

Triathletes,

Congratulations on taking part in the July 31st Triathlons at Lake Springfield.

Please read the 3 documents below regarding changes for 2021 due to Covid and all the efforts to keep everyone safe.

Water/HEED Issues During Covid-19 Times

Venue Arrival, Departure & Racer Check In Flow Chart

Dos & Don'ts of Race Day

All are considered Mandatory Reading and you will need to know everything covered to have a successful Race.

Most if not all questions will be answered by reading the info below, the website and the Pre Race Info so please read those thoroughly as they will have the answers to questions you had not considered.

Once you have read the information contained here please visit triharderpromotions.com for more Race Day Info for your Race:

Stoneman Sprint -

Abe's Olympic -

Route 66 Half Distance -

2021 Results Link -

Half - <https://www.championchip247.net/Race-Results/07-31-2021/Route-66-Half-Triathlon>

Abe's Oly - <https://www.championchip247.net/Race-Results/07-31-2021/Abes-Oly-Triathlon>

Stoneman - <https://www.championchip247.net/Race-Results/07-31-2021/Stoneman-Sprint-Triathlon>

Water Temperature is expected to be between 78 and 83 degrees.

USAT rules state that if the water temperature is between 78.1 – 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards.

Please bring your wetsuit just in case. The final temperature will be taken Saturday am and posted at site.

Water/HEED Issues During COVID-19 Times

New for 2021

Due to the COVID-19 virus, the races you have known for the past decades will be different in 2021 and perhaps beyond. Below are the changes to how fluids and fuel will be made available to you on race day.

For this event to occur and to keep racers, volunteers, authorities and the public safe, we are required to abide by the procedural changes formulated by USAT, WTC, WHO, CDC, IDPH, City of Springfield and the Governor of Illinois.

The most prominent changes are the push to Racer Self Reliance, the reduction of volunteers, the elimination of pre-poured cups of water, revised access to fuel/food and the reduction of overall contact between persons.

These changes will make this year's races different from previous year's in regards to your race times, your efforts and your experience.

Please take a moment to appreciate the incredible efforts that have taken place by your Race Team leading up to Race day and especially on race day to make this event happen for you in 2021.

For these additional efforts, we ask you to practice being Self Reliant, Be Patient with everyone as they do their best to make this an exceptional experience for each of you and Do Not Litter on course. Be aware that littering includes dropping any piece of refuse anywhere on course.

Littering has always been a time penalty under USAT rules, yet many racers continue to drop bottles & wrappers on the course. Being good stewards of our race venues, the race teams picked it up. However, this can no longer occur; with current COVID concerns, no one should be responsible to pick up a racer's trash except the racer.

We will now aggressively enforce this No Littering rule. All volunteers and race officials will be observing participants and Bib numbers will be recorded when racers are seen littering. A 2-minute time penalty is given out for a 1st offense and this time will be added to the offender's Overall time. A 2nd offense will result in Disqualification.

This is necessary - not punitive; would you willingly pick up anybody else's (bodily fluid-laden) trash in these times? Please don't expect a volunteer to do this for you.

Start/Transition

Providing your own water bottle(s) will support efforts to reduce trash and also limit your contact with water stops & volunteers. We encourage racers to, at a minimum, bring their own water bottle(s) for the Bike segment.

All Half Racers will receive a custom water bottle in their packets to be used in the race. All other racers need to bring their own bottle.

Coolers of Water will be available at the Beach House and at Transition to Fill Your Water Bottles on race day.

Green Coolers full of Hammer HEED, an electrolyte drink, will also be at the Beach House and Transition to Fill Your Water Bottles.

Hammer single serve electrolyte FIZZ tabs for dropping in your water will be available in racer packets and throughout the venue pre-race – please look for them.

Bike

Please bring at least 1 water bottle for the Bike segment.

Pursuant to USAT guidelines, NO water is provided on the Stoneman Sprint or Abe's Olympic Bike Course. You are expected to carry your own fluids.

The Route 66 Half has a Water Stop that can be accessed 4 times over the 56 miles. It offers 23 oz. sport cap water bottles, Hammer FIZZ Tabs, gels and bananas for your electrolyte needs.

Due to USAT/WTC guidelines, we cannot open the water bottles or FIZZ Tabs. Therefore, racers should be ALERT when approaching the bike aid station. Racers requiring fuel aid should approach on the right of the lane and either Stop to the side of road (be aware of nearby racers) or slow down and be in control to open bottles and/or add FIZZ Tabs to your water.

