



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



# OFFICIAL EVENT GUIDE

**JUNE 2-4, 2017**  
[AmericanTriple-T.com](http://AmericanTriple-T.com)



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





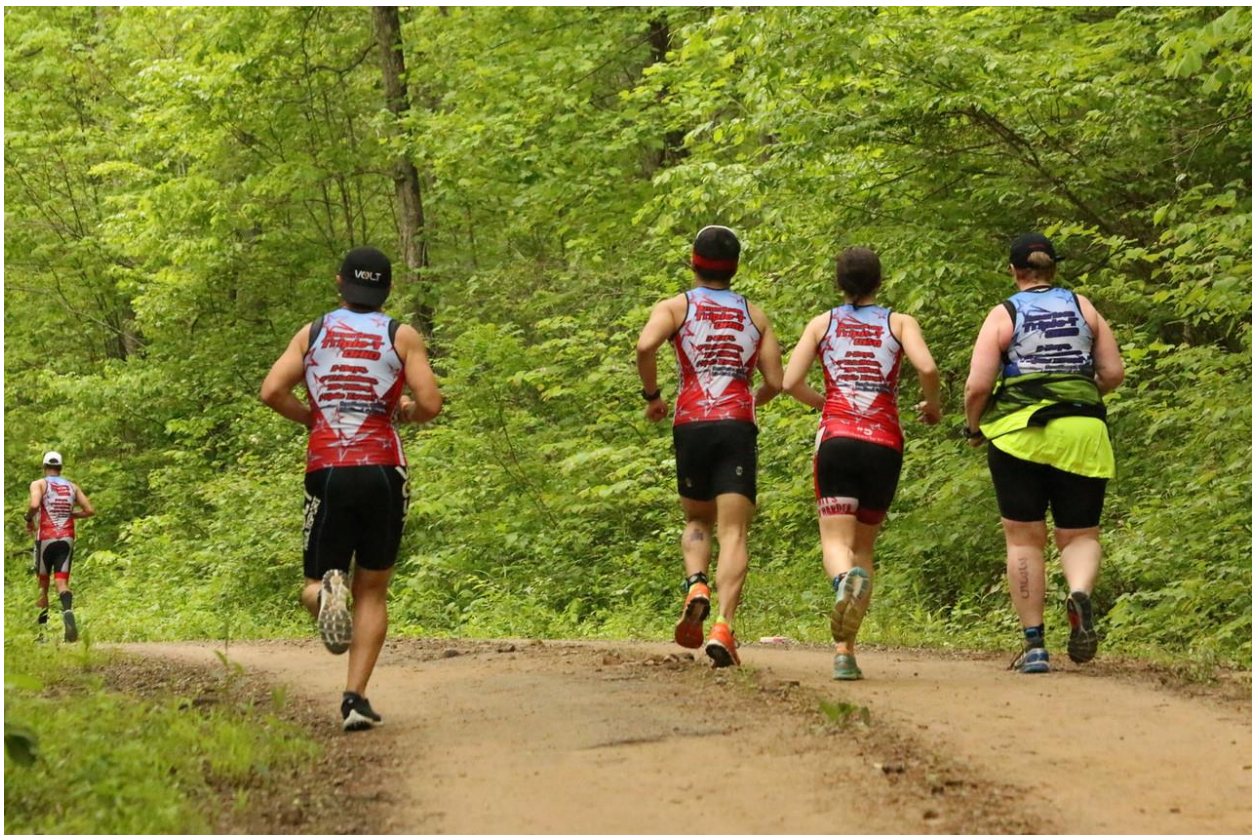


Welcome to the **American Triple-T Ohio**, America's ONLY Triathlon Tour. You're in for something special. Shawnee State Park & Forest is the proud host of the **American Triple-T Ohio** and looks forward to showcasing their beautiful and challenging terrain within their park which makes this event so 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, June 2, 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, June 3, 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, June 3, 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, June 4, 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, June 4, 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 GATORADE 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, GATORADE, ice, fruit, cookies and pretzels. Not familiar with BOOM products? Go to [www.BoomNutrition.com](http://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, June 2, 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, June 3, 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, June 3, 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, June 4, 7:00am Start (Little Smokies @ 7:30am)**

