

2016 Cache Valley Super Sprint Triathlon



Logan Triathlon
July 9, 2016

Triathletes Guide

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Dear Cache Valley Super Sprinters,

2016 represents the 12th year of this great event. This race great course in Logan, Utah with a great views and fairly fast.



The weather forecast for this weekend is looking warm with a 91/53 temp. The race starts at 7AM which will help keep you cooler for the run. 0% chance of precipitation. The race temps will start around 60 degrees but by the end of the run expect it to be in the high 80's.

This race is a flat course with straight views. The course on the bike is out and back on the road to Mendon with views of farmlands 100% paved. Be aware of the intersection at 1000 West with a police officer. The run course is also incredible with a few turns but a good portion of it is under a canopy of trees at the park with a river that runs along side of it. It is also an out and back. There is no aid stations on the bike and one on the run at around mile 1 and repeated for mile 2 for the run course.

Packet Pickup will be held at Poco Loco Swim Shop in Logan Utah at 67 N Main St Logan Utah. This is a great swim store with great deals on swim gear. They have been supporting the race for years so make sure you support them. The Packet Pickup will be from 4-7PM on Friday there.

First Timer Orientation – We are hosting a first time triathlete orientation on Friday July 8 from 7:15PM to 8:00PM at the Transition Area in front of the Logan Aquatic Center – 451 South 500 West Logan Utah. All are invited to attend. This orientation will review items like how the swim will occur, how to transition, how to rack your bike, rules, safety, and other race details. This orientation is not mandatory but extremely helpful for first timers or those that are interested in a great review course on triathlon.

If you have any questions please email us at info@onhillevents.com. Do not wait until race day to ask the questions seeing we will be busy with putting on a race. We love questions especially those that could not be found online on the website. Hopefully the website helps answer most all questions and make life easy for you and help you have a great race day!

– On Hill Events

Sponsors



Logan Triathlon
July 9, 2016



Layton - Roy
Ogden - Syracuse



Treehouse
Pediatrics

Aid Stations

Bike Course – None Recommended to bring water bottle on bike

Run Course – Mile 1 and 2(Same station but on way back

Powerade and Water on Course for run.

Race Agenda

Friday July 8, 2016

4:00PM to 7:00PM – Packet Pickup at Poco Loco Swim Shop 67 N Main Street Logan, Utah. We are generally set up in the back near the parking lot.

7:15PM – First Time Triathlete Orientation – Transition Area in Front of the Logan Aquatic Center 451 South 500 West Logan, Utah. Great for all strongly recommended for first timers.

Saturday July 9, 2016

5:30AM – Transition Area Open to rack your bikes

5:30AM to 6:30AM – Body Marking and Last Chance Packet Pickup. If you are picking up your packet during this time please be early and not 5 minutes prior to 6:30AM.

6:30AM – Race Director Orientation – MANDATORY for All Participants – Yes we review all rules of the course in which you may know but we also review safety and course layout which may be very important to your race.

7:00AM – Race Starts – We will start with the Double Sprint(Olympic) with the fastest swimmers to the slowest then we will do the Sprint from the fastest swimmers to the slowest. We will line up at the swim site according to times.

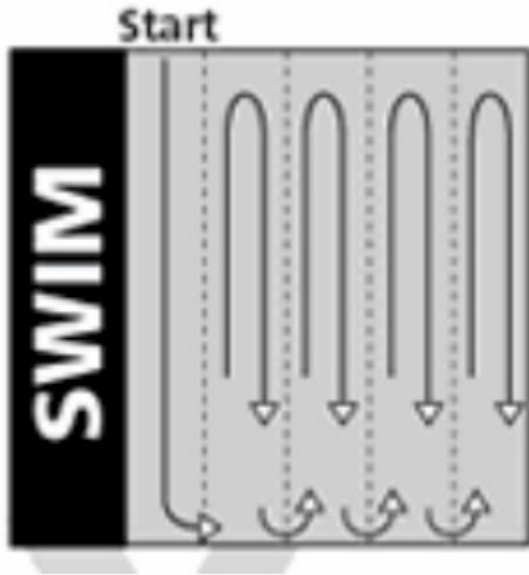
10:00AM – Awards Ceremony Starts

12:00PM – Sweep Course – As long as runners are almost finished we will keep the course open. We have only picked up participants in a sweep when they are not going to finish any time reasonable.

