



**3-DAYS / 4-TRIATHLONS / 70+ or 140+ MILES
1 EPIC EVENT!**



OFFICIAL EVENT GUIDE

MAY 20-22, 2016
AmericanTriple-T.com



Super Sprint – Sprint/Olympic AM – Sprint/Olympic PM – Olympic/Half Iron





Welcome to the **American Triple-T Ohio**, America's ONLY Triathlon Tour. You're in for something special. Shawnee State Park & Forest is the proud host of the **American Triple-T Ohio** and looks forward to showcasing their beautiful and challenging terrain within their park which makes this event so unique. Shawnee State Park & Forest is located in the Appalachian foothills near the banks of the Ohio River. Shawnee State Park is nestled in the 63,000 acre Shawnee State Forest, once the hunting grounds of the Shawnee Indians.

Regardless of your chosen distance (Sprint ST or Xtreme XT) the **American Triple-T Ohio** will provide you with one of the most challenging weekends of your life – count on it. HFP Racing is proud to be the producers of this event and find it a privilege to serve you.

We're READY - Are you?

Shannon Kurek, Race Director
American Triple-T
aka – HFP Man



RACE WEEKEND SCHEDULE



Race #1: Super Sprint

(TRANSITION OPENS AT 4:00PM)

Friday, May 20, 5:00 PM

250m Swim - 6k Bike - 1 mi Run

RACE RULES: All individual times count towards the team time. Any individual (solo and team) finishing in the top five overall will receive a 30 second bonus time. NO drafting on the bike is allowed.

Race #2: Sprint/Olympic AM

(TRANSITION OPENS AT 6:30AM)

Saturday, May 21, 7:30 AM

750m/1500m Swim – 16mi/24.3 mi Bike – 3.1 mi/6.55 mi Run

RACE RULES: All individual times count towards the team time. NO Drafting on bike is allowed.



Race #3: Sprint/Olympic PM

(TRANSITION OPENS AT 2:00PM)

Saturday, May 21, 3:00pm Start

17.5 mi/27 mi Bike – 750m/1500m Swim – 3.1 mi/6.55 mi Run

RACE RULES: All teams must start and finish together. This unique triathlon format starts on the bike in a time trial start going every 5 seconds followed by a 1500 meter swim, then finishes with a 6.55 mile run. NO drafting on the bike is allowed. Start order for teams is determined by the highest ranking team member.

Race #4: Olympic/Half Triathlon – Little Smokies Triathlon

Sunday, May 22, 7:00am Start (Little Smokies @ 7:30am)

(TRANSITION OPENS AT 6:00AM)

.96k/1.2 mi Swim – 25 mi/56 mi Bike – 6.55 mi/13.1 mi Run

RACE RULES: All teams must start and finish together. Start order for teams is determined by the highest ranking team member. NO drafting on the bike is allowed.



American Triple-T / Little Smokies Awards Ceremony

Sunday, May 22, Ongoing throughout the day

Those finishing in the top 3 in their divisions will be awarded the coveted Triple-T/Little Smokies Belt Buckles throughout the day at the official Podium Platform near the finish as the results allow.

IMPORTANT RULES/DETAILS



- 1) All participants **MUST** have their American Triple-T race singlet on at all times during the bike and run. Swim caps are also mandatory during the swim.
- 2) NO altering the American Triple-T singlet in anyway is allowed.
- 3) Sportsmanship will be imperative during this long hard weekend. You'll be racing side by side folks in formats many have not raced in. Be careful and be a good sport. Unsportsmanlike conduct will NOT be tolerated.
- 4) HFP's medical team will have final say in allowing a participant to continue in a race if deemed necessary.
- 5) Most of the roads will NOT be closed on the bike course. Ride like you do in any training ride and follow all traffic laws (stay to the far right, don't cut the tangents, etc...). Police and rangers will be at every intersection to give participants the right of way.
- 6) All courses will be marked clearly with cones and signs. However, it is the responsibility of each participant to know the course.
- 7) Please be aware that we are guests at this beautiful park and there will be a zero tolerance policy for littering. Don't even think about throwing your trash or empty bottles into the state forest. Not only will you be DQ'ed but the State of Ohio will give you a \$500.00 fine on top of that.
- 8) Participants are expected to heed directions and instructions of all race officials and local authorities.
- 9) Abusive treatment of volunteers or others are grounds for immediate disqualification and will result in participant being prevented from participating in future HFP events.
- 10) If a participant **MUST** withdraw from a race, please notify race officials immediately and turn in your timing chip.
- 11) HFP Racing reserves the right to make rule/course changes at any time.
- 12) Take heed to the warnings on the bike course about **SLOWING DOWN** - this is not to be ignored without very bad consequences. Some of the roads on the bike courses are **VERY dangerous** and when we warn you **PLEASE** slow down and be cautious.

