

2018 Southern Utah Triathlon – Olympic and Sprint



Triathletes Guide

Index

- **Introduction.....3**
- **Wave Starts3**
- **Sponsors.....4**
- **Race Agenda.....5**
- **Parking.....5**
- **Course Maps.....6-8**
 - **Swim.....6**
 - **Bike Course.....7**
 - **Run Course.....8**
- **Aid Stations.....8**
- **Rules.....9**
- **More Races.....10**



Dear Southern Utah Triathletes,

Welcome to the 2nd Annual Southern Utah Triathlon. Set in the beautiful land of Southern Utah at Quail Creek Reservoir.

A rules sheet has been attached to this race bag to help educate you on these rules. When you do your prerace checklist of bike, helmet and wetsuit remember to not miss anything and not forget to pick them up post race. Shipping wetsuits cost as much as \$20 for mailing fees.

The weather for this weekend is set to be great. The water temp is currently 68 degrees and race air is around 81/55 low degrees. Should be ideal for racing with a slight wind from the WNW 4 mph.

This race is done in waves. Each wave will have a corresponding swim cap color. If you are in the Red Swim Cap Wave and are wearing a Green Swim Cap your times will most likely be off. We are planning on four waves. Olympic Male Wave 1, Olympic Female & Olympic Relays Wave 2, Sprint Male Wave 3 and Sprint Female & Sprint Relays Wave 4. We anticipate the first wave to start right at 8:00AM then 10 minutes later for the 2nd Wave, then 20 minutes later for the 3rd Wave at 8:30AM then 10 minutes later for the 4th Wave at 8:40AM .

The State Park costs a fee to get in and park. Carpooling will save fees and will help expedite the process into the park. Please be there promptly so you are not rushed. We will presale parking passes at the packet pickup for those who wish to enter the park faster. If you must pickup your packet on Saturday morning please be one of the first to packet pickup. Those who wait to the end are often rushed on race day and do not have time to relax and prep for the race.

If you did not prebuy a parking pass this is the link to buy one:

<https://www.raceentry.com/races/southern-utah-triathlon/2018/shopping>

Thanks for Racing,

Joe Coles – Race Director On Hill Events

Wave Times

Wave #1 (8:00AM) – Olympic (Male)

Wave #2 (8:10AM) – Olympic (Female and Olympic Relay Teams)

Wave #3 (8:30AM) – Sprint (Male)

Wave #4 (8:40AM) – Sprint (Female & Sprint Relay Teams)

Sponsors



Layton - Roy
Ogden - Syracuse



Race Agenda

Friday October 26, 2018

- 4:00PM to 7:00PM – Packet Pickup Sportsman’s Warehouse – 2957 East 850 North St. George, Utah

Saturday October 27, 2018 – Quail Creek Reservoir 472 5300 W, Hurricane, UT 84737

- 6:30AM – Transition Area Opens
- 6:30AM (Closes at 7:30AM) – Last Chance Packet Pickup/Body Marking (be on time)
- 7:30AM – Race Director Orientation Mandatory
- 8:00AM – Olympic Male Wave 1
- 8:10AM – Olympic Female & Relay Olympic Wave 2
- 8:30AM – Sprint Male Wave 3
- 8:40AM – Sprint Female & Relay Sprint Wave 4
- 10:30AM – Awards Ceremony Starts
- 12:00PM – Start to Sweep Course

Packet Pickup

We do have a race day packet pickup from 6:30AM ending at 7:30AM. If you absolutely cannot make the Friday Night one please be there at 6:30AM on race day at race site at Quail Creek 472 5300 W, Hurricane, UT 84737

Parking

Parking is limited but we should have enough for this race. Please follow instructions from staff and volunteers. Parking fee is not included and must be paid and packet pickup on race morning. Carpooling will help race flow better and help with fees. Those who prepay at packet pickup on Friday will be sent to the Exit portion of the entrance and will be entered in quickly. Those that need to buy a pass will use the Entrance portion so they can use a credit card or Cash etc.

If you have not pre-purchased a parking pass you can get one here via this link:

