

2019 Cache Valley Super Sprint Triathlon



Logan Triathlon

July 6, 2019

Triathletes Guide

Index

Introduction	3
Sponsors	4
Race Agenda	5
Swim and Bike Course Maps	6
Run and Transition Maps	7
Rules of Race.....	8
More Races	9

Dear Cache Valley Super Sprinters,

2019 represents the 15th 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 89/53 temp, which is around 7 degrees cooler than last year. The race starts at 7AM which will help keep you cooler for the run. 0% chance of precipitation. The race temps will start around 53 degrees but by the end of the run expect it to be in the low to mid 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.

In order to time you properly we ask you pay attention to signs and know the transition points. Timing is done via a visual method on electronic sync tablets. We put the racers in the water one at a time in order of fastest to slowest regardless if they are Olympic or Sprint. This helps with passing in the pool and outside. The transitions are marked stronger than in the past to help racers and protect against going into the wrong gate. The biggest issue in timing comes when a racer decides to go into the wrong transition point. We will have the overall on race day regardless but we want your splits to be accurate as well. Pay attention to Race Director Orientation on race morning to avoid going into the wrong gate. We made signs in 2019 that say Bike do not Enter or Run do not Enter. Hopefully they help. We are body marking hands as well so racers will have easy access to their numbers as they transition.

Packet Pickup will be held at LaQuinta Inn in Logan. This hotel will be a larger meeting room for the racers and it is also closer to the race location.

First Timer Orientation – We are hosting a first time triathlete orientation on Friday July 5 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.

– On Hill Events

Sponsors



Logan Triathlon
July 6, 2019



Layton - Roy
Ogden - Syracuse



Treehouse
Pediatrics

Aid Stations

Bike Course – No Aid stations. 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 5, 2019

4:00PM to 7:00PM – Packet Pickup at La Quinta Inn 853 S Hwy 89/91 Logan

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 6, 2019

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 timed this way for all the years excluding the 1st year in which we learned not to use chips.

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

<u>Penalties</u>	Distance	1st Offense	2nd Offense	3rd Offense
Category				
Sprint		2:00 minute	4:00 minutes	Disqualification
Olympic		2:00 minutes	4:00 minutes	Disqualification

2019 On Hill Events Races

- Candy Heart Run 5K (Valentines Theme) – West Jordan, Utah February 9
- SOCAL Marathon, 13.1, 10K, 5K – Anaheim, Calif March 2
- Lucky 13 Half, 10K, 5K (St Patty Theme) - West Jordan, Utah March 16
- Legacy Duathlon Sprint, Olympic - North Salt Lake, Utah April 13
- Eggs Legs 5K (Easter Theme) – West Jordan, Utah April 20
- May the Fourth 13.1, 10K, 5K (Star Theme) – Farmington, Utah May 4
- Drop13 Half Marathon, 5K – Big Cottonwood Canyon, Utah June 8
- Jurassic Run 5K (Dinosaur Theme) – Ogden Dinosaur Park, Utah June 29
- Cache Valley Super Sprint Tri Sprint, Olympic – Logan, Utah July 6
- Legacy Midnight Run 13.1, 10K, 5K (Glow Stick Night) – Farmington Utah July 26
- PC2PG 13.1, 10K, 5K – Provo Canyon to Pleasant Grove, Utah August 10
- East Canyon Marathon 13.1, 10K, 5K – Big Mountain to Morgan, Utah August 31
- Bear Lake Brawl Triathlon Full, Half, Olympic, Sprint – St Charles Idaho Sept 14
- Witch Run 5K (Witch Fun Theme) – West Jordan, Utah Sept 28
- Antelope Island Marathon 13.1, 10K, 5K – Syracuse, Utah October 12
- Blood Run 5K (Fun Fear Theme) – Mt Green Utah October 12
- Southern Utah Triathlon Sprint, Olympic – Hurricane, Utah October 26
- Ogden Santa Run 5K (Santa Theme) – Ogden, Utah November 30
- Gardner Village Santa Run (Santa Theme) – West Jordan, Utah December 7
- Provo Santa Run (Santa Theme) – Provo, Utah December 7

PC2PG has changed dates to August 17, 2019.