Aid Stations and Support

Race #2, #3 and #4 will have water, BOOM Energy Gel and Infinit Nutrition at approx. every mile on the run. The final race will have a refill station at mile 25 and mile 45 of the bike with water, COKE, BOOM Energy Gel, Infinit Nutrition, ice, fruit, cookies and pretzels. Not familiar with Infinit or BOOM products? Go to www.infinitNutrition.us or www.BoomNutrition.com for more information. This is a refill station and not a bottle exchange! **REMEMBER TO BRING EXTRA WATER BOTTLES.** Participants will need to stop to refill bottles or to get extra provisions. A neutral aid station table will be provided for participants for their SPECIAL NEEDS bag(s) at each aid station on Sunday.

Registration Reminders

All participants **MUST** check in on Friday by 4:30pm. Registration is from noon to 4:30pm at the Shawnee State Park beach area **ON FRIDAY ONLY**. Registration will NOT be extended. All participants **MUST** check in at registration before attempting to get into the transition. No one will be allowed in the transition area without a race ID bracelet – PARTICIPANTS ONLY.

RACE COURSE DESCRIPTIONS



Race #1: Super Sprint **Friday, May 20, 5:00 PM**

250m Swim - 6k Bike - 1 mi Run

SWIM: The 250 meter swim is a counter clockwise loop course in Turkey Creek Lake with participants starting in a thrice time trial dry land start every 3-5 seconds (#1, #2 & #3, then #4, #5 & #6, etc...). Wetsuits allowed.

BIKE: The 6k bike course is a challenging out & back course to the top of the resort and back. Bring your climbing gears.

RUN: The 1 mile run course is an out and back course is a teaser of Lamp Black Run.

Race #2: Sprint/Olympic AM **Saturday, May 21, 7:30 AM**

750m/1500m Swim – 16 mi/24.3 mi Bike – 3.1 mi/6.55 mi Run

SWIM: The swim course is a 1500 meter 2-lap (Olympic) and a 750 meter 1-lap (Sprint) counter clockwise loop course in Turkey Creek Lake with participants starting in a time trial start every 3-5 seconds. Swim start is a dry land running start. Wetsuits allowed.

BIKE: The 24.3 mile (Olympic) and 16 mile (Sprint) bike course are challenging loop courses on paved park fire roads within the park and country roads surrounding the park. Bring your climbing gears.

RUN: The 6.55 mile (Olympic) and 3.1 mile (Sprint) run courses are out & back on the infamous Lamp Black Run gravel and dirt fire road.



Race #3: Sprint/Olympic PM **Saturday, May 21, 3:00pm Start**

17.5 mi/27 mi Bike – 750m/1500m Swim – 3.1 mi/6.55 mi Run

BIKE: The 27 mile (Olympic) and 17.5 mile (Sprint) bike courses are challenging loop courses on paved park fire roads within the park and country roads surrounding the park. Bring your climbing gears.

SWIM: The swim course is a 1500 meter 2-lap (Olympic) and a 750 meter 1-lap (Sprint) counter clockwise loop course in Turkey Creek Lake with participants starting in a time trial start every 3-5 seconds. Swim start is a dry land running start. Wetsuits allowed.

RUN: The 6.55 mile (Olympic) and 3.1 mile (Sprint) run courses are out & back on the infamous Lamp Black Run gravel and dirt fire road.



