

Steelman 2010 OWS Athlete Note

ALL Registration is CLOSED. Athletes requesting special consideration need to contact me. If you have any questions regarding content of this document, please contact Dale directly at 484-894-3253. I will have limited access to email after Friday night 7/9/10. I will be on location at Tohickon boat launch **(NOT THE MARINA!!!)** from Saturday morning 7/10/10 till race completion. It is going to be an awesome day, thank you all for your support, Dale - Steelman Race Director.

With the recent events at the Philly Tri, I want to make sure all athletes and family members know that Emergency Medical Services will be on location at Tohickon Boat Launch. If during your warm-up you are in stress and do not feel well I would encourage you to seek out a Steelman Staff member wearing a RED shirt, a Park Staff member or any of the volunteers wearing the safety green shirts PRIOR to the start of the event. I would rather have you withdraw then become an issue out on the lake. If you do withdraw for medical reasons prior to the start I will carry your entry over to next year.

Race Packet Pickup

Race packet pick-up can be done Sunday morning, July 11, from 7 am to 8:30 am, at the Tohickon Boat access. Look for the large white 20' x 20' athlete tent. Lines will be split by event - one side of the tent for 5k athletes and the other side for Sprint athletes. To complete packet pickup, you will need to visit only one station.

You will pick up your athlete bag, which will contain your swim cap, shirt, race number, and an official Steelman open water swim stein, as well all the sponsors' goodies. Relays will receive an additional number/ goody bag.



The lines on each side of the tent will be separated by race number. A listing of your race number is attached at the end of this document, and a listing will be available at packet pickup. Lines will move more quickly if you come prepared knowing your race number and have valid ID **(driver's license)**. **You may pickup other athletes bags as long as you can show their valid ID, either the original or a copy.**

Shirts can be exchanged for a different size, depending on availability, AFTER THE AWARDS on Sunday. Sizes are adult small, medium, large, X-large, and 2Xlg. There is a limited amount; I cannot make any promises regarding shirt exchanges.

There will be an athlete briefing at 8:30 am just prior to warm-up. Dale the Race Director will, at this time, go over any last minute changes, course details and finishing procedures.

There will be limited auxiliary changing areas on site. Try to come to the lake already in your suit. We have (8) porta-potties to change in but remember to allow enough time before race start.

Race Start Times

Athletes will be allowed to go into the water at 8:30 am on Sunday morning for warm up. Lifeguards will be on site during this time to ensure athlete safety.

Allow enough time for parking and warm-up. Packet pickup on Sunday morning will close at 8:30 am. Ample parking is available in the Main Tohickon Landing Lot.

The 3 mile Distance event will start at 9:00 am sharp.

The 1.5 mile Distance event will start 5 minutes later.

The Relays will start 5 minutes later.

Following warm-ups, all athletes will be asked to exit the water. After everyone is out of the water the first wave will be called.

Wetsuits

Water temperature will be measured race morning. If the water temperature is above 78°F you may still chose to wear a wetsuit but your number will be

noted and you will be excluded from the awards - but not the results. The temperature will be announced at the pre-race meeting 30 minutes prior to start.

Steelman Schedule

- 7:00 am - Packet pick up opens for early birds
- 8:30 am - Lake opens for warm up
- 8:15 am - Last call for packet pick up
- 8:30 am - Pre race announcements
- 8:50 am - Everyone out of the water
- 8:50 am - Seeding and wave line up
- 8:55 am - National Anthem/ Safety Verification
- 9:00 am - 3 mile Distance Start
- 9:05 am - 1.5 mile start
- 9:10 am - Relays Start
- When Finished - GRUB OUT!!! You are a STEELMAN
- Awards Ceremony/ giveaways

Spectators, Family and Friends

Hot and Cold Concession items will be available for purchase. (Coffee, burgers, breakfast, sandwiches, etc and an assortment of drinks, ice cream and Italian ice.)

Athlete Numbers & Body Marking

All athletes will need to be body marked. Volunteers near the start area will provide this service. Your athlete number will be written on the upper portion of both arms, There will be multiple volunteers who will be more than happy to mark your body. **The race number, from your goody bag, needs to be tucked under your cap or in your suit during the swim, so that when you finish you can hand off your number in order that you are eligible for awards.**

Safety & Security Command Center

Adjacent to the Finish Line, there will be a Command Center, with Haycock Fire, Police, EMS and a Steelman Race Liaison. Any safety or medical concerns, be they athlete or spectator, should be brought to this area. This area will also serve as the Steelman Lost and Found area. For all other concerns **KEY Race Staff who are knowledgeable will be wearing RED,** Volunteers will be wearing Safety GREEN, and Haycock EMS will also wear GREEN shirts.