This race is timed via a punch key method. We have found that with a smaller race like this with an individual start it is more difficult to time a race with chip system because it has too many false starts and sets off the chip at the finish during transition. We ask that participants wear their bibs on the front of their shirt at all times excluding during the swim and even yell out your bib numbers at each leg of transition so we can have a better punch time for you. This race has been time this way for all the years excluding the 1st year in which we learned not to use chips.

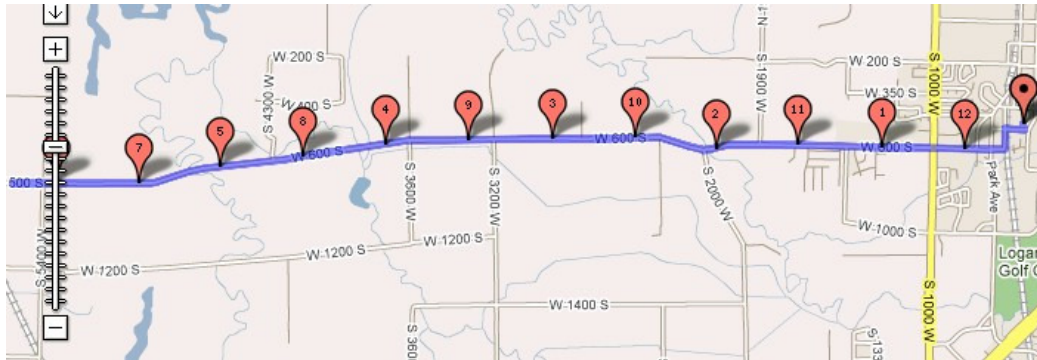
Course Maps

Swim Course



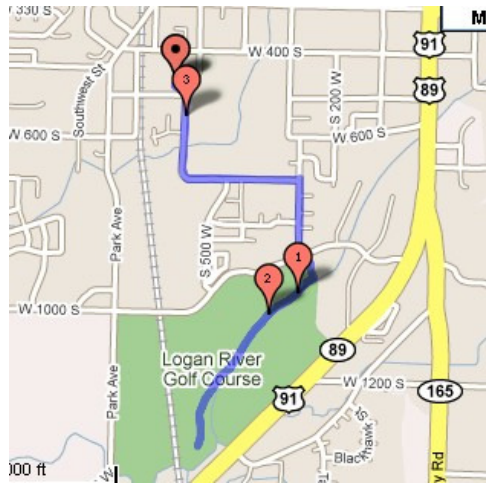
Swim Course – 500 Meters This is a serpentine swim. The swimmers enter the water on the Southwest portion of the pool one at a time in order of the fastest to the slowest to help prevent passing. You will swim up one side of the lane and down the other side. The middle portion of each lane is reserved for passing. Lane Lines will be in the water to keep swimmers on track and flip turns are allowed. Some first time triathletes ask if it is allowed to grab the side of the pool and rest. The answer is YES however if you for see that this may be the case please be the last in the pool to not block other swimmers. Olympic will repeat this swim after they have completed the Swim, Bike, Run.

Bike Course



The Bike Course is flat and straight. 12.5 Miles There is only two turns on the course and they are right at the start/finish of the course. The biggest danger on the course is at the start near 1000 West. Please pay attention to police and volunteers during the first two intersections so you have a great race. There is nothing that slows down your bike time worse than being hit by a car. Pay attention and listen!!! The Olympic is repeated after you do the Swim, Bike, Run, Swim then repeat the Bike. Remember this course for the Olympic is Swim, Bike, Run, and Swim, Bike, Run again!

