



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



OFFICIAL EVENT GUIDE

JUNE 1-3, 2018
AmericanTriple-T.com



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





What IS the American Triple-T? Well, it's everything you've heard it to be, and more. The event is so much more than your typical "triathlon weekend" — it's a triathlon achievement of epic proportions for all who partake. It is 3 consecutive days of racing, gelling together 4 races covering a total of more than 70 or 140 miles for the weekend. You will find yourself swimming in the chilly spring-fed lakes, riding the most technically challenging hills in Ohio, and finishing with out-and-back runs along the trail systems climbing and descending those same hillsides.

The American Triple-T is not for the weak or faint of spirit. It has humbled many triathletes who didn't take it seriously, and it validates a host of others who test their "tri-mettle" at the "T" every year. Athletes from all 50 states, and 4 continents have all sought the privilege of earning their American Triple-T finisher T-shirt. Competitors, volunteers and spectators all come away with a new appreciation of the sport and of the athletes who train and tame mind and body to complete this legendary event.



You'll also come away with newfound friendships, and you'll solidify those bonds every year you come together to face this demon. There are even a special few who turned their initial shared experiences at the American Triple-T into a union of souls, and they came back the next year to compete as husband and wife! While we cannot guarantee that you'll find your soul mate at the "T", we will guarantee an incredible, unforgettable experience unique in the triathlon world.

We're READY - Are you?

Rich Fowler – Race Announcer



RACE WEEKEND SCHEDULE



Race #1: Super Sprint

(TRANSITION OPENS AT 4:00PM)

Friday, June 1, 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 2, 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 2, 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 3, 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 3, 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 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 1, 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 2, 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 2, 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 3, 7:00am Start (Little Smokies @ 7:30am)**

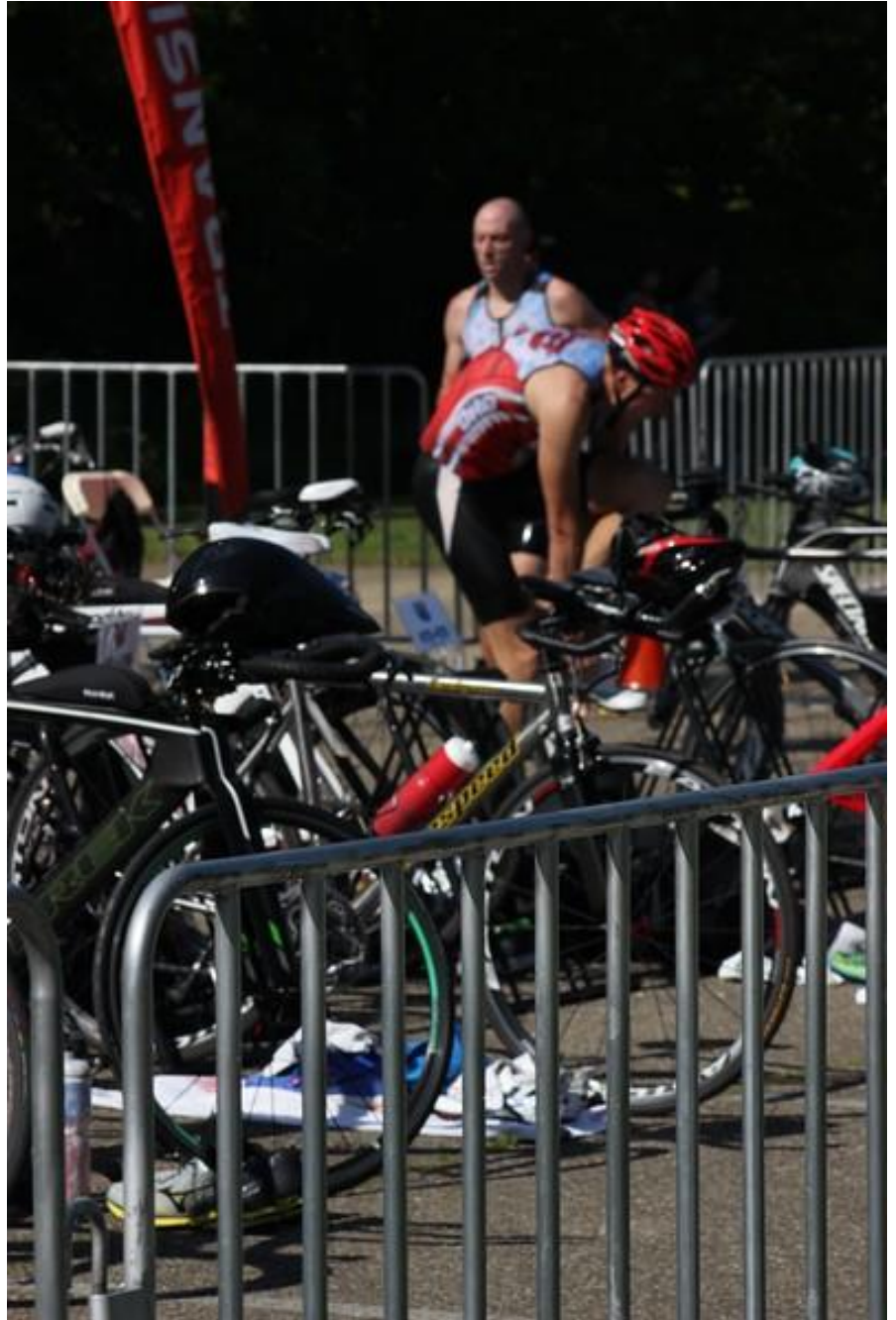
.96k/1.2 mi Swim – 25 mi/56 mi Bike – 6.55 mi/13.1 mi Run