It is suggested you carry 2 bottles; 1 for water and 1 for your pre-mixed electrolyte concentrated drink that can be sipped during the entire race.

There will be a used water bottle "catch area" along the bike course to drop your empty bottles and caps. Be aware and respectful of others and do not drop the cap/litter on the roadway/anywhere except the bottle catch areas.

Be respectful of Volunteers - they are there to make your race experience successful. Do not expect or require a Volunteer to pick up your used water bottles, caps or litter. No one should be unnecessarily exposed to another's bodily fluids just to allow you to save a few seconds. Slow down and use the bottle catch area.

Run

The water stops on the Run reflect the biggest changes from previous years.

Per USAT/WTC there will NO pre-poured cups of water.

In the past, a 9 oz. cup with approx. 4 oz. of water per cup would be offered. Racers would take it, drink it and/or pour it over themselves and drop the cup in a trashcan near the station.

New guidelines state we cannot offer pre-poured cups of water.

Therefore, we will have chilled 8oz. bottles at the stops.

This is 2X more water than you would normally grab - please plan for this by continuing to carry the bottle in hand (or with a camelback or hand held strapped carrier) and enjoy this extra water for drinking and cooling relief - please DO NOT SIP and DROP. 400 racers doing that at each stop wastes the water in the bottle, creates way too much plastic trash and causes trip hazards. Most importantly, this practice exposes others to your bodily fluids directly or indirectly.

My Friends, you'll need to get used to carrying your own liquid fuel while racing. Per USAT/WTC, this is the way of the future - to carry all your own fuel, whether liquid or solid. The governing bodies have suggested that NO volunteers be available at the water stops.

We do not agree with the "no volunteers at water stops" for safety reasons, but DO agree with the fluids and fuel guidelines for racers to be as self-sufficient as possible for their race distance.

As mentioned, new for 2021 is the set up at the water stops.

Our Sponsor, Hammer Nutrition, does not offer single serve HEED bottles, but does offer HEED Jugs for the water stops. Therefore, HEED will be the only liquid offered in pre-poured cups. These will all be pre-poured by 1 volunteer per stop dedicated specifically to pour/provide fuel/gels and ice, only.

This 1 dedicated volunteer per stop will also fill small cups with chips, pretzels and bananas for the Half racers. Again, do not expect or require a Volunteer to pick up your used water bottles, caps or fuel litter – discard trash in trashcans located on the course.

We cannot provide chilled cloths like previous years, however cups of ice will be available.

Finally....

Please understand that we are following CDC, USAT and Local guidelines and doing our best under these most demanding circumstances to offer this incredible Triathlon Experience to you. We cannot keep everyone safe without your help and Self Reliance. That said, it will be a different experience than previous years.

With over 17 years as a Certified USAT Race Director and hosting Triathlon events, there was never a contingency plan or discussion presented that covered How to Tri in a Pandemic. Be patient with us and know that EVERY decision made is to keep ALL parties safe while providing not just a tri - a Triathlon Experience in 2021. We are trying Harder and Smarter in order to make this Tri available to you.

After you've raced, if you have suggestions or knowledge of ways to make this event run smoother given the current pandemic conditions, we would gladly welcome you to join the Tri Harder race team that is making this event possible.

Venue Arrival, Departure & Racer Check In - Flow Chart

- Read and adhere to the link below-Parking Map & Directions to Keep All Safe. It explains what roads to take, roads to avoid, parking and departure

Parking Map & Directions to Keep All Safe

- <https://www.mapmyrun.com/routes/view/3227132710>

- o Arrive from East Lake Dr. curving right onto zoo trail rd for 100 feet. Follow Parking Signs and Red Arrows on Road
- o Make right turn (north) onto center park road

- o Follow Parking Signs and Red Arrows curving to left to access parking in the grass in front of the beach house - Or proceed straight to sail boat launch parking.
- o For Beach house parking, continue on center park rd to Long Bay rd Turn right on Long Bay,, then immediately turn again off Long Bay onto grass. Continue in grass toward the beach house to park in orderly rows

Access to the grass parking area may seem convoluted, but it's done to keep cyclists safe since they/you will be riding on Long Bay both when starting and finishing the bike portion.