<https://www.raceentry.com/races/southern-utah-triathlon/2018/shopping>

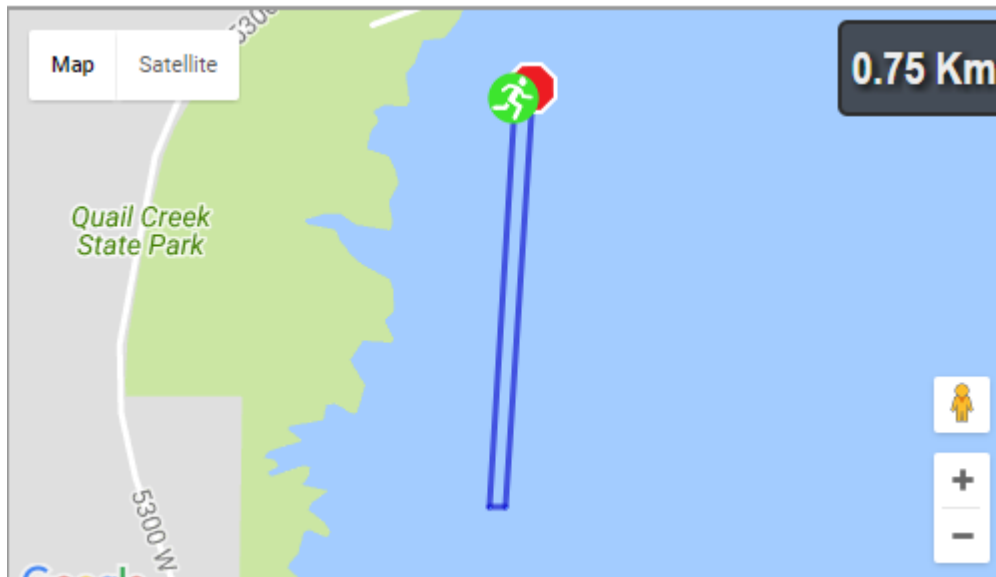
We will sell them at packet pickup as well or you can get them at the gate but it may delay your entry because you will be in the line of racers who have to pull out cash or credit card on race day.

Southern Utah Triathlon 2018 Course Maps

Swim Course

Olympic Course 1500 Meters Swim (Two Laps)

Sprint Course 750 Meters Swim (One Laps)



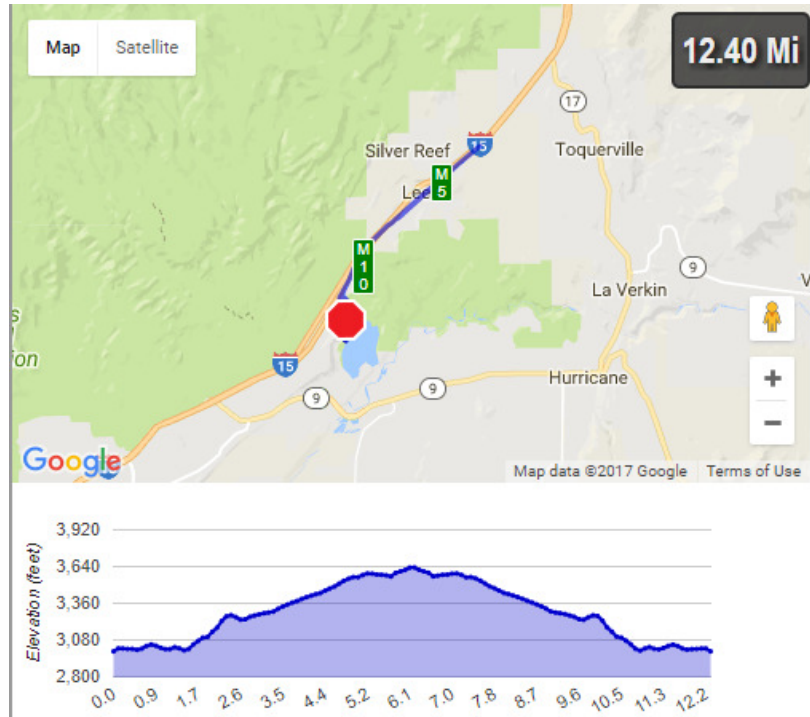
The course was changed from last year slightly to at the angle you will swim to avoid swimming into the direct sun light.

Bike Course

Olympic Course – 24.8 Miles (Two Laps)
Sprint Course – 12.4 Miles (One Lap)

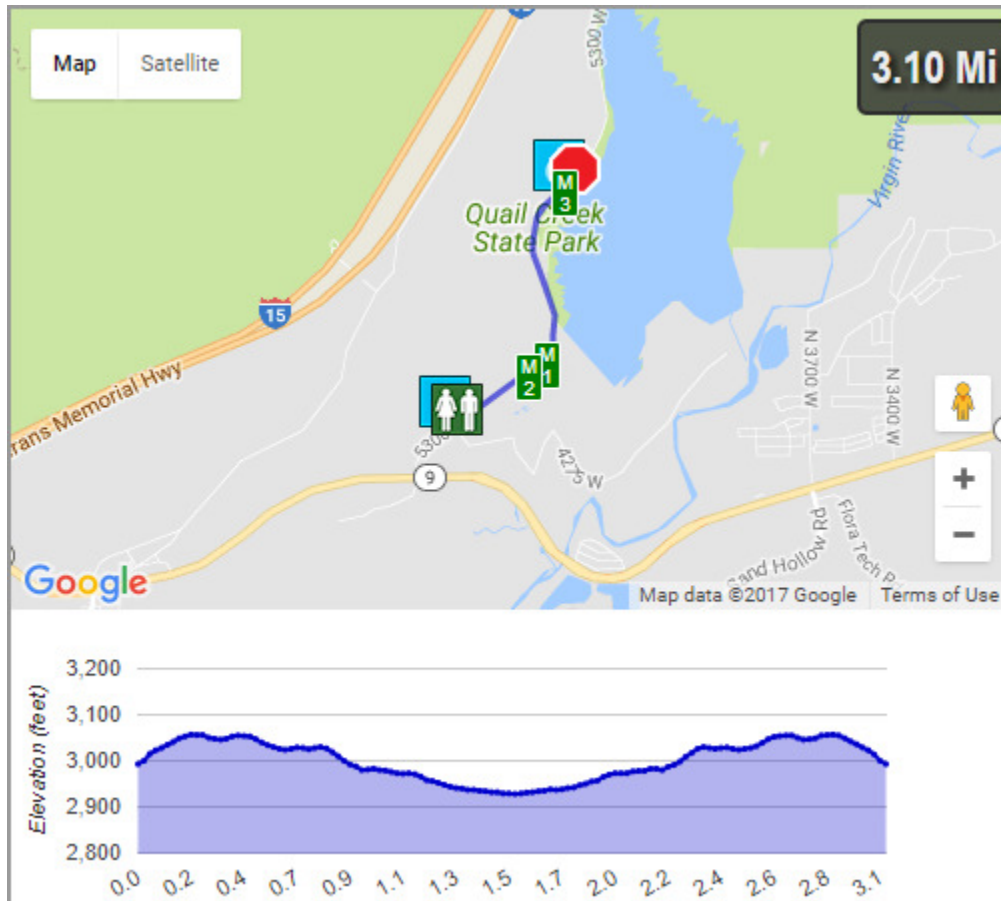
The course is an out and back.