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



2019 DATE ANNOUNCED



2019 RACE DATES

May 31st, June 1st & 2nd

Cabin & Room Reservations

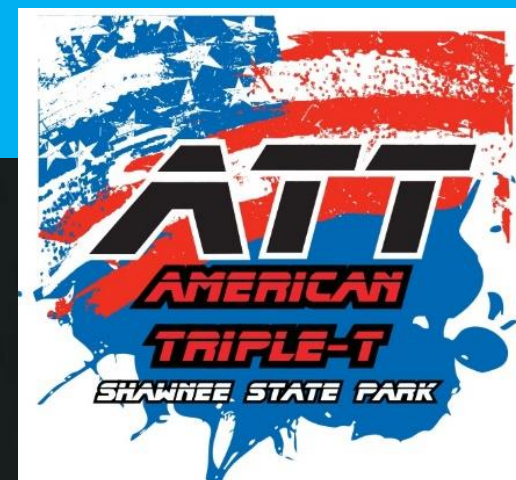
Opens June 4th, 2018 at Noon

Contact CustomerService@hfpracing.com to secure your reservation.

First Come / First Served

SWIM COURSE MAP

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





American Triple-T Race #1

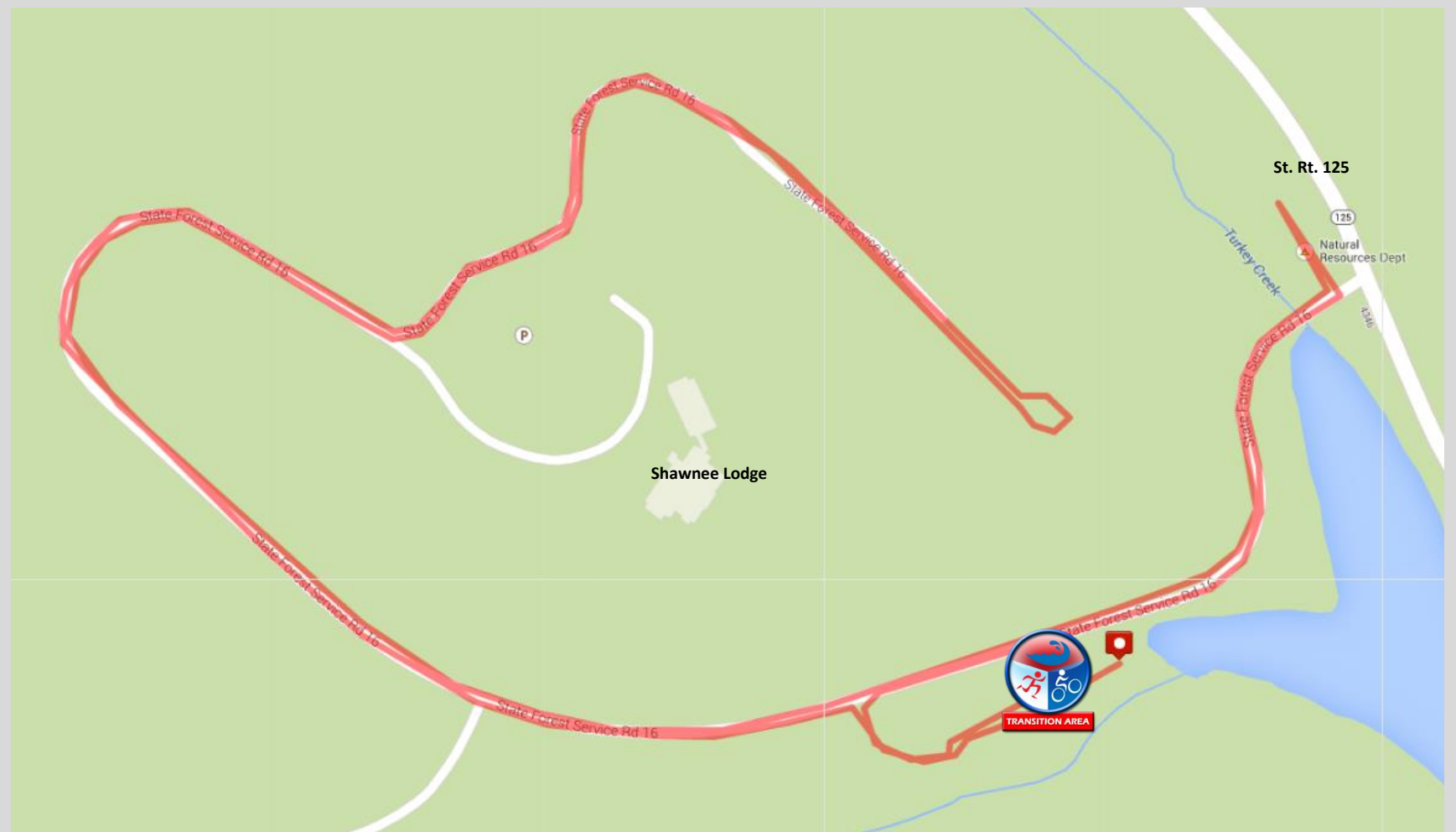
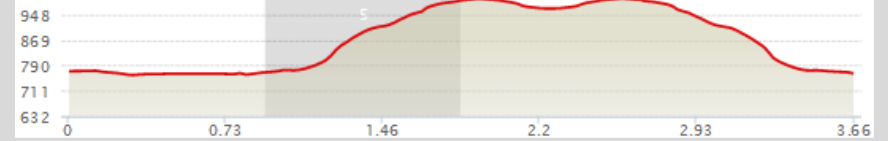
Bike Course Map

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.