Race #4: Olympic/Half Triathlon – Little Smokies Triathlon **Sunday, May 22, 7:00am Start (Little Smokies @ 7:30am)** **.96k/1.2 mi Swim – 25 mi/56 mi Bike – 6.55 mi/13.1 mi Run**

SWIM: The swim course is a 1.2 mile 2-lap (Half Iron) and a .96k 1-lap (Olympic) counter clockwise loop course in Turkey Creek Lake. Swim start is a dry land running start. Wetsuits allowed.

BIKE: The 56 mile (Half Iron) and 25mile (Olympic) bike courses are challenging 1 lap bike courses on VERY challenging paved fire roads within the park and country roads surrounding the park. Bring your climbing gears. These courses are awesome — you won't forget it!

RUN: The 13.1 mile (Half Iron) and 6.55 mile (Olympic) run courses are out & back on the infamous Lamp Black Run gravel and dirt fire road. The Half Iron is 2-laps and the Olympic is 1-lap. You love it or hate it by now!

THE GOODIES AT THE FINISH



*The Xtreme XT Finisher jackets will not be revealed until Friday.

Southern Ohio Medical Center

Very Good things are happening here

BOOM!™

Custom-Blended Nutrition Solutions

INFINIT



Triple T Weekend Menu.....Free for Participants

Spectators can eat a meal for \$10 each or Cash only Concession stand. Stand open during/after each event with burgers, hotdogs, chips, soda, cookies, kids treats, Gatorade.

Sorry....no cell service in park so cannot take credit cards

Friday after the race (5-7pm) Race start 5pm/first finisher 6pm

- Oranges, Watermelon, bananas, Chips, Pretzels, Soda, Water, Lemonade, Fruit Punch
- Salad with Italian Dressing, Three Bean Salad, Sloppy Joe Sandwiches and Chips
- Hot Pasta with Marinara or Italian Sauce, dessert

Saturday morning post race (9am-1pm) Race start 7:30am/first finisher 9:45am

- Peanut Butter/Jelly Sandwiches
- Chips, Pretzels, apples, oranges, soda, water, lemonade, fruit punch

Saturday afternoon post-race (4-7pm) Race start 3pm/first finisher 5pm

- Cold Pasta Salad with Italian Dressing with olives, cheese, broccoli, carrots, cauliflower
- Burrito Buffet: tortillas, black beans, pinto beans, rice, shredded cheddar, lettuce, tomato, sour cream
- Pretzels, oranges, bananas, watermelon, sodas, lemonade, fruit punch

Sunday post-race (11am-4pm) Race start 7am/first finisher 11am

- Warm pasta with marinara or Italian seasoning
- Peanut Butter/Jelly Sandwiches, oranges, watermelon, bananas, pretzels, soda, lemonade, fruit punch



2017 DATE ANNOUNCED



Powered by:
**Southern Ohio
Medical Center**

Very Good things are happening here

June 2nd, 3rd, & 4th

Cabin & Room Reservations

Opens May 23rd at Noon

Contact CustomerService@hfpracing.com to secure your reservation.