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

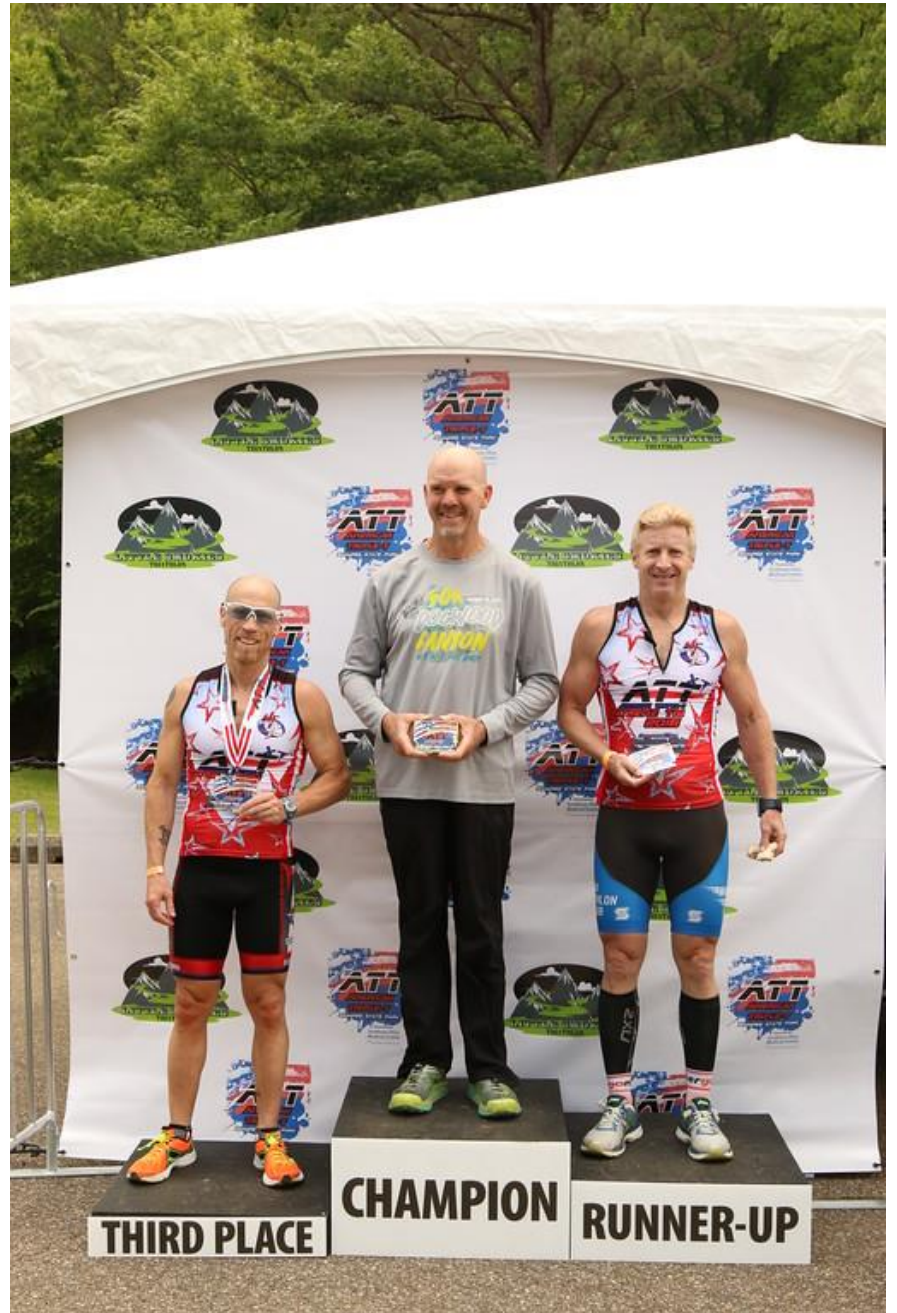
**SWIM:** The swim course is a 1.2 mile 2-lap (Half Iron) and a .96k 1-lap (Olympic) counter clockwise loop course in Turkey Creek Lake. Swim start is a dry land running start. Wetsuits allowed.

**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!



# THIS WAY TO THE FINISH



## 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, Water, Lemonade, Fruit Punch
- Salad with Italian Dressing, Three Bean Salad, and Sloppy Joe Sandwiches
- 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, 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, chips, oranges, bananas, watermelon, 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, lemonade, fruit punch





**2018 DATE ANNOUNCED**



**Cabin & Room Reservations**

**Opens June 2 at Noon**

**June 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>**

Contact [CustomerService@hfpracing.com](mailto:CustomerService@hfpracing.com) to secure your reservation.

First Come / First Served