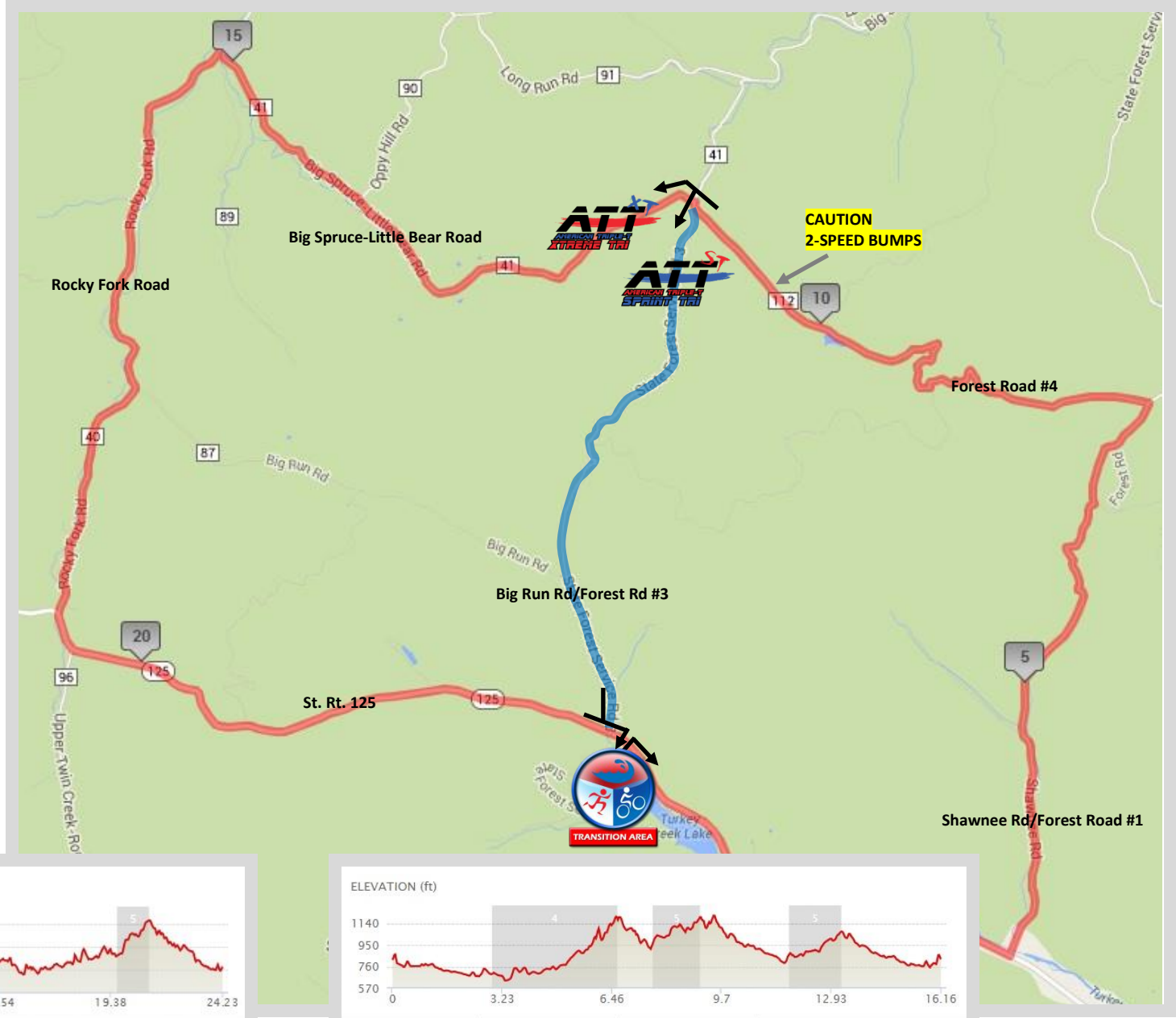
ELEVATION (ft)





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.