- o Do not plan to arrive using the Lindsay Bridge from the west -it will be closed Saturday by 6 am
- o Depart the same way - out using Long Bay and immediately turning left again onto center park rd, left on zoo trail road and left onto East Lake Dr.

o To Leave - Do not go thru or pass the barricades at the lot entrance - go immediately left. There will be cyclists on Long Bay returning to transition, so stay alert as you leave.

- After parking in grass near beach house, bring your face mask if needed
- A mask is required indoors at all times but optional outside.
- All spectators must also wear a mask inside unless there is a documented medical reason or if 2 years old or younger
- Anyone on-site that is unable to adhere to the mask guideline will be asked to leave by a race team member or police assisting at the race. This is a Health/Safety issue to safeguard everyone.
- Proceed (without bike or gear) to check-in at beach house. Please read all signage and adhere to what's printed/distance markings on floor/pavement

Top 3 ways to Keep Each of Us Safe

- o Do not attend if you feel ill or have a fever or cough
- o Practice Social Distancing when approaching congested areas
- o Sanitize hands often

REMEMBER – Packet pickup (and all aspects of this event) has been designed to be as “touchless” as possible – this requires your attention and cooperation

- Grab and sign the COVID 19 Waiver to proceed to packet pickup.

Grab a pen to sign, then replace the pen, spray disinfectant on pen and sanitize your hands. There are 2 entrances and 2 exits at packet pickup allowing one-way traffic to flow into and out of the Beach House

- o The left/south side of the bldg will be the Route 66 Half & New Registrations.
- o The right/north side of the bldg will be Stoneman Sprint and Abe's Olympic.
- Line up accordingly. Keep 6 feet between others and do not congregate. Practice Social Distancing
- When approaching your race table, show the volunteer your signed waiver and drop in the designated spot/box. If under 18, a parent or guardian must sign.
- You must show ID (USAT or DL) to pick up your packet – you can pick up another's packet but they must sign the Covid waiver on Race Day – No Exceptions.

In your packet will be:

- Race shirt in the size you ordered, race bib w/2 pins, bib numbered bike sticker, Hammer Gel and FIZZ Tab
- Receipt of a water bottle, socks and/or Finisher Medal, is dependent on your race event

- Exit out side doors following one-way traffic signs to body mark table.
- Once marked, get bike/equipment & head to transition

New for this year: Self Body Marking per instructions below:

- Marking stations will be located outside both bldg. exits
- o Do not use sun screen or lotions before marking
- o Using race-supplied markers, write your bib number vertically on the sides of both arms above the elbow (but below your race top sleeve if possible). Write numbers big, bold and legible
- o Write your race/bib number vertically on the back of your right calf
- o Mark your age as of Dec. 31st, 2021 vertically on the back of your left calf
- o Place the marker back into container and disinfect it with spray sanitizer for next use. Sanitize your hands
- o You may self-mark before you arrive race morning using these directions. Again, be sure numbers are big, bold and legible

Proceed to transition - New for this year

- You may use the Side entrances when you arrive to rack your bike
- Transition is color coded to your race - rack your bike in your color coded section allowing only 4 bikes per rack
- During the bike portion of your race (or after finishing), racers MUST exit transition under the Bike Out sign - for racer safety & for bike security
- Be aware of cyclists & runners on course when picking up bike/exiting venue. Don't interfere with active racers - Use the tunnel to the Beach House or walk east to the big metal tower on Long Bay to cross to grass parking.

Finish Line

As always, a Medical tent will be located to the left side of the Finish Chute

New for this year

Minimal volunteers will be located at the finish line. Depending on race they will hand you a medal and bottle of water. You must return your chip at the Finish Line. Failure to return your chip is a \$25 Fee.

Before you go...

- o Grab a Chilled Water
- o Grab your Lunch by showing your bib. 1 lunch per racer please.

Wear your medal and socks with Pride & Enjoy your Accomplishment! You've trained for and completed an event that most people will never consider tri'ing and you've done it in an unprecedented, difficult time. You are a Rock Star!!

Awards

Due to Public Health concerns, we can only offer a modified Awards Ceremony this year.

We cannot post results at the venue so you must follow the Results Link above to see how you placed. If you were Top 3 Overall Male/Female or Age Group proceed to the awards table at the picnic shelter. Please Social Distance.

Please do not ask the Timer for your time, we cannot have congregating. Look up your result and if applicable visit the awards shelter. No awards will be mailed.