Run Course



The Run Course is 3.1 Miles. This course is out and back and runs in a beautiful area in Logan River Golf Course under a canopy of trees. This course follows a river. There is an aid station at around Mile 1 on the course which is repeated on the way back around Mile 2. It has water and Powerade. Make sure you pay attention to volunteers and signs and spray chalk on the course.

Transition Area



The Transition Area is a fenced in bike rack area. Swimmers will enter in via the Swim In and then grab their bike and head out the bike out and return in the bike in. Once they return their bike they will head out the Run out and return at the finish or for the Olympic reenter the transition area and head back out of the Swim In back to the pool to repeat the entire course again.

Most Commonly Violated Rules & Penalties

1. Helmets: **Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in event. Helmets must be worn at all times while on your bike. This means before, during, and after the event. *Penalty: Disqualification***
2. Chin Straps: **Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. *Penalty: Disqualification on the course; Variable time penalty in transition area only.***
3. Outside Assistance: **No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. *Penalty: Variable time penalty***
4. Transition Area: **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 bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. *Penalty: Variable time penalty***
5. Drafting: **Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. *Penalty: Variable time penalty***
6. Course: **All competitors are required to follow the prescribed course and to stay within all coned lanes. 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. *Penalty: Referee's discretion***
7. Unsportsmanlike-Like Conduct: **Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. *Penalty: Disqualification***
8. Headphones: **Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. *Penalty: Variable time penalty***
9. Race numbers: **All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. *Penalty: Variable time penalty for missing or altered number,***
10. Wetsuits: **No Wetsuits**
11. Abandonment: **All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. *Penalty: Variable time penalty***
12. Swim Course: **Individual start swim course. Fastest to slowest swimmers enter the water. Pass in the center of the lane. No Blocking. *Penalty: Variable time penalty***

Variable Time

Penalties

Distance Category

Sprint

1st Offense

2nd Offense

3rd Offense

2:00 minute

4:00 minutes

Disqualification

Olympic

2:00 minutes

4:00 minutes

Disqualification



USA TRACK & FIELD

East Canyon Marathon

August 27, 2016

26.2 - 13.1 - 10K - 5K

Course will be certified & sanctioned with USATF as a Boston Qualifier

2016 On Hill Events:

- Eggs Legs 5K (Easter) – March 26**
- Legacy Duathlon – April 9**
- 50 CENT 50 Mile (4 Per Relay/Bike/Half Mar) – May 7**
- Mt Green Half Marathon/10K/5K - May 28**
- Drop13 Half Marathon/5K – June 11**
- Provo Midnight Run – Nighttime Glow Stick Half Marathon/10K/5K – June 24**
- Logan Triathlon – Spr/Oly – July 9**
- Legacy Midnight Run – Nighttime Glow Stick Half Marathon/10K/5K – July 15**
- Layton Triathlon – Spr/Mini/Kids - July 30**
- USAT Tiger Trout Triathlon – Aug. 13**
- East Canyon Marathon – 26.2/13.1/10K/5K – Aug. 27**
- USAT Bear Lake Brawl Tri – Spr/Oly - Sept. 10**
- USAT Bear Lake Brawl Tri – 70.3/140.6 - Sept. 19**
- Layton Marathon/Half/10K/5K – Oct. 10**
- USAT Powell3 Tri Challenge – Spr/Oly - Oct. 24**
- Frightmares Lagoon Half Marathon – 13.1/10K/5K -TBA**
- Utah Santa Run Series – Dress as Santa**
 - SLC Santa Run 5K – Nov. 19**
 - Ogden Santa Run 5K – Nov. 26**
 - Provo Santa Run 5K – Dec. 3**

www.OnHillEvents.com