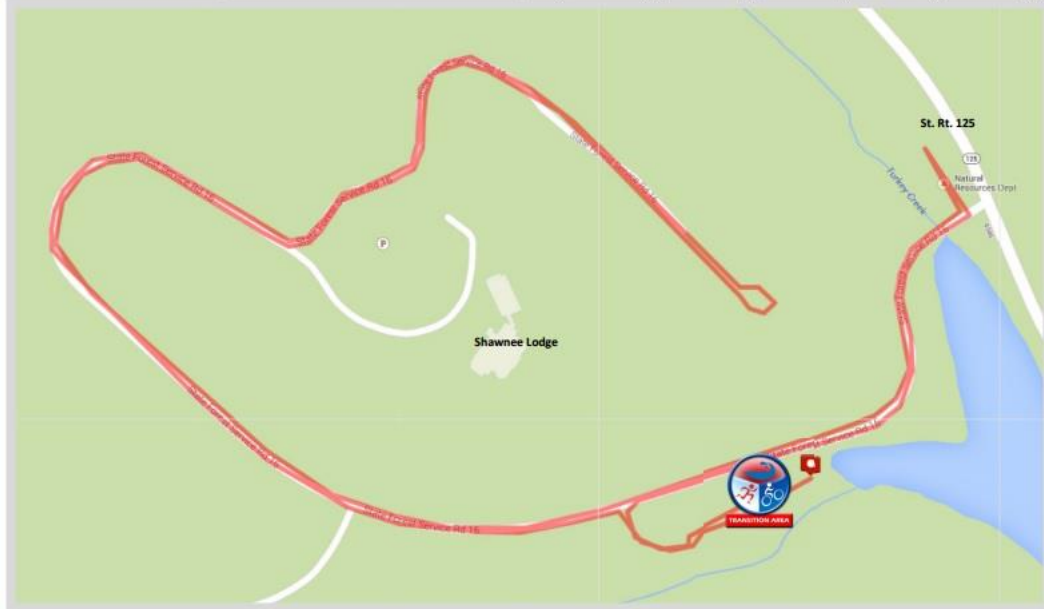
First Come / First Served

RACE #1 & RACE #2 BIKE



American Triple-T Race #1 Bike Course Map 6k - 1 lap

DIRECTIONS: Exit the transition area and go right on the main park road to the entrance of the park. Go left at the parking lot alongside route 125. Turn around at the end of the parking lot and reverse your course past the entrance to transition and continue on towards the Shawnee Resort. Go left at the top of the hill and continue to the cul-de-sac at the end of the cabin village. Reverse your course and return back to the transition area.



American Triple-T Race #2 Bike Course Map 40K & 16MI - 1 lap

DIRECTIONS: Exit transition and go right to route 125. Go right on route 125 to Shawnee Rd/Forest Road #1 (entrance of the Boy Scout Camp). Go left on Shawnee Rd/Forest Road #1 to Forest Road #4. Go left on Forest Road #4 to Big Spruce-Little Bear Road. The Olympic distance will go right then left Big Spruce-Little Bear Road to Rocky Fork Road. The Sprint distance will go left on Big-Spruce Little Bear Road which turns into Forest Road #3. Continue on Forest Road #3 back to route 125 and turn left on route 125 to go back to the Park main entrance. The Olympic distance will go left on Rocky Fork Road to route 125. Go left on route 125 to the Shawnee State Park main entrance. Go right at the Shawnee Park main entrance to the transition entrance.

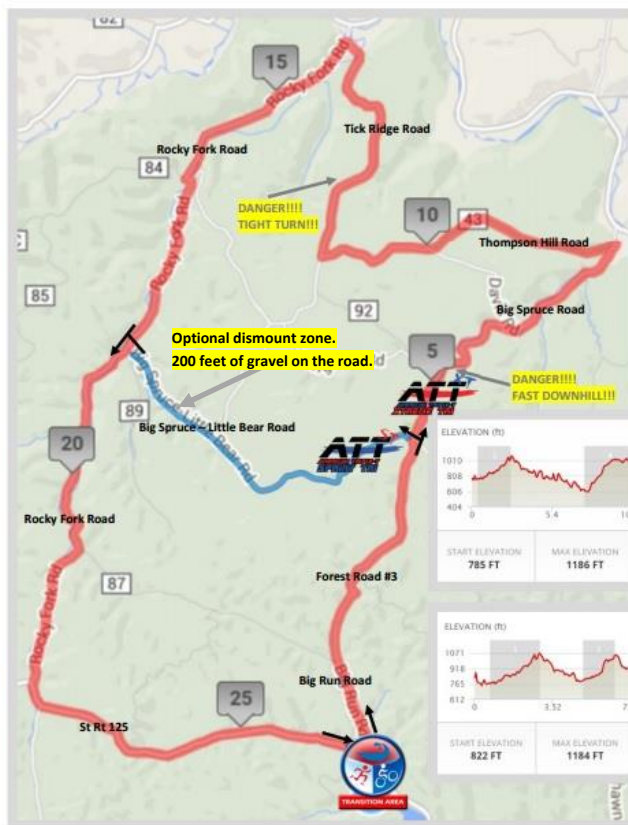


RACE #3 & RACE #4 BIKE



American Triple-T Race #3 Bike Course Map 27MI & 17.5MI – 1 lap

DIRECTIONS: Exit transition and go right on the main park road to route 125. Go left on route 125 to Big Run Rd/Forest Road #3. Go right on Big Run Rd/Forest Road #3 to either Big Spruce - Little Bear Road (Sprint) or continue on to a Thompson Hill Road (Olympic). The Sprint distance will take Big Spruce - Little Bear Road to a left on to Rocky Fork Road. The Olympic distance will go left on Thompson Hill Road to Tick Ridge Road. Go right on Tick Ridge Road to Rocky Fork Road. Go left on Rocky Fork Road to route 125. Both Sprint and Olympic distances will go left on route 125 to Shawnee State Park main entrance. Go right at the Shawnee Park main entrance to the transition entrance. **NO AID ON BIKE COURSE.**