There are some hills you will have to climb on the way out as you can see from this map. It will make for a faster return. Olympic does this course twice. The course is 100% paved with some great views of Leeds, Toquerville and Hurricane Cities. This follows along the I15 Freeway. Pay attention to signs and volunteers.



Run Course

Olympic Course 6.2 Miles (Two Laps)
Sprint Course 3.1 Miles (One Laps)



The run course is fairly flat following the Quail Creek Reservoir. The beauty of this course is great. Runners will turn into the Water Building Area and then turn around there. No campground run in 2018 to help racers stay on course. (Campgrounds had too many turns). In 2018 we have the racers turn on to a dirt trail for a short distance to get the full 3.1 mile run out of the Run Course. This is a full out and back with a few turns at the start and finish. An aid station will be available at Mile 1.55 and (3.1 Mile Finish Turnaround and 4.65 repeated for Olympics). Pay attention to signs and volunteers and spray chalk on the ground. Signs, volunteers and spray chalk will be the best way to view these turns.

Aid Stations

Bike Course – No aid stations. Racers should carry water bottles

Run Course – Mile 1.55, (3.1, 4.65 for Olympic) will all have water, powerade and some gels.

Finish Line – Bread, Peanut butter, oranges, bananas, ice cream, Water and Powerade.

Most Commonly Violated Rules

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in ON HILL EVENTS sanctioned events. 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, 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: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by On Hill Events 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 wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

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

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

Chip Timing be timed via On Hill Events via timing chips and splits will be via tablets with volunteers. We ask that all racers body mark and wear their bibs during the run. The tablets which time the splits will also have overall times as well so we will have two systems timing the race. You can track your racer from this link: <https://www.webscorer.com/onhillevents>. Live results will be available there if you have internet via your phone. If you have any question on your time it should be directed to info@onhillevents.com. All race results will be posted asap at the race or later that day online. Times will be via chips and splits will be via tablets in a visual format. Two timing systems will time this race.

Added Races for 2019:

SOCAL Marathon in Anaheim California and Huntington Beach – March 2, 2019

This race will be a USATF Full Boston Qualifier. We set it up during the winter to give racers a chance to run in the warmer temps of Southern California.

On Hill Events 2018 Calendar

Sun Marathon, 13.1, 10K, 5K - 2/3/2018
Candy Heart Run 5K - 2/10/2018
Lucky 13 Half Marathon, 10K 5K - 3/17/2018
Eggs Legs 5K - 3/31/2018
Legacy Duathlon Spr/Oly - 4/14/2018
Fantasy Run 5K/10K - 5/5/2018
West Jordan Half Marathon - 5/5/2018
Drop13 Half Marathon 5K - 6/9/2018
Provo Midnight Run 13.1, 10K, 5K – 7/29/2018
Logan Triathlon Spr/Oly - 7/7/2018
Legacy Midnight Run 13.1, 10K, 5K - 7/27/2018
Green Eggs and Ham 5K - 8/18/2018
East Canyon Marathon 13.1, 10K, 5K - 9/1/2018
Bear Lake Brawl Triathlon Spr/Oly/Half/Full - 9/15/2018
Witch Run 5K - 9/29/2018
Antelope Island Marathon 13.1, 10K, 5K - 10/13/2018
Blood Run 5K - 10/13/2018
Southern Utah Triathlon Spr/Oly - 10/27/2018
Ogden Santa Run 5K - 11/24/2018
Gardner Village Santa Run 5K - 12/1/2018
Provo Santa Run 5K - 12/2018

Check out www.OnHillEvents.com for more details