The Overall Top 3 Male and Overall Top 3 Female Awards for each race will be available on-site. If you are fast and think your anticipated finish time could qualify you as a Top 3 athlete, please start your swim in the first 10 minutes of your race event start. Fast athletes choosing to start toward the end of the swim start time will finish later and will complicate the Overall results. This cannot be rectified at the venue/during the event and therefore you won't receive your award.

If you believe you are Top 3 Overall in the Stoneman Sprint, please wait for your Top 3 Overall handmade stone award from Chapman Stone. They cannot be mailed and you will want this award - created by nature, perfected by hand.

o Results for all athletes will be available online as soon as possible after race day conclusion at triharderpromotions.com under the Results tab and at Championship247.com under the race event name/date.

Parking Map & Directions

<https://www.mapmyrun.com/routes/view/3227132710>

Do's & Don'ts of Race Day

Be Self Reliant

Know your race name/distance and race color

Know your course

Know your abilities and Fitness Level

Carry the Water Stop Bottled Water with You on Run – Do Not Sip and Drop or the race runs out of water because of your wastefulness

DO NOT LITTER on Bike or Run Course

Please wear a facial covering if in doubt, they are **required to enter the beach house bldg.**

Social Distance at least 6 feet between persons

Please use the x marks on the lot and sidewalks to keep your distance

Keep groups small and less than 50 people and 30 feet apart

Spread out at the venue, walk across the bridge for swim views, across to grass triangle to watch your runners pass by several times

Line up for rolling SWIM start by standing on X's on parking lot forming 1 line onto dock when it's your turn to race.

Stay back and out of way if your race is not up, Do Not Congregate while waiting

Once you cross the timing mat on the dock your race has begun so enter the water feet first, no headfirst entries due to water depth

While on BIKE do not spit or blow snot rockets if anyone is near you, be aware and wait if others are present

If you want to pass, do it, do not linger behind a biker (drafting) pass them and move on from them, they are to drop back and let you pass

While on RUN do not spit or blow if others are near you

Do not run within 20 feet of the runner ahead of you unless passing. To pass approach them at a 45 degree angle so you put space between you and them when you go by

Please do not linger at the Finish Line, we cannot form groups

Please no handshakes, high fives, hugs, fist bumps, contact of any type with another person – but please yell, wave, dance, sing, happy cry to celebrate your accomplishment - you've earned it

Please ask spectators to only cross the road to transition/swim/beach house using the tunnel or cross the road past the huge metal power tower- be aware of cyclists both ways before crossing

Wash or Sanitize your Hands Often and Early

Spray All contact Surfaces with Spray Disinfectant, safe for hands – you touch it you spray it

Avoid Contact between persons and high touch points, sanitize often

No spectators in transition at anytime or Beach House, but they can use the restrooms on lower level as you enter bldg.. Do not go up steps, no entry.

Use the toilets in the beach house, porta pots and toilets in brick bldg. on south of lot – wash and sanitize

DO NO LITTER ON COURSE

Please only leave when event is over thru Bike Out. You cannot leave thru the side entrances from specific transitions.

You must show body marking or bib or ID to remove bike and EQ from transition – no exceptions

Please do not SIP and DROP the water bottles, carry the bottle to next water stop or drop in trash cans along course. 2 minute penalty for 1st offense littering – 2nd offense DQ - No one wants to pick up your trash with your bodily fluids

If you litter and irritate residents we will not get permits next year if we leave over 400 bottles on the BIKE Course or 2,000 bottles on the RUN Course

NO GEL OR ANY FUEL PACKET LITTER ON COURSE

Use the Bottle Catch Nets for Bike Bottles and trash cans for RUN bottles

Due to covid we cannot offer swim pullers to help you out of the water, be careful getting out taking your time to get your legs back exiting between dock and stanchions in water- use dock as railing but be cautious area can be slick

We hope you enjoy your day - due to concerns of groups forming please get your drink and lunch and go find some green space and sit or find another park as you exit out

Please drive out same way you came in this a.m. **YOU CANNOT EXIT** on long bay. Leave the grass lot and go left and follow signs back out they way you came in

Last but not least Read all Information under the Information Tab on the Website. It is Mandatory Reading.

Thank you on behalf of everyone at Tri Harder Promotions

Hope to see you again this year on Nov.13th for **Abe's Trail Trek at Drake Lake** – 5K, 10K & Half Marathon Trail Runs