shore line area near the finish line.

Music and Emcee

Thanks to Paul Kotlinski who will be providing our music and emcee services on race day.

Things to do around Moraine State Park

Living Treasures Animal Park

The Town of Slippery Rock

The Town of Volant

The Town of Harmony

The Town of Zelenople

McConnell's Mill State Park

Grove City Outlet Mall

The Rock Shop

Sponsors



HIGH PH ALKALINE IONIZED WATER



BAIERL Toyota
DRIVEN TO BE BETTER



Tom Murray
The Murray Agency



The
Harmony,
Blum



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