ELEVATION (ft)



START ELEVATION
785 FT

MAX ELEVATION
1223 FT

GAIN
1210 FT



ELEVATION (ft)



START ELEVATION
820 FT

MAX ELEVATION
1212 FT

GAIN
1306 FT



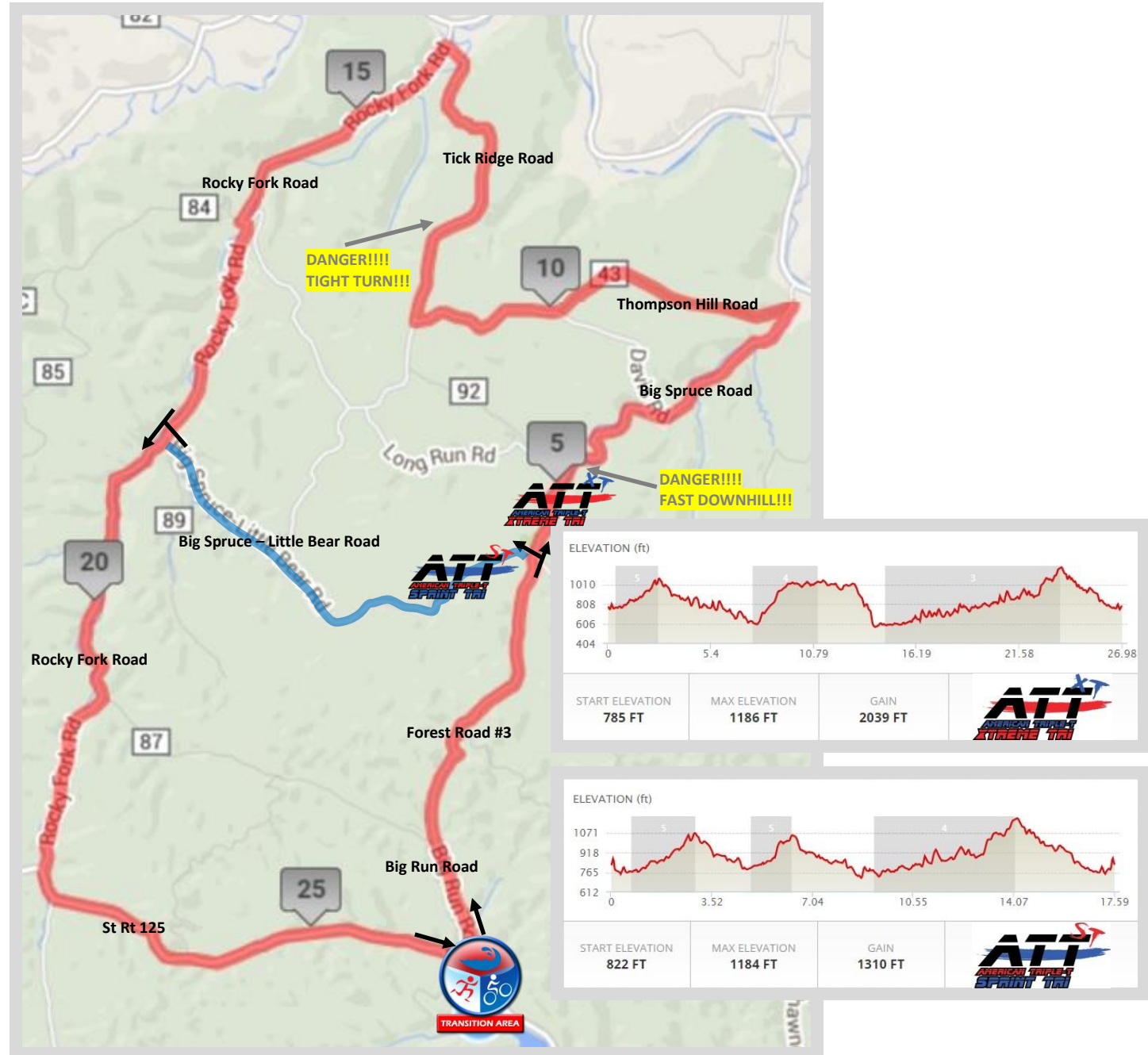


American Triple-T Race #3

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.**



Bike TA
1.5mi past
Forest Road #1
to Pond Lick Rd.