American Triple-T Race #4 (Little Smokies Triathlon) Bike Course Map 56MI & 25MI – 1 lap

DIRECTIONS: Exit transition and go right to route 125. Go right on route 125 to bike turn around. From turn around go to Shawnee Rd/Fire Road #1 (entrance of the Boy Scout Camp). Go right on Shawnee Rd/Forest Road #1 to route 73. Forest Road #1 briefly turns into route 371 before ending at route 73. Go left on route 73 to Big Spruce-Little Bear. Go left on Big Spruce-Little Bear to route 125. The Olympic distance will go left on route 125 back to the Shawnee Park main entrance. The Half Iron will go right on route 125 to Rocky Fork Road. Go right on Rocky Fork Road to route 348. Go left on route 348 to Blue Creek Road. Continue on Blue Creek Road to route 125. Go left on route 125 to the Shawnee State Park main entrance. Go right at the Shawnee Park main entrance to the transition entrance.

The bike aid stations at Mile 24.5 & Mile 47 with Boom Energy Gel, Water & INFINIT (for bottle refills), Ice, Cookies, Coke, and Fruit with a neutral table for your special needs bags.

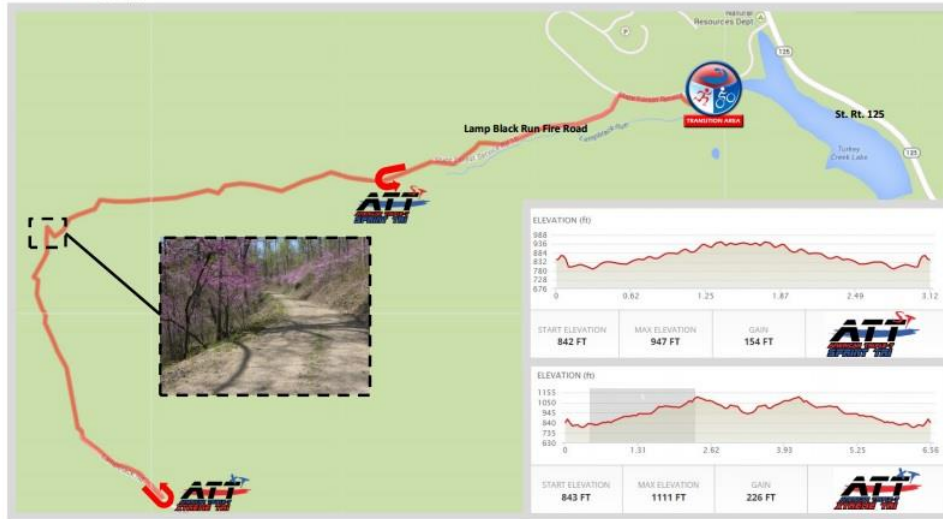


RUN & SWIM MAPS



American Triple-T Race #2, #3 & #4
Run Course Map
6.55MI & 3.1MI – 1 lap

DIRECTIONS: Exit the transition area and follow cones to the entrance of Lamp Black Run. Continue running past the park administration office to the main entrance of Lamp Black Run. The run turnaround is at 3.275 miles (Half Iron & Olympic) into Lamp Black Run. The Saturday Sprint turnaround is 1.55 miles. 1-lap Olympic and 2-laps for Half Iron. Water, Ice, INFINIT and BOOM Energy Gel at transition exit, mile #1.55, #2.2, and #3.27.



SWIM COURSE

Super Sprint – 1 lap
Olympic/Sprint AM – 2/1 laps
Olympic/Sprint PM – 2/1 laps
Half Iron/Olympic – 2/1 laps