Haycock Township Fire Company

These are the people that set up the swim course, provide water rescue services, **These are professionals who have all have volunteered their time to support the event.** Please show them your gratitude with a "thank you" as you pass by. The event would not be possible without their support.

Nockamixon State Park Staff

On the course you will see Park Staff supporting the event. Again a quick wave or "thank you" goes a long way. Also, the Park Manager, Obie Derr, oderr@state.pa.us will be onsite. Please take the time to show your appreciation for the park hosting the event.

Relays

Relays will have a designated start area near the start line. They must stay near the start until the entire team is finished. Only one swimmer will receive a number for the entire team. Each swimmer must hand off the race number to the next teammate. The swimmer anchoring the team will finish with the number and turn it in to be scored.

Course Description

The swim course was designed using GPS technology, and set up thanks to Haycock Fire Department. Many athletes judge their training by their race performance; as a result we approach course accuracy with a high priority.

There will be giant tetrahedron-shaped buoys to guide swimmers along the correct path. We ask that all athletes remain to the right of the buoys. The course features an "out and back" layout.





There will be approximately 15- 20 lifeguards in the water at any given time. Lifeguards will be in kayaks, sail boats, as well as search and rescue boats. Any athlete that develops a safety concern during the race needs to raise a hand to signal a lifeguard, if one has not already attended to your needs.

Spectators will be restricted to the best viewing areas so as not to cause interference with the athletes.

If you are a spectator with special needs please contact me ahead of time so you can be accommodated.

Any course changes due to race day conditions will be determined and announced on race morning.

The Start

When directed "the better swimmers" will wade into the water first to the start line, about 4 feet deep. The remaining athletes will wade into the water

behind them or off to the side for a more conservative start. This will allow the faster swimmers to get a clean break and others not to get kicked in the face or swum over.

Both swim courses are marked with the pyramid-shaped buoys.

You will exit the swim at the boat-launching ramp. Volunteers will be present to assist as needed.

Relays

Relay participants need to be aware of the procedure for starting the next athlete. When finished with the first leg of the course, the first relay participant needs to exit the water at the designated relay switch-off area and hand off the number to his/her partner to begin their race. The anchoring athlete needs to be in possession of the race number in order to make scoring possible.

Distance Event Swimmers

The distance course is comprised of a four-lap circuit. There will be a designated aid station near the start if athletes choose to stop and then continue to finish their laps.

Finish Line Procedures

Once exiting the water, run to the finish line, (10 yards,) to the designated volunteer to hand in your race number in order to be scored. Any athlete that passes another athlete after the Finish Line will be DQ'd immediately. After handing in your race number, proceed to the athlete tent to fill your stomachs and relax.

Finish Line, Awards and Post Race Party

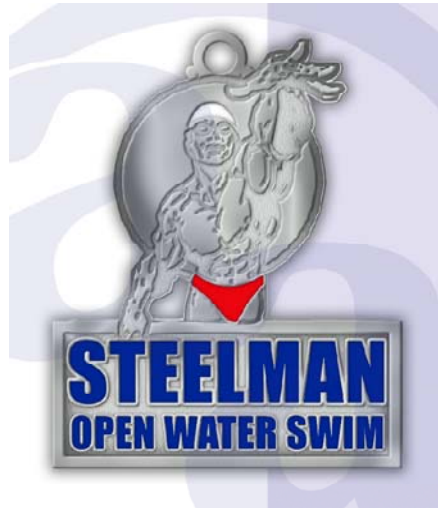
Athletes may then head into the athlete tent for refreshments, or if needed, medical assistance.



Refreshments in the athlete tent include assorted fruit (bananas, water melon, grapes, nectarines, peaches), pizza, water, fruit, pretzels, Gatorade, and assorted gel packs. Be courteous to athletes still racing by not being wasteful with your choices. **No spectators will be allowed in the athlete area.**

Concessions will be available for spectators.

Lots of prizes to give away (assorted sponsor shirts, Tri Sports, Road ID,) on top of the OA and Age group awards. (Official Steelman medal pictured)



Those that are tops on the list for prizes include acts of sportsmanship brought to my attention, PR's and brutal gut wrenching performances, people with a special talent that can be demonstrated, triathlon trivia questions and just plain silly acts that are entertaining.

Race Results

Results will be made available following the event and posted locally at the race site and on the website www.steelmantriathlon.com.

Awards / Giveaways will start promptly on the new awards podium donated by **Bethlehem Pre Cast**. This will be a great opportunity for a photo shoot and to

applaud our 2010 award recipients. Awards area will be spectator friendly and will offer a great opportunity to get pictures with family and friends.

Please do your part and place your garbage in the cans provided, and be respectful of the surroundings.

The Park has many beautiful sections and it would be a great opportunity to have a cookout or picnic after the race with family or friends. A family friendly swimming pool and boat rental is also available.

Swim Start